

Very Practical--Ready to Use Today! Dr. McGill gives many practical tools for enhancing communication, developing greater intimacy, and, as the title says, cultivating love. I believe every couple would benefit from using this down-to-earth toolbox. Dr. Milton S. Magness, Founder and Director, Hope & Freedom Counseling Services. This book WILL change your relationships! I highly recommend this book to anyone experiencing relationship challenges or the desire for self-improvement as it relates to communicating with others. The tools Dr. McGill provides in this book will help you quickly identify the areas that need resolution, help you understand why you do and say the things you say, and help you focus on the solutions. My husband and I have used and continue to use the communication tools provided and have a healthier marriage. We also have better relationships with our family and friends. Thank you Dr. McGill! Cindy W. Here you'll read about:

- Practical strategies to improve your speaking and listening skills
- Helpful information regarding how to resolve conflict quickly
- How to identify and overcome current problems and past resentments
- Skills to develop the all important characteristics of Empathy, Sympathy and Compassion
- Insight to develop your First Aid Kit when communication becomes derailed and flooded
- Replacing damaging communication processes with tools to cultivate equality and empowerment

Whether used by couples or clinicians, *Cultivating Love Enhancing Communication* introduces you to practical tools and exercises to help you experience success as you work toward strengthening communication in your marriage and relationships. Author Bio: Dr. Ken McGill, LMFT, CSAT has worked in the addiction treatment field for more than 25 years. As a Clinician and Former Director of the Gentle Path Program, Dr. McGill has a passion for integrating Theological, Psychological and Addiction treatment concepts in a practical manner in his private practice in Plano, Texas.

*How Shall They Be Saved?: The Destiny of Those Who Do Not Hear of Jesus*, *Zeroes: A Novel*, *Year Book, Vol. 1908 (Classic Reprint)*, *Politics*, *Conversations with My Mother: Reflections on the Death of a Parent*, *Mannahatta: A Natural History of New York City*, *Unravelling the Franklin Mystery: Inuit Testimony (McGill-Queens Native and Northern Series)*,

Here are eleven ways to cultivate love within, and one more for good measure. 1. Fall in love with yourself. Love yourself and every part of you. These 7 steps have helped me to expand in my consciousness and move to a place of actually feeling the love that already lies within. What builds a great love affair? It's more than romance. Cultivating affection takes devotion, friendship and commitment. Turns out, one little molecule might be the biological basis for love. And there are lots of ways to boost your body's levels. To love and be loved is something we all wish to cultivate – either consciously or unconsciously. Yet, we can go through life without giving it the.

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