



The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer

Judith Wright EdD, Bob Wright EdD

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Every couple fights—it's *how* you fight that can determine the success of your relationship. This book teaches you to look beyond *what* you and your partner fight about, and discover the core issues that undermine your relationship.

In the midst of a disagreement, many couples ask themselves, “What are we *really* fighting about?” Sound familiar? As it turns out, breakups and divorce don't happen because couples fight, they happen because of *how* couples fight. In this much-needed book, Judith and Bob Wright—two married counselors and coaches with over thirty years of experience helping couples learn how to fight well—present their tried-and-true methods for exploring the emotions that underlie many relationship fights.

In this unique guide, you'll learn how to use disagreements as an opportunity to deepen your understanding of your partner, bring more intimacy to the relationship, strengthen your bond, and really learn from the conflicts and tensions that occur between you. You'll also learn how to navigate the fifteen most common fights couples have, including “the blame game,” “dueling over dollars,” “If you really loved me, you'd...,” “told-you-so's,” and more.

If you're ready to start fighting for your love, rather than against it, this book will show you how.

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