



Straight from the Heart: An Essential Guide for Developing, Deepening and Renewing Your Relationships

Layne Cutright, Paul Cutright

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With this powerful new guidebook you can create the magnificent relationships you truly desire. Featuring an insightful exploration of the dynamics of your interactions with others, Straight From the Heart also provides step-by-step guidance and practical process you can do with your romantic partner, business colleagues, family members or friends. No matter how gifted (or unpracticed) a communicator you are, each of these "Heart-to-Heart Talks" will bring you new levels of intimacy, trust and understanding. They create an atmosphere of discovery and a fuller experience of who and what you are - both as an individual and in the context of your most important relationships. Direct, concise and immediately beneficial, this book is based on the authors' 23 years of personal and professional experience. All of the exercises were conceived in the Cutright's own romantic partnership and perfected in their successful teaching practice.

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