



Falling in Love, Staying in Love: How to Build a Strong Lasting Relationship

Malcolm Stern, Sujata Bristow

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Everyone knows how wonderful it is to fall in love - but what happens when the first flush of romance fades? In these difficult and challenging times we are asking more from our relationships than ever before. To build strong, lasting relationships, we need a new set of skills. *Falling in Love, Staying in Love*, is a powerful and moving examination of relationships and how to make them work. Using real-life examples, it explores love's uncharted territory in order to help us find our way into successful intimate relationships. Learn how to: Express your emotions; Improve your self-esteem; Develop your sexuality; Manage and resolve conflict; Live with passion and integrity; Use relationships as a tool for transformation and growth.

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