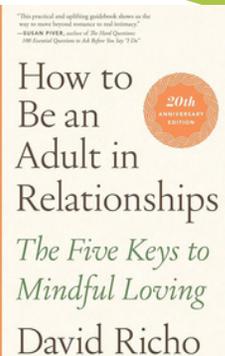


HOW TO BE AN ADULT IN RELATIONSHIPS

by David Richo

Richo offers a fresh perspective on love and relationships—one that focuses not on finding an ideal mate, but on becoming a more loving



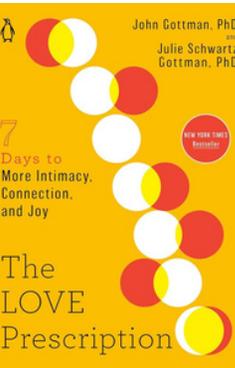
and realistic person. Drawing on the Buddhist concept of mindfulness, this book explores five hallmarks of mindful loving.

NF Relation Dating

THE LOVE PRESCRIPTION

by John Gottman

The Love Prescription is a bite-size, seven-day action plan with easy, immediately actionable steps. There is a formula for a good relationship, and this book will show you how a few small changes can fundamentally transform your relationship for the better.

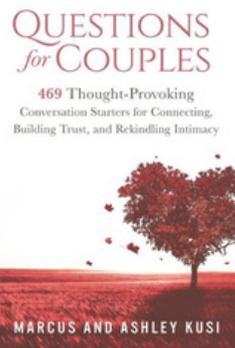


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QUESTIONS FOR COUPLES

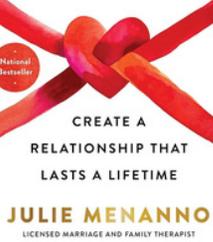
by Marcus Kusi

Four hundred sixty-nine thought-provoking conversation starters for connecting, building trust, and rekindling intimacy in your relationship.



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SECURE LOVE

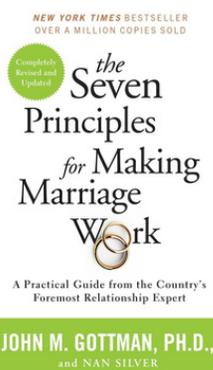


SECURE LOVE

by Julie Menanno

Secure Love is a crash course in understanding how you show up in a relationship and guides you on getting out of negative cycles to find safety in one another. In doing so, you'll establish a secure attachment with your partner to create the bond you've been longing for.

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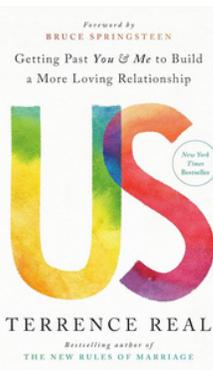


THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK

by John Gottman

John Gottman's unprecedented study of couples has allowed him to observe the habits that can make or break a marriage.

Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. **NF Relation Marriage**



US

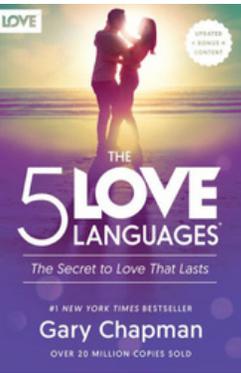
by Terrence Real

Us is a groundbreaking guide to a new science-backed skillset—one that will allow you to get past your knee-jerk reactions and tap into your wiser, more collaborative self. If you and your partner are backed into separate corners of “you” and “me,” this book will show the way back to “us.”

NF Relation Dating

NON-FICTION ROMANTIC RELATIONSHIPS



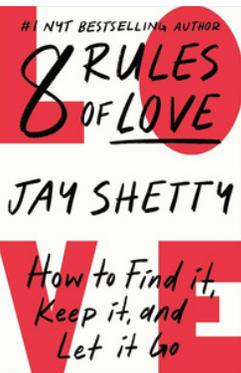


THE 5 LOVE LANGUAGES

by Gary Chapman
Chapman identifies five basic languages of love and then guides couples towards a better understanding of their unique languages of love. Learn to speak and

understand your mate's love language, and in no time you will be able to effectively love and truly feel loved in return.

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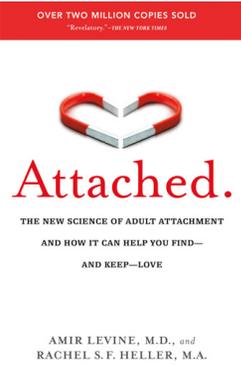


8 RULES OF LOVE

by Jay Shetty
Instead of presenting love as an ethereal concept or a collection of cliches, Shetty lays out specific, actionable steps to help you develop the skills to practice and nurture love. Inspired by Vedic wisdom and modern

science, he tackles the entire relationship cycle, from first dates to moving in together to breaking up and starting over.

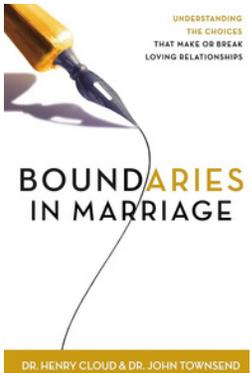
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ATTACHED

by Amir Levine
In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others

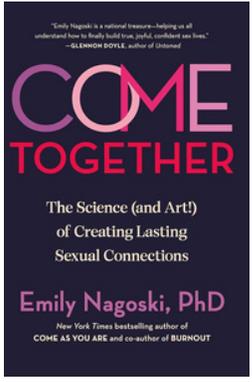
struggle. Discover how an understanding of adult attachment can help us find and sustain love. **NF Relation**



BOUNDARIES IN MARRIAGE

by Henry Cloud
Learn how setting healthy boundaries in your marriage can strengthen or even save your relationship with your spouse. When couples learn to embrace personal responsibility and

to respect each other's freedom, love is allowed to thrive. **NF Relation Marriage**

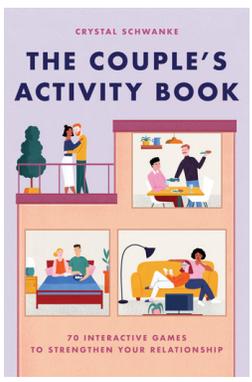


COME TOGETHER

by Emily Nagoski
Most of us struggle at some point to maintain a sexual connection with our partner/s or spouse. And many of us are given not-very-good advice on what to do about it. Written with scientific rigor, humor, and

compassion, Nagoski shows us what great sex can look like, how to create it in our own lives, and what to do when struggles arise.

NF Relation Sex

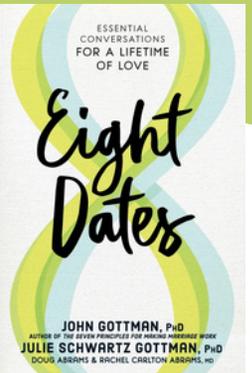


THE COUPLE'S ACTIVITY BOOK

by Crystal Swanke
Whether you're just starting your romantic adventure or celebrating years of marriage, this book can help you enhance your connection with playful, interactive games and

activities. Through moments of shared laughter and meaningful conversation, you'll discover new ways to relate to one another.

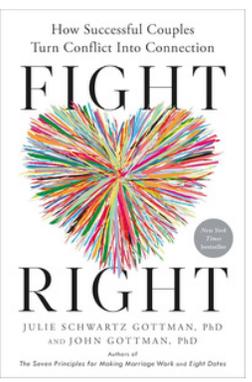
NF Relation Dating



EIGHT DATES

by John Gottman
Drawing the research from their world-famous Love Lab, Dr. John Gottman and Dr. Julie Schwartz Gottman invite couples on eight fun, easy, and profoundly rewarding dates, each one focused on a make-or-break issue: trust, conflict, sex, money, family, adventure, spirituality, and dreams.

NF Relation Marriage



FIGHT RIGHT

by John Gottman
Fight Right is an essential resource that will help couples escape the win-or-lose mentality in favor of a collaborative approach: calming down, staying connected, and really understanding, so that our

fight can bring us closer. **NF Relation**



HIS NEEDS, HER NEEDS

by Willard F. Harley, Jr.
In this classic book, the author identifies the ten most vital needs of men and women. He provides guidance for becoming irresistible to your spouse and for loving more creatively and sensitively, thereby eliminating the problems that often lead to conflict.

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