



Sync Your Relationship, Save Your Marriage: Four Steps to Getting Back on Track

Peter Fraenkel Ph.D.

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Award-winning couples therapist Peter Fraenkel argues that most relationship problems can be traced to partners being out of sync on the powerful but mostly hidden dimension of time. Differences in daily rhythms, personal pace, punctuality, time perspective, and priorities about how time is allocated can all lead to couple conflict. Yet the fascinating fact is that these polarizing time differences play a potent role in attracting lovers in the first place. In this trailblazing new book, he draws on his original research to show how a clearer understanding of these forces can improve the health of your relationship and even rescue a failing one.

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