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25 habits to enhance intimacy & grow a deeper connection.

If you want to build a deeper connection with your spouse or partner, *Mindful Relationship Habits* will show you how to have a more mindful relationship by applying 25 specific practices. These habits will help you be more present with one another, communicate better, avoid divisive arguments, and understand how to respond to one another's needs in a more loving, empathic, and conscious way.

With the relationship advice outlined in this book, readers will get insights and lessons learned from a variety of relationship and mindfulness experts—all backed by scientific research. Each habit presented offers a clear explanation of why it's valuable to the health of relationships and instructions on how to make the habit a natural part of any couple's interactions with each other.

In other words, it will help readers re-create the magic in the most valuable relationship in their lives.

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About the Authors

SJ Scott believes you can build a better life—one habit at a time—and that getting more from life doesn't mean following the latest diet craze or motivation program. In his books, Scott provides daily action plans for every area of life: health, fitness, work, and personal relationships. Unlike other personal development guides, his content focuses on taking action. So instead of reading over-hyped strategies that rarely work in the real-world, readers get information that can be immediately implemented. When not writing, Scott likes to read, exercise, and explore the different parts of the world.



Barrie Davenport writes books for a variety of people hungry for positive change and willing to take action to make it happen—men and women who want better relationships, stronger confidence, positive habits, more mindfulness, and improved emotional intelligence. What makes Barrie's books different is her ability to explain complex ideas and science-backed strategies in a simple, accessible way readers can put to work right away. Barrie is a certified coach, top-ranked blogger, and online teacher. She enjoys reading, hiking, mountain biking, and spending time with her family.

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Audience: Self-help, communication & social skills, relationships, personal growth & success

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