



Love on the Kitchen Table: A Couples' Guide to Creative Communications and Lasting Love

Aleisha Coote

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Each day we are bombarded with mixed messages and beliefs about what it means to be in a relationship. We encounter shocking statistics on divorce rates and examples on where it all goes wrong. Yet where is the focus on success? What if your relationship could be saved or enhanced based on your understanding of some simple yet powerful insights to human behaviour? Challenging the trends of society, Love on the Kitchen Table flips common relationship complaints on their heads. With a focus on success, it details one couple's search to discovering the intentional efforts that make love work-and better than ever. Through her creative approach, author and human behaviour coach Aleisha Coote uses the setting of the kitchen table as a powerful metaphor to illustrate key themes to creating, embracing, and nurturing a connection that lasts. Within, she explains the ten essential needs that must be met in order to keep love alive, how to know what your lover's really thinking, and the secret to why women test their men. Filled with helpful information and practical strategies, this guide seeks to open your eyes to a new way of thinking-and therefore new results.

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