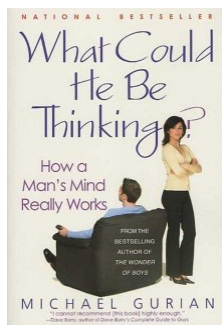




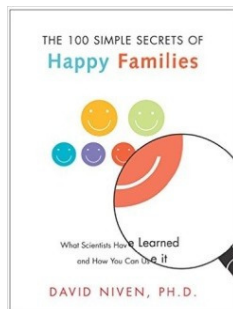
RELATIONSHIPS and FAMILY

Relationships are hard. Most of us could use a little help creating better relationships. Here is some advice from **5 top experts** that is sure to make your relationship and family life much easier and much better.



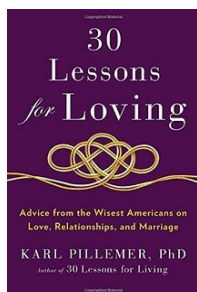
Differences Between the Male & Female Brain
Men and women are different. Michael Gurian author of "What Could He Be Thinking?" explains some of the important differences and offers great solutions for a happier relationship.

 **LISTEN TO IT NOW!**



Secrets to a Happy Family
Communication within a family makes all the difference when it comes to creating a happy and satisfying family life. David Niven author of "100 Simple Secrets of Happy Families" offers proven strategies.

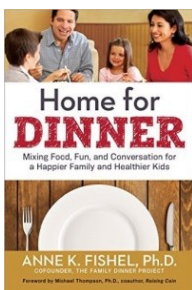
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Lessons from Successful Marriages

If you want to know how to have a successful relationship – ask people who've done it! Karl Pillemer author of "30 Lessons for Loving" surveyed 700 happy couples to discover how their secrets.

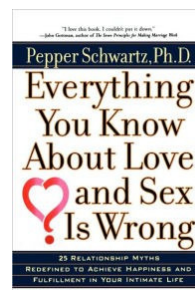
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Importance of Family Dinner Together

We know that the food we eat has a definite impact on whether or not you get dementia later in life. Dr. Neal Barnard author "Power Foods for the Brain" reveals the bad foods to avoid and the good foods to eat to protect your brain as you get older.

 **LISTEN TO IT NOW!**



Relationships Myths

Is "Never go to bed angry" – actually good advice? Pepper Schwartz author of "Everything You Know About Love & Sex is Wrong" debunks some popular relationship myths that will make your love life a lot easier.

 **LISTEN TO IT NOW!**