



Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In

Laurie Puhn

[Download now](#)

[Read Online](#) ➔

Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In

Laurie Puhn

Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In Laurie Puhn

Harvard-trained lawyer and family and divorce mediator Laurie Puhn shows busy couples how to stop fighting and start communicating.

It happens every day—a simple exchange or harmless response turns into a heated debate or worse, an all-out battle. Hard-pressed for quality time with our partners and spouses, it's easy to fall into a poor communication routine. How can two people who love one another so much have such difficulty talking to one another?

Drawing on her expertise in legal mediation and conflict resolution, Puhn's fresh approach gives simple, 5-minute conversations that will instantly improve communication—as well as the quality of relationships. In *Fight Less, Love More*, learn how to identify and conquer the poor verbal habits, instinctive responses, and emotional reasoning that can cloud judgment and ultimately lead to the deterioration of otherwise healthy relationships.

Love is conditional, argues Puhn, and for love to survive, couples don't need to talk more—they need to talk better. With exercises, examples, and sample scripts, Puhn's simple 5-minute strategies promise immediate results and provide long-lasting communication skills that couples can confidently employ when faced with future conflict.

Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In Details

Date : Published October 12th 2010 by Rodale Books (first published October 7th 2010)

ISBN : 9781605295985

Author : Laurie Puhn

Format : Hardcover 272 pages

Genre : Nonfiction, Self Help, Marriage, Relationships, Psychology

 [Download Fight Less, Love More: 5-Minute Conversations to Change ...pdf](#)

 [Read Online Fight Less, Love More: 5-Minute Conversations to Chan ...pdf](#)

Download and Read Free Online Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In Laurie Puhn

From Reader Review Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In for online ebook

James Herrington says

This gets 3.5 stars for the good information. Too cheezy to make anything more. If you can get past the corny catch-phrases (specifically, the title of the book, which is repeated ad nauseam throughout), it actually has some great information. Admittedly, most of the information is common sense, but it does seem like common sense often takes a back seat in relationships, so this offers some good reminders. Overall, worth a read, as it is quick and easy to read and offers some helpful advice.

Roman Ramsey says

One of the best books I have read about communicating with your partner in those hard conversations. Instead of, "we have to talk..." Puhn gives a compassionate, alternative to getting those dialogues started that need to be breached to open the door to true intimacy. Excellent advice.

Allie Evans says

Book Club read - good, so far

This is a good book, even thinking of buying it. It is really good for "couples in crisis", but has great tips for every couple. Like the short chapters, and difference scenarios.

Pontiki says

It's interesting to read about counselling couples from a lawyer's perspective. What I liked are the different topics she covered, like how to deal with family, how to apologize well, etc.

My main problem with books of this genre is all the listing of things. 5 ideas to help you stop interrupting, 3 ways to show your spouse affection, 2 times NOT to use these techniques. It's gimmicky and frustrating to read. So, 5 minute conversations made sense at times in this book, but other things seemed to be put into that mould when they didn't belong.

Still, useful ideas, helpful illustrations, and practical techniques galore were in this book.

Hoan says

Some chapters do seem intuitive but it's how blatant mistakes in communication are pointed out that really

helps bring awareness to them. I've been a repeat offender of actions that have hurt my relationships and hadn't realized the full impact until reading this book and having more empathy to others in the receiving end of my responses in conversations. I really do think this book has helped identify areas to improve in my style of communication to have more loving compassion and understanding of partner. I definitely recommend this book to couples who are struggling to fight less as well as new couples to understand ways to communicate better at the start.

Christie Stratos says

This book is for everyone! For people who fight in any type of relationship, people who don't understand their own or other people's reactions, and those who just want to understand psychology better. You can't not learn something from this book. Not only does it give you descriptions of each type of possible problem, but it provides clear examples that everyone has experienced or witnessed. The author then gives exact instructions as to how to deal with the problem with your partner/the other person and how to prevent it from happening again in the future, no matter if it's you or the other person who is causing the issue. This book is invaluable. I highly recommend it.

Laurie Feinstein says

I LOVE this book. Of course I do, I'm the author. :)

I wrote it for people on the brink of break-up and for those who simply want their pretty good relationship to get even better. It's not a book of therapy, it's a book of answers. From the mediation background, I strive to give people interesting examples and clever stories of how the wrong words lead to bad fights and breakdowns, while the right words lead to relationships based on mutual respect and appreciation. For more information, you can visit my website at www.fightlesslovemore.com If you liked this book, take a look at my first book "Instant Persuasion: How to Change Your Words to Change Your Life."

And by the way, isn't goodreads fantastic?

James says

Very interesting techniques to defuse potential nuclear-war style arguments. The author's use of examples from other couples helped to cement the ideas she put forth for each style of coping with various relationship issues. I look forward to seeing the positive results of employing these techniques in my own life.

Carrie Palombo says

Nothing mind blowing, but some good tips and tactics for successful communication.

Jona Cannon says

I won this book on Goodreads First Reads! Although I have read several self-help books, they are not my

usual/favorite genre. *Fight Less, Love More* was a great read! Chapter 3 was my favorite, where Puhn spells out specific things to say to set the proper tone for any relationship. Couples wanting to improve their relationship will get a lot of mileage out of this book.

Puhn is a Harvard-educated family and divorce lawyer/mediator. She gives readers common sense tools to use to make good relationships great, or to mend struggling ones. You can buy and read this book at \$24.99 for a hardcover, and be on your way, or you can pay a counselor 3 times that much each session. The math is easy.

If you're a Broncos fan you'll get this... Laurie Puhn is to Dr. Laura, what Kyle Orton is to Jake Plumber.

Charmin says

Highlights:

1. Five vital habits: greetings hello and goodbye. Good morning. Good night. I love you for (fill in the blank). A compliment.
2. Wrong track: five ways over criticize – disguising personal preference. Using criticism to humiliate your meet in front of others. Using criticism to rub it in her face. Criticizing something after-the-fact. Correcting a person, not a mistake.
3. Tame rudeness – disgruntled couple streets Heather with poor manners. Gradually the negative saloon longer larger and we can't help but zoom in on them. We pay more and more attention to our unmet expectations until suddenly without warning we have entered a rough period of love under fire.
4. "Whatever "argument – when you use it in response to a question of choice, you automatically give up your right to complain about the outcome.
5. Inspire appreciation: cherish your meet by being his or her head cheerleader. Period. Many of us don't take this job seriously or relinquish it early on in the relationship by going on autopilot and taking things for granted. Denial of appreciation is not simply a bad habit of neglect that innocently grew over time, but rather an attempt to punish want to meet for not me not doing what is wanted or expected.
6. Orchestrate a perfect apology: make music for your ears. – The beginning – turn a molehill into a mountain. Don't make diminishing comments. Middle – dig deep. And that your real wrong. No buts. The end – repair and prevents. Repair damage. It prevents a rerun.
7. Negotiate for love: nothing is ever 50–50 – avoid winning at all costs. Tell it like it is preferences and what you're willing to give up. Get rid of the judge and jury. Keep your mouth shut, don't make comparisons, know alternatives.
8. When your mate is criticized in public, it is a character revealing moment for you. You defend in public, even if you disagree and private. The more clearly you can define what it means to be loyal to each other, the stronger you'll be as a couple and the more secure you will feel in your love.
9. Be more lovable: if you want to be loved, you must be lovable. Even if your spouse shoots fight lines in your direction, that doesn't give you permission to fire back. The pain your meet is experiencing from a bad sunburn is explicitly his or her pain. At times like this, all you can do is offer your support and show your kindness by trying to help alleviate pain.

10. Listen without criticizing.

Jodi says

Nothing earth-shattering, but advice on how to communicate with your spouse better. Let's face it, fights usually are due to a lack of communication or to miscommunication. The author talks about ways to have better communication to express your needs without coming off as needy or bossy. The basic message I got out of this book for my marriage is to show more appreciation to my husband. Some kindly placed "thank you's," a kiss at bedtime, and greeting your spouse when they return home are ways to make you feel connected to each other. Sure, there are other things to work on, but these were the easy things for me to implement and they helped me immediately.

Tobyann Aparisi says

I just received this book today, and was so excited to read it. I could not put it down. so much insight, so much truth. I found this to even be a bit fun, witty and a clever way of to approach conversations in relationships. I find though this will be useful not only in my personal relationship with my husband, but also in my daily life and how to deal with some people at work. I recommend this book to anyone just starting out to those who have been together for a long time. Thank you so much for this opportunity. This is a great book

N.R. Tomasheski says

I won this book on Goodreads Giveaways! Thanks, Rodale and Goodreads!

I was interested in this book because, while my spouse and I have a very good relationship, one can always improve. When we do argue, I see us both falling into habitual patterns - but am powerless, in the emotion of the moment, to change.

The book is broken into logical sections, and the flow is organized in small bites so as to be readable and not intimidating. Each section is rich with examples, and many are from the author's own life, which reminds us that no-one is immune to communication breakdowns (while also establishing the author as an equal, someone whom we can trust, not some lofty degreed authority raining down advice).

Descriptions and exercises help us to determine what characteristics in ourselves, as well as in our partners, contribute to communication issues.

The solutions are sized to be easy to work with, too: 5-Minute Conversations. Who can't spare five minutes to address an issue as important as one's relationship?

Amy says

Great practical advice for couples to put into use to better their relationship. I took the time to examine my own relationship against Puhn's words and the areas which I can really strive to work on. A great tool for

couples to work for better resolutions to common problems with the ones you love. *** Please note I received this book for free from Goodreads First-Reads.
