



Kiss Your Fights Good-bye: Dr. Love's 10 Simple Steps to Cooling Conflict and Rekindling Your Relationship

By Dr. Jamie Turndorf

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Heated fighting triggers a biochemical imbalance in men that causes them to flee from conflict. The technical name for this is the *Demand/Withdraw Negative Escalation Cycle*, also known as “husband withdrawal.” This is the number one cause of marital and relationship strife, divorce, and domestic violence. **Dr. Jamie Turndorf**’s techniques, based on 30 years of research out of her Center for Emotional Communication, transform conflict into connection for a lifetime of lasting love.

Even if you’re locked in battle and have been for years, your relationship can change. Beginning with simple Cool-Down steps, you’ll learn why husband withdrawal occurs and then how to use Climate Control strategies to reset the relationship. Women will discover the real reason why men never seem to listen—it’s nothing personal—and the secret trick that actually makes them *want* to listen and stick around to settle disputes. Dr. Turndorf’s proven conflict-resolution method interrupts the cycle of fighting for the majority of couples, and can also be used to defuse disagreements among friends and family members.

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Editorial Review

Review

“Dr. Turndorf has relationships figured out. If you want a great relationship, you must follow her ten-step method for lasting love.”

— **Jack Canfield**, multiple *New York Times* best-selling author of the *Chicken Soup for the Soul* series and contributor to *The Secret*, with more than 500 million books in print

“If anger and fighting are ruining your dream of a happy marriage (or relationship), Dr. Turndorf’s conflict-resolution program is for you.”

— **John Gray**, author of the #1 *New York Times* bestseller *Men Are from Mars, Women Are from Venus*

“This well-researched book offers a thorough, step-by-step program that provides tools for couples to heal even the most troubled relationships.”

— **Dr. John Mack**, Pulitzer Prize-winning author and former professor of psychiatry at Harvard Medical School

“This book is mandatory reading for every couple that wants to build lasting love.”

— **John Bradshaw**, author of the #1 *New York Times* bestseller *Homecoming*

About the Author

Known to millions as “Dr. Love” through her website AskDrLove.com—the web’s first relationship advice site, active since 1996—**Jamie Turndorf, Ph.D.**, has been delighting readers and audiences for three decades with her engaging blend of professional expertise and humor, and her remarkable ability to turn clinical psychobabble into easy-to-understand concepts that transform lives and heal relationships. Her methods have been featured on all the major networks, including CNN, NBC, CBS, VH1, and Fox; on top websites like WebMD, Discovery.com, and iVillage; and in national magazines, such as *Cosmopolitan*, *Men’s Health*, and *Glamour*, to name only a few. Dr. Turndorf also writes a column called “We Can Work It Out” for *Psychology Today* online. Her *Ask Dr. Love* radio show can be heard in Seattle on KKNW and on TalkZone, which broadcasts in 80 countries worldwide.

Users Review

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Robert Grant:

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