



# Snap Strategies for Couples: 40 Fast Fixes for Everyday Relationship Pitfalls

*Dr. Lana Staheli, Pepper Schwartz*

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*Snap Strategies for Couples: 40 Fast Fixes for Everyday Relationship Pitfalls* is full of quick solutions to every relationship's most common problems. Dr. Lana Staheli and Dr. Pepper Schwartz offer 40 practical, immediate fixes (or "snaps") that partners can use to end the fighting, leave the baggage behind, and move their relationship forward.

*Snap Strategies for Couples* is based on an alternative approach to prevailing advice that every issue has to be talked about at length, and that partners need to understand each other's every motivation and thought process. Instead, these tips get right to the daily difficulties that cause the fights, addressing unhelpful behaviors and giving solutions to move past them. These clear and sensible strategies offer couples an alternative to lengthy, expensive, emotionally charged therapy sessions, which can sometimes cause as many issues as they're meant to solve.

Dr. Staheli and Dr. Schwartz cover all manner of problems, from everyday bickering to serious differences of opinion, giving readers guidance throughout the course of a relationship. Helpful for both longtime couples who have hit relationship snags and for newly committed partners looking to build healthy habits, *Snap Strategies* has positive, useful fixes that everyone can use.

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