



We Need to Talk

Robert G. Barnes, Rosemary Barnes

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Marriage-enrichment specialists Robert and Rosemary Barnes show you how to overcome roadblocks to communication and develop heart-level intimacy with your spouse. Drawing from a wealth of real-life experiences, they share insights that will help you unlock doors to thoughts and feelings. You'll learn how to move past each other's outer walls to discover the rich, often fragile world that lies inside. **We Need to Talk** is a hands-on, "how-to" book for couples at all stages of marriage. Helpful summaries and questions at the end of each chapter encourage open and honest sharing and provide practical ways for you to - Reduce misunderstandings and defensiveness - Set aside time for meaningful conversation - Get through to a clammed-up "shellfish," a prickly "porcupine," an elusive "prairie dog," or a vegged-out "couch potato" - Talk frankly about sensitive subjects -- including sex - Rebuild communication after a serious rift. This engaging, easy-to-read book helps you communicate heart-to-heart -- for a lifetime.

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