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Getting Good Loving: Seven Ways to Find Love and Make it Last (Paperback)

By Audrey B. Chapman

Agate Publishing, United States, 2005. Paperback. Condition: New. Third Edition. Language: English . Brand New Book. A REVISED AND UPDATED EDITION OF ONE OF THE MOST SUCCESSFUL BLACK RELATIONSHIP GUIDES Noted authority and radio talk show host Audrey B. Chapman uses case studies and first-person accounts from her seminars and workshops on male-female relationships. While many black men and women enjoy lasting, loving relationships, countless others are trapped in a cycle of bitter emotions and disappointment that stem from a variety of sources. Examining everything from childhood trauma to the internal and external pressures of prejudice on romantic partners, Chapman illuminates the psychosocial dynamics in black relationships to explain why unrealistic expectations and confusion about gender roles are the two main reasons why black men and women continue to misunderstand one another. Through her own case files and intimate revelations from both men and women, Chapman explains how these root problems take shape, how to recognise and acknowledge them and what steps can be taken to resolve conflicts and create healthy, loving and interdependent relationships. Her insights and analysis provide an honest and sensitive exploration of how readers can take responsibility for their own happiness. Revised and expanded to update...



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