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November 15th 2016: The Art and Science of Relationships

Relationships are at the core of our lives but they can be difficult. This episode explores different types of relationships and ways of navigating them. What's needed to help relationships grow? How do you develop an authentic communication environment that allows for tough conversations? How do you manage family members who create constant conflict? How do you cope with the complexity of blended families? How has technology influenced how we relate to the outside world? Leaha and Howard explore all these issues as well as practical solutions as they once again they provide inspiration, insi

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