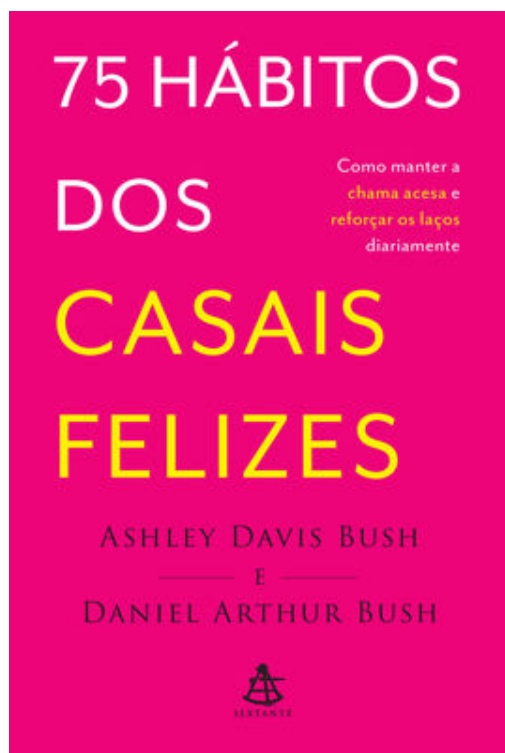


75 hábitos dos casais felizes Baixar (PDF or ePub) Ashley Bush & Daniel Bush GRATIS



Nesse livro, Ashley Bush, psicoterapeuta e especialista em terapia conjugal, mostra que o segredo para transformar o casamento em uma relação feliz e harmoniosa é integrar à rotina pequenos gestos que cultivem o amor.

Autora de diversas obras sobre relacionamentos, ela se uniu a Daniel Bush, seu marido e especialista em saúde mental, para ensinar as 75 atitudes fundamentais que reforçam a conexão e resgatam o carinho entre o casal.

Apesar de todas as pressões do cotidiano - filhos, carreira, problemas financeiros, cansaço, estresse -, é possível fazer da vida a dois um santuário, um porto seguro em que ambos possam se ancorar para recarregar as baterias. Não é difícil alcançar esse estado: basta estar disposto a trabalhar em favor da relação e compreender a importância do outro em sua vida.

Cada um dos 75 hábitos é abordado detalhadamente, com informações sobre o momento em que ele deve ser praticado e o objetivo que pretende alcançar, além de uma história real que o ilustra. Ao final de cada capítulo, você encontrará perguntas para reflexão que o ajudarão a aprofundar a compreensão do tema.

Se você deseja ter um casamento feliz e duradouro, não se esqueça: o que sustenta uma relação não é apenas o amor - é a intimidade, a comunicação, a afeição e o cuidado no dia a dia.

"A chave para um casamento feliz é a qualidade dos hábitos que vocês compartilham. Hábitos saudáveis e positivos criam um relacionamento extraordinariamente harmonioso. Hábitos negativos geram insatisfação crônica. A boa notícia é que os hábitos saudáveis podem ser aprendidos." - Ashley Bush

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Top 15 Melhores Bri Livros [FREE]:

[PDF] Furacão Anitta



<http://new.beebok.info/br-1453894390/furacao-anitta.html>

Desde que deixou o Brasil inteiro babando com o Show das Poderosas, Anitta se tornou uma obsessão nacional. Seus clipes quebram a internet, jovens descolados copiam seu estilo e seus passos são seguidos por milhões de fãs, ávidos por qualquer...

[PDF] Carry a zombie to repair Immortals(2)



<http://new.beebok.info/br-1457250965/carry-a-zombie-to-repair-immortals-2.html>

Close to a great river, the water transport is developed. So, although the town is not big, there are many shops, businessmen and travelers, revealing the prosperous scene everywhere.

[PDF] Carry a zombie to repair Immortals(1)



<http://new.beebok.info/br-1457244964/carry-a-zombie-to-repair-immortals-1.html>

Close to a great river, the water transport is developed. So, although the town is not big, there are many shops, businessmen and travelers, revealing the prosperous scene everywhere.

[PDF] First arrest(3)



<http://new.beebok.info/br-1457148707/first-arrest-3.html>

On the rivers and lakes, if you are not only caught in the face of these "running dogs" of the court, but also struggle against it. So, if such a good name is passed on to the rivers and lakes, the people of the rivers and lakes will certainly praise you. It is not a pleasure for those...

[PDF] First arrest(2)



<http://new.beebok.info/br-1457141755/first-arrest-2.html>

On the rivers and lakes, if you are not only caught in the face of these "running dogs" of the court, but also struggle against it. So, if such a good name is passed on to the rivers and lakes, the people of the rivers and lakes will certainly praise you. It is not a pleasure for those...

[PDF] **Rebirth of a Red Boy(1)**



<http://new.beebok.info/br-1457249769/rebirth-of-a-red-boy-1.html>

Cliffs scatter hazy clouds, and green pines attract colorful phoenixes. The distant peaks are like screens, mountains around fairy caves. Geographic veins originate from the dragon and are used when there is a predestination

[PDF] **Flight Before Fury(2)**



<http://new.beebok.info/br-1457131819/flight-before-fury-2.html>

of wandering for ever and the earth again of seed-time, bloom, and the mellow-dropping harvest. And of the big flowers, the rich flowers, the strange unknown flowers.

[PDF] **Fairy bell(1)**



<http://new.beebok.info/br-1457126759/fairy-bell-1.html>

Since ancient times, how many people have struggled in the world, but can not get beyond it. How many people have fallen into the world of flashiness, happiness and material desire, but not their own heart, faint and disgusting, happy and complacent.

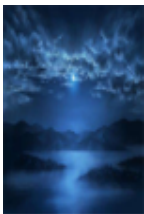
[PDF] **Altar Immortals(3)**



<http://new.beebok.info/br-1457113148/altar-immortals-3.html>

Halfway up the hill, a teenager in grey clothes was walking slowly down the rugged mountain road with a pile of dry wood on his back. As he walked, he took out a book from his arms and turned it over. He was gradually fascinated by it.

[PDF] **First arrest(1)**



<http://new.beebok.info/br-1457139546/first-arrest-1.html>

On the rivers and lakes, if you are not only caught in the face of these "running dogs" of the court, but also struggle against it. So, if such a good name is passed on to the rivers and lakes, the people of the rivers and lakes will certainly praise you. It is not a pleasure for those...

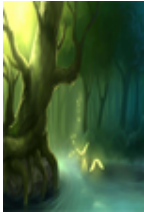
[PDF] **Soul Reaver(1)**



<http://new.beebok.info/br-1457260797/soul-reaver-1.html>

This secret is actually an introductory classic of a sect of alchemists, because it is the most elementary skill, and there is nothing to do with it. At most, nobody can guide it, but the key is that it is not a recipe for practice, but an introductory method of alchemy.

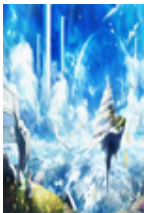
[PDF] **blue lotus(1)**



<http://new.beebok.info/br-1457120295/blue-lotus-1.html>

The vast land of floods and wilderness, billows rolling, peaks collapsed, the land fell to the southwest, full of scars, countless creatures were affected, both physical and spiritual extinction, not into reincarnation. In the middle of the earth, only half of the towering pillar of heaven still...

[PDF] **Carefree rivers(1)**



<http://new.beebok.info/br-1457115263/carefree-rivers-1.html>

In the courtyard of the Villa, a young man was in a daze, wondering what he was thinking. Look at the texture of his clothes is good, the appearance is also pretty, but the body seems a little thin, giving a feeling of weakness.

[PDF] **Altar Immortals(1)**



<http://new.beebok.info/br-1457107628/altar-immortals-1.html>

Halfway up the hill, a teenager in grey clothes was walking slowly down the rugged mountain road with a pile of dry wood on his back. As he walked, he took out a book from his arms and turned it over. He was gradually fascinated by it.

[PDF] **O milagre da manhã**



<http://new.beebok.info/br-1155673257/o-milagre-da-manha.html>

Conheça o método simples e eficaz que vai proporcionar a vida dos sonhos — antes das 8 horas da manhã! Hal Elrod explica os benefícios de acordar cedo e desenvolver todo o nosso potencial e as nossas habilidades . O milagre da manhã permite que o leitor...
