Communicating as a Couple

Good communication is essential to a strong relationship. It helps couples share their joys and sorrows, understand each other’s thoughts and feelings, and solve problems together. And it’s a critical skill for couples dealing with the unique challenges of life.

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Fighting Fairly

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Relationships: Friends Keep You Healthy

Most people know that proper nutrition, exercise, and health check-ups promote good health, but did you know that friendship is also important? Research shows that people who enjoy healthy relationships live longer, have lower incidences of cancer, stroke, heart disease, and cognitive disorders. They also live longer.

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