



People Tools for Love and Relationships: The Journey from Me to Us

By Alan C. Fox



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Relationship expert Alan C. Fox has inspired thousands of readers with the invaluable advice and engaging stories in his two bestselling books *People Tools* and *People Tools for Business*. Now he is back with the ultimate guide to a better life: *People Tools for Love and Relationships: The Journey from Me to Us*.

Alan is a master at building relationships. In *People Tools for Love and Relationships* he reveals time-proven techniques that you can use to enhance your connection with your partner, your family, your friends and everyone who is important to you.

Each chapter of the book illustrates a different "People Tool" using insightful stories and amusing anecdotes from Alan's life. From learning how to talk about money with your partner, how and when to apologize, to increasing trust and intimacy, each tool addresses a specific relationship issue and provides a simple, straightforward approach that you can adopt to create a positive result.

Some of the useful People Tools in the book include:

1. **How to be the right person.** To build a successful life partnership, it's more important to learn to *be* the right person than it is to *find* the right person.
2. **The Best Defense is No Defense.** While having a strong defense is helpful on the battlefield, being defensive in your relationships can cause serious problems.
3. **With All Faults.** No one is perfect. In any relationship it is important to accept your partner as they are, including their faults.
4. **Catch Them Being Better.** Rather than criticizing your partner for the qualities you might not like, try complimenting them for what you appreciate.

These easy-to-use *tools* will help you form deeper connections and grow closer to the people in your life. Let Alan Fox expertly guide you on the journey from me to us. *People Tools for Love and Relationships* is the ultimate guide to better, more fulfilling relationships.

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People Tools for Love and Relationships: The Journey from Me to Us By Alan C. Fox Bibliography

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Editorial Review

Review

"This book is for anyone who is in love or would like to be. I know Alan's advice will help you deepen your relationships."

-Steve Harvey, host of The Steve Harvey Show and author of Act Like a Success, Think Like a Success

"Alan is an adept and experienced guide on the journey from 'me' to 'us.'"

-John Gray, best-selling author of Men Are from Mars, Women Are from Venus

"The best teachings are always simple and wise. Alan offers excellent wisdom with heartfelt stories, practical tools and an invitation to remember what matters most. We need this in relationship more than anything."

-Jack Kornfield, author of A Path with Heart

"If you want to improve your connections to others--and we all do--this book is for you. Alan's wisdom and humor is engaging and helpful. He will remind you that we all have the ability to enhance our relationships."

-Michelle Skeen, psychologist and author of Love Me, Don't Leave Me

"People Tools for Love and Relationships is filled with wisdom nuggets about love and relationships gleaned from the trenches of life by a person who clearly is the embodiment of the singular message that how we handle all our relationships is the key to happiness. That's it!! And he illustrates it with accessible and compelling stories. Everyone should read this recipe for life."

-Harville Hendrix, PhD and Helen LaKelly Hunt, PhD, co-authors of Making Marriage Simple

This breezy and upbeat book from self-help author Fox (the People Tools series) quickly wins the reader's trust when the author admits that he didn't always have it right. He was on his third marriage and wondering why he couldn't find "the right person" when he realized that he might be the problem. What Fox learned afterward is what he shares in this handy guide: "not only how to find the right person, but also to be the right person." In 50 short, easy-to-read chapters, Fox presents one tool at a time, discussing the importance of cuddles (or physical contact in general), the usefulness of a "Get-Out-of-Jail-Practically-Free card," and remembering to say thank you. Each chapter begins with two quotes (chapter 41, for instance, samples Plutarch and Waiting for Godot) that set the tone for the lesson to follow, and Fox liberally uses stories involving himself, family members, or friends to underscore his points. It's clear that Fox is generally an optimist, but he tempers his advice with some realism. While encouraging readers to "weave, don't leave" a relationship, he acknowledges a few pages later that "abandon ship" is occasionally the most prudent decision. Fox leaves readers with the advice that, as difficult as relationships can be, it's important to believe in a happy ending. (

(Publishers Weekly)

From the Back Cover

"We think love is all about connection but having the right relationship skills is just as important. Unfortunately, we're not taught them at school and that's why Alan Fox's work is so important."

-Andrew G. Marshall, marital therapist and author of Wake Up and Change Your Life: How to Survive

a Crisis and Be Stronger, Wiser and Happier

"People Tools for Love and Relationships is gentle and wise guidance into the wisdom of how to look for, find, and keep love . . . what could be more precious?"

-Frederic Luskin, PhD, author of *Forgive for Good* and Director of the Stanford Forgiveness Project

"Where there's a will there's a way is actually backwards. In reality, where there's a way, people find the will to do whatever it takes to become fulfilled, satisfied and love happily ever after. People Tools for Love and Relationships is that way and your way."

-Mark Goulston, MD, author of *Just Listen: Discover the Secret to Getting Through to Absolutely Anyone*

"With truly useable ideas, Alan Fox forces a keen look at the simplicity behind healthy, lasting loving relationships."

-Liz Pryor, author of *What Did I Do Wrong?*

"Alan Fox demonstrates yet again the depth of his heart and the power of his mind to guide us into a better perspective. Each one of his books has the appearance of an easy read, and they are. However, as the content floats into your head you suddenly find yourself working to use his wisdom in your own circumstances. Alan's words penetrate and influence in positive and healthy ways! I love this most recent book and look forward to what he will be doing next. What a treasure!"

-Dr. Deb Carlin, author of *Build the Strength Within*

"Wise and funny, relationship guru Alan Fox shows you how to add more love and passion to your life. This is a valuable guide to building deeper, more meaningful connections with others."

-Katherine Woodward Thomas, author of *Calling in "The One"*

About the Author

Entrepreneur, philanthropist, mentor and relationship expert Alan C. Fox has graduate degrees in counseling, law, and professional writing. His first book ***People Tools: 54 Strategies for Building Relationships, Creating Joy, and Embracing Prosperity***, became a *New York Times* bestseller, followed by his next bestselling book ***People Tools for Business: 50 Strategies for Building Success, Creating Wealth, and Finding Happiness***. Alan's tools, crafted over decades, have helped him achieve success in all aspects of life - from business to marriage to parenting six children, two stepchildren, and one foster child. Alan and his wife are based in Los Angeles.

Users Review

From reader reviews:

James Nadler:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a book. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled People Tools for Love and Relationships: The Journey from Me to Us. Try to the actual book People Tools for Love and Relationships: The Journey from Me to Us as your buddy. It means that it can for being your friend when you truly feel alone and beside regarding course make you smarter than previously. Yeah, it is very fortuned for you personally. The book makes you more confidence because you can know every little thing by the book. So , we should make new experience and

knowledge with this book.

Julio Yates:

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Jean Fair:

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