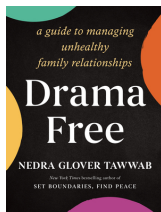
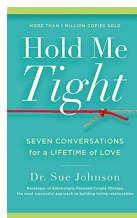


# Relationships & Communication Books at Manchester Public Library

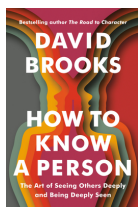


**Drama Free: a guide to managing unhealthy family relationships** by Nedra Glover Tawwab (306.85 Tawwab)

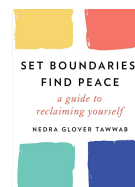


**Hold Me Tight: seven conversations for a lifetime of love** by Sue Johnson (158.24 Johnson)

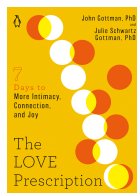
**How to Know a Person: the art of seeing others deeply and being deeply seen** by David Brooks (302 Brooks)



**Set Boundaries, Find Peace: a guide to reclaiming yourself** by Nedra Glover Tawwab (158.1 Tawwab)

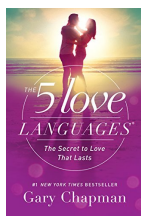


**Supercommunicators: how to unlock the secret language of connection** by Charles Duhigg (153.6 Duhigg)

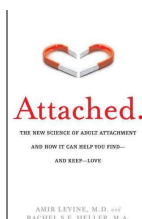


**The Love Prescription: seven days to more intimacy, connection, and joy** by John Gottman, PhD, and Julie Schwartz Gottman, PhD. (152.41 Gottman)

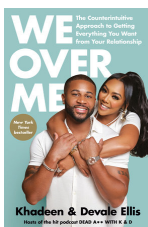
**The 5 Love Languages: the secret to love that lasts** by Gary Chapman (646.78 Chapman)



**Daring Greatly: how the courage to be vulnerable transforms the way we live, love, parent, and lead** by Brené Brown (158 Brown)



**Attached: the new science of adult attachment and how it can help you find — and keep — love** by Amir Levine and Rachel Heller (158.2 Levine)

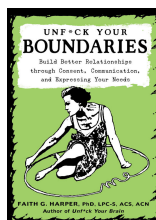
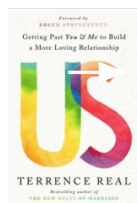


**We Over Me: the counterintuitive approach to getting everything you want from your relationship** by Khadeen and Devale Ellis (306.81 Ellis)

**Codependent No More: how to stop controlling others and start caring for yourself** by Melody Beattie (616.86 Beattie)



**Us: getting past you & me to build a more loving relationship** by Terrence Real (306.7 Real)



**Unf\*ck Your Boundaries: build better relationships through consent, communication, and expressing your needs** by Faith G. Harper (302 Harper)