

# The Love Fix: Repair and Restore Your Relationship Right Now

By Tara Fields PhD

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## The Love Fix: Repair and Restore Your Relationship Right Now By Tara Fields PhD

All couples argue, but how do some couples get to what seems like the point of no return?

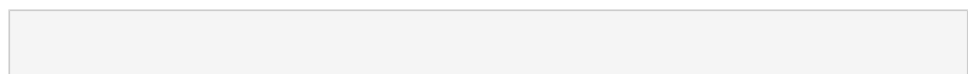
Licensed marriage and family therapist Dr. Tara Fields has spent more than twenty-eight years working with couples, and she has discovered that there are five common conflict loops that couples fall into—and three steps to getting past having the same fights over and over again and onward to building a relationship where each partner feels heard, understood, respected, and loved. These steps include:

- Recognizing the conflict loop at play
- Exploring past and present fears
- Creating opportunities to get in touch with the deepest needs of both partners in order to find new gratitude, respect, and trust

Change comes with awareness. When you're present in the moment, conflict with your partner can become an opportunity to work through unresolved issues and to learn more about each other; it can even become a way to grow closer. In *The Love Fix*, Fields shares her tested and proven tools to help build stronger relationships, including:

- Insight from real couples who have repaired their relationships
- Self-assessment quizzes to get to the root of the problem
- Practical 3-Minute Fixes you can start using immediately
- HEARTwork exercises to help you dig deeper in order to reconnect

It's never too late to reignite your passion and to restore the love between you and your partner. Stop rehashing the same issues, figure out what you're *really* fighting about, and start enjoying a happier, stronger relationship today.



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## The Love Fix: Repair and Restore Your Relationship Right Now By Tara Fields PhD Bibliography

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### Editorial Review

#### Review

“This book is filled with hope, positivity, and all the tools you need to help your relationship to thrive.”  
(John Gray, PhD and author of *Men Are from Mars, Women Are from Venus*)

“An essential read for anyone in a relationship. No matter what the state of your relationship you will find tips and strategies in *The Love Fix* to enhance it, and maximize your own happiness in the process.” (Louann Brizendine, MD and author of *The Female Brain* and *The Male Brain*)

“This is the best relationship book I have ever read. It is wise and modern but most importantly, refreshingly objective, down to earth, direct, and practical.” (Dr. Dean Edell)

“Tara Fields has combined the best of cutting edge thinking in the fields of holistic psychology, mindfulness, and couple’s therapy to arm readers with the skills that will bring forth change and real transformation. A useful guide for both clinicians as well as couples and individuals.” (Ronald Alexander, PhD, MFT)

#### From the Back Cover

Find your way back to a happy, satisfying relationship

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## About the Author

Tara Fields, PhD, M.F.T. is a licensed psychotherapist based in Marin County California. A psychotherapist, author and speaker, Dr. Fields integrates family systems, mindfulness-based cognitive behavioral therapy and attachment theory in her clinical practice, working with individuals, couples and families.

Fields is the best selling author of *The Love Fix: Repair and Restore Your Relationship Right Now* (HarperCollins), a media consultant, and a nationally recognized relationship expert who has been a guest expert on such television shows as Oprah, Dr. Oz, Dr. Phil, and CNN. She is frequently featured and quoted in numerous publications including Redbook, Brides, Glamour. She lives in Marin County, California.

Visit <http://www.tarafields.com>

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#### Mark Ames:

As people who live in the particular modest era should be revise about what going on or info even knowledge to make these people keep up with the era which is always change and advance. Some of you maybe may update themselves by reading books. It is a good choice for you but the problems coming to you is you don't know what type you should start with. This *The Love Fix: Repair and Restore Your Relationship Right Now* is our recommendation to help you keep up with the world. Why, because this book serves what you want and need in this era.

#### Aracely Schneider:

A lot of people always spent their particular free time to vacation or go to the outside with them household or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity this is look different you can read any book. It is really fun for yourself. If you enjoy the book that you read you can spent the whole day to reading a reserve. The book *The Love Fix: Repair and Restore Your Relationship Right Now* it is very good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book through your smart phone. The price is not to fund but this book features high quality.

#### Blair Chappell:

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**Regina Dye:**

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