



Self-Care Isn't Selfish: Heal Yourself, Your Family & the World

Sat., February 1, 2025 10-11:30 am PT



Kendra Stein, a certified Generational Healing Family and Relationship coach will be presenting and guiding us to understand how to "Fight Right."

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Coach Myrna, January 27, 2025

<https://www.coachmyrna.org/>

Can We Learn How To "Fight Right"?

Can conflict actually bring you and your partner closer? It depends on how you fight, say Julie and John Gottman, the world's leading relationship scientists. They share why the way couples fight can predict the future of their relationships — and show how anybody can transform conflict into an opportunity for deeper connection and understanding in their new book, "Fight Right: How Successful Couples Turn Conflict Into Connection." Certified Generational Healing Coach Kendra Stein will be helping us to explore this relevant information on the next "Self-Care Isn't Selfish" monthly call Saturday, Feb. 1, 10 am PT/1 pm ET. Register here for the zoom link: <http://tinyurl.com/Self-Care-Feb-1-2025>

The book "Fight Right" is the Gottman's masterpiece of decades of research on the hot spots often through conflict. and it is actually necessary in order to

have a healthy, successful, long lasting relationship. If we don't learn how to do conflict well, we end up stuck, disconnected, and unfulfilled. John and Julie Gottman, the world's leading love experts, lay out clear, compassionate, science-based guidance on navigating this world of conflict in our most intimate relationships.

The Gottmans have identified five common mistakes people make when at odds, according to "Fight Right" principles. They are:

1. Personal attacks
2. Defensiveness
3. Stonewalling
4. Making assumptions
5. Not actively listening; essentially, focusing on winning the argument instead of understanding the other person's perspective and working towards a solution.

They also share five secrets that help us to get back on track and harness conflict to build stronger, healthier relationships.

Join us on Saturday, February 1 to learn more:

<http://tinyurl.com/Self-Care-Feb-1-2025>

For more about our Self-Care coach group and to watch other webinars that we have hosted, visit our YouTube Channel:

<http://www.youtube.com/@Self-Care.Isnt.Selfish/videos>

To purchase my book on Amazon:

<https://www.amazon.com/gp/product/B09L7KS5VH>

If you already purchased my book, I would love for you to leave a review.

<https://www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ>

If you would like to know more about what I offer as a coach, please visit my website: <https://www.coachmyrna.org/>

Find out more about creating better connections with Safe Conversations <https://www.coachmyrna.org/create-connection.html>