



Don't Waste Your Mad: A Relationship Empowerment Guide

Rodney Jenkins

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Good communication, often said to be the key to every successful relationship, can be challenging to master without the right tools. In his relationship empowerment guide, author Rodney Jenkins offers a comprehensive road map that teaches couples how to speak openly to each other about both the good and the bad, listen effectively, and focus on long-term relationship growth. Jenkins relies on real-life scenarios as well as his own professional, personal, and faith based experiences to offer couples clear ground rules for communication, including scheduling daily conversations, introducing "I" messages, and engaging in active listening techniques that help break down barriers and create intimacy. Through his proactive methods, Jenkins helps couples learn how to deal with communication roadblocks; maintain good communication during hardships; better understand a partner and the process of love; root a relationship in spirituality, honesty, and friendship; and focus on the big picture. Don't Waste Your Mad provides couples with the tools to build, strengthen, and maintain a strong relationship through effective communication while growing together financially, spiritually, and emotionally.

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