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Renew Your Wows: Seven Powerful Tools to Ignite the Spark and Transform Your Relationship

Jeffrey H. Sumber

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Is it possible to read a book about relationships and come away feeling like your life, your entire existence, just changed?

Harvard trained psychotherapist and relationship pioneer Jeffrey Sumber says YES!!!

“Your life is meant to be poetry. The way you feel when you just fall in love with someone is the way you’re meant to feel about yourself when you wake up each morning.”

Imagine a pill developed to cure insomnia that winds up being an amazing solution for weight loss?

Renew Your Wows: Seven Powerful Tools to Ignite the Spark and Transform Your Relationship was written to help couples address challenges and yet it also serves to revitalize us as individuals!

With a significant focus on your personal journey to understand life and love, this is less a relationship “diet” book of “do this” and “don’t do that” and more about a creative lifestyle change. A change that comes with helpful ways to shift one’s perception of the “facts” and concrete tools with which to make life work better day by day. However, it is left to the reader to decide where they are and what they want to do in order to create the life and the relationship they long for…

Most of the time, life inside the world of a couple is wonderful. There are beautiful memories full of giggles and winks, passion, and binge-watching afternoons. Still, there are few experiences in life that can leave us feeling as powerless, and as stuck, as our relationships. Whether it’s the silent treatment, the bickering, the months of trekking through the sexual tundra, or, that personal favorite, the “F**k It!” button where we simply say, “what’s the point, let’s just end this here and now,” relationships are not easy work.

Regardless of whether you’ve been together a month or an eternity, we all need a sense of renewal in our meaningful partnerships. But here’s the good news- you don’t have to suffer in the Soup any longer than it takes to read this book. *Renew Your Wows* takes us on a journey of self-discovery that invites a shift in the way we relate to the people in our lives. *Renew Your Wows* takes months of intensive individual and couples counseling and offers the highlights!

Renew Your Wows teaches us:

- To identify and reclaim the Self
- To determine the relational landscape we have created and see whether our paradigm indeed meshes well with that of our partner
- To learn how to Respond instead of React to a vast array of circumstances
- To learn how to differentiate needs from expectations and establish an effective way to communicate that doesn’t invite a defensive reaction from our partners
- To create a structure for general communication with friends, family, co-workers and yes, our partners, that is conducive to joyful living and mutual respect

- To establish a set of protocols that help us plan our responses and keep exchanges clean and kind
- To separate Facts from Feelings in our daily discourse in order to understand how we need to be heard as well as truly hearing others
- To know when a relationship no longer serves us and to make a change happen with respect, kindness and peace

“Psychotherapist Jeffrey Sumber has written a wonderful, well-informed, and immensely helpful guide on how to realize the full potentials of intimate love. I highly recommend this book for those who are committed to taking their relationship to the next (and then the next!) level of happiness and wholehearted wellness.” - Katherine Woodward Thomas, Bestselling author of *Calling in "The One”*

Purchase your copy of *Renew Your Wows* today and receive a FREE downloadable Action Guide that brings the ideas and exercises to life!

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Inez Morales:

This Renew Your Wows: Seven Powerful Tools to Ignite the Spark and Transform Your Relationship book is not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is definitely information inside this reserve incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This specific Renew Your Wows: Seven Powerful Tools to Ignite the Spark and Transform Your Relationship without we know teach the one who examining it become critical in thinking and analyzing. Don't be worry Renew Your Wows: Seven Powerful Tools to Ignite the Spark and Transform Your Relationship can bring if you are and not make your carrier space or bookshelves' become full because you can have it in the lovely laptop even mobile phone. This Renew Your Wows: Seven Powerful Tools to Ignite the Spark and Transform Your Relationship having fine arrangement in word and layout, so you will not truly feel uninterested in reading.

Angela Thomas:

Renew Your Wows: Seven Powerful Tools to Ignite the Spark and Transform Your Relationship can be one of your starter books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to get every word into enjoyment arrangement in writing Renew Your Wows: Seven Powerful Tools to Ignite the Spark and Transform Your Relationship although doesn't forget the main position, giving the reader the hottest along with based confirm resource data that maybe you can be among it. This great information can certainly drawn you into brand-new stage of crucial thinking.

Ruth Goodrich:

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Mark Garcia:

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