

# Relationship Rehab Show

Episode #52 Resources for Happy Lasting Relationships

In the past 28 years, Nancy has produced a prodigious number of resources to support healthy relationships for everyone. Today's show displays all the best resources for happy lasting relationships. Find these and more relationship solutions at

<https://RelationshipRehabShow.com/>

## **Books:**

**How to Stay Married & Love It! Solving the Puzzle of a SoulMate Marriage and**

**How to Stay Married & Love It EVEN MORE.** These two books tell how Jim and I learned the skills that gave us the happy, loving marriage of our dreams.

**Stepping TwoGether: Building a Strong Stepfamily** shares the research validated practices that enable stepfamilies to succeed. Several examples of real step-couples are included.

**Love Potions for Health Relationships Series.** These are several small books that give examples of healthy communication and conflict management skills in relationships other than marriage.

1. **Season the Pot** tells how our beliefs determine the quality of relationships we attract or create.
2. **Communication Elixirs** shares the same respectful speaking and listening skills taught in Nancy's other works but with examples from all relationships.
3. **Savory Safeguards** gives practical skills for managing strong emotions like hurt and anger with examples from many kinds of relationships.
4. **Pungent Boundaries** documents how to disconnect from excessive people-pleasing and set appropriate boundaries for how others treat you.
5. **Your Inner Child: a Path to Healing and Freedom** shares Nancy's personal journey out of severe depression, the healing of past traumas and belief changes that enabled her to treat herself with greater kindness and respect. The pathway is clearly outlined for you to do the same work for yourself.
6. **In production: a book about how to build healthy emotional connections with your child...connections that create self-esteem and security.**

## Online Streaming Courses:

**Millionaire Marriage Club:** An online streaming course that can be purchased independently and self-paced or used together with a comprehensive coaching package from either Nancy or one of her certified associate coaches. It includes eight modules covering eight different aspects/skills that help you create a loving, lasting, happy marriage. Chapters from **How to Stay Married & Love It!** supplement every module.

**Millionaire Marriage Club: Stepping TwoGether Edition:** An online streaming course that can be purchased independently and self-paced or used together with a comprehensive coaching package from either Nancy or one of her certified associate coaches. It includes eight modules covering eight different aspects/skills that help you create a loving, lasting, happy marriage. Every module has an introduction that outlines various strategies that help stepfamilies succeed. Chapters from both How to **Stay Married & Love It!** and **Stepping TwoGether** flesh out the information included in the streaming course.

Both streaming courses are comprehensive, robust in their delivery of valuable, practical, effective information that maps out clear paths for how to be successful in your marriage and family.

**FIFTY TWO EPISODES** of Relationship Rahab Show available as videos or podcasts accessible from [www.nancylandrum.com](http://www.nancylandrum.com) covering topics from marriage skills, stepfamily strategies, inner child and boundary setting work using Nancy's teaching as well as frequent interviews from persons who have put these skills into practice with great success.

**Coming Soon:** a certification process for those who want to learn how to build a coaching practice with individuals and couples using Nancy's materials. Put yourself on the mailing list for future information.

As always, you have my love and support,

*Nancy Landrum*

Use this link to book a complementary appointment with Nancy:

<https://calendly.com/nancylandrum/complimentary-first-appointment>

A Last Minute Addition: Say YES to Yourself: a 90 minute digital introduction to healing yourself with Inner Child work and Recovery from excessive People Pleasing (known as Codependency.) You'll be getting a newsletter in the next few days with more details about how to access this workshop. Participate from the privacy of your phone or computer.

Tuesday June 27<sup>th</sup> and Saturday July 1<sup>st</sup> at 9 a.m. Pacific time.

Register at [www.RelationshipRehabCoach.com](http://www.RelationshipRehabCoach.com) on the coaching with Nancy page.

I look forward to seeing you there!