

The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance

By Chris Bell, Kate Brauer-Bell

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Skyrocketing phone bills. Layovers and missed flights. Countless hours spent pining, worrying, and wondering, Why do we do this to ourselves? Long-distance love can be one challenge afteranother, but as most committed couples will tell you, the rewards well outweigh the stresses. In this sensitive yet sensible guide, long-distance veterans Chris and Kate provide strategies for making the distance seem shorter and outline eight essential skills for relationship success:

- Communicating effectively
- Establishing mutual goals and expectations
- Dealing with issues of trust, fidelity, and independence
- Having fun in spite of the distance
- Managing time, schedules, and stress
- Keeping the relationship real
- Balancing sex and emotional intimacy
- Making the transition to same-city living

Based on interviews with more than 100 couples and packed with knowledgeable tips and honest advice, THE LONG-DISTANCE RELATIONSHIP SURVIVAL GUIDE proves that, with patience and dedication, a loving relationship can not only survive but also thrive across the miles.

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Editorial Review

From the Publisher
* A practical and honest guide for committed long-distance couples, written by a real husband-and-wife team whose relationship survived the test. * Based on interviews with more than 100 couples. * Outlines eight essential relationship-building skills, such as establishing realistic expectations, balancing emotional intimacy and sex, and making the transition to same-city living.

About the Author
Chris Bell and Kate Brauer-Bell fell in love in Cincinnati, a few weeks after Chris had accepted a job 500 miles away, thus beginning 19 months of phone calls, emails, and countless trips by car or plane. Married since 2003, they now live together in Maineville, Ohio, with their son, George.
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Users Review

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Jesus Loveless:

Nowadays reading books be than want or need but also turn into a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book which improve your knowledge and information. The details you get based on what kind of book you read, if you want have more knowledge just go with schooling books but if you want sense happy read one having theme for entertaining for instance comic or novel. Typically the The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance is kind of guide which is giving the reader erratic experience.

Mary Perez:

People live in this new day time of lifestyle always attempt to and must have the time or they will get lots of stress from both lifestyle and work. So , when we ask do people have extra time, we will say absolutely yes. People is human not really a huge robot. Then we inquire again, what kind of activity do you have when the spare time coming to anyone of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative inside spending your spare time, the particular book you have read is definitely The Long-Distance Relationship Survival Guide: Secrets and Strategies from Successful Couples Who Have Gone the Distance.

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