



Gifts from the Heart: 10 Ways to Build More Loving Relationships

Randy Fujishin

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Gifts from the Heart helps students learn, practice, and improve ten fundamental communication skills needed for any long-term relationship. Each skill is presented as a 'gift' students give rather than as a behavior they implement_empowering students to participate more fully in their relationships. Engaging opening stories place the concepts and skills in a real-world context. With a conversational and student-friendly writing style, each chapter focuses on one essential communication skill that can dramatically enhance students' connections with their romantic partners, family members, and friends. Application-oriented and jargon-free, Gifts from the Heart is grounded in specific, manageable, and directed activities designed to immediately enhance relationships. Includes memorable acronyms, Guidelines, and Personal Explorations and Practice Giving Exercises. Instructor's Manual and Test Bank available.

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