



The Long-Distance Relationship Survival Guide

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 after another, 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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Jaime McKenney:

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