



# Stop the Fight!: An Illustrated Guide for Couples: How to Break Free from the 12 Most Common Arguments and Build a Relationship That Lasts

By Michelle Brody PhD

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**Stop the Fight!: An Illustrated Guide for Couples: How to Break Free from the 12 Most Common Arguments and Build a Relationship That Lasts** By Michelle Brody PhD

**This Illustrated Guide for Couples Ends 12 Hurtful Arguments Once and for All!**

Conflict within relationships is complex and challenging to overcome. In her 20 years of working with couples, clinical psychologist Michelle Brody found a way to make change simpler. Her secret: clear and lighthearted illustrations that help couples literally *see* what's driving their battles and blocking their bond, so they can chart a course together to stop the fights.

- **The Money Fight**

“You’re such a cheapskate!”

“You spend way too much!”

- **The Sex Fight**

“Not tonight. I’m not in the mood.”

“You haven’t been in the mood since 1975!”

- **The Parenting Differences Fight**

“You’re too overprotective!”

“Is skydiving next?!”

*Stop the Fight!* includes more than 300 illustrations to help couples unlock the destructive cycles that drive *the birthday fight*, *the difficult relatives fight*, and other familiar battles. Going beyond common relationship advice, the tools in *Stop the Fight!* will help you understand the big picture and create lifelong change.

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### Editorial Review

#### Review

#### 2015 INDIEFAB Honorable Mention for Family & Relationships

“A helpful and concise manual for anyone in a relationship. . . Brody handles the subject well, and her skill and experience in her field shows outright.”—*Publishers Weekly*

“A clever and nonthreatening resource for couples wishing to get along better.”—*Library Journal*

“I couldn’t put this book down! It’s insightful, incisive, hilarious, and hard-hitting all the same time—not to mention incredibly helpful. I hope everyone reads it.”

—**Amy Chua**, Yale Law School professor and author of *Battle Hymn of the Tiger Mother* and *The Triple Package: How Three Unlikely Traits Explain the Rise and Fall of Cultural Groups in America*

"*Stop The Fight!* digs into the dynamics of unhappy marriages and emerges with guidelines that are clear and instantly applicable. All this with charming illustrations. What a gift to couples everywhere who struggle to live less annoyingly ever after!"

—**Adele Faber**, coauthor of *How To Talk So Kids Will Listen & Listen So Kids Will Talk*

“*Stop the Fight!* breathes new life into the tired field of self-help books. It creatively delivers real solutions to serious problems in a package wrapped with pictures and laughter. Transforming your relationship doesn’t need to be a tedious chore, it can happen in the enjoyment of reading these pages together.”

—**George Fallor**, founder and director of the New York Center for Emotionally Focused Therapy

“*Stop the Fight!* gives you timeless tools to turn arguments into avenues for intimacy. Unlike other books on building and repairing relationships Dr. Brody gives us numerous visual illustrations. More than words you see creative cartoons that vividly bring to life the wise advice given. I highly recommend this book to anyone, or any couple, that wants to stop the fight!”

—**Xavier Amador, PhD**, author of *I’m Right You’re Wrong, Now What?* and featured therapist on NBC, Bravo, ABC, CNN and PBS Nova

“Research has proven that every relationship has at least nine irreconcilable differences. For many couples this results in fighting and arguing. The really good news is this: The book you hold in your hands will guide you to a new way of building a deep, loving relationship without all the yelling, shaming, and blaming. Highly recommended.”

—**Arielle Ford**, author of *The Soulmate Secret*

“Michelle Brody has given couples not a map, but a GPS to help them resolve their issues. It is user-friendly, solid advice that will allow any couple willing to invest the time to make their lives whole again.”

—**Barton Goldsmith, PhD**, nationally syndicated columnist and author of *100 Ways to Defeat Depression*

“A fun and clever way of helping couples with conflict resolution.”

—**Suzanne Iasenza, PhD**, New York City-based psychologist and faculty at the Institute for Contemporary Psychotherapy and Psychoanalysis and the postgraduate program in couple therapy at Adelphi University's Derner Institute

"I love *Stop the Fight!*—the insights and anecdotes are practical and applicable to real-life relationships, and the clever cartoons make sure the points stick."

—**Victoria Moran**, author of *Living a Charmed Life*

"*Stop the Fight!*, Michelle Brody's deeply thought-out, and yet entirely accessible, new book on how to stop fights between spouses made me feel oddly exposed and greatly relieved at the same time. Her understanding of how couples irrationally attack each other under stress is eerily familiar. So much so, I hoped my kids weren't reading the accompanying cartoons over my shoulder, for fear they'd scream, 'Mom! That's just like you and Dad!' A great read for any couple ready to break bad habits but don't want the earnestness of most prescriptive books on improving your marriage."

—**Dani Klein Modisett**, author of *Take My Spouse, Please: How to Keep Your Marriage Happy, Healthy, and Thriving by Following the Rules of Comedy*

"The most creative effort I have for more couples to learn how to communicate effectively. The illustrations and text, together, brilliantly demonstrate the various traps couples fall into and playfully educate about solutions that can transform a relationship. This book will save many marriages."

—**Therese J. Borchard**, founder and host of ProjectBeyondBlue.com and author of *Beyond Blue* and *I Like Being Married*

"All relationships have conflicts eventually. Fighting may be a learning experience or a potential disaster. *Stop the Fight!* gives readers clear, easy tools to use in order to make these conversations productive and win-win! Great job, Michelle Brody, for guiding us on how to assess our behaviors, and for the step-by-step tools needed to enhance our communication skills, teaching us to see the whole picture, and offering tips on rebuilding the connection that we desire!"

—**Drs. Joni Frater and Esther Lastique**, therapists and coauthors of *Love Her Right*

About the Author

**Michelle Brody, PhD**, is an executive coach and clinical psychologist with over 20 years of professional experience as a practicing therapist and a specialist in resolving relational conflict. Her background also includes extensive experience in teaching, coaching, and scientific research. She has served for more than a decade as a senior trainer for psychologists and a business consultant, teaching others what will (and won't) catalyze lasting change. Dr. Brody is the founder of Coaching for Couples, an innovative practice for couples seeking time-efficient relationship change.

## Users Review

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**Shawn Midkiff:**

Do you have favorite book? When you have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each book has different aim or even goal; it means that reserve has different type. Some people really feel enjoy to spend their time and energy to read a book. These are reading whatever they get because their hobby is actually reading a book. What about the person who don't like reading through a book? Sometime, person feel need book if they found difficult problem or exercise.

Well, probably you will require this *Stop the Fight!: An Illustrated Guide for Couples: How to Break Free from the 12 Most Common Arguments and Build a Relationship That Lasts*.

**Erica Rawlins:**

Is it an individual who having spare time subsequently spend it whole day by simply watching television programs or just lying on the bed? Do you need something totally new? This *Stop the Fight!: An Illustrated Guide for Couples: How to Break Free from the 12 Most Common Arguments and Build a Relationship That Lasts* can be the reply, oh how comes? It's a book you know. You are therefore out of date, spending your time by reading in this brand new era is common not a geek activity. So what these textbooks have than the others?

**Pearlie Wong:**

In this particular era which is the greater man or woman or who has ability in doing something more are more treasured than other. Do you want to become considered one of it? It is just simple way to have that. What you should do is just spending your time not very much but quite enough to have a look at some books. One of the books in the top list in your reading list is actually *Stop the Fight!: An Illustrated Guide for Couples: How to Break Free from the 12 Most Common Arguments and Build a Relationship That Lasts*. This book and that is qualified as *The Hungry Slopes* can get you closer in getting precious person. By looking upward and review this e-book you can get many advantages.

**Steven Atkins:**

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