

STÉPHANIE BRILLANT



How to Stop Screwing Up Your Relationships

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Are you looking for more fulfilling relationships? Discover a simple and effective method to transform your romantic, friendly, or professional connections. With practical advice and clear illustrations, explore the keys to calmer communication.

This book starts from a simple idea: you might not be able to fully explain love, but you can understand what prevents it, damages it, or makes it fail. The author deconstructs misconceptions about love, its failures, and the so-called necessity of self-love as a prerequisite. With a practical and compassionate approach, she offers a method to better understand the mechanics of love, our emotional reactions, and how our traumas, beliefs, or relational rigidities hold us back.

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