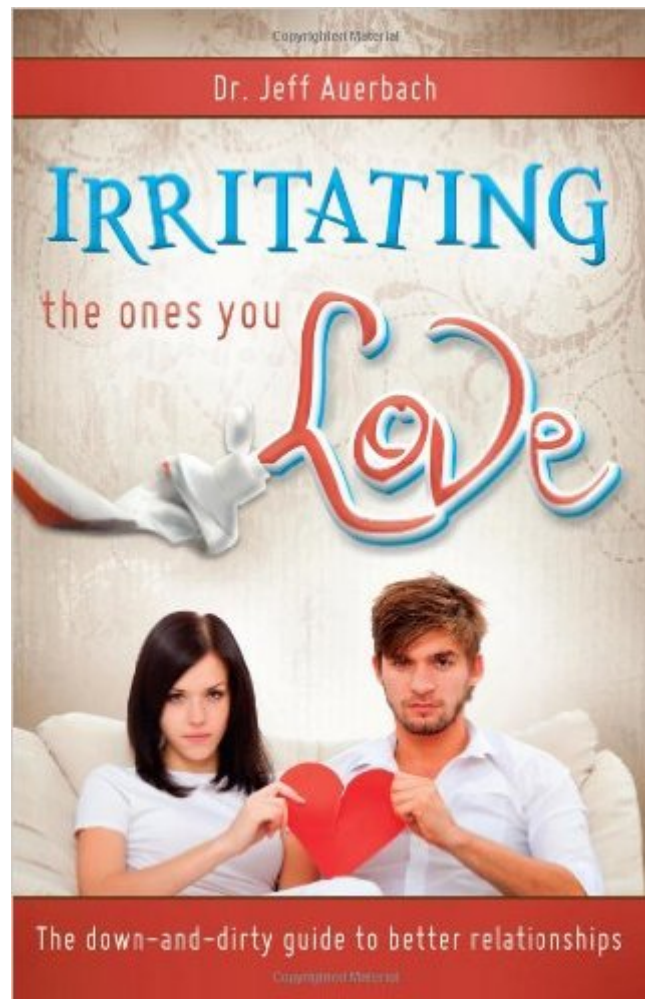


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Irritating The Ones You Love: The Down And Dirty Guide To Better Relationships



Synopsis

Whether it's a sister who chews her food too loudly or a spouse who won't open up about his feelings, we all have those little irritations that threaten to damage our important relationships. Learn how to uncover the hidden attractions that keep drawing you toward conflict, tame your pet peeves, and avoid repeating past mistakes. This book will strengthen your relationships by helping you identify sources of irritation and build on the principles necessary to overcome their influence.

Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #142,399 in Books (See Top 100 in Books) #107 in [Books > Self-Help > Relationships > Mate Seeking](#) #1107 in [Books > Self-Help > Relationships > Interpersonal Relations](#) #1124 in [Books > Self-Help > Relationships > Love & Romance](#)

Customer Reviews

This book explains so much about why you choose the mate you do. Made total sense to me (and my book club too) It is an understandable and quick read that borrows from Freud. Why do you, a perfectionist, marry a complete slob? This book gives a pretty compelling answer to this type of question. Does your wife remind you so much of your mother and does she irritate you in the exact same way? The book discusses this type of thing too. And it says that there are no perfect marriages....there are great marriages with problems, pretty good with problems and bad with problems. This book helps you cope with those problems that we all have. Check it out!

Good book, attended a seminar Jeff Auerbach and enjoyed his presentation very much. Interesting how our personalities are shaped by our past and only we can effect any changes. Note to anyone out there that thinks they can change someone else...just can't be done, has to come from within.

Very insightful and well written book. The only odd thing is the title. I was recommended this book

by a friend and really didn't want to read it once I saw the cover - the title and the silly image don't do justice to the important content of the book. Highly recommended to couples and singles alike.

It promotes self understanding and one could realize the difficulties in a relationship may not always be the other person. Parenting is difficult, not a perfect science and therefore all of us could use some minor tune ups. It helped me to understand why I react the way I do and why certain things annoy me.

I wish that I had read a book like this 30 years ago. The author gives reasons why people argue over seemingly trivial things, and he also provides valuable insight into how individuals should go about looking for a partner in the first place. I strongly recommend this book, especially for those who are not yet married and who want to go into a long term relationship with their eyes wide open. This includes understanding both the conscious and unconscious reasons we chose the mates we do.

This book identifies and analyzes the things we all need to know in conducting relationships! It is insightful and clever and a must read for anyone in or contemplating a relationship. The Jars technique is an easy and comprehensible way to look at oneself and one's partner and identify what make us tick! The book is well written and humorously articulate, as well!

An excellent book for everyone to understand themselves and other people they are relating to. Too bad people do not read this sort of information before getting into relationships. It will help anyone to make a better selection on choosing a partner and help couples understand why they irritate each other/choose the people they choose and hopefully find peace and happiness in their relationships. I would also recommend "The Mastery of Love, by Don Miguel Ruiz

The content of this book led to some powerful insights about the way we all function in relationship that has changed my relationship for the better. The promised "solutions' at the end of the book were sort of disappointing. Nothing new or surprising.

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