

The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer

By Judith Wright, Bob Wright

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Every couple fights—it's *how* you fight that can determine the success of your relationship. This book teaches you to look beyond *what* you and your partner fight about, and discover the core issues that undermine your relationship.

In the midst of a disagreement, many couples ask themselves, "What are we *really* fighting about?" Sound familiar? As it turns out, breakups and divorce don't happen because couples fight, they happen because of *how* couples fight. In this much-needed book, Judith and Bob Wright—two married counselors and coaches with over thirty years of experience helping couples learn how to fight well—present their tried-and-true methods for exploring the emotions that underlie many relationship fights.

In this unique guide, you'll learn how to use disagreements as an opportunity to deepen your understanding of your partner, bring more intimacy to the relationship, strengthen your bond, and really learn from the conflicts and tensions that occur between you. You'll also learn how to navigate the fifteen most common fights couples have, including "the blame game," "dueling over dollars," "If you really loved me, you'd…," "told-you-so's," and more.

If you're ready to start fighting for your love, rather than against it, this book will show you how.

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Editorial Review

Review

"*The Heart of the Fight* is an inspirational and eye-opening wake-up call for anyone who wants to create authentic, thriving relationships. From friendships to business relationships to spouses, this book provides great tools for relationships that really work. The book challenges the status quo and opens our eyes to a whole new way of looking at something."
—**Jack Canfield**, coauthor of the *New York Times* #1 best-selling book series *Chicken Soup for the Soul*

"I have known the Wrights for years and have always been impressed by their grounded approach to relationship and life. They bring an unusual blend of practicality and integrity to their cutting-edge work that eschews simple answers. Their groundbreaking method and research should take its place as simply the most practical, effective approach to maximizing couple and individual potential and satisfaction."
—**Barnet Bain**, film director of *Milton's Secret*, producer of *What Dreams May Come*, and author of *The Book of Doing and Being*

"*The Heart of the Fight* by Judith and Bob Wright is one of those books that is based on good social scientific evidence, the authors' own and others' research, and yet is written in a lively enough prose style that couples who need the advice will actually enjoy reading it."
—**Barbara J. Risman, PhD**, fellow at the Center for Advanced Study in the Behavioral Sciences, professor of sociology at the University of Illinois at Chicago, vice-president of the American Sociological Association, president of the Southern Sociological Society, and president of the board of the Council on Contemporary Families

"Judith and Bob Wright draw upon thirty years of research into couples, relationships, and human behavior, as well as their own long marriage, to tell an eye- and heart-opening truth: the conflicts we think we should avoid in our relationships are exactly where we have to go in order to achieve the genuine connection, intimacy, and mutual growth we want in our relationships. This is the must-have manual for lasting and meaningful relationships."
—**Patricia Crisafulli**, best-selling author, and founder of www.faithhopeandfiction.com

"At last, here's a brilliant manual for couples that really works. The secret: based on their extensive counseling of couples, Bob and Judith Wright explain why 'great relationships require great fights.' Don't stop fighting, but learn from the Wrights how to fight properly and creatively while you battle your way to bliss. … If you feel your daily relationship is like going over Niagara Falls without a barrel, it's time to get to calmer waters by fighting hard while fighting clean. This book will show you how."
—**Larry Kirshbaum**, former CEO of Time Warner Book Group, and literary agent

"The best relationships, from friends to dates to partners, are the ones where we are willing to deeply engage. The Wrights have put together a breakthrough guide that teaches how to develop the relationship muscles we

all need by engaging rather than avoiding."
—**Sonia Choquette**, *New York Times* best-selling author of *The Answer is Simple*

"I know the Wrights and have seen their work. I've spoken with their students and been impressed by the vitality, clarity, and forthrightness of their interactions. We have discussed their research and I am consistently impressed by the solidity of their approach and the fact that they practice what they preach. What they are saying in *The Heart of the Fight* is grounded in years of experience and success. Don't miss this opportunity to understand the basic elements and finer points of relationship success."
—**Brad Anderson**, former CEO of Best Buy

"*The Heart of the Fight* is the first book I've ever read and loved this much that gives couples practical advice for reframing conflicts in ways that strengthen their ability to stay married forever! I was mesmerized with their new terminology for conflict and with their universally appealing ways to unlock and sustain healthy neurochemistry—even through rocky challenges that might normally take couples down paths of no return when conflict and crisis emerge. Heading into my forty-sixth year of marriage, I found some new and beautiful suggestions for ensuring that the strength of healthy conversations with my husband prevails. This is a must-read book for all couples ready to get married, or in a marriage they want to keep for life!"
—**Judith E. Glaser**, author of *Conversational Intelligence*; CEO of Benchmark Communications, Inc.; and chairman of The CreatingWE Institute

"I love this book! Bob and Judith offer the best program I've seen for using the conflict that inevitably arises in marriage to help a couple create more intimacy. This is a must-read for anyone in a relationship or thinking about getting in a relationship."
—**Cynthia Kersey**, visionary and global humanitarian, founder and CEO of Unstoppable Foundation, and best-selling author of *Unstoppable*

"Lovers hate conflicts. Employees hate conflicts. Your pets hate conflicts. … But conflicts—and the fighting that ensues—are unavoidable, and the more deeply you love someone, or want to love someone, the more fights you are going to have. … But if you fight fairly, with love within your heart, your intimacy will prosper. Judith and Bob Wright will show you the 'right' and 'wrong' way to fight, making this a rare and valuable book for every couple and spouse."
—**Mark Waldman**, executive MBA faculty at Loyola Marymount University, and coauthor of *How Enlightenment Changes Your Brain*

About the Author

Judith Wright, EdD, is a world-renowned couples and lifestyles coach, media favorite, inspirational speaker, lifestyles expert, professor, and corporate consultant. She is the award-winning coauthor of *Transformed!* and the best-selling author of *There Must Be More Than This* and *The Soft Addiction Solution*. Wright has appeared on *20/20*, *Oprah*, *Good Morning America*, and *Today*; and in over 600 print and radio interviews, including the *New York Post*, *Boston Herald*, and *San Francisco Chronicle*. Wright is cofounder of the dynamic and innovative couples program at the Wright Foundation and the Wright Graduate University for the Realization of Human Potential, where she is also professor of transformational coaching.

Bob Wright, EdD, is an internationally recognized visionary, speaker, educator, consultant, coach,

professor, and best-selling author. He cofounded the Wright Graduate University for the Realization of Human Potential to teach people to develop their vision and fulfill their dreams. Coauthor of the award-winning book *Transformed!* and several other books that have sold hundreds of thousands of copies globally, Wright is recognized as a top coach by *Crain's Business* and has helped thousands of people across the country transform their careers, relationships, and lives. Wright is cofounder of the couples program at the Wright Foundation and the Wright Graduate University for the Realization of Human Potential, where he is also professor of transformational leadership.

Judith and Bob bring not only significant academic and research background to the couples skills they teach, but also real-world experience from a thriving and dynamic marriage. It's not uncommon for the Wrights to be mistaken for newlyweds—even after thirty-plus years of marriage. They model a truth-telling, no-holds-barred, intimate relationship for all the couples they lead, teach, and train.

Users Review

From reader reviews:

Natalie White:

Have you spare time to get a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a stroll, shopping, or went to the actual Mall. How about open or read a book called The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer? Maybe it is for being best activity for you. You realize beside you can spend your time using your favorite's book, you can better than before. Do you agree with its opinion or you have some other opinion?

Jessie Loudermilk:

Here thing why that The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer are different and reliable to be yours. First of all looking at a book is good nonetheless it depends in the content of computer which is the content is as delicious as food or not. The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer giving you information deeper and in different ways, you can find any book out there but there is no publication that similar with The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer. It gives you thrill reading through journey, its open up your own eyes about the thing in which happened in the world which is maybe can be happened around you. You can easily bring everywhere like in recreation area, café, or even in your approach home by train. For anyone who is having difficulties in bringing the published book maybe the form of The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer in e-book can be your alternative.

David George:

People live in this new day of lifestyle always aim to and must have the time or they will get great deal of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not really a huge robot. Then we inquire again, what kind of activity have you got

when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative inside spending your spare time, often the book you have read is usually The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer.

Claudette Everett:

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