



SMART Talk: A Communication Workbook

Carolyn Flynn

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In this simple to follow workbook I will help you achieve the relationships you desire. I will walk you through each step of the Successful Marriage And Relationship Talk Communication Model (SMART). You will learn how to get your needs met and your feelings understood by following my essential guidelines for effective communication. Heal your past emotional pain and improve your current communication to create happy, healthy relationships. In this workbook I will guide you through the steps I take my therapy patients. You will improve your communication, heal your relationships, and learn the skills to get the life you desire. Carolyn Flynn is a practicing Licensed Professional Counselor. She is helping individuals, couples, and families heal their relationships and improve their lives.

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