



Choose Courage: In Your Relationships: Thrive Together

Ruth M. Schimel Ph.D.

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Here are your tools and inspiration to flourish with people in your life. Choose Courage In Your Relationships: Thrive Together will help you multiply your own possibilities and abilities, while attuning them to what you really want. As you take realistic action steps, you'll improve current connections and make new ones that include individuals of different ages, capacities, and backgrounds. Use this handbook to pave your way to a better quality of life and joyful experiences. You'll also create deeper meaning and value in personal and professional relationships. Choose Courage In Your Relationships: Thrive Together gives you an array of alternative actions that are adjustable to varied situations and personalities. The holistic introduction and practical, clear, how-to guides can help you add and strengthen productive habits to make everyday life sing in minor and major keys. With quotes, photos, and humor, Thrive Together supports staying true to yourself as you clarify and fulfill visions for the future through the following guides: • Encouraging Rareness in Others • Percolating Good Partnerships in Love, Work, and Play • Seasoning Friendships • Quenching Your Thirst for Lasting Love • Strengthening Links between Generations

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