

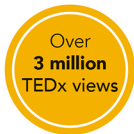
'The 4 Habits book can help guide and strengthen your team, workplace, and family, and improve your most important relationships. I highly recommend this hugely helpful new book.'

Dr John Trent – Author of LifeMapping®, President StrongFamilies.com  
and The Centre for Strong Families

# THE **4** HABITS

of all  
**Successful Relationships**

**Improving your relationships  
at home, at work and in life**



**Dr. Andrea & Jonathan  
Taylor-Cummings**

# The 4 Habits of all Successful Relationships

**DR. ANDREA & JONATHAN TAYLOR-CUMMINGS**

- The quality of our relationships impacts just about everything that really matters most. They impact how we “show up” and what we are able to achieve – at home, at work and in life. They impact our health and wellbeing, and ultimately, they determine the quality of our very lives. But successful relationships don’t just happen automatically. They take work.

- The problem is, often we have no idea what to work on! Every relationship faces hurdles. Our different views, opinions and approaches as individuals mean we have different expectations and when those expectations are not met, we feel frustrated and disappointed. Unaddressed and repeated over time, this frustration leads to broken relationships, broken homes and broken people. So many relationships lose out because we are not equipped to do relationships well before problems arise... until now.

- Based on over 25 years of working in relationship education, in this book, Dr. Andrea & Jon Taylor-Cummings share four fundamental habits that often distinguish between successful and unsuccessful relationships. Every successful relationship displays them and every failing relationship is missing at least one. By learning the principles, tools and techniques that underpin The 4 Habits© we can all change our behaviours from habits that damage relationships to habits that strengthen them, on purpose.

## **AUTHOR BIO**

Jonathan Taylor-Cummings is the co-founder of 4 Habits Consulting and Soulmates Academy Foundation, through which he and his wife Andrea equip people to build healthy relationships at work AND home.

Dr Andrea Taylor-Cummings is the co-founder of 4 Habits Consulting and Soulmates Academy Foundation. Andrea and Jon have hosted a TEDx talk which has had over 3 million views.

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