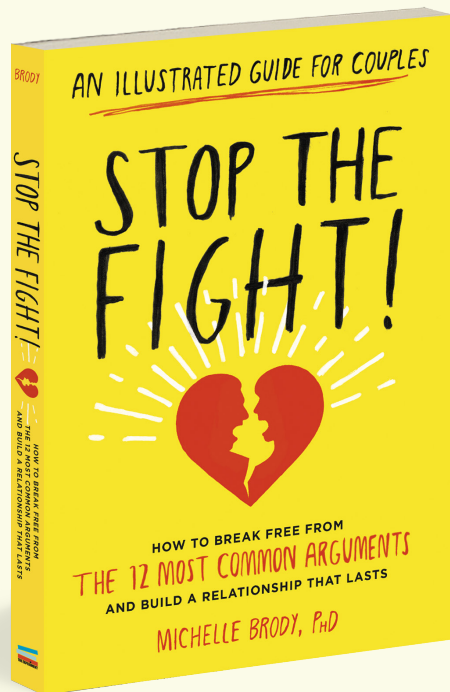


# STOP THE FIGHT!

## AN ILLUSTRATED GUIDE FOR COUPLES

How to Break Free from **the 12 Most Common Arguments**  
and Build a Relationship That Lasts



PAPERBACK ORIGINAL  
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**The first of its kind, this cleverly illustrated relationship guide helps couples literally see their way out of hurtful, repetitive arguments**

Relationship conflict is complex and challenging to change. But in her work with couples, clinical psychologist Michelle Brody developed a way to make change a bit simpler. Using evocative drawings and diagrams that illustrate the hidden forces that drive the most familiar battles, Dr. Brody shows couples effective strategies for finding a way out.

Whether her clients were caught in the Partner Improvement Fight, the “You Don’t Care About Me” Fight, or the Difficult Relatives Fight, the pictures unlocked the destructive cycle. Her clients immediately “got it”—they could literally see with their own eyes what was blocking their bond, and together chart a course to recognize the triggers to fights . . . to end them. *STOP THE FIGHT!* pairs more than 300 instantly graspable illustrations with Dr. Brody’s proven, pragmatic advice. It’s a one-of-a-kind relationship manual—concise, easy to use, and results oriented.

**“*Stop the Fight!* breathes new life into the field of self-help books. It creatively delivers real solutions to serious problems in a package wrapped with pictures and laughter. Transforming your relationship doesn’t need to be a tedious chore, it can happen in the enjoyment of reading these pages together.”**

—GEORGE FALLER, certified EFT trainer, founder and director of the New York Center for Emotionally Focused Therapy

**“I couldn’t put this book down! It’s insightful, incisive, hilarious, and hard-hitting all the same time—not to mention incredibly helpful. I hope everyone reads it.”**

—AMY CHUA, Yale Law School professor and author of *Battle Hymn of the Tiger Mother* and *The Triple Package: How Three Unlikely Traits Explain the Rise and Fall of Cultural Groups in America*



#### ABOUT THE AUTHOR

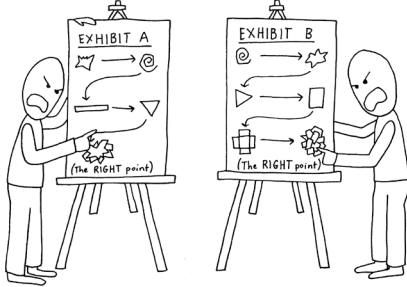
**Michelle Brody, PhD**, is an executive coach and clinical psychologist with over 20 years of professional experience as a practicing therapist and a specialist in resolving relational conflict. Her background also includes extensive experience in teaching, coaching, and scientific research. She has served for more than a decade as a senior trainer for psychologists and as a business consultant, teaching others what will (and won’t) catalyze lasting change. Dr. Brody is the founder of Coaching for Couples, an innovative practice for couples seeking time-efficient change.

*Stop the Fight!* is illustrated by **Emily Tomasik**.

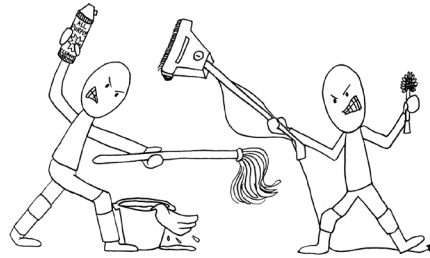
A PEEK  
INSIDE

# STOP THE FIGHT!

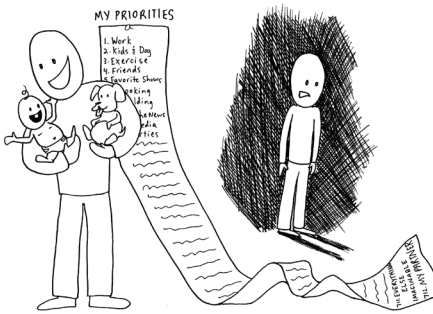
## THE PROVING YOUR POINT FIGHT



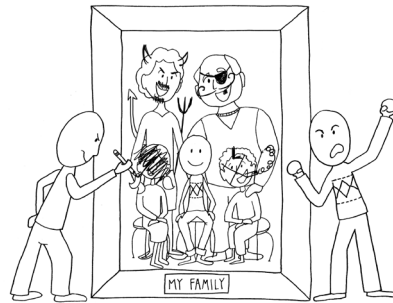
## THE HOUSEHOLD RESPONSIBILITIES FIGHT



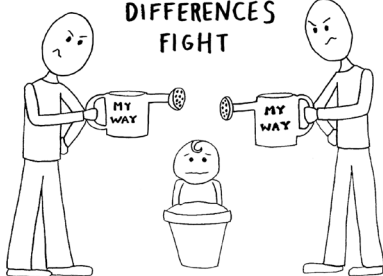
## THE "YOU DON'T CARE ABOUT ME" FIGHT



## THE DIFFICULT RELATIVES FIGHT



## THE PARENTING DIFFERENCES FIGHT

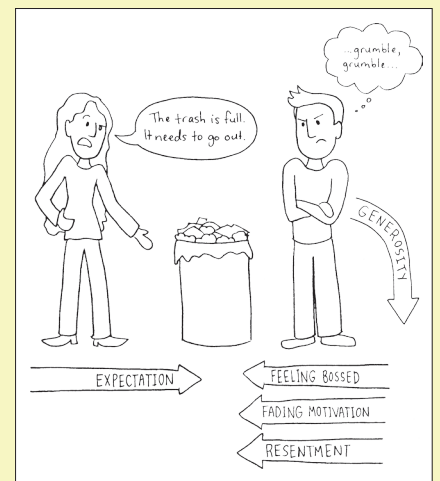


## THE MONEY FIGHT



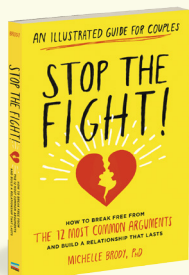
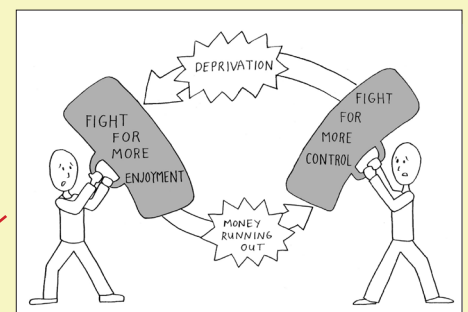
## THE HOUSEHOLD RESPONSIBILITIES FIGHT

Who does what around the house is always a potential sore spot that can lead to fights. Making it fair is more than just splitting it 50-50.



## THE MONEY FIGHT

"You need to be more careful about money!" "Life is about enjoying, not deprivation!" This classic fight is a circular dynamic between the Spender and the Saver.



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