



Complaint Free Relationships: Transforming Your Life One Relationship at a Time

Will Bowen

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A revolutionary approach to improving every relationship in your life, Complaint Free Relationships picks up where the internationally successful A Complaint Free World left off, with all-new methods to help you overcome toxic habits and build strong, successful connections with others.

The original Complaint-Free movement has exploded into an international phenomenon, with 5.5 million people in more than 80 countries taking the pledge to create a complaint-free life, as well as national media attention. As this movement expands, it is clear that the real focus of achieving true complaint-free living lies in our relationships.

People complain to bond with others. It's easy to feel connected by common annoyances. But most complaining is about people, and this leads to negative and unhealthy foundations for our relationships with others--from family, lovers and friends to our more casual connections with people in our daily lives. Complaint-Free Relationships provides insight and helpful tools to see, understand, and engage in our relationships through the lens of complaint-free living. It incorporates new studies about complaining, inspiring and illuminating stories from Will Bowen's experience both as a minister and founder of the Complaint Free movement, and practical exercises at the end of each chapter.

By providing the tools you need to escape the trap complaining creates--feeling unfulfilled and inadequate--Complaint-Free Relationships offers new clarity and encourages you to create happy, stimulating and mutually satisfying relationships.

From the Hardcover edition.

Complaint Free Relationships: Transforming Your Life One Relationship at a Time **Details**

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Sarah says

This book had a lot of good ideas. Very glad I found it.

Randi says

If you can get past the cheesyness :) this book has some great concepts for avoiding victim stance and ways in which we judge. I actually enjoyed it.

Major Doug says

Listened to this book: a bit too 'turn the other cheek'; however, there were some good practical exercises.

Kate says

This is good.

There is definitely a little corniness to it, and I am going to skip the illustrational "stories" the next time I read through it, but I think there is a lot of good material in here about recognizing the stories you create about interacting with others in your life and taking responsibility for the way you choose to relate to them. Good stuff about not taking others' comments personally, and I was really surprised when he mentioned the Johari window - the most interesting pane being, of course, the things others know about you but you don't know. And how this relates to places where your past issues can be easily triggered.

Now that I've listened to the whole thing, I want to get the hard copy and read through some of the lists and exercises.

Richard says

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-

Interesting remarks regarding relationship...

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Noah says

If you liked A Complaint Free World, you will like this.

Mike says

basically life changing. Shines a light on the side of you the world sees...perhaps more often than any other, without your even knowing it. Well worth the time....AND the 21 days of introspection that Will is asking for. Tough challenge to pass that one!

Glad says

He provides a view of conflict resolution from the pov of relationships. Key point was the colored threads in a tie as a way of seeing different perspectives of a personality.

Tinker says

Everyone should read and re-read this book.

Linda says

One of the best books I've read in a long time with simple clear action steps you can take to change your relationships. Oddly enough I had been doing some of the things mentioned in this book, but I had pulled from multiple sources; other books, articles I'd read, videos I'd watched, and some wonderful advice given to me by some great friends. The thing is putting it together in this format with clear, concrete instruction on what you can do to begin changing your relationships today, is not something I had come across before. I will admit that I picked up this book a few weeks ago and read part of the first chapter and then put it aside to move onto something more interesting at the time. It is coming time for me to return it to the library so I picked it up to give it a second chance, and somehow I was more ready to absorb the information the second time around. As I began reading some of the steps I had already taken in a few relationships (and I had seen immediate results) I wanted to read more.

It seemed to me at first trying to have complaint free relationships would be something very difficult to do, out of my control and tedious; but as I read I realized my error. Reading over the reasoning behind each part made me realize that the relationships and types of interactions described in this book are the exact type of relationships and interactions I want more of in my life. I had been feeling like changing the relationships was out of my hands since I thought both parties would need to change to move forward in a more positive light, but the little bits I had tried before reading the book started to reshape the relationships immediately. I could see changes in reactions, simply by changing the way I was reacting. A wonderful book I would recommend to anyone who is feeling like they do not have control over their relationships, this can truly help not just in your relationships with others, but in your relationship with yourself.

Andrew Clem says

Thank Sarah this is the best igniting book for anyone that has problems getting along at work or home.
Thanks

Maureen says

I think I got a lot of good tips from this book. I learned how complaining of any kind is counter productive. Even in the spirit of "venting". Often we think "getting it out" makes us feel better but if we are getting it out by complaining we are actually making things worse. I got this book from the library and I think I may need to purchase a copy to add to my personal library. The exercises are helpful but I did them mentally rather than keeping a journal. This will be on my "to be read again" list.

DianeK Klu says

Everyone should read this book!

Katharine says

I'm actually listening to this on CD, and the fact that I don't love the way Will Bowen reads this is definitely coloring my view - a bit corny. This book was recommended to me among others, and it's definitely my least favorite book, and actually directly contradicts Why Marriages Succeed or Fail. I also think it's a bit optimistic and simplistic for the most part, but I DO think that the ideas in this book are, generally, great. Helps you to look at your thought process and relationships in a new light and to try to approach them in a more positive and productive ways. Good basic information here.

Jennifer Millspaugh Gray says

It definitely made me think about how much I complain and how much of a drain that is on my relationships. I recommend it to anyone who wants to re-evaluate the state of the current relationships and recurring trends of negativity.
