



Peace Within, Peace Between: Your Relationship Toolkit

Linda Powers Leviton M.A.

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Peace Within, Peace Between speaks to individuals of all ages who want to live fuller, more loving and satisfying lives, as well as to coaches and therapists who wish to be more effective in their professional efforts. Leviton's calm and straightforward prose offers easy-to-apply concrete skills using anecdotes, illustrations, stories, metaphors, bullet-point lists, and activity worksheets to introduce the theories and tools of Virginia Satir, pioneer of family therapy. The book is artfully crafted to appeal to auditory-sequential, visual-spatial, and tactile-kinesthetic learners, as well as the Gifted and twice-exceptional (those who also have learning, social or emotional challenges). This positive and practical approach to communication and connection engages and motivates readers injecting hope into even the most difficult interactions. These ideas would be an asset in any relationship or setting. Peace Within, Peace Between: Your Relationship Toolkit is a positive, entertaining, useful and effective guide to finding the love we all want to feel; for ourselves, our partners, our children, our parents, and the world.

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