



The Intimate Enemy: How to Fight Fair in Love and Marriage

George R. Bach, Peter Wyden

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Fight! It's good for you! That's the advice of Dr. George R. Bach. Hostility is a natural part of human beings. Suppressing it builds resentment and leads either to uncontrolled, vicious, damaging outbursts, or to boredom, irritability, and alienation. But - fight fair! Untrained fighting can be dangerous. Under pressure, the temptation is strong to strike at weak points, throw in irrelevancies, and go for a "kill." But *The Intimate Enemy* demonstrates with 122 real fights, the flexible rules and exercises for fair, above-the-belt fighting. These reduce insults and injuries and lead to increased understanding, growth, and joy.

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