



From Stranger To Lover: 16 Strategies For Building A Great Long Distance Relationship

Lisa McKay

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In a long distance relationship..? Avoid common relationship pitfalls and build a true connection even while you're far apart.

- => **The wonderful news:** *You've met someone who might just be perfect for you.*
- => **The catch:** *They live in a different city, state, or country.*
- => **The million-dollar question:** *Can you really build a good relationship at a distance?*

The answer? Yes you can... but it really helps if you establish healthy patterns in your relationship right from the beginning.

***From Stranger To Lover* is designed to give you the insight and skills needed to build a great relationship long distance – a relationship so strong that it will “go the distance”.**

If you're in a brand new relationship this book will help you avoid common LDR mistakes such as idealizing, rushing intimacy, and coming across as too needy.

If you're in an established relationship, the book will help you identify strengths and weaknesses in your relationship and think of new ways and creative ways to connect.

What does this book cover?

- How the halo effect intensifies **idealization**.
 - Why so many LDRs begin with casual, **hasty intimacy**.
 - Why **healthy boundaries** are so important and how to establish them.
 - Signs your partner might be cheating on you and other **non-verbal signals** you can read across distance.
 - Tools to help you avoid **miscommunications** and resolve **conflict**.
 - How to build your love map and creative **ways to connect**.
 - Critical considerations for **first meetings** and **before you move**.
- and more...

BONUS MATERIAL: As a free bonus, this edition also includes detailed instructions for 2 fun activities to help couples get to know one another better. These activities will help you discover and discuss your personal strengths and your typical approaches to conflict.

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