

THE BEST MOVE YOU'LL EVER MAKE  
IN YOUR MARRIAGE



# TRADING PLACES



DRS. LES & LESLIE PARROTT

Cocreators of eHarmony<sup>®</sup>marriage  
the revolutionary online program for couples

## Trading Places: The Best Move You'll Ever Make in Your Marriage

*Les Parrott III*

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# Trading Places: The Best Move You'll Ever Make in Your Marriage

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## **Trading Places: The Best Move You'll Ever Make in Your Marriage** Les Parrott III

To understand your spouse you've got to walk in his or her shoes.

Ever feel like you're stepping on each other's toes? Then maybe it's time you put yourselves in each other's shoes. Of course that may sound uncomfortable. But it's easier than you think---and it will revolutionize your relationship. In fact, bestselling authors Drs. Les and Leslie Parrott reveal the little-known secrets of putting the time-tested strategy of trading places to work in your own marriage.

In this book, chock-full of practical helps and tips you've never thought of, you'll learn the three-step-strategy to trading places and, as a result, you're sure to:

- Increase your levels of passion
- Bolster your commitment
- Eliminate nagging
- Short-circuit conflict
- Double your laughter
- Forgive more quickly
- Talk more intimately

In short, you'll be more understanding and better understood. In other words, you'll experience---day after day---the unconditional love every couple longs for.

'We've often fantasized about being able to literally hand a box of mutual empathy---the revolutionary tool for instantly improving a relationship---to the couples that attend our seminars. Well, this book is the closest we'll ever come to being able to do just that.'

--Les and Leslie Parrott

Most couples never discover the rewards of trading places. For example, did you know it's the quickest way to get your own needs met? It's true! And Les and Leslie show you how. They also disclose exactly how trading places improves your conversations and how it's guaranteed to fire up your sex life. Truly, your love life and your entire marriage will never be the same after you learn the intimate dance of trading places.

This book also features a powerful, free online assessment, powered by eHarmony Marriage that instantly improves your inclination to trade places. How? By zeroing in on exactly what you'd most like your spouse to accurately understand about you. In addition, two workbooks with no-nonsense exercises---one for you and one for your spouse---will help you apply each chapter to your own marriage.

Les and Leslie have made it easy. So why not walk a few steps in your spouse's shoes, starting today?

Whether you're a newlywed couple or you've been married for decades, it's never too early or too late to attain the power of trading places.

## **Trading Places: The Best Move You'll Ever Make in Your Marriage Details**

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Author : Les Parrott III

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**Les Parrott III**

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## **From Reader Review Trading Places: The Best Move You'll Ever Make in Your Marriage for online ebook**

### **Charles Jones says**

I am always skeptical of books that claim to be the definitive guide to anything, particularly things related to psychology or relationships (the one exception being the DSM IV). So when I read that the editors believe this book holds “the secret” to a better marriage, I wasn’t buying it. But after reading it, I can say (without a hint of skepticism) that it actually works, and the difference is immediate.

The secret share is empathy, the ability to experience things the way another person does. It’s not sympathy, which is more akin to being with someone as they experience, but involves trying to actively assume their perspective as best you can. The promise is simple: the better you understand your spouse’s perspective, let them know that you understand, and react based on that understanding, the better her response will be.

On top of the effective and practical advice, the Parrots are enjoyable to read, and very easy to read quickly — I bought this on a Thursday and finished it Friday. The book is full of anecdotes from couples they’ve interacted with an from their own lives. Definitely worth picking up if you think you could stand to have a better relationship with your spouse.

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### **Amanda McElrath says**

I was really looking forward to reading this because it's a topic I am interested in. This book's writing is so hard to follow. Half-way through I decided to keep going and ignore the poor writing. But I found it bothered me more and more as it went along. There seemed to be no sense of direction, maybe they didn't make an outline. It's filled with tons of research and anecdotal stories, which is great. And I am so thankful for the information but it was so difficult to read that I wonder if there isn't a better book on the topic of marital empathy.

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### **Susie says**

Short and quick read. I thought the illustrations were good and memorable and taught great points. It made me aware of what empathy is, how to develop it, and how it could benefit my marriage.

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### **Jodee says**

Quick read with great and practical information!

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### **Sanchia Goosen says**

A good read if you don't have years of psychology studies behind you.

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### **Kd says**

This was an awesome book about empathy. My family concluded that empathy has many levels. If all three steps are used, I feel empathy is shown on a deep level and there is more understanding between the relationship. In general we all have to be mindful when someone is upset and try and hone into what the root of the problem is and not take it personally. Ask those questions for clarification and understanding. Using words like I am trying to understand could you help me... To me it makes all the difference in the world when someone is looking past the frustration and really trying to understand me. Then I wouldn't feel like I have to repeat myself. Taking the two seconds to be mindful and having empathy for that person can change how you see that person. Your response changes as well. Everyone can practice and I am going to do my best to be more self aware and practice empathy.

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### **Doug says**

Great unpacking of the dynamics of empathy...lots of transferable skills to a variety of relationships.

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### **Kristin says**

Very helpful psychological advice about getting married. I think it is a helpful book, but I'm glad to be done with it!

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### **Mia Savchenko says**

A very comprehensive book on how to empathize with your partner to create a more loving & harmonious union. I learned a lot from it.

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### **Marissa says**

This is a very comprehensive book written by a great married couple who has lots of wisdom and ministers to different married couples through their many wonderful books. I have read a few of them. They are all insightful, helpful and full of helpful tips for couples. This book is no exception. It really gave me practical advice to empathize with my spouse. An easy and great read.

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### **Robin Meadows says**

A good reminder to see things from your partner's point of view.

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### **Tina says**

Loved this one! I learned a lot and I'm excited for Lance to read it!

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### **Alejandro González says**

No descubre el hilo negro de las relaciones maritales, pero te da recuerda algunos conceptos básicos que son fáciles de olvidar con el tiempo y la rutina.

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