

“Millennials’ Guide to Relationships” and the Six Golden Rules of Relationships

MILLENNIALS' GUIDE TO RELATIONSHIPS

Happy And Healthy Relationships
Are Not a Myth!



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JENNIFER P. WISDOM

New York, New York City, Feb 11, 2021 ([Issuewire.com](https://www.issuewire.com)) - Everyone wants relationships that are meaningful, mutual, and supportive. We all yearn for the perfect recipe to have great romantic partnerships or better family dynamics. As there's no miracle recipe to change these relationships we can look to the next best thing – 6 golden rules of relationships.

Millennials' Guide to Relationships, by Drs. Kristina Hallett and Jennifer Wisdom provide Millennials – and people of all ages – with smart tips, suggestions, self-assessments, and advice for improving all kinds of relationships. The authors are both clinical psychologists; Dr. Hallett is a Connecticut-based therapist who specializes in interpersonal relationships, and Dr. Wisdom is a Portland, Oregon- and New York City-based researcher who studies and writes about the Millennial experience.

Drs. Hallett and Wisdom provide great tools in each chapter for the reader to explore and try out themselves. They also provide six Golden Rules of Relationships:

“It's important to remember a few basic rules of relationships that will never steer you wrong:

- Be honest and diplomatic with everyone, including yourself.
- Listen to what others are saying before responding.
- Be patient. Sometimes people are working on your behalf to make things better and you don't even know it.
- Be curious about yourself and seek constant self-improvement.
- Set and maintain boundaries and limits that reflect your priorities within your relationship(s).
- Remember that we all have struggles. Be kind and respectful.”

“These rules seem so simple and yet I am still practicing them every day,” said author Jennifer Wisdom. “They are powerful guidelines that can help Millennials -- and all of us -- have better relationships.”

Millennials' Guide to Relationships, released February 14, 2021, provides Millennials and others with tips and tools on how to have happy and healthy relationships, including with friends, work colleagues, romantic partnerships, and with ourselves. The book is part of the Millennials' Guides series, including *Millennials' Guide to Work* and *Millennials' Guide to Management and Leadership*. Published by Winding Pathway Books, *Millennials' Guide to Relationships* is available on Amazon.com and IngramSpark.

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