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Sommario/riassunto	Whether or not you are able to communicate effectively and create a respectful, honest, and loving relationship depends on how you mentally picture yourself and the other person. The attitude that emerges from this has a powerful effect on how you communicate with him or her. Here is a most enjoyable way, through Dr. Miller's expert guidance, to improve all your relationships, especially your most intimate ones. This deep relaxation and guided imagery experience will help you: 1. Relax away tension, resistance, and anxiety so you can be open. 2. Gain access to the potential of your Higher Power, the wisdom within. 3. Amplify your ability to feel unconditional acceptance and Love. 4. Communicate from a centered, loving place, with an open attitude.