

# Relationships Made Easy

*author: Dr. Abby Medcalf*

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# Synopsis

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<table><tr><th>authori¼š</th><td>Dr.

Abby

Medcalf</td></tr><tr><th>inLanguagei¼š</th><td>english</td></tr></table>

<p>The research says the key to a happy life is happy relationships. But how exactly do you make your relationships better? Thatâ€™s what this show is all about.</p><p> </p><p>Iâ€™m Dr. Abby Medcalf, psychologist, best-selling author, TEDx speaker, and (according to my kids) the bossy Jewish mom you didnâ€™t know you needed. With decades of experience and millions of listeners in over 180 countries, I give you the no-fluff, research-backed strategies to make all your relationships better: with your partner, your family, your friends, and (most importantly) yourself.</p><p> </p><p>Every week on the Relationships Made Easy podcast, I mix straight talk, humor, and science to help you communicate effectively, set healthy boundaries, and stop second-guessing yourself. Because great relationships arenâ€™t built in a day. Great relationships are built daily.</p><p> Hosted on Acast. See [acast.com/privacy](https://acast.com/privacy) for more information.</p>

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