



Some Thoughts About Relationships

Colin Wright, Joshua Fields Millburn (Foreword)

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Relationships have the potential to drastically improve our lives, or to sucker punch us in the emotional gut. Impactful as these interpersonal ties can be, it's worth the effort to become more familiar with them, question a lot of our default notions that surround them, and calibrate them to best suit our needs and those of the people we care about.

This is a book for people who want it all when it comes to relationships: something tailor-made for their unique beliefs, goals, desires, and lifestyles. This is a book for people who aren't afraid to ask, "How might we do this better?"

Some Thoughts About Relationships Details

Date : Published July 14th 2015 by Asymmetrical Press (first published July 12th 2015)

ISBN :

Author : Colin Wright , Joshua Fields Millburn (Foreword)

Format : Kindle Edition 105 pages

Genre : Nonfiction, Relationships, Self Help

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Simon Eskildsen says

I've thoroughly enjoyed Wright's podcast "Let's Know Things." He spends 45 minutes diving deep into a concept such as plastic bags, soybeans, or privacy. There's just enough personal opinion and spin on top of fantastic accounts. Before I turn this into a podcast review: This book is a great compilation of 'relationship principles.' They are mostly commonsensical. That is, if someone else had spent a while with the same goal in mind (defining relationship policies), I'd be surprised if they ended up far from where Wright landed. That said, common sense just means that they are easy to accept—not that we implement them when we should. Wright's is a great compilation and reminder of how we should approach the relationships with friends, family, and partner.

Frank says

A lot of solid, common sense relationship advice. Though I can see some people not liking what Colin has to say, since he's basically saying relationships take work, you should talk about uncomfortable subjects early, and other such things. For most people u imagine this equates to taking the romance out of the equation, but mostly to me it just seems like an adult, emotionally mature way of approaching things.

Jasper says

Excellent book on relationship guidelines.

Plenty of comments along the lines of "it's common sense".

But common sense is not so common, and this book is a good way to revisit some of these ideas intentionally (for me anyway).

If I have it my way, this should be a mandatory read for everyone on Earth. Would save a great deal of hurt.

Eve Curie says

A lot of common sense and rational relationship advice, a bit too obvious tho. The book is easy and pleasant to read.

Matt Wright says

Simple, common-sense stuff. Took all of an hour to power through.

Rita Arens says

I find it hard to believe Colin is always this rational in love, but what he wrote resonated powerfully with me and in many cases lines up with where my friends and I have netted out after twenty years of dating, navigating marriage, kids, and in some cases, divorce and remarriage. A must-read.

Ashley Thibodeaux says

Colin Wright creates a fantastic reflection on his thoughts of relationships. I like that he does not focus on intimate relationships, but all types (i.e. friendships, relationships with parents, open relationships, etc.). Although I wish Wright wrote more, his book left a great impression on me and my perspectives of relationships.

I took away a star because of two factors: spelling mistakes and word choice inconsistencies. I appreciate Wright disclaiming at the beginning that any spelling or grammar mistakes are all on his part. And yes, there are a couple of spelling mistakes that I believe could have been caught. Also, Wright's word choices are inconsistent. By inconsistent, I mean that he has a strong vocabulary that makes his points strong and clear, but then he uses many contractions. Wright should have not used contractions and just right out the words.

I like that his table of contents is simple and easy to understand. His policy titles are simple, yet perfect. Wright shares his own thoughts, and I believe that not everyone will see eye to eye with his beliefs. Which is why I will put out a disclaimer (as harsh as this may sound) that if you are not open-minded when it comes to relationships in general, do not read this book.

I highly recommend this book to those who enjoy Colin Wright's podcasts, YouTube videos, and other books. I also recommend that you attend one of his tours. Wright truly is a rare individual who I think all will benefit from his open-mindedness.

Kandi Steiner says

In my opinion, everyone should read this book. So many of us enter relationships mindlessly, without intention and thought before we connect with another human being. The concepts in this short book are so simple, yet so often ignored. My favorite concept was the "Campsite Policy," in which you basically go into a new relationship the same way you go to a campsite. You have the mindset that you will leave that campsite in the same or even better condition than when you arrived. That means you don't tear it up, you don't litter everywhere, and you don't leave a huge mess for the next camper. So simple, right? But when was the last time you went into a relationship that mindfully, with the goal to leave that person in better shape than when you found them -- whether you stayed with them or not? This book is full of little nuggets like that, and I thoroughly enjoyed the read. Plus, I absolutely love Colin Wright and follow his newsletter, blog, and podcasts. He's a great guy to follow if you love travel, minimalism, and talking about something other than the weather at parties. ;)

Miciah Bennett says

Simple, yet profound, reminders that honesty is the best policy.

elizabeth says

Is it full of common sense, rational relationship advice? Yep.

Could you have come up with this on your own (assuming you're emotionally mature)? Yep.

Do you sometimes just really need a quick reminder of common sense, rational relationship advice? Yep.

Yamanucci says

Easy to read and grounded. This book is about relationships themselves—styles of relationships, rules or what Wright calls “policies” that define relationships, and what things people in relationships should agree on like communication methods or sex.

From the very beginning Wright makes it clear that relationships should be rational endeavors. He's not for the hopeless romantic, head-over-heel-into-love narratives most of us are encouraged to believe are ideal. He doesn't believe in “The One”. There are different ways to do relationships, but certain things are unequivocally necessary to make them work. This book is a rational, unpretentious assessment of those things. It's not really about how to be a good partner in a relationship as much as it's about what makes a good relationship structure.

So while the book makes the point that relationships are better if they are tested early-on, and it's good to have a healthy exit-policy whereby exes can still be friends, it doesn't help you get through that first test or figure out how to handle the emotional and mental aspects of a breakup. Therefore, Some Thoughts About Relationships is a very accurate title for this book. It's a good book written by someone sharing his thoughts.

Colin Wright hosts a popular podcast called Let's Know Things, and has built a career based on traveling, blogging, and speaking about life. He has a sizable following, and I suspect part of the allure of this book is in reading what specifically Colin Wright thinks about relationships. While I think people who are not necessarily part of his regular following would like this book, for the most part, his thoughts are common sense for any other mature adult who has reflected on their own past friendships or loves. It's less self-help and more how-to.

Cayla Green says

A short book with solid principals on being healthy and happy with other people. While most people realize a key factor in any relationship- be it a friendship, romantic, or otherwise -requires clear communication,

Wright breaks down the question of *what* needs to be communicated. I don't believe that a person needs a reason to read this book as the outlined principals can, at minimum, serve as a refresher on putting more intention and focus behind your day-to-day handlings with other humans.

Gerhard says

I am normally leery of self-help books, which not only often tend to state the obvious, but do so in an overtly glib manner that I find condescending and irritating in equal measure. Colin Wright is an interesting person, and 'Some Thoughts About Relationships' such a dry-and-sly title in the vein of David Foster Wallace, that I decided to give this a bash. Not even a hundred pages; I'm sure my ego could survive it.

To my surprise, this turned out to be one of the most thoughtful and insightful books I have read this year. The writing style is minimalist, and the pared-back prose has to be parsed quite carefully for its rich content. This content is, yes, obvious and common-sense, like having respect, open communication, and learning to love yourself, etc. However, there is a Zen-like, matter-of-fact quality that I really liked, and which I think gives this small book extraordinary heft and depth.

From sex to intimacy, jealousy, friends, and dealing with issues like changing needs and priorities as a relationship matures, Wright's advice is sane and measured. Everything begins with the individual, and hence perhaps the best section of this book for me was Wright's advice about 'baggage':

This policy helps alleviate the issue of judging all future relationships by the standards and risks and payoffs of the past. This is often called 'baggage', and the baggage in this case is us hauling around all these preconceived notions about who we are, how our interactions with other people need to be or will be, and what that other person's motivations are. ... Don't force something that isn't there; embrace what is ... Your most intimate relationship is, and should always be, with yourself.

Kelly says

Listened to the author read this book - listened to it twice. Short and full of logic based, almost businesslike approaches to relationships that abhor all forms of dysfunction. Really good stuff. My biggest takeaway was ditching the "first date," full of expectation and pressure, replacing it with genuinely getting to know someone and allowing a friendship and connection to build before placing romantic expectations. I expect this will enable me to make more friends and stress less.

Mário Santos says

Very well articulated advise

As usual with Colin, very nice to read. I found useful the definition of these rules of thumb for happy and rewarding relationships
