

Tobias Beck

# Unbox your Relationship!

How to draw people to you and build relationships that last

Are you ready to have the best relationships of your life? Tobias Beck shows how you achieve them – at work and in your private life

## About the Book

Are you ready to have the best relationships of your life?

Tobias Beck shows how you achieve them – at work and in your private life

Thanks to our networked world, we have more relationships than ever before.

We've never been in touch with so many people at any one time, and it's never been so hard for us to open up to one another. We live in a world that strives for perfection and forgets that relationships are not a filtered Instagram selfie.

Relationships exist alongside and because of us and, as such, are also like us: unique, flawed, and constantly changing. This is a good thing. Perfection is far too static a state for the colourful emotional world where our relationships reside. We need relationships to be happy, yet it is this unique emotional world that makes it so difficult for us to establish them in the first place.

In this new book, Tobias Beck takes you on a journey aimed at achieving the best relationships of your life. As a first step, you must fall in love with yourself – because your relationship with yourself determines the standards of compassion, understanding, respect, and trust that is reflected in your relationships with others. Once you have learned to say goodbye to the beliefs that hold you back and to forgive the past and yourself, you will be able to intensively nourish good relationships and say goodbye to others. Your life deserves the best relationships you can foster.

Tobias' animal-based model of the four basic types of person - whale, shark, dolphin and owl - has already inspired millions online. It will help you figure out what the people around you feel and believe. What motivates them? What are the things they dream of? What scares them? In Tobias' many humorous stories, you'll recognise your partner, family, friends, colleagues and yourself, and thus learn to understand all these people better. By the end of the book, you'll speak the language of the four animals and know why dolphins should never marry owls, why you should adopt a whale and what you should avoid so as not to be eaten by a shark.

Tobias will take you on a journey to yourself and the people you love –with empathy, poignancy and plenty of laughs along the way.

## Table of Contents:

Foreword – 3

When freedom makes us lonely - 6

You've always been enough - 10

A journey to your inner child - 16

A parent's love - 23

The trip of your life - 31

Attracting the "right people" into your life - 35

Thanks, but no thanks - 39

Relationships with mentors - 44

Relationship accounts - 47

Code of honour – 50

**SPIEGEL  
BESTSELLER**



## Specifications

GABAL

176 pages

176 pages, paperback

October 2019

Client list: •Vorwerk, Lufthansa,

Social media relationships - 53  
Winning new customers vs taking care of old ones  
For ever and ever – 70  
May I introduce: Oxytocin – 74  
The five magical languages – 78  
No-gos in relationships – 90  
I'm not sick – I'm just single – 94  
Help, I'm a wok! – 97  
The language of animals – 101  
The whale - 106  
The shark - 112  
The dolphin - 119  
The owl – 126  
Instructions for whales - 132  
Instructions for sharks - 139  
Instructions for dolphins- 147  
Instructions for owls - 153  
Animal children - 159  
Animal love - 161  
Animal quiz - 165

*"With raw honesty, Tobias shares the struggles he's dealt with, the paths it has led him down and the learnings he's gained from it all. The result is a collection of gems which will help you form an amazing relationship with yourself and others." - John Strelecky, #1 Bestselling author of The Why Café and The Big Five for Life*

#### **About the Author:**

With more than 250,000 seminar participants and 5 million Podcast listeners Tobias Beck belongs to the most in demand speakers in the German-speaking countries.

Tobias Beck motivates you, gives you concrete tips and shows you ways in which you can free yourself from everything that oppresses you, that keeps you small. Learn to think in terms of opportunities and possibilities instead of first seeing problems and risks in everything. Go your own way and let your dreams and visions guide you. And above all, look for people who support you, who let you grow and help you to move forward - this is how you live your own life successfully and authentically BEWOHNERFREI®.