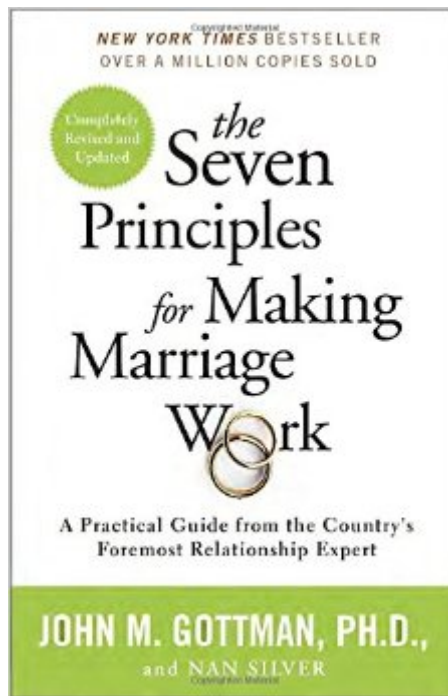


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The Seven Principles For Making Marriage Work: A Practical Guide From The Country's Foremost Relationship Expert



Synopsis

With more than a million copies sold worldwide, *The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make "and break" a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

Book Information

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Customer Reviews

When it was first published back in 1999, this book made a huge impact that shot authors and marriage counselors, John Gottmann and Nan Silver to fame, becoming their most popular book. Using interviews, research, and scientific data analysis, the authors begin with a startling claim: They can predict an impending divorce with a 91% accuracy just by looking at various signs. Moreover, they criticize most marital therapies as ineffective. They can recognize the four horsemen of the relationship apocalypse. They can also tell the health of a marriage by asking a few questions and

observing the responses. Fortunately, they are able to come up with seven principles not just to make marriage work, but to sustain it over the long haul. In brief, the principles are: 1) Learning to enhance one's love maps 2) Nurturing fondness and admiration for each other 3) Turning toward each other instead of away from 4) Letting One's Partner Influence You 5) Solve the Solvable problems 6) Overcoming gridlock over unsolvable ones 7) Creating shared meaning. Filled with plenty of tips and advice, the authors know that marriage has far more complications in real life. In fact, one criticism of the first edition of this book is the heavy dependence on data and scientific analysis, just like a book having lots of theory but little practice. This second edition tries to correct this imbalance by putting their findings to work through the Gottmann Institute. Using direct support for couples, marital therapies, and training sessions, they have accumulated more statistics on the Seven Principles. They claim that couples who read the book without additional professional assistance "were significantly happier in their relationship."

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