



Ten Lessons to Transform Your Marriage: Americas Love Lab Experts Share Their Strategies for Strengthening Your Relationship

By John M. Gottman

Three Rivers Press (CA). Paperback. Condition: New. 288 pages. Dimensions: 7.9in. x 5.2in. x 0.7in. In 1994, Dr. John Gottman and his colleagues at the University of Washington made a startling announcement: Through scientific observation and mathematical analysis, they could predict with more than 90 percent accuracy whether a marriage would succeed or fail. The only thing they did not yet know was how to turn a failing marriage into a successful one, so Gottman teamed up with his clinical psychologist wife, Dr. Julie Schwartz Gottman, to develop intervention methods. Now the Gottmans, together with the Love Lab research facility, have put these ideas into practice. In *Ten Lessons to Transform Your Marriage*, the Gottmans share this vital information so that couples can develop the skills to turn their relationship problems around and create strong, lasting unions. What emerged from the Gottmans' collaboration and decades of research is a body of advice based on two surprisingly simple truths: Happily married couples behave like good friends, and they handle their conflicts in gentle, positive ways. The authors offer an intimate look at ten couples who have learned to work through potentially destructive problems: extramarital affairs, workaholicism, parenthood adjustments, serious illnesses, lack of intimacy, and examine...



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The ebook is fantastic and great. It really is basic but unexpected situations within the fifty percent in the book. Its been written in an exceptionally basic way in fact it is only after i finished reading through this ebook by which actually modified me, modify the way in my opinion.

-- Ms. Donna Parker MD

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