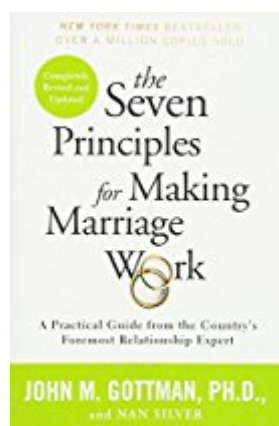


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Review "An eminently practical guide to an emotionally intelligent -- and long-lasting -- marriage." -- Daniel Goleman, author of Emotional Intelligence "Gottman stays refreshingly down to earth, rather than on Mars and Venus." -- Bill Marvel and Geoffrey Norman, American Way "Gottman comes to this endeavor with the best of qualifications: he's got the spirit of a scientist and the soul of a romantic." -- Newsweek "Twenty-five years of landmark marital research." -- USA Today "Offers something every relationship can benefit from." -- Seattle Post-Intelligencer "Astonishing new research!" -- Woman's World "Debunks many myths about divorce . . . reveals surprising facts . . . enlightening!" -- Amazon.com About the Author JOHN GOTTMAN, a leading research scientist on marriage and family, is emeritus professor of psychology at the University of

Washington; executive director of his laboratory, the Relationship Research Institute; and cofounder of the Gottman Institute. He held an NIMH research scientist career award for twenty years. Dr. Gottman is the author of more than two hundred professional journal articles and forty-two books, as well as the recipient of numerous prestigious awards for his extensive contributions to marriage and family research. NAN SILVER is a former editor in chief of Health magazine and coauthor, with Dr. Gottman, of *What Makes Love Last: and Why Marriages Succeed or Fail*.

Excerpt. © Reprinted by permission. All rights reserved. Chapter 1 Inside the Seattle Love Lab: The Truth about Happy Marriages It's a surprisingly cloudless Seattle morning as newlyweds Mark and Janice Gordon sit down to breakfast. Outside the apartment's picture window, the waters of Montlake cut a deep-blue swath, while runners jog and geese waddle along the lakeside park. Mark and Janice are enjoying the view as they munch on their French toast and share the Sunday paper. Later Mark will probably switch on the football game while Janice chats over the phone with her mom in St. Louis. All seems ordinary enough inside this studio apartment--until you notice the three video cameras bolted to the wall, the microphones clipped talk-show style to Mark's and Janice's collars, and the Holter monitors strapped around their chests. Mark and Janice's lovely studio with a view is really not their apartment at all. It's a laboratory at the University of Washington in Seattle, where for sixteen years I have spearheaded the most extensive and innovative research ever into marriage and divorce. As part of one of these studies, Mark and Janice (as well as forty-nine other randomly selected couples) volunteered to stay overnight in our fabricated apartment, affectionately known as the Love Lab. Their instructions were to act as naturally as possible, despite my team of scientists observing them from behind the one-way kitchen mirror, the cameras recording their every word and facial expression, and the sensors tracking bodily signs of stress or relaxation, such as how quickly their hearts pound. (To preserve basic privacy, the couples were monitored only from nine a.m. to nine p.m. and never while in the bathroom.) The apartment comes equipped with a fold-out sofa, a working kitchen, a phone, TV, VCR, and CD player. Couples were told to bring their groceries, their newspapers, their laptops, needlepoint, hand weights, even their pets--whatever they would need to experience a typical weekend. My goal has been nothing more ambitious than to uncover the truth about marriage--to finally answer the questions that have puzzled people for so long: Why is marriage so tough at times? Why do some lifelong relationships click, while others just tick away like a time bomb? And how can you prevent a marriage from going bad--or rescue one that already has? Predicting Divorce with 91 Percent Accuracy After years of research I can finally answer these questions. In fact, I am now able to predict whether a couple will stay happily together or lose their way. I can make this prediction after listening to the couple interact in our Love Lab for as little as five minutes! My accuracy rate in these predictions averages 91 percent over three separate studies. In other words, in 91 percent of the cases where I have predicted that a couple's marriage would eventually fail or succeed, time has proven me right. These predictions are not based on my intuition or preconceived notions of what marriage "should" be, but on the data I've accumulated over years of study. At first you might be tempted to shrug off my research results as just another in a long line of newfangled theories. It's certainly easy to be cynical when someone tells you they've figured out what really makes marriages last and can show you how to rescue or divorce-proof your own. Plenty of people consider themselves to be experts on marriage--and are more than happy to give you their opinion of how to form a more perfect union. But that's the key word--opinion. Before the breakthroughs my research provided, point of view was pretty much all that anyone trying to help couples had to go on. And that includes just about every qualified, talented, and well-trained marriage counselor out there. Usually a responsible therapist's approach to helping couples is based on his or her professional training and experience, intuition, family history, perhaps even religious conviction. But the one thing it's not based on is hard scientific evidence. Because until now there really hasn't been any rigorous scientific data about why some marriages succeed and others flop.

For all of the attention my ability to predict divorce has earned me, the most rewarding

findings to come out of my studies are the Seven Principles that will prevent a marriage from breaking up. Emotionally Intelligent Marriages What can make a marriage work is surprisingly simple. Happily married couples aren't smarter, richer, or more psychologically astute than others. But in their day-to-day lives, they have hit upon a dynamic that keeps their negative thoughts and feelings about each other (which all couples have) from overwhelming their positive ones. They have what I call an emotionally intelligent marriage. I can predict whether a couple will divorce after watching and listening to them for just five minutes. Recently, emotional intelligence has become widely recognized as an important predictor of a child's success later in life. The more in touch with emotions and the better able a child is to understand and get along with others, the sunnier that child's future, whatever his or her academic IQ. The same is true for relationships between spouses. The more emotionally intelligent a couple--the better able they are to understand, honor, and respect each other and their marriage--the more likely that they will indeed live happily ever after. Just as parents can teach their children emotional intelligence, this is also a skill that a couple can be taught. As simple as it sounds, it can keep husband and wife on the positive side of the divorce odds. Why Save Your Marriage? Speaking of those odds, the divorce statistics remain dire. The chance of a first marriage ending in divorce over a forty-year period is 67 percent. Half of all divorces will occur in the first seven years. Some studies find the divorce rate for second marriages is as much as 10 percent higher than for first-timers. The chance of getting divorced remains so high that it makes sense for all married couples--including those who are currently satisfied with their relationship--to put extra effort into their marriages to keep them strong.

Customer Reviews Most helpful customer reviews 180 of 187 people found the following review helpful. Powerful, Practical, and Personal By Dr Conrade Yap 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." Not only that, the helpfulness continued even after a year. Updated for more diverse groups, the book now includes findings for same-sex couples, new parents, and mixed marriages. The questionnaires are updated. The statistics are refreshed. The numbers are crunched with consistent results. Let me offer three thoughts on this book. First, this book speaks deeply into the issues of marriage. The way the authors have written show how much they understood couples and the marital struggles. Many of the examples given have struck a chord in readers deeply. The love maps questionnaire for instance, force individuals to dig a little deeper into their hearts prior to answering the simple Yes/No questions. It is not easy to simply tick off an answer thoughtlessly. They show us that marriage is not about "knowing" each other mentally, it is a lot more about connecting with one another at every level. While reading a book alone may not necessarily heal a marriage, it can certainly orientate any marriage more constructively. Second, this book is high on implementation.

In other words, many of the suggestions are easy to understand and implement. While there are lots of scientific work and data analysis, one may accuse the authors of analysis till paralysis. That is not true, especially in this new and updated edition. The chapter on "Coping with Typical Solvable Problems" is a case in point. The authors take a break between Principles 5 and 6 to include some modern distractions like the electronic additions, relations with in-laws, money matters, housework expectations, sex, and the ubiquitous nuisance: Stress. Third, this book contains many packages of helpful tips. Those who like to have ready to remember strategies will appreciate them. Some of the more notable ones are: Six Signs of Failing Marriage Seven Week Course in Fondness and Admiration Stress Reducing Conversations Seven Tips for Listening to Fears and Sadness Two Kinds of Marital Conflicts: Perpetual and Solvable Seven Steps to Dealing with Emotional Injuries Signs of Gridlocks Four Pillars of Shared Meaning The Magic Five Hours Even if readers do not agree with all of the principles, I am convinced that at some point in the book, they would be touched. I have read this book more than twice and are still amazed at the dynamism and wisdom of the teachings. This book remains my favourite book for marriages of all types. Rating: 5 stars of 5. conrade This book is provided to me courtesy of Harmony Books, a division of Random House Book Publishers and NetGalley in exchange for an honest review. All opinions offered above are mine unless otherwise stated or implied. 117 of 123 people found the following review helpful. Just In Time By Rita Read this book just when I was about to give up on my marriage. It turns out that there have been so many things I took for granted and this book helped me realize exactly what my husband and I have been doing right, what we've been doing wrong and what else we can do to strengthen the bond. This saved me from so much marital grief and frustration. 0 of 0 people found the following review helpful. I have bought and recommended this book to just about everyone I know By Justin I have bought and recommended this book to just about everyone I know. Love this book. wife and I read it while I was deployed as well as other couples in the unit, it is not a counseling type book, its more in line with common sense things and it really changed how I communicated with everyone around me not just my wife. See all 394 customer reviews...

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