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

By Emeritus Professor John M Gottman, Julie Schwartz Gottman, Joan DeClaire

Three Rivers Press, United States, 2007. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book. 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 that's 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...



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- **Blanca Davis**

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- **Prof. Dan Windler MD**