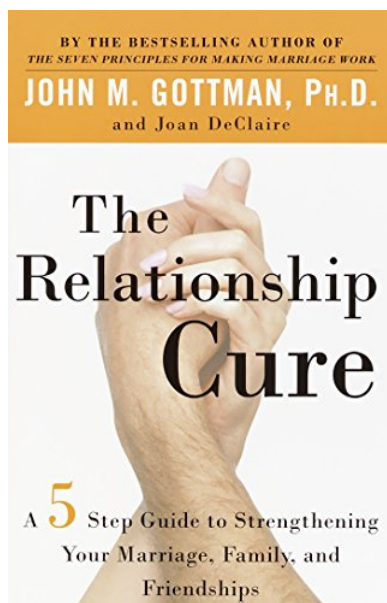


## [Download] The Relationship Cure: A 5 Step Guide for Building Better Connections with Family, Friends and Lovers



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From the country's foremost relationship expert and New York Times bestselling author Dr. John M. Gottman comes a powerful, simple five-step program, based on twenty years of innovative research, for greatly improving all of the relationships in your life--with spouses and lovers, children, siblings, and even your colleagues at work. Gottman provides the tools you need to make your relationships thrive. In *The Relationship Cure*, Dr. Gottman:

- Reveals the key elements of healthy relationships, emphasizing the importance of what he calls "emotional connection"
- Introduces the powerful new concept of the emotional "bid," the fundamental unit of emotional connection
- Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to others' bids
- And more! Packed with fascinating questionnaires and exercises developed in his therapy, *The Relationship Cure* offers a simple but profound program that will fundamentally transform the quality of all of the relationships in your life.

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