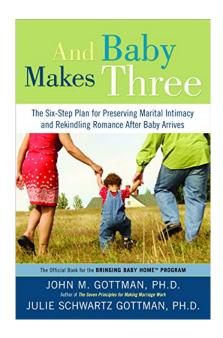
YYwU0 [GET] And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives





Congratulations! You have a new baby. Don??t forget you also have a marriage. Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. In And Baby Makes Three, Love Lab? experts John Gottman and Julie Schwartz Gottman teach couples the skills needed to maintain healthy marriages, so partners can avoid the pitfalls of parenthood by:? Focusing on intimacy and romance? Replacing an atmosphere of criticism and irritability with one of appreciation? Preventing postpartum depression? Creating a home environment that nurtures physical, emotional, and mental health, as well as cognitive and behavioral development for your babyComplete with exercises that separate the ??master? from the ??disaster? couples, And Baby Makes Three helps new parents positively manage the strain that comes along with their bundle of joy.

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