

What Makes Love Last How To Build Trust And Avoid Betrayal

How do you get to “happily ever after”? In fairy tales, lasting love just happens. But in real life, healthy habits are what build happiness over the long haul. Happy Together, written by positive psychology experts and husband-and-wife team Suzann Pileggi Pawelski and James O. Pawelski, is the first book on using the principles of positive psychology to create thriving romantic relationships. Combining extensive scientific research and real-life examples, this book will help you find and feed the good in yourself and your partner. You will learn to develop key habits for building and sustaining long-term love by • Promoting a healthy passion • Prioritizing positive emotions • Mindfully savoring experiences together • Seeking out strengths in each other Through easy-to-follow methods and fun exercises, you'll learn to strengthen your partnership, whether you're looking to start a relationship off on the right foot, weather difficult times, reignite passion, or transform a good marriage into a great one.

What makes love last a lifetime? No one marries intending to fail. Each couple that says "I do" hopes for a long and beautiful life together. But as time passes, many drift apart, and some eventually call it quits. But what about the ones who stay the course, who don't just bear through marriage but actually love it? What's their secret? It's simple, really: there is no secret. They follow God's revealed design. In Lasting Love, Alistair Begg unfolds this design. After laying theological foundations, he builds levels of application, showing how God's blueprint makes marriages sturdy and vibrant. Ideal for both those considering marriage and those already married, Lasting Love is a comprehensive book on the essentials of a great and godly union, such as: What the Bible says about marriage vows, gender roles, and parenting What to look for in a potential spouse How to cure and prevent marital decay Heed the advice of this pastor who has seen too many marriages come and go. Let yours last a lifetime. Includes a study guide for spouse and group discussion to help you put the book's principles to practice.

With thirty years of experience as a licensed marriage and family therapist, Laura Taggart understands the unique struggles of newly married couples who find marriage much more difficult than they imagined. Failed expectations, unanticipated conflict, and disagreements about money, sex, children, and more have many young couples assuming they made a mistake, married the wrong person, or just weren't ready. As a result, one-third of all married couples divorce before their ten-year anniversary. In this practical and hopeful book, Taggart offers the wisdom and help she would share as a counselor with a couple beginning their marriage. She helps couples examine their true expectations for marriage, provides six action steps for improving the way couples relate, and gives couples a new picture of what it means to enjoy marriage for a lifetime. Each chapter includes discussion questions for couples or small groups as well as additional questions for personal reflection.

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!

Am I with the right person? Will our love last? Men and women in love are haunted by these questions. Love -- especially why it blossoms in relationships and why it later dies -- is a mystery to them. Will Our Love Last? A Couple’s Road Map solves this mystery by giving readers a new understanding of love -- an understanding that can actually use to evaluate the soundness of their relationships and to answer confidently the crucial questions that mystified them before. Based on hundreds of cases in his twenty-four years as a marital therapist and twenty-nine years in his own happy marriage, Sam R. Hamburg, Ph.D., explains how compatibility is the key to lasting love. He shows how compatibility on three major dimensions -- the Practical Dimension, the Sexual Dimension, and the Wavelength Dimension -- is essential to the mutual understanding and affirmation that keep love alive, and he leads readers through a simple but systematic procedure for assessing their compatibility with a romantic partner in these crucial relationship areas. Dr. Hamburg introduces a new technique, The Hand Rotation Exercise, to help readers express their degree of compatibility and then convey that visually to their partner. In addition, he presents two new original techniques for working through relationship conflicts and coming to agreement on difficult issues: His Way/Her Way and The Long Conversation. Written in a clear, direct style that is free of jargon, Will Our Love Last? empowers readers to make important relationship decisions that are intellectually and emotionally informed. Will Our Love Last? will help couples trying to decide if they should take the next step to a more committed relationship. It will aid individuals embarking on a new relationship, or who are between relationships, to evaluate the rightness of a new or prospective partner. And it will assist people who are already in committed relationships to make an honest assessment of their prospects for happiness with their current partner. People have it in their power to make sure that they truly are with the right person. Will Our Love Last? shows the way.

We Love Each Other, But . . .

The Revolutionary New Science of Romantic Relationships

Toward a Sociology of Algorithms

A Leading Couples Therapist Shares the Simple Secrets That Will Help Save Your Relationship

Seven Days to More Intimacy, Connection, and Joy

The Highs, the Lows, and How You Can Make It Last Forever

Love You Forever

*Stereotypically, science and emotion are diametric opposites: one is cold and unfeeling, the other soft and nebulous; one is based on proven facts while the other is based on inexplicable feelings and “never the twain shall meet.” until now. John Gottman delves into the unquantifiable realm of love, armed with science and logic, and emerges with the knowledge that relationships can be not only understood, but also predicted as well. Based on research done at his Love Lab and other laboratories, Gottman has discovered that the future of love relationships can be predicted with a startling 91% success rate. These predictions can help couples to prevent disasters in their relationships, recognize the signs of a promising relationship, and perhaps more importantly, recognize the signs of a doomed one. Principia Amoris also introduces Love Equations, a mathematical modeling of relationships that helps understand predictions. Love Equations are powerful tools that can prevent relationship distress and heal ailing relationships. Readers learn about the various research and studies that were done to discover the science behind love, and are treated to a history of the people, ideas, and events that shaped our current understanding. They also learn about:
· The “Four Horsemen of the Apocalypse” · 45 natural principles of love
· 5 couple types · 5 recipes for good relationships · And much more! Just as science helped us to understand the physical world, it is helping us to understand the emotional world as well. Using the insights in this book, mental health professionals can meaningfully help their distressed clients, as well as better understand why a relationship is failing or succeeding. Appropriate for the curious non-mental health professional as well, Principia Amoris is a must-have on any bookshelf!*

From New York Times–bestselling authors Dr. John Gottman and Dr. Julie Schwartz Gottman, a simple yet powerful plan to transform your relationship in seven days What makes love last? Why does one couple stay together forever, while another falls apart? And most importantly, is there a scientific formula for love? Drs. John Gottman and Julie Schwartz Gottman are the world’s leading relationship scientists. For the past forty years, they have been studying love. They’ve gathered data on over three thousand couples, looking at everything from their body language to the way they converse to their stress hormone levels. Their goal: to identify the building blocks of love. The Love Prescription distills their life’s work into a bite-size, seven-day action plan with easy, immediately actionable steps. There will be no grand gestures and no big, hard conversations. There’s nothing to buy or do to prepare. Anyone can do this, from any starting point. There is a formula for a good relationship, and this book will show you how a few small changes can fundamentally transform your relationship for the better.

One of the foremost relationship experts at work today applies the insights of science toward understanding the real meaning of trust between a couple. He decodes the “why” behind betrayal and shows how partners can avoid or recover from unfaithfulness and maintain a loving relationship.Dr. John Gottman, the country’s pre-eminent researcher on marriage, is famous for his Love Lab at the University of Washington in Seattle where he deciphers the mysteries of human relationships through scientific research. His thirty-year marriage has been a fulfilling marriage only to discover they’ve been duped. They learned about love and sexuality from social media, their friends, Disney fairy tales, pornography, or even their own rocky past, and they have no idea what healthy, lifelong love is supposed to be like. The results are often disastrous, with this generation becoming one of the most relationally sick, sexually addicted, and divorce ridden in history. Looking to God’s design while drawing lessons from their own successes and failures, the Bethkes explode the fictions and falsehoods of our current moment. One by one, they peck back lies such as, the belief that every person has only one soul mate, that marriage will complete you, and that pornography and hook-ups are harmless.

As her son grows up from little boy to adult man, a mother secretly rocks him each night as he sleeps. Adapted from Dr. John Gottman’s Raising an Emotionally Intelligent Child, this book helps adults identify their parenting and care giving style. It explains the five important steps in “emotion coaching” children to ensure that children are guided to healthy emotional growth. Gottman argues that kids who can accept and share their emotions form stronger friendships, achieve more in school, recover from emotional crises more quickly, and are physically healthier. Beautiful illustrations of parents and children help convey the vital message of this guide. America’s Love Lab Experts Share Their Strategies for Strengthening Your Relationship An Easy & Proven Way to Build Good Habits & Break Bad Ones

Principia Amoris

Using the Science of Positive Psychology to Build Love That Lasts

Machine Habitus

Atomic Habits

Essential Conversations for a Lifetime of Love

Divorce-Proofing Your Young Marriage

Results from world-renowned relationship expert John Gottman’s famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, The Man ’s Guide to Women unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want in a man? Dr. Gottman, author of the New York Times bestseller The Seven Principles for Making Marriage Work, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. The Man ’s Guide to Women is a must-have playbook for how to play—and win—the game of love. We commonly think of science as made of and by humans, but with the proliferation of machine learning and AI technologies, this is clearly no longer the case. Billions of automated systems tacitly contribute to the social construction of reality by drawing algorithmic distinctions between the visible and the invisible, the relevant and the irrelevant, the likely and the unlikely - on and beyond platforms. Drawing on the work of Pierre Bourdieu, this book develops an original sociology of algorithms as social agents, actively participating in social life. Through a wide range of examples, Massimo Airoidi shows how society shapes algorithmic code, and how this culture in the code guides the practical behaviour of the code in the culture, shaping society in turn. The “ machine habitus ” is the generative mechanism at work throughout myriads of feedback loops linking humans with artificial social agents, in the context of digital infrastructures and pre-digital social structures. Machine Habitus will be of great interest to students and scholars in sociology, media and cultural studies, science and technology studies and information technology, and to anyone interested in the growing role of algorithms and AI in our social and cultural life.

In Love That Lasts, New York Times bestselling author of Jesus + Religion Jefferson Bethke and his wife, Alyssa, expose the distorted views of love that permeate our culture and damage our hearts, minds, and souls. Drawing from Jeff ’ s “prodigal son” personal history and from Alyssa ’ s “ True Love Waits ” experience, the Bethkes point to a third and better way. Blending personal storytelling with biblical teaching, they offer readers an inspiring, realistic vision of love, dating, marriage, and sex. Young people today enter adulthood with expectations of blissful dating and a romantic life, fulfilling marriage. But, for many, the path to love is anything but clear. In Love That Lasts, the authors reveal the National Institute of Mental Health, the American Psychological Association, and the American Association for Marriage and Family Therapy. Now, Dr. Gottman offers surprising findings and advice on the characteristic that is at the heart of all relationships: Trust. Dr. Gottman has developed a formula that precisely calculates any couple’s loyalty level. The results determine a relationship’s likely future, including the potential for one or both partners to stray. A Love You Can Trust shows couples how to bolster their trust level and avoid what Dr. Gottman calls the “Roach Motel for Lovers.” He describes how the outcome of–“sliding door moments,” “small pivotal points between a couple, can lead either to more emotional connection or to discontent. He suggests a new approach to handling adultery and reveals the varied and unexpected non-sexual ways that couples often betray each other. A Love You Can Trust guides couples through an empirically tested, trust-building program that will let them repair and maintain a long-term, intimate, and romantic relationship”--

Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

*The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world’s leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you’re having trouble changing your habits, the problem isn’t you. The problem is your system. Bad habits repeat themselves again and again not because you don’t want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you’ll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:
• make time for new habits (even when life gets crazy);
• overcome a lack of motivation and willpower;
• design your environment to make success easier;
• get back on track when you fall off course;
...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to win at anything. It explains the five important steps in “emotion coaching” children to ensure that children are guided to healthy emotional growth.*

Principia Amoris

Using the Science of Positive Psychology to Build Love That Lasts

Machine Habitus

Atomic Habits

Essential Conversations for a Lifetime of Love

Divorce-Proofing Your Young Marriage

Results from world-renowned relationship expert John Gottman’s famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, The Man ’s Guide to Women unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want in a man? Dr. Gottman, author of the New York Times bestseller The Seven Principles for Making Marriage Work, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. The Man ’s Guide to Women is a must-have playbook for how to play—and win—the game of love. We commonly think of science as made of and by humans, but with the proliferation of machine learning and AI technologies, this is clearly no longer the case. Billions of automated systems tacitly contribute to the social construction of reality by drawing algorithmic distinctions between the visible and the invisible, the relevant and the irrelevant, the likely and the unlikely - on and beyond platforms. Drawing on the work of Pierre Bourdieu, this book develops an original sociology of algorithms as social agents, actively participating in social life. Through a wide range of examples, Massimo Airoidi shows how society shapes algorithmic code, and how this culture in the code guides the practical behaviour of the code in the culture, shaping society in turn. The “ machine habitus ” is the generative mechanism at work throughout myriads of feedback loops linking humans with artificial social agents, in the context of digital infrastructures and pre-digital social structures. Machine Habitus will be of great interest to students and scholars in sociology, media and cultural studies, science and technology studies and information technology, and to anyone interested in the growing role of algorithms and AI in our social and cultural life.

In Love That Lasts, New York Times bestselling author of Jesus + Religion Jefferson Bethke and his wife, Alyssa, expose the distorted views of love that permeate our culture and damage our hearts, minds, and souls. Drawing from Jeff ’ s “prodigal son” personal history and from Alyssa ’ s “ True Love Waits ” experience, the Bethkes point to a third and better way. Blending personal storytelling with biblical teaching, they offer readers an inspiring, realistic vision of love, dating, marriage, and sex. Young people today enter adulthood with expectations of blissful dating and a romantic life, fulfilling marriage. But, for many, the path to love is anything but clear. In Love That Lasts, the authors reveal the National Institute of Mental Health, the American Psychological Association, and the American Association for Marriage and Family Therapy. Now, Dr. Gottman offers surprising findings and advice on the characteristic that is at the heart of all relationships: Trust. Dr. Gottman has developed a formula that precisely calculates any couple’s loyalty level. The results determine a relationship’s likely future, including the potential for one or both partners to stray. A Love You Can Trust shows couples how to bolster their trust level and avoid what Dr. Gottman calls the “Roach Motel for Lovers.” He describes how the outcome of–“sliding door moments,” “small pivotal points between a couple, can lead either to more emotional connection or to discontent. He suggests a new approach to handling adultery and reveals the varied and unexpected non-sexual ways that couples often betray each other. A Love You Can Trust guides couples through an empirically tested, trust-building program that will let them repair and maintain a long-term, intimate, and romantic relationship”--

Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

*The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world’s leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you’re having trouble changing your habits, the problem isn’t you. The problem is your system. Bad habits repeat themselves again and again not because you don’t want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you’ll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:
• make time for new habits (even when life gets crazy);
• overcome a lack of motivation and willpower;
• design your environment to make success easier;
• get back on track when you fall off course;
...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to win at anything. It explains the five important steps in “emotion coaching” children to ensure that children are guided to healthy emotional growth. Gottman argues that kids who can accept and share their emotions form stronger friendships, achieve more in school, recover from emotional crises more quickly, and are physically healthier. Beautiful illustrations of parents and children help convey the vital message of this guide. America’s Love Lab Experts Share Their Strategies for Strengthening Your Relationship An Easy & Proven Way to Build Good Habits & Break Bad Ones*

Random Family

Our Love Is Too Good to Feel So Bad

Get the Guy

How We Discovered God’s Better Way for Love, Dating, Marriage, and Sex

The Pisces

Describes the natural stages of love, refutes various romantic notions that can undermine a relationship, offers realistic insights designed to strengthen the bonds of love, and presents suggestions on how to transform a relationship.

No matter how old or young, experienced or not, anyone can achieve levels of fulfillment and satisfaction never before thought possible. Sex therapist Dr. Barbara Keesling tells men and women the simple secret that can give couples unmatched pleasure for years. Using Dr. Keesling's techniques, you and your partner will embark on an erotic exploration of the realm of the senses and experience intimacy like never before. Her proven, helpful tips include:

How to prolong lovemaking for as long as you want Exercises that can enhance pleasure Learning how to touch and how to feel Igniting your partner's passion And so much more!

In this important, entertaining book, one of the world’s most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In Authentic Happiness, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic Happiness provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

This book examines the implications of new communication technologies in the light of the most recent work in social and cultural theory and argues that new developments in electronic media, such as the Internet and Virtual Reality, justify the designation of a "second media age". We just don't know how to make each other happy any more." "Sex used to be really good. Now it doesn't go right at all. You don't suddenly lose the ability to make scrambled eggs. So why would we forget how to make love? We can't seem to talk without fighting. How did we get into this? I know what we're mad about, but I don't know why things keep making us so mad." Many of us have had experiences like these. Something's wrong--perhaps seriously wrong--but it's a complete mystery why a once-healthy relationship is now in trouble. You're tired of working unproductively on it, you're tired of feeling so confused, and you're tired of solutions that seem complicated and irrelevant. You deserve to know what your real couples problem is and what to do to solve it. This book does something that no book has ever done before. It shows you how to sort through all the pain and confusion in your relationship, put your finger on exactly what's been causing all the troubles, and find the precise way to eliminate them. For the first time, psychotherapist and bestselling author Mira Kirshenbaum has identified ten love killers that cause all the pain and mysterious problems couples get into. By answering simple questions, you'll be able to diagnose your individual case and identify the love killers responsible for your specific problems. We just don't know how to make each other happy any more." "Sex used to be really good. Now it doesn't go right at all. You don't suddenly lose the ability to make scrambled eggs. So why would we forget how to make love? We can't seem to talk without fighting. How did we get into this? I know what we're mad about, but I don't know why things keep making us so mad." Many of us have had experiences like these. Something's wrong--perhaps seriously wrong--but it's a complete mystery why a once-healthy relationship is now in trouble. You're tired of working unproductively on it, you're tired of feeling so confused, and you're tired of solutions that seem complicated and irrelevant. You deserve to know what your real couples problem is and what to do to solve it. This book does something that no book has ever done before. It shows you how to sort through all the pain and confusion in your relationship, put your finger on exactly what's been causing all the troubles, and find the precise way to eliminate them. For the first time, psychotherapist and bestselling author Mira Kirshenbaum has identified ten love killers that cause all the pain and mysterious problems couples get into. By answering simple questions, you'll be able to diagnose your individual case and identify the love killers responsible for your specific problems.

The Truth About Love

The Love Prescription

Why Marriages Succeed or Fail

What Am I Feeling?

What Makes a Marriage Last

The Science of Trust: Emotional Attunement for Couples

How to Make Love All Night (and Drive Your Woman Wild)

From Colleen Hoover, the #1 New York Times bestselling author of It Ends With Us, a heart-wrenching love story that proves attraction at first sight can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn't think it's love at first sight. They wouldn't even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn't want love, she doesn't have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past. Don't expect a future. They think they can handle it, but realize almost immediately they can't handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly.

This New York Times bestseller intimately depicts urban life in a gripping book that slips behind cold statistics and sensationalism to reveal the true sagas lurking behind the headlines of gangsta glamour, gold-drenched drug dealers, and street-corner society. Focusing on two romances—Jessica's dizzying infatuation with a hugely successful young heroin dealer, Boy George, and Coco's first love with Julie—this little brother—Random Family is the story of young people trying to outrun their destinies. Jessica and Boy George ride the wild adventure between riches and ruin, while Coco and Cesar stick closer to the street, all four caught in a precarious dance between survival and death. Friends get murdered; the DEA and FBI investigate Boy George; Cesar becomes a fugitive; Jessica and Coco endure homelessness, betrayal, the heartbreaking separation of prison, and, throughout it all, the insidious damage of poverty. Charting the tumultuous cycle of the generations—as girls become mothers, boys become criminals, and hope struggles against deprivation—LeBlanc slips behind the cold statistics and sensationalism and comes back with a riveting, haunting, and true story.

Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in its approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential. The Seven Principles for Making Marriage Work is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

The best-selling author of The Seven Principles for Making Marriage Work lends scientific insights into how to build and maintain trust in committed relationships, sharing a formula for calculating a couple's loyalty level that takes into account a relationship's likely future and vulnerability to infidelity.

A book and online profile that identifies a couple's strengths to help them build a more vital relationship. Based on an unprecedented national survey of 50,000 marriages, The Couple Checkup presents the principles for creating a successful couple relationship. The free online profile includes fifteen to twenty categories that are customized based on the relationship stage-whether dating, engaged, or married-the age, and whether or not children are involved. The book also includes the SCOPE Personality Profile and the Couple and Family Map of the relationship. Each chapter of the book matches a category in the free individual profile. While the book stands on its own, using the Couple Checkup with the book provides the maximum benefit. In addition, each chapter contains couple exercises to help build couple strengths in a variety of areas.

Happy Together

How to Avoid Marital Failure

Saying Yes to a Relationship of Depth, True Connection, and Enduring Love

We Do

Find Your Relationship Strengths

Love That Lasts

Lasting Love

Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, Eight Dates offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. “Happily ever after” is not by chance, it’s by choice– the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, Eight Dates offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe a dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it’s about both of you being active and involved.

In The 5 Love Languages, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman’s proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

Most dating books tell you what NOT to do. Here's a book dedicated to telling you what you CAN do. In his book, Get the Guy, Matthew Hussey--relationship expert, matchmaker, and star of the reality show Ready for Love--reveals the secrets of the male mind and the fundamentals of dating and mating for a proven, revolutionary approach to help find lasting love. Matthew Hussey has coached thousands of high-powered CEOs, showing them how to develop confidence and build relationships that translate into professional success. Many of Matt's clients pressed him for advice on how to apply his winning strategies not to just get the job, but how to get the girl. As his reputation grew, Hussey was approached by more and more women, eager to hear what he had learned about the male perspective on love and romance. From landing a first date to establishing emotional intimacy, playful flirtation to red-hot bedroom tips, Matt's insights/funness, irreverence, and warmth makes Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve a one-of-a-kind relationship guide.

the handbook for every woman who wants to get the guy she's been waiting for. NEW YORK TIMES BESTSELLER Power couple Marlo Thomas and Phil Donahue have created a compelling and intimate collection of intriguing conversations with famous couples about their enduring marriages and how they have made them last through the challenges we all share. What makes a marriage last? Who doesn't want to know the answer to that question? To unlock this mystery, iconic couple Marlo Thomas and Phil Donahue crisscrossed the country and conducted intimate conversations with forty celebrated couples whose long marriages they've been happily married for decades. Actors, athletes, and newsmakers to writers, comedians, musicians, and a former U.S. president and First Lady. Through these conversations, Marlo and Phil also revealed the rich journey of their own marriage. What Makes a Marriage Last offers practical and heartfelt wisdom for couples of all ages, and a rare glimpse into the lives of husbands and wives we have come to know and love. Marlo and Phil's frequently funny, often touching, and always engaging conversations span the marital landscape--from that first rush of new love to the inevitable ups and downs of a long-term relationship. Keeping that precious spark alive, from navigating hard times to celebrating triumphs, from balancing work and play and family to growing better and stronger together. At once intimate, candid, revelatory, hilarious, instructive, and poignant, this book is a beautiful gift for couples of every age and stage. Featuring interviews with: Alan and Arlene Alda • Kevin Bacon and Kyra Sedgwick President Jimmy and Rosalynn Carter • James Carville and Mary Matlin Deepak and Rita Chopra • Patricia Cornwell and Staci Gruber Byron Cranston and Robin Dearden • Billy and Janice Crystal Jamie Lee Curtis and Christopher Guest • Ted Danson and Mary Steinburgen Viola Davis and Julius Tennon • Gloria and Emilio Estefan Michael J. Fox and Tracy Pollan • Chip and Joanna Gaines Sanjay and Rebecca Gupta • Mariska Hargitay and Peter Hermann Neil Patrick Harris and David Burika • Ron and Cheryl Howard Jesse and Jacqueline Jackson • Elton John and David Furnish John and Justine Leguziamo • LL COOL J and Simone I. Smith Melissa McCarthy and Ben Falcone • John McEnroe and Patty Smyth Mehmet and Lisa Oz • Rodney and Holly Robinson Peete Lylee Cottin Pogrebin and Bert Pogrebin • Rob and Michele Reiner Kelly Ripa and Mark Consuelos • Al Roker and Deborah Roberts Ray and Anna Romano • Tony Shalhoub and Brooke Adams Judges Judy and Jerry Sheindlin • George Stephanopoulos and Ali Wentworth Sting and Trudie Styler • Capt. Chesley “Sully” and Lorrie Sullenberger Lily Tomlin and Jane Wagner • Judith and Milton Viorst Judy Woodruff and Al Hunt • Bob Woodward and Elsa Walsh

The bestselling author of Hold Me Tight presents a revolutionary new understanding of why and how we love, based on cutting-edge research. Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. Love Sense presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our “love sense” – our ability to develop long-lasting relationships. Love is not illogical or random, but actually an ordered and wise recipe for survival. Love Sense covers the three stages of a relationship and how to best weather them: the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, Love Sense will change the way we think about love.

Scientifically Proven Secrets from the Love Lab About What Women Really Want

Couple Skills

Still Life with Woodpecker

Ten Lessons to Transform Your Marriage

The New Science of Love

The Second Media Age

Will Our Love Last?

“Robbins’s comic philosophical musings reveal a flamboyant genius.”–People Still Life with Woodpecker is a sort of love story that takes place inside a pack of Camel cigarettes. It reveals the purpose of the moon, explains the difference between criminals and outlaws, examines the conflict between social activism and romantic individualism, and paints a portrait of contemporary society that includes powerful Arabs, exiled royalty, and pregnant cheerleaders. It also deals with the problem of redheads.
LONGLISTED FOR THE CENTER FOR FICTION FIRST NOVEL PRIZE LONGLISTED FOR THE WOMEN’S PRIZE FOR FICTION “Bold, virtuosic, addictive, erotic – there is nothing like The Pisces. I have no idea how Broder does it, but I loved every dark and sublime page of it.” –Stephanie Danler, author of Sweetbitter Lucy has been writing her dissertation on Sappho for nine years when she and her boyfriend break up in a dramatic flameout. After she bottoms out in Phoenix, her sister in Los Angeles insists Lucy dog-sit for the summer. Annika’s home is a gorgeous glass cube on Venice Beach, but Lucy can find little relief from her anxiety – not in the Greek chorus of women in her love addiction therapy group, not in her frequent Tinder excursions, not even in Dominic the foxhound’s easy affection. Everything changes when Lucy becomes entranced by an eerily attractive swimmer while sitting alone on the beach rocks one night. But when Lucy learns the truth about his identity, their relationship, and Lucy’s understanding of what love should look like, take a very unexpected turn. A masterful blend of vivid realism and giddy fantasy, pairing hilarious frankness with pulse-racing eroticism, THE PISCES is a story about falling in obsessive love with a merman: a figure of Sirenian fantasy whose very existence pushes Lucy to question everything she thought she knew about love, lust, and meaning in the one life we have.

We Love Each Other, But...offers simple, practical tips that will help you restore and strengthen a relationship that has gone off track. It lays out the nuts and bolts of building relationships so they continue to be gratifying over the long haul. Dr. Ellen Wachtel shows how, even when you feel like giving up on a relationship or marriage, you can recapture why you fell in love in the first place. Dr. Wachtel promises that there is more and suggests simple ways to keep vitality in relationships. In fact, she shows you and your partner how you can stay interested in each other for the rest of your lives.

What Makes Love LastHow to Build Trust and Avoid BetrayalSimon and Schuster

This book is designed to help couples with communication and that in turn will help their relationship both socially and sexually.

Making Your Relationship Work

A Couple’s Road Map

What Makes Love Last?

The Relationship Cure

The Couple Checkup

A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships

The Five Love Languages

A world-renowned relationship expert shares his research about love and what it takes to develop a trustful, intimate, and emotionally fulfilling bond. In this insightful book, celebrated research psychologist and couples counselor John Gottman plumbs the mysteries of love and shares the results of his famous "Love Lab": Where does love come from? Why does some love last, and why does some fade? And how can we keep it alive? Based on laboratory findings, this book shows readers how to identify signs, behaviors, and attitudes that indicate a fraying relationship and provides strategies for repairing what may seem lost or broken.

Psychologist John Gottman has spent twenty years studying what makes a marriage last. Now you can use his tested methods to evaluate, strengthen, and maintain your own long-term relationship. This breakthrough book guides you through a series of self-tests designed to help you determine what kind of marriage you have, where your strengths and weaknesses are, and what specific actions you can take to help your marriage. You'll also learn that more sex doesn't necessarily improve a marriage, frequent arguing will not lead to divorce, financial problems do not always spell trouble in a relationship, wives who make sour facial expressions when their husbands talk are likely to be separated within four years and there is a reason husbands withdraw from arguments—and there's a way around it. Dr. Gottman teaches you how to recognize attitudes that doom a marriage—contempt, criticism, defensiveness, and stonewalling—and provides practical exercises, quizzes, tips, and techniques that will help you understand and make the most of your relationship. You can avoid patterns that lead to divorce, and—Why Marriages Succeed or Fail will show you how.

The experts at the Love Lab introduce a series of effective tools and practical steps for couples looking to improve or preserve their relationships, explaining how to identify common problems and to develop positive ways to avoid these destructive pitfalls. Reprint. 40,000 first printing. Love takes work, but, when it comes to relationships, it pays to work smarter. Couple Skills, Second Edition, revised and updated from the therapist-recommended classic, will show you how to work smarter in your relationship. You'll learn to improve communication, cope better with problems, and resolve conflicts with the one you love in healthy and creative ways. Each chapter teaches you an essential skill that supports greater relationship satisfaction and deeper intimacy. New to this edition is a chapter on using acceptance skills, developed from the revolutionary new acceptance and commitment therapy (ACT). These new approaches will help you to accept your partner's feelings (and your own emotions) without judgment. Using these techniques will help you decide what you really value in your relationship and then commit to acting in ways that further those values every day.

An eminent therapist explains what makes couples compatible and how to sustain a happy marriage. For the past thirty-five years, John Gottman's research has been internationally recognized for its unprecedented ability to precisely measure interactive processes in couples and to predict the long-term success or failure of relationships. In this groundbreaking book, he presents a new approach to understanding and changing couples: a fundamental social skill called "emotional attunement," which describes a couple's ability to fully process and move on from negative emotional events, ultimately creating a stronger relationship. Gottman draws from this longitudinal research and theory to show how emotional attunement can downregulate negative affect, help couples focus on positive traits and memories, and even help prevent domestic violence. He offers a detailed intervention devised to cultivate attunement, thereby helping couples connect, respect, and show affection. Emotional attunement is extended to tackle the subjects of flooding, the story we tell ourselves about our relationship, conflict, personality, changing relationships, and gender. Gottman also explains how to create emotional attunement when it is missing, to lay a foundation that will carry the relationship through difficult times. Gottman encourages couples to cultivate attunement through awareness, tolerance, understanding, non-defensive listening, and empathy. These qualities, he argues, inspire confidence in couples, and the sense that despite the inevitable struggles, the relationship is enduring and resilient. This book, an essential follow-up to his 1999 The Marriage Clinic, offers therapists, students, and researchers detailed intervention for working with couples, and offers couples a roadmap to a stronger future together.

And How You Can Make Yours Last

Love, Drugs, Trouble, and Coming of Age in the Bronx

Making Love Last

Eight Dates

40 Celebrated Couples Share with Us the Secrets to a Happy Life

Love Sense

How to Build Trust and Avoid Betrayal

"If you and your prospective partner adopt the principles and skills I describe here, your relationship will be successful—not just for starters, but for the long run." An indispensable guide for any couple ready to set the foundation for a loving and lasting union Committing fully to a loving partnership—a "we"—can be one of the most beautiful and fulfilling experiences you'll ever have. Yet as anyone in a long-term relationship will tell you, it can also be one of the most challenging. Almost half of all first marriages end in divorce, and chances go down from there. So how do you beat the odds? "All successful long-term relationships are secure relationships," writes psychotherapist Stan Tatkin. "You and your partner take care of each other in a way that ensures you both feel safe, protected, accepted, and secure at all times." In We Do, Tatkin provides a groundbreaking guide for couples. You'll figure out whether you and your partner are right for each other in the long term, and if so, give your relationship a strong foundation so you can enjoy a secure and lasting love. Highlights include: Create a shared vision for your relationship, the key to a strong foundation It's all about prevention—learn tools and techniques for preventing problems before they occur Understand how to work with the psychological and biological influences in your relationship—neuroscience, arousal regulation, attachment theory, and more Numerous case studies with helpful examples of healthy and unhealthy interactions, sample dialogues, and reflections Dozens of exercises—the newlywed game, reading facial expressions, and many more fun and serious practices to develop intimacy and security Handling conflict—how to broker win-win outcomes Build a loving relationship that helps you thrive and grow as both individuals and a couple Common interests, physical attraction, shared values, and good communication skills are the factors most commonly thought to indicate a good partnership. Yet surprisingly, current research reveals that these are only a small part of what makes for a healthy marriage—much more important are psychological and biological influences. With We Do, you'll learn to navigate these elements and more, giving your relationship the best possible chance to succeed.

A Novel

The Seven Principles for Making Marriage Work

The Man's Guide to Women

Male Multiple Orgasm and Other Secrets

Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve

Ugly Love

A Couple's Guide to Communication