

# Why Marriages Succeed Or Fail And How You Can Make Yours Last

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Going Home Without Going Crazy  
10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology)  
The Marriage Clinic  
For Better  
Eight Dates  
What Predicts Divorce ?  
The 8 Reasons for Divorce  
The Seven Principles for Making Marriage Work

## The Dance of Connection

### A Lasting Promise

Intelligence That Comes from the Heart Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to:

- \* Be aware of a child's emotions
- \* Recognize emotional expression as an opportunity for intimacy and teaching
- \* Listen empathetically and validate a child's feelings
- \* Label emotions in words a child can understand
- \* Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation

Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

### The Man's Guide to Women

The Marriage Clinic presents a complete marital therapy program based on John Gottman's much heralded research on marital success and failure.

### The Remarriage Blueprint

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The relationship expert from the Ladies' Home Journal, the Wall Street Journal, and Lifetime Television shows how to prevent marriage problems before they start. There's nothing wrong with starter jobs and starter homes, but starter marriages? Relationship expert Monica Mendez Leahy is on a mission to help readers make their marriage last. Her 1,001 Questions to Ask Before You Get Married offers a reality check for couples on the marriage path, helping them realize how much they have yet to discover about their partner's nature, thought processes, lifestyle, and marital expectations. Engaged couples learn to discuss issues deeper than "chicken or fish" and to broach subjects that are often ignored before the nuptials yet essential for the foundation of an intimate, long-lasting relationship. Posed in a variety of fun formats, including multiple choice, fill-in-the-blank, and hypotheticals, these questions include topics such as: "Does your partner feel that you're too attached to your parents?" "Is there such a thing as innocent flirting?" "Is it OK to cheat on your taxes?" And more

### **When Love Dies**

Do you want to enjoy a rewarding and fulfilling bond with your partner while discussing or addressing important issues? Do you want to avoid fights or deal with arguments in a healthy manner? Do you want to keep the spark in your relationship alive while minimizing conflict or diffusing potentially unhealthy disagreements? This book is a bible for effectively with everyone from a romantic partner you've only just started dating to your spouse to accomplish optimal results in any relationship. You've often looked at couples and wondered what makes their bond so solid. Chances are it is related to communication. Here are some wonderful gems you'll take back from this encyclopedia of communication in relationships: How to avoid fights from escalating to retain a positive and meaningful connection within the relationship. How to apologize and forgive your partner while rebuilding trust. How to get your partner to listen to you How to keep the spark in your relationship alive And many more Even if perhaps you think your sentimental situation is unsolvable or irremediable and there seems to be nothing you can do, through this book you will get many tips to improve your relationship status and you can put them into practice right away, seeing good results in a very short time! Click on the buy now button to get the book.

### **Relationship Communication for Couples**

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

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date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or 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.

### **The Science of Trust: Emotional Attunement for Couples**

Draws on extensive research, counseling workshops with couples and the authors' own 30-year relationship to distill basic, provocative truths about marriage and provide essential tools for rendering a marriage more rewarding and positive. 50,000 first printing.

### **Why We Fought**

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.

### **And Baby Makes Three**

In this must-have for anyone who wants to better understand their love life, a mathematician pulls back the curtain and reveals the hidden patterns—from dating sites to divorce, sex to marriage—behind the rituals of love. The roller coaster of romance is hard to quantify; defining how lovers might feel from a set of simple equations is impossible. But that doesn't mean that mathematics isn't a crucial tool for understanding love. Love, like most things in life, is full of patterns. And mathematics is ultimately the study of patterns—from predicting the weather to the fluctuations of the stock market, the movement of planets or the growth of cities. These patterns twist and turn and warp and evolve just as the rituals of love do. In *The Mathematics of Love*, Dr. Hannah Fry takes the reader on a fascinating journey through the patterns that define our love lives, applying mathematical formulas to the most common yet complex questions pertaining to love: What's the chance of finding love? What's the probability that it will last? How do online dating algorithms work, exactly? Can game theory help us decide who to approach in a bar? At what point in your dating life should you settle down? From evaluating the best strategies for online dating to defining the nebulous concept of beauty,

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Dr. Fry proves—with great insight, wit, and fun—that math is a surprisingly useful tool to negotiate the complicated, often baffling, sometimes infuriating, always interesting, mysteries of love.

### **How to be Married**

Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think clearly about your options. Whether you want to end the relationship or piece things back together, *Getting Past the Affair* guides you through the initial trauma so you can understand what happened and why before deciding how to move forward. Based on the only program that's been tested—and proven—to relieve destructive emotions in the wake of infidelity, this compassionate book offers support and expert advice from a team of award-winning couple therapists. If you stay with your spouse, you'll find realistic tips for rebuilding your marriage and restoring trust. But no matter which path you choose, you'll discover effective ways to recover personally, avoid lasting scars, and pursue healthier relationships in the future. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

### **Why Marriage Matters**

#1 New York Times Bestseller Oprah's Book Club Selection The “extraordinary . . . monumental masterpiece” (Booklist) that changed the course of Ken Follett's already phenomenal career. Look out for the prequel, *The Evening and the Morning*, coming from Viking in September 2020. “Follett risks all and comes out a clear winner,” extolled Publishers Weekly on the release of *The Pillars of the Earth*. A departure for the bestselling thriller writer, the historical epic stunned readers and critics alike with its ambitious scope and gripping humanity. Today, it stands as a testament to Follett's unassailable command of the written word and to his universal appeal. *The Pillars of the Earth* tells the story of Philip, prior of Kingsbridge, a devout and resourceful monk driven to build the greatest Gothic cathedral the world has known . . . of Tom, the mason who becomes his architect—a man divided in his soul . . . of the beautiful, elusive Lady Aliena, haunted by a secret shame . . . and of a struggle between good and evil that will turn church against state and brother against brother. A spellbinding epic tale of ambition, anarchy, and absolute power set against the sprawling medieval canvas of twelfth-century England, this is Ken Follett's historical masterpiece.

### **1001 Questions to Ask Before You Get Married**

The revised edition of the bestselling Christian guide to a happy marriage For more than fifteen years, Scott Stanley's *A Lasting Promise* has offered solutions to common problems—facing conflicts, problem solving, improving communication, and dealing with core issues—within a Christian framework. Thoroughly revised and updated, this new edition is filled with sacred teachings of scripture, the latest research on marriage, and clear examples from the lives of couples. The book's strategies are designed to help couples improve communication, understand commitment, bring more fun into their relationship, and enhance their

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sex lives. Lead author Scott Stanley is co-director of the Center for Marital and Family Studies at the University of Denver and coauthor of *Fighting for Your Marriage*, which has sold more than a million copies. Offers reflections on how to enhance anyone's marriage over the long term and avoid divorce. Covers recent cultural shifts, such as dealing with the endless technological distraction and issues with social networking. New themes include the chemistry of love, the life-long implications of having bodies, and how to support one another emotionally. Uses illustrative examples from couples' lives and rich integration of insights from scripture. This important book offers an invaluable resource for all couples who want to honor and preserve the holy sacrament of their union.

### **Making Marriage Simple**

From the country's leading couple therapist duo, a practical guide to what makes it all work. In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling. Topics addressed include:

- You know that you need to "treat the relationship," but how are you supposed to get at something as elusive as "a relationship"?
- How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you've failed? Are you only successful if you keep couples together?
- Compared to an individual client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you believe?
- What are you supposed to do with all the emotional and personal history that your clients stir up in you?
- How can you make your work research-based? No one who works with couples will want to be without the insight, guidance, and strategies offered in this book.

### **How to Stop Losing Your Sh\*t with Your Kids**

Interfaith marriages fail more often than same-faith partnerships. So what are the chances of survival for the ultimate mixed marriage--one between religious and nonreligious partners? Nearly 20 percent of Americans now self-identify as nonreligious, including millions who are married to religious believers. Despite the differences, many of these marriages succeed beautifully. In this landmark book, popular author and secular humanist Dale McGowan explores some of the stories of these unions, whose very endurance flies in the face of conventional wisdom, including his own marriage to a believing Christian--a loving partnership that remains strong after three kids and 22 years. Drawing on sociology, psychology, and real-life experience, he shares:

- Negotiation tips that set the stage for harmonious relationships
- Strategies for dealing with pressure from extended family
- Profiles of families who have successfully blended different world views
- Insights for helping kids make their own choices about religious identity
- Advice for handling holidays, churchgoing, baptism, circumcision, religious literacy, and more

The first book of its kind, *In Faith and In Doubt* helps partners navigate the

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complexities of their situation while celebrating the extraordinary richness it affords their relationship, their children, and those around them.

### **Why Marriages Succeed or Fail**

Based on research on sixty dysfunctional couples, presents information on domestic abuse, the kind of men who perpetrate it, and treatment options

### **The Relationship Cure**

Drawing on separate scientific studies, two relationship experts introduce the knowledge and skills couples need to make the transition to parenthood, using practical advice and real-life examples to help couples avoid relationship meltdown, maintain a healthy sex life, preserve emotional intimacy, prevent postpartum depression, and create a nurturing environment. Reprint. 50,000 first printing.

### **What Makes Love Last?**

Stop the yelling, lose the guilt, and become a calmer, happier parent. Drawing on evidence-based practices, here is an insight-packed and tip-filled plan for how to stop the parental meltdowns. Its compassionate, pragmatic approach will help readers feel less ashamed and more empowered to get their, ahem, act together instead of losing it. "Using a powerful combination of humor and reality checks, Naumburg helps parents unpack their unique stressors (we all have them) and find ways to stay calm even the most frustrating of family moments." —Katie Hurley, LCSW, author of *No More Mean Girls* and *The Happy Kid Handbook* "By the end not only are you laughing out loud, but you've gained a sense of self-compassion and a concrete action plan."—Rebecca Schrag Hershberg, PhD, author of *The Tantrum Survival Guide*

### **When Muslim Marriage Fails**

This book presents the measures from the Gottman laboratory that were used in the book *What Predicts Divorce?* Developed and applied over a period of the past 15 years, these materials have demonstrated reasonably high reliability and validity. They are: \* The Specific Affect Coding System (SPAFF) An observational coding system for measuring emotional behavior in couples, the SPAFF's codes go beyond the more simple positive/negative/neutral affects of the past and classify the couple's specific emotions -- anger, sadness, contempt, interest, affection, validation, excitement-joy. There are two versions of the SPAFF -- one employing 10 codes, the other 16. Each version has appropriate training and test videotapes. \* The Rapid Couples Interaction Coding System (RCISS) In using the RCISS (pronounced "R-KISS"), which codes problem-solving, at every turn of speech the observer chooses items from a set of menus. There are menus for the presentation of a problem, for the response to the presentation of a problem, for emotional maintenance, for problem-solving, and for listener behavior. In addition to the manual for the RCISS, there is a training and test videotape and a set of computer programs written by Donald Goldstein. The computer programs are for data entry

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and data analysis. \* The Buehlman Oral History Coding System The Oral History Interview codes the couple's behavior during the oral history interview. It asks couples about the history of their marriage, their philosophy of marriage, how their marriage differs from their parents' marriages, and more. The Buehlman Coding System has predicted divorce and marital stability with 94% accuracy. Also, it is significantly correlated with marital interaction and with physiology during conflict resolutions. Finally, it is a useful clinical interview that can be used on intake. \* The Play-by-Play Interview This interview procedure, which has been used for the past 22 years, sets up the conflict resolution conversation -- a discussion that must be grounded and not abstract. The play-by-play interview maximizes the possibility that couples will be talking about a real area of continuing disagreement in their marriage. \* The five questionnaires from the Distance and Isolation Cascade. Correlated with the process cascades toward divorce, these questionnaires assess: 1. the couple's perception of the severity of their marital problems; 2. the perception that it makes no sense to try and work these problems out with the spouse; 3. "flooding" or feeling overwhelmed and disorganized by a partner's expressions of negative emotions; 4. parallel lives as the way the marriage works; and, 5. loneliness in the marriage.

### **When Men Batter Women**

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.

### **In Faith and In Doubt**

One of the New York Times' most popular journalists presents groundbreaking scientific news about marriage. And, surprise: It's good news. We've all heard the statistic: Fifty percent of marriages end in divorce. It's enough to make many couples give up when the going gets rough, thinking that's what everybody else does. But what if it weren't true? What if, in fact, it's not only possible but often easier than you think to save a seemingly troubled relationship? These are the questions Tara Parker-Pope asked herself after her own divorce. An investigative journalist on the health and wellness beat, she turned to some of the top biologists, neuroscientists, psychologists, and other scientists for the facts about marriage and divorce. Those facts were more positive and provocative than she'd ever expected, and For Better offers page after page of astonishing, eye-opening good news. Parker-Pope presents the science behind why some marriages work and others don't; the biology behind why some spouses cheat and others remain faithful; the best diagnostic tools created by the most cutting-edge psychologists to assess the probability of success in getting married, staying married, or remarrying. There are questionnaires to uncover potentially damaging hidden attitudes toward spouses. There are tools to show the impact of routine, fresh activity and how small adjustments can make a huge difference. Tara Parker-Pope's genius is for exploring the science behind the big issues that affect our lives every day and translating that science into advice that we can use every day. For Better is the definitive guide to the most profound relationship of our lives.

## **Difficult Daughters**

Explains how and why unconscious forces, or imprints, cause many people to destroy their relationships, and what we can do to recognize and counter those forces.

## **The Intelligent Divorce**

Set against the tumult of the 1947 Partition, Manju Kapur's acclaimed first novel captures a life torn between family, desire, and love. The one thing I had wanted was not to be like my mother. Virmati is the eldest of eleven children, born to a respectable family in Amritsar. Her world is shaken when she falls in love with a married man. Charismatic Harish is a respected professor and her family's tenant. Virmati takes up with Harish and finds herself living alongside his first wife. Set in Amritsar and Lahore and narrated by Virmati and her daughter, Ida, a divorcée on a quest to understand and connect with her departed mother, *Difficult Daughters* is a stunning tale of motherhood, love, and finding one's identity in a nation struggling to discover its own. Winner of the 1999 Commonwealth Writers' Prize for best first book (Eurasia Region) and shortlisted for the Crossword Book Award in India.

## **The Mathematics of Love**

Point Them in the Right Direction Before They Walk Down the Aisle Married couples begin their lives together with a vow of lifelong love and devotion . . . but many walk down the aisle unaware of all that promise entails. Now you can help engaged couples make their vows with open eyes and hearts, fully prepared for the hard and rewarding work of building a strong and lasting Christian marriage. Created by FamilyLife, one of America's leading marriage and family ministries, *Preparing for Marriage* is a dynamic, comprehensive premarital education program designed to lay the foundation for biblical, fulfilling marriage. As a supplement to *Preparing for Marriage*, the *Preparing for Marriage Leader's Guide* is an invaluable tool for pastors, premarital counselors, mentor couples, and small group leaders. Inside is everything you need to help engaged couples establish a lasting relationship built on an unshakable foundation: Jesus Christ. The *Preparing for Marriage Leader's Guide* will help you:

- Counsel an engaged couple or lead a small-group study for couples
- Share God's unique blueprints for marriage and the home
- Help couples discern God's will for their relationship
- Provide practical guidance on finances, responsibilities, and intimacy
- Evaluate a couple's readiness for marriage after counseling
- Create a mentoring couples program and develop mentoring relationships
- Build healthy, Christ-centered marriages in the Church

## **Preparing for Marriage Leader's Guide**

Shares stories of seven remarried couples to reveal the unique challenges they have faced, offering advice for navigating the emotional preconceptions, social pressures, and complicated dynamics that impact second marriages.

## **The Pillars of the Earth**

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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!

### **Men Are Great - How to Build a Relationship That Brings Out the Best in Both of You**

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.

### **Raising An Emotionally Intelligent Child**

*Why We Fought* is a timely and provocative analysis that examines why Americans really chose to sacrifice and commit themselves to World War II. Unlike other depictions of the patriotic “greatest generation,” Westbrook argues that, strictly speaking, Americans in World War II were not instructed to fight, work, or die for their country—above all, they were moved by private obligations. Finding political theory in places such as pin-ups of Betty Grable, he contends that more often than not Americans were urged to wage war as fathers, mothers, husbands, wives, lovers, sons, daughters, and consumers, not as citizens. The thinness of their own citizenship contrasted sharply with the thicker political culture of the Japanese, which was regarded with condescending contempt and even occasionally wistful respect. *Why We Fought* is a profound and skillful assessment of America's complex political beliefs and the peculiarities of its patriotism. While examining the history of American beliefs about war and citizenship, Westbrook casts a larger light on what it means to be an American, to be patriotic, and to willingly go to war.

## **Relationship Sabotage**

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 their 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.

## **Getting Past the Affair**

Psychologist and top marriage guru 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 long-term relationship. This ground-breaking book will enable you to see where your strengths and weaknesses lie, what specific actions you can take to improve your marriage and how to avoid the damaging patterns that can lead to divorce. It includes: - Practical exercises and techniques that will allow you to understand and make the most of your relationship - Ways to recognise and overcome the attitudes that doom a marriage - Questionnaires that will help you evaluate your relationship - Case studies and anecdotes from real life throughout

## **Marriage Rules**

Kayser then incorporates data from a random sample survey, comparing troubled spouses with nondisaffected spouses and exploring the relationships among marital disaffection, psychological well-being, commitment, attribution, and gender. When *Love Dies* examines the concept of matrimony from broad theories of marriage as a social institution to the most specific nuances of spousal

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interaction. Kayser shows that by studying the dynamics that produce disaffection, partners are able to focus on ways to better understand what is needed to maintain love in marriage. Identifying the phases of disaffection, including significant turning points, can alert spouses and clinicians that it is time to confront problems of alienation. Clinical recommendations for repairing marriages are offered for each phase of the disaffection process. The book also provides a scale of marital disaffection that is of practical use to clinicians and researchers

### **Ten Lessons to Transform Your Marriage**

The 8 Reasons for Divorce: Why Marriages Fail and How to Ensure That Yours Doesn't. Includes the The Pre-Marriage Test and The Marriage Test.

### **Principia Amoris**

At age thirty-four, Jo Piazza got her romantic-comedy ending when she met the man of her dreams on a boat in the Galápagos Islands and was engaged three months later. But before long, Jo found herself riddled with questions. How do you make a marriage work in a world where you no longer need to be married? How does an independent, strong-willed feminist become someone's partner -- all the time? Journalist and author Jo Piazza writes a memoir of a real first year of marriage that will forever change the way we look at matrimony. A travel editor constantly on the move, Jo journeys to twenty countries on five continents to figure out what modern marriage means. Throughout this personal narrative, she gleans wisdom from matrilineal tribeswomen, French ladies who lunch, Orthodox Jewish moms, Swedish stay-at-home dads, polygamous warriors, and Dutch prostitutes. How to Be Married offers an honest portrait of a couple. When life throws more at them than they ever expected -- a terrifying health diagnosis, sick parents to care for, unemployment -- they ultimately create a fresh understanding of what it means to be equal partners during the good and bad times.

### **Going Home Without Going Crazy**

The Intelligent Divorce-Book Two: Taking Care of Yourself revolves around you- the greatest asset your kids have. Despite the inevitable power struggles you may have with your ex, if you do the hard work of staying healthy, centered, and focused on your children's well-being, you'll be pleasantly surprised by how well they'll do. After all, they want to see their mom and dad happy, positive, and when possible communicating effectively with each other. And if you're raising your children alone, this book, along with Book One, will help you become a positive role model for your kids. We will equip you with the necessary tools to better understand your situation, handle it to the very best of your ability, and come through it not only intact but healthier, as an individual and as a parent.

### **10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology)**

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

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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.

### **The Marriage Clinic**

This book will help women who want to believe great men exist, and want to know how to see and appreciate them, who want to know how to have better relationships with all the men in their lives, and/or who want to be able to attract better men to date and marry.

### **For Better**

Following a unique format perfect for today's world, the renowned author of *The Dance of Anger* gives us just over 100 rules that cover all the hot spots in long-term relationships. *Marriage Rules* offers new solutions to age-old problems ("He won't talk"/"She doesn't want sex") as well as modern ones (your partner's relationship to technology.) You'll also learn how to: Calm things down and warm them up Talk straight and fight fair Listen well as a spiritual practice Connect with a distant partner Survive the unique challenges of children, stepchildren and difficult- laws Follow a 12-step program to overcome defensiveness Know how and when to draw the line Take back your marriage when things fall apart *Marriage Rules* is a treasure chest of lively, practical advice to help you navigate your couple relationship with clarity, courage, and joyous conviction. If one person in a couple follows ten rules of his or her choice, it will generate a major, positive change. All that's required is a genuine wish for a better relationship and a willingness to practice.

### **Eight Dates**

Sixteen of the top scholars on family life have re-issued a joint report on the

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importance of marriage. First released in 2002, the newly revised edition of *Why Marriage Matters* highlights five new themes in marriage-related research. Since 1960, the proportion of children who do not live with their own two parents has risen sharply. This change has been caused, first, by large increases in divorce, and more recently, by a big jump in single mothers and cohabitating couples who have children but do not marry. For several decades the impact of this dramatic change in family structure has been the subject of vigorous debate among scholars. No longer. These twenty six findings are now widely agreed upon.

### **What Predicts Divorce ?**

A variety of creative strategies for resolving old conflicts are offered in this guide that introduces a three-level conflict continuum that readers can use to understand and cope with family conflicts. Original.

### **The 8 Reasons for Divorce**

Bestselling author Harriet Lerner focuses on the challenge and the importance of being able to express one's "authentic voice" in intimate relationships. The key problem in relationships, particularly over time, is that people begin to lose their voice. Despite decades of assertiveness training and lots of good advice about communicating with clarity, timing, and tact, women and men find that their greatest complaints in marriage and other intimate relationships are that they are not being heard, that they cannot affect the other person, that fights go nowhere, that conflict brings only pain. Although an intimate, long-term relationship offers the greatest possibilities for knowing the other person and being known, these relationships are also fertile ground for silence and frustration when it comes to articulating a true self. And yet giving voice to this self is at the center of having both a relationship and a self. Much as she did in *THE MOTHER DANCE*, Lerner will approach this rich subject with tales from her personal life and clinical work, inspiring and teaching readers to speak their own truths to the most important people in their lives.

### **The Seven Principles for Making Marriage Work**

A groundbreaking, practical program for transforming troubled relationships into positive ones "This is the best book on relationships I have ever read. . . . John Gottman has decoded the subtle secrets that can either enrich or destroy the quality of our ties with others." Daniel B. Wile, Ph.D., author of *After the Fight: Using Your Disagreements to Build a Stronger Relationship* "John Gottman is our leading explorer of the inner world of relationships. In *The Relationship Cure*, he has found gold once again." William J. Doherty, Ph.D., author of *Take Back Your Marriage: Sticking Together in a World That Pulls Us Apart* "When he says his five steps will help you build better connections with the people you care about, you know that they have been demonstrated to work." E. Mavis Heatherington, Ph.D., professor of psychology, University of Virginia 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

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and lovers, children, siblings, and even your colleagues at work. 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

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