

# Ten Lessons to Transform Your Marriage



In 1994, Dr. John Gottman and his colleagues at the University of Washington made a startling announcement: Through scientific observation and mathematical analysis, they could predict, with more than 90-percent accuracy, whether a marriage would succeed or fail. The only thing they did not yet know was how to turn a failing marriage into a successful one, so Gottman teamed up with his clinical psychologist wife, Dr. Julie Schwartz Gottman, to develop intervention methods. Now the Gottmans, together with the Love Lab research facility, have put these ideas into practice. In *Ten Lessons to Transform Your Marriage*, the Gottmans share this vital information so that couples can develop the skills to turn their relationship problems around and create strong, lasting unions. What emerged from the Gottmans collaboration and decades of research is a body of advice that's based on two surprisingly simple truths: Happily married couples behave like good friends; and they handle their conflicts in gentle, positive ways. The authors offer an intimate look at 10 couples who have learned to work through potentially destructive problems, extramarital affairs, workaholism, parenthood adjustments, serious illnesses, lack of intimacy, and examine what they've done to improve communication and get their marriages back on track. Giving an insiders view of the Love Lab, the Gottmans take the listener step-by-step through the couples conversations, before and after they are counseled. The authors also provide an analysis of the couples interactions, identifying their core problems and offering suggestions for resolving them. By listening to the discussions in this way, you will learn to detect the most common stumbling blocks of a relationship and, most important, how to avoid them.

In *Ten Lessons to Transform Your Marriage*, marital psychologists John and Julie Gottman provide vital tools scientifically based and empirically verified that you can use to regain affection and romance lost through years of ineffective communication. You'll strengthen your relationship and make it the most fulfilling it can be.

*Ten Lessons to Transform Your Marriage* by John Gottman, 9781400050192, available at Book Depository with free delivery worldwide. Kindle? Kindle? Kindle? In *Ten Lessons to Transform Your Marriage*, marital psychologists John and Julie Gottman provide vital tools scientifically based and empirically verified that you can use to regain affection and romance lost through years of ineffective communication. You'll strengthen your relationship and make it the most fulfilling it can be.

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