

Gottman Love Maps Questionnaire

"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-five years of exploration have earned him numerous major awards, including from 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"--

NEW YORK TIMES BESTSELLER • Over a million copies sold! "An eminently practical guide to an emotionally intelligent—and long-lasting—marriage."—Daniel Goleman, author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.

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

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.

Authored by a sex therapist who regularly works with clients who are attempting to navigate the dating world or improve their relationships, this book explains how technology plays a role in creating conflict or additional anxiety and discloses techniques to help individuals gain confidence or strengthen their personal relationships. • Suggests numerous treatment methods to help those presenting with issues related to technology • Validates many of the breadth of emotions that accompany the experience of casual dating • Offers clear and insightful information that will enable readers to understand why certain patterns happen to them during dating • Presents tools and advice on how to better navigate the complicated dating world • Provides insight into sex and tech products that can be helpful in long-distance relationships

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.

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.

A guide to healthy romantic partnerships cites the importance of fairness as an essential component in addition to good communication skills and compatibility, in a resource for couples that explains how differences in perceived fairness are at the core of most interpersonal conflicts.

Psychotherapy is not a “one size fits all approach.” As author John Miller describes in *Changing Roles for a New Psychotherapy*, all theoretical orientations have their uses and merits in different situations and with different clients. Through a varied personal life and professional career, in which he developed a creative psychotherapeutic approach that allows the adaptation of diverse roles with clients, Dr. Miller has gained insights through working in academia, the sciences, management consulting, and a state hospital. He applies these insights, along with those he gained working various summer jobs, to take readers beyond the standard medical model of diagnosis and treatment by drawing on the roles of other professionals. He examines 11 different occupations and explores how the insights gained in each field can enhance therapeutic possibilities. How does cooking relate to psychotherapy? Can accounting change the way psychotherapy is performed? Read on to find out!

Becoming a Marriage and Family Therapist is a practical “how to” guide designed to help trainee therapists successfully bridge the gap between classroom and consulting room. Readers will learn how to apply empirically-based methods to the core tasks of therapy in order to improve competency, establish effective supervision, and deliver successful client outcomes. A practical guide to improving competency across the core tasks of therapy, based on over 40 years of observation and teaching by an internationally acclaimed author Presents treatment protocols that show how to apply therapy task guidelines to a range of empirically-supported marriage and family treatments Provides extended coverage on assessing and beginning treatment with crisis areas such as suicidal ideation, and family violence with

children, elders, and spouses Suggests how supervisors can support trainees in dealing with crisis and other challenging areas, to build competence and successful delivery

Grounded in the personal narratives of twenty interracial couples with multiracial children, this volume uniquely explores interracial couples' encounters with racism and discrimination, partner difference, family identity, and counseling and therapy. It intimately portrays how race, class, and gender shape relationship dynamics and a partner's sense of belonging.

Assessment tools and intervention techniques help professionals and scholars work effectively with multiracial families as they negotiate difference, resist familial and societal disapproval, and strive for increased intimacy. The book concludes with a discussion of interracial couples in cinema and literature, the sensationalization of multiracial relations in mass media, and how to further liberalize partner selection across racial borders.

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 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.

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 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 Marriage Clinic presents a complete marital therapy program based on John Gottman's much heralded research on marital success and failure. Here one will find not only a wide range of succinct and useful assessment procedures, but also a highly specific, research-based, and modularized treatment program. In addition, there are dozens of questionnaires and interview protocols to be used in both assessment and intervention. In prospective, long-term research with over 700 couples, Gottman has discovered certain factors that distinguish happy, stable couples from both unstable, ultimately divorcing couples and stable but unhappy couples. These findings, which are explained here in understandable, nontechnical language, form the basis of his Sound Marital House theory of marriage, which guides the new therapy. This therapy has two goals: changing the marital friendship and teaching couples to regulate conflict. Despite the high aims of much marital therapy, Gottman found that most marital conflicts involve fundamentally unresolvable relationship issues called "perpetual problems." He shows how therapists can help spouses move from gridlock to dialogue on these issues. Solvable problems can be resolved more easily when the couple has a strong marital friendship. He gives therapists the tools to teach spouses five fundamental skills to develop and strengthen their friendship: softened start-up, accepting influence, repair and de-escalation, compromise, and physiological soothing. Gottman compares his clinic to a restaurant, where clients are offered a menu of treatment formats, from psychoeducation for specific issues to extended therapy to repair a badly damaged marital friendship. Therapists, too, can choose among the questionnaires and strategies for those that fit the needs of particular couples. Whatever their choice, they will find that their practice is greatly enriched by the scientifically-based offerings of The Marriage Clinic.

Draws on an extensive survey of more than 100,000 people to identify norms in positive relationships while providing strategies for improvement, sharing insights into a range of areas from communication and sex to affection and financial cooperation. 75,000 first printing. The Relationship Alphabet is an alphabetical survey of relationship topics based on the research of Dr. John Gottman. The book includes insights on communication, conflict management and friendship building. Practical discussion questions make it easy to turn ideas into action.

One of the world's leading experts on infidelity provides a step-by-step guide through the process of infidelity—from suspicion and revelation to healing, and provides profound, practical guidance to prevent infidelity and, if it happens, recover and heal from it. You're right to be cautious when you hear these words: "I'm telling you, we're just friends." Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

This up-to-date, highly readable, theory-based, and application-oriented book fills a crucial void in literature on couple therapy. Few books in the couple therapy market bridge the gap between theory and practice; texts tend to lean in one direction or the other, either emphasizing theory and research with little practical application, or taking a cookbook approach that describes specific techniques and interventions that are divorced from any

conceptual or theoretical base. However, couples therapy requires a high degree of abstract/conceptual thinking, as well as ingenuity, inventiveness and skill on the part of the therapist. *Case Studies in Couples Therapy* blends the best of all worlds: clinical applications with challenging and diverse couples that have been derived from the most influential theories and models in couples and family therapy, all written by highly experienced and respected voices in the field. In *Case Studies in Couples Therapy*, readers will grasp the essentials of major theories and approaches in a few pages and then see how concepts and principles are applied in the work of well-known clinicians. The case studies incorporate a wide variety of couples from diverse backgrounds in a number of different life situations. It is simultaneously narrow (including specific processes and interventions applied with real clients) and broad (clearly outlining a broad array of theories and concepts) in scope, and the interventions in it are directly linked to theoretical perspectives in a clear and systematic way. Students and clinicians alike will find the theoretical overview sections of each chapter clear and easy to follow, and each chapter's thorough descriptions of effective, practical interventions will give readers a strong sense of the connections between theory and practice.

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.

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.

From the #1 bestselling author of *The Bomber Mafia*, the landmark book that has revolutionized the way we understand leadership and decision making. In his breakthrough bestseller *The Tipping Point*, Malcolm Gladwell redefined how we understand the world around us. Now, in *Blink*, he revolutionizes the way we understand the world within. *Blink* is a book about how we think without thinking, about choices that seem to be made in an instant--in the blink of an eye--that actually aren't as simple as they seem. Why are some people brilliant decision makers, while others are consistently inept? Why do some people follow their instincts and win, while others end up stumbling into error? How do our brains really work--in the office, in the classroom, in the kitchen, and in the bedroom? And why are the best decisions often those that are impossible to explain to others? In *Blink* we meet the psychologist who has learned to predict whether a marriage will last, based on a few minutes of observing a couple; the tennis coach who knows when a player will double-fault before the racket even makes contact with the ball; the antiquities experts who recognize a fake at a glance. Here, too, are great failures of "blink": the election of Warren Harding; "New Coke"; and the shooting of Amadou Diallo by police. *Blink* reveals that great decision makers aren't those who process the most information or spend the most time deliberating, but those who have perfected the art of "thin-slicing"--filtering the very few factors that matter from an overwhelming number of variables.

Subtitle varies in previous editions and versions.

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.

Context is the unifying principle that guides a therapist's formulation of the modern family's presenting dilemmas, functioning, relationships, and attitudes. We can no longer assume that a family is comprised of a mother, father, and children; the composition and systems a family operates within can be fluid and ever-changing, requiring an equally elastic model. The Assimilative Family Therapy Model is sensitive to the many unique contexts presented by the modern family and is shaped by the inclusion of necessary interventions to address the

specific dilemmas of a client or family. In *Solving Modern Family Dilemmas*, readers will learn about many schools of thought and experience their integration to help heal clients through differentiation, anxiety reduction, and lowering emotional reactivity. There is also no need for readers to abandon their theoretical framework; theories, concepts, and interventions can be inserted into the model, enabling readers to create their own model of family therapy. End-of-chapter questions enable self-examination, and readers are treated to references for further exploring theories, concepts, and interventions. Family therapists, psychologists, social workers, and mental health counselors find this book essential in their work with all clients, and professors use it in courses to teach different modes of integrating theories, concepts, and interventions.

The Family System Test (FAST), developed by Thomas M. Gehring, is an important new tool for investigating family relations. Based on the structural-systemic theory of families, it is a figural technique for representing emotional bonds (cohesion) and hierarchical structures in the family or similar social systems. In this unique volume, the editors draw on current theory and research in family or similar social systems together with a variety of empirical studies that have used the FAST, to provide a comprehensive overview and assessment of the test and its use in various clinical research contexts. The book is divided into four sections, each focusing on a different aspect of the FAST. Part 1 describes the concepts and psychometric properties of the FAST within the context of theoretically and empirically relevant aspects of the field of family psychology as a whole. Special emphasis is given to systematic-structural approaches to assessing individual and family functioning. Part II focuses on the use of the FAST in developmental research. For example, the the FAST has been used to show how family constructs are influenced by age, type of family and situation. Part III deals with cross-cultural issues and compares the interpersonal constructs of Japanese and Chinese families to Western families. Finally, Part IV addresses the applications of the FAST in clinical setting - in diagnosis of biopsychosocial problems and planning and evaluation of clinical interventions. The result is a book that helps to bridge the gap between theory, practice and research. It will be essential reading for users of the FAST and all clinicians and researchers who work in family relations and development.

Michael White, one of the founders of narrative therapy, is back with his first major publication since the seminal *Narrative Means to Therapeutic Ends*, which Norton published in 1990. From their location in the heart of Detroit, Michigan, the Weisfelds' lab has reached out for thirty years to couples in long-term partnerships around the world. In living rooms of Detroit, London, Moscow, Beijing, and beyond, couples of all types and ages have shared their insights into adult romantic relationships. This book, *The Psychology of Marriage*, is a distillation of these findings, which have appeared in dozens of book chapters, journal articles, and conference presentations. The book also provides new systematic comparisons that offer insights into the mysteries of marriage and other committed relationships. Scholars, professional counselors, and family therapists will find a helpful framework for thinking about cultural similarities and differences in marital dynamics. Researchers will be introduced to a robust new instrument, the Marriage and Relationship Questionnaire (MARQ), which can be used in heterosexual and same-sex couples in virtually any cultural setting, along with ethical guidelines for conducting this research. Anyone who is interested in why committed relationships work (or do not work) will find the book filled with compelling new insights.

Check out *The Better Conversations* trailer: <https://youtu.be/y3FrWTXC8Uw> "I thought I knew how to have a conversation; I've had millions of them. Some were good, others not so much so. But I want to have GREAT conversations, and Jim Knight has taught me how. The proof is in: better conversations are possible and the results are worth the investment." --DOUGLAS FISHER Coauthor of *Rigorous Reading* and *Unstoppable*

Learning Because conversation is the lifeblood of any school You don't want this book—you need this book. Why this confident claim? Think about how many times you've walked away from school conversations, sensing they could be more productive, but at a loss for how to improve them. Enter instructional coaching expert Jim Knight, who in *Better Conversations* honors our capacity for improving our schools by improving our communication. Asserting that our schools are only as good as the conversations within them, Jim shows us how to adopt the habits essential to transforming the quality of our dialogues. As coaches, as administrators, as teachers, it's time to thrive. Learn how to: Coach ourselves and each other to become better communicators Listen with empathy Find common ground Build Trust Our students' academic, social, and emotional growth depends upon our doing this hard work. It's time to roll up our sleeves, open our minds, and dare to change for the better of the students we serve. You can get started now with *Better Conversations* and the accompanying *Reflection Guide to Better Conversations*.

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, 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.

Sponsored by the National Council on Family Relations, the *Sourcebook of Family Theory and Research* is the reference work on theory and methods for family scholars and students around the world. This volume provides a diverse, eclectic, and paradoxically mature approach to theorizing and demonstrates how the development of theory is crucial to the future of family research. The *Sourcebook* reflects an interactive approach that focuses on the process of theory building and designing research, thereby engaging readers in "doing" theory rather than simply reading about it. An accompanying Web site, <http://www.ncfr.org/sourcebook>, offers additional participation and interaction in the process of doing theory and making science.

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.

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.

Can 36 Questions make anyone fall in love with you? Turns out science says yes. *The Love Game* is based on the proven research of Dr. Arthur Aron in the area of rapid intimacy. Created to be read with a partner over an hour or two, *The Love Game* guides you through a series of 36 increasingly intimate questions, designed to create a context for increased connection and vulnerability. Join hundreds of thousands of couples from around the world and play *The Love Game* -- you just may fall, or fall deeper, in love.

AVOID THE JERKS AND FIND "THE ONE" WHO'S RIGHT FOR YOU "An insightful and creative contribution to managing the complexity of choosing a life partner. I heartily recommend it." --Harville Hendrix, Ph.D., author of *Getting the Love You Want and Keeping the Love You Find* "Don't be part of the 'where-was-this-book-when-I-needed-it?' crowd. It's not too late--read it now!" --Pat Love, Ed.D., author of *The Truth About Love and Hot Monogamy* Based on years of research on marital and premarital happiness, *How to Avoid Falling in Love with a Jerk* (previously published in hardcover as *How to Avoid Marrying a Jerk*) will help you break destructive dating patterns that have kept you from finding the love you deserve: Ask the right questions to inspire meaningful, revealing conversations with your partner Judge character based on compatibility, relationships skills, friends, and patterns from family and previous relationships Resolve your own emotional baggage so you're ready for a healthy relationship

An ideal supplemental text, this instructive casebook presents in-depth illustrations of treatment based on the most important couple therapy models. An array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns, including conflicts surrounding intimacy, sex, power, and communication; parenting issues; and mental illness. Featuring couples of varying ages, cultural backgrounds, and sexual orientations, the cases shed light on both what works and what doesn't work when treating intimate partners. Each candid case presentation includes engaging comments and discussion questions from the editor. See also *Clinical Handbook of Couple Therapy, Fourth Edition*, also edited by Alan S. Gurman, which provides an authoritative overview of theory and practice.

Marital Interaction: Experimental Investigations deals with experimental studies on marital interaction. Emphasis is on the importance of the role of description in the study of social interaction. Methods for the analysis of pattern and sequence, including cross-spectral time-series analysis, are also presented. Comprised of 15 chapters, this book begins with a historical review of several research traditions that have concerned

themselves with families and marriages: the sociological tradition; the family therapy or systems tradition; the social learning tradition; and the developmental tradition. Research that points to the potential importance of the observation of consensual decision-making processes is also reviewed. A model of marital interaction called the Structural Model, which can be used to predict changes in marital satisfaction, is described. Subsequent chapters focus on the Couples Interaction Scoring System, an observational system for categorizing marital interaction; modern concepts of the assessment of reliability, particularly the stringent assessment that is necessary for sequential analysis; differences between well-functioning and poorly functioning marriages; couples' interactional styles in terms of communication skill deficits; and the concept of an individual's social competence. This monograph will be of interest to psychologists engaged in research on marriage, as well as sociologists and clinical researchers.

Intimate Relationships covers both classic and current material in a concise yet thorough and rigorous manner. Chapters range from attraction to love, attachment to jealousy, conflict to relationship dissolution — all written in a warm, personal, and engaging voice. Each chapter is organized around the major issues and relevant theories, in addition to a critical evaluation about the research. When appropriate, the authors discuss and evaluate popular ideas about relationship processes in the context of scientific research. This includes critical evaluations of evolutionary approaches to attraction, victim-based accounts of abuse, and the separate-cultures view of the sexes.

The Seven Principles for Making Marriage Work A Practical Guide from the Country's Foremost Relationship Expert Harmony

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!

Provides a unique interdisciplinary approach to the science of intimate human relationships This newly updated edition of a popular text is the first to present a full-blooded interdisciplinary and theoretically coherent approach to the latest scientific findings relating to human sexual relationships. Written by recognized leaders in the field in a style that is rigorous yet accessible, it looks beyond the core knowledge in social and evolutionary psychology to incorporate material and perspectives from cognitive science (including brain-imaging studies), developmental psychology, anthropology, comparative psychology, clinical psychology, genetic research, sociology, and biology. Written by an international team of acclaimed experts in the field, *The Science of Intimate Relationships* offers a wealth of thought-provoking ideas and insights into the science behind the initiation, maintenance, and termination of romantic relationships. The 2nd Edition features two new chapters on health and relationships, and friends and family, both of which shed new light on the complex links among human nature, culture, and romantic love. It covers key topics such as mate selection, attachment theory, love, communication, sex, relationship dissolution, violence, mind-reading, and the relationship brain. Provides a coherent and theoretically integrative approach to the subject of intimate relationships Offers an interdisciplinary perspective that looks beyond social and evolutionary psychology to many other scientific fields of study Includes two new chapters on 'Relationships and Health' and 'Friends and Family', added in response to feedback from professors who have used the textbook with their classes Presented by recognized leaders in the field of relationships Features PowerPoint slides and an online Teaching Handbook *The Science of Intimate Relationships*, 2nd Edition is designed for upper-level undergraduate students of human sexuality, psychology, anthropology, and other related fields.

Reboot Your Relationship is a deep but easy-to-understand dive into the complex world of interpersonal relationships. For many couples, after the "honeymoon" wears off, boredom, discourse and angst grows. With a 50% divorce rate in the USA, is it any wonder our relationships are a challenge? *Reboot Your Relationship* tackles this problem from the inside out. The methods in the book begin with delivering a clear and concise awareness of how we think, feel, emote and relate as human beings. From there, the book rapidly takes us on a journey to understand our personal behaviors, needs and wants. It is only when we have a crystal clear understanding of ourselves that we can hope to relate to our partners. We move from the "I" to the "We" effortlessly and from the heart. The authors, Joe Whitcomb and Savannah Ellis have decades of research, experience and credentials to support their system of "WE-3" which take couples through the "I" to "We" journey through: 1. Entertainment (relating can be fun!) 2.

Experiential (we learn best by doing) 3. Empowerment (creating stronger "I's" for an unbreakable "We") The book is suitable for couples and individuals alike. The education inside works great for couples in turmoil, if you need a tune up or want to become a more attractive partner for the future. No matter where you are in life (in or out of a relationship), you'll find great tools and enlightening tactics to reshape your relationship and create a life full of love, connection and joy.

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