



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

By John M. Gottman, Nan Silver

Download now

Read Online →

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver

John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years. Here is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Packed with practical questionnaires and exercises, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

 [Download The Seven Principles for Making Marriage Work: A P ...pdf](#)

 [Read Online The Seven Principles for Making Marriage Work: A ...pdf](#)

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

By John M. Gottman, Nan Silver

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver

John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years. Here is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Packed with practical questionnaires and exercises, *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: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver Bibliography

- Sales Rank: #8388 in Books
- Brand: Harmony
- Published on: 1999-05-16
- Released on: 2000-05-16
- Original language: English
- Number of items: 1
- Dimensions: 7.99" h x .59" w x 5.15" l, .46 pounds
- Binding: Paperback
- 271 pages

 [Download The Seven Principles for Making Marriage Work: A P ...pdf](#)

 [Read Online The Seven Principles for Making Marriage Work: A ...pdf](#)

Download and Read Free Online **The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert** By **John M. Gottman, Nan Silver**

Editorial Review

Amazon.com Review

According to most relationship books, the key to a solid marriage is communication, communication, communication. Phooey, says John Gottman, Ph.D., author of the much-lauded *Why Marriages Succeed or Fail*. There's much more to a solid, "emotionally intelligent" marriage than sharing every feeling and thought, he points out--though most couples therapists ineffectively (and expensively) harp on these concepts.

Gottman, the director of the Gottman Institute, has found through studying hundreds of couples in his "love lab" that it only takes five minutes for him to predict--with 91 percent accuracy--which couples will eventually divorce. He shares the four not-so-obvious signs of a troubled relationship that he looks for, using sometimes amusing passages from his sessions with married couples. (One standout is Rory, the pediatrician who didn't know the name of the family dog because he spent so much time at work.)

Gottman debunks many myths about divorce (primary among them that affairs are at the root of most splits). He also reveals surprising facts about couples who stay together. They *do* engage in screaming matches. And they certainly don't resolve every problem. "Take Allan and Betty," he writes. "When Allan gets annoyed at Betty, he turns on ESPN. When Betty is upset with him, she heads for the mall. Then they regroup and go on as if nothing's happened. Never in forty-five years of marriage have they sat down to have a 'dialogue' about their relationship." While this may sound like a couple in trouble, Gottman found that they pass the love-lab tests and say honestly that "they are both very satisfied with their relationship and they love each other deeply."

Through a series of in-depth quizzes, checklists, and exercises, similar to the ones he uses in his workshops, Gottman provides the framework for coping with differences and strengthening your marriage. His profiles of troubled couples rescued from the brink of divorce (including that of Rory, the out-of-touch doctor) and those of still-happy couples who reinvigorate their relationships are equally enlightening. --*Erica Jorgensen*

Review

"Gottman comes to this endeavor with the best of qualifications: he's got the spirit of a scientist and the soul of a romantic." ---*Newsweek*

From the Inside Flap

John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years. Here is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship.

Packed with practical questionnaires and exercises, **The Seven Principles for Making Marriage Work** is the definitive guide for anyone who wants their relationship to attain its highest potential.

Users Review

From reader reviews:

Richard Hennessy:

Now a day individuals who Living in the era wherever everything reachable by connect to the internet and the resources included can be true or not require people to be aware of each information they get. How

individuals to be smart in getting any information nowadays? Of course the reply is reading a book. Studying a book can help persons out of this uncertainty Information especially this *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* book as this book offers you rich data and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it as you know.

Barbara Goodman:

People live in this new morning of lifestyle always attempt to and must have the free time or they will get wide range of stress from both way of life and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not only a robot. Then we consult again, what kind of activity do you have when the spare time coming to you of course your answer will unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the book you have read is *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert*.

Mamie Bostic:

Reading can called brain hangout, why? Because if you are reading a book specifically book entitled *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* the mind will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely can be your mind friends. Imaging each word written in a book then become one web form conclusion and explanation this maybe you never get just before. The *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* giving you another experience more than blown away your head but also giving you useful data for your better life on this era. So now let us teach you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary investing spare time activity?

Renee Wood:

You can spend your free time you just read this book this reserve. This *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* is simple bringing you can read it in the park your car, in the beach, train along with soon. If you did not include much space to bring often the printed book, you can buy often the e-book. It is make you easier to read it. You can save often the book in your smart phone. Therefore there are a lot of benefits that you will get when one buys this book.

Download and Read Online *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* By John M. Gottman, Nan Silver

#VN0L5TRHSA9

Read The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver for online ebook

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver books to read online.

Online The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver ebook PDF download

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver Doc

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver Mobipocket

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert By John M. Gottman, Nan Silver EPub