



# **Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship**

*John Gottman Ph.D., Julie Schwartz Gottman, Joan Declaire*

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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 ten 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 insider's view of the Love Lab, the Gottmans take the reader 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.

Hundreds of thousands have seen their relationships improve thanks to the Gottmans' work. Whether you want to make a strong relationship more fulfilling or rescue one that's headed for disaster, *Ten Lessons to Transform Your Marriage* is essential reading.

From inside the famed Gottman Institute, aka the “Love Lab”: ten scientifically proven, practical ways to strengthen your marriage

“We don't feel close anymore.”

“You never talk to me.”

“We only have time for the kids.”

“All you do is work.”

“You don't care about my dreams.”

Do you recognize yourself, or your spouse, in any of these statements? If so, Dr. John Gottman and his wife, Dr. Julie Schwartz Gottman, say you shouldn't be surprised. In fact, their decades of scientific research have shown that most couples face these and other serious problems—but what the Gottmans have proven is that such difficulties don't have to lead to a broken relationship, or even divorce.

In *Ten Lessons to Transform Your Marriage*, the Gottmans 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.

*From the Hardcover edition.*

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**Troy Munoz:**

Spent a free the perfect time to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Might be reading a book can be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the book untitled Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship can be fine book to read. May be it may be best activity to you.

**Harry Branham:**

The reason? Because this Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book adjacent to it was fantastic author who write the book in such amazing way makes the content within easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I were being you I will go to the reserve store hurriedly.

**Joseph Felder:**

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