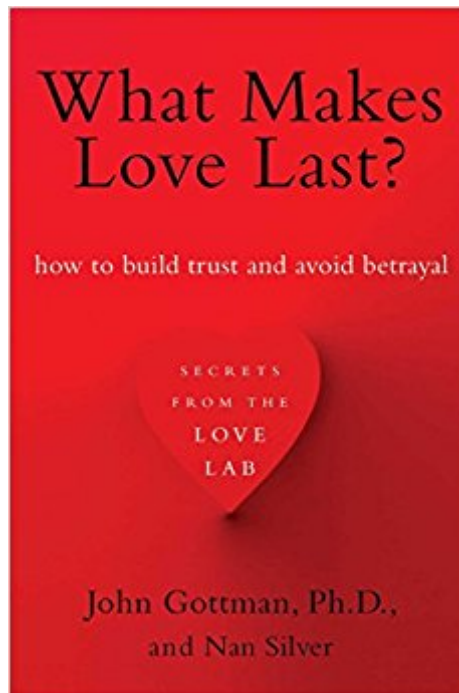




The book was found

What Makes Love Last?: How To Build Trust And Avoid Betrayal



Synopsis

A world-renowned relationship expert shares his research about love and what it takes to develop a trustful, intimate, and emotionally fulfilling bond. In this insightful book, celebrated research psychologist and couples counselor John Gottman plumbs the mysteries of love and shares the results of his famous "Love Lab": Where does love come from? Why does some love last, and why does some fade? And how can we keep it alive? Based on laboratory findings, this book shows readers how to identify signs, behaviors, and attitudes that indicate a fraying relationship and provides strategies for repairing what may seem lost or broken.

Book Information

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Customer Reviews

In an easy-to-understand format full of anecdotes, imaginary dialogues, and analogies to game theory, Gottman explains lack of trust in a relationship | The practical tools to evaluate current relationships and step-by-step methods for avoiding betrayal, repairing relationships heading toward crisis, or healing a relationship after a crisis will be useful to couples who want to look honestly at healing chronic hurts and improving the state of their relationship, and are ready for a system to help them. "Publishers Weekly" Instructional and enlightening... "Kirkus Reviews"

John Gottman, PhD has written numerous academic articles and is the author or coauthor of forty books, including the bestselling *The Seven Principles for Making Marriage Work*. His breakthrough research on marriage and parenting that has earned him numerous major awards, including four National Institute of Mental Health Research Scientist Awards. Currently a professor emeritus of

psychology at the University of Washington, Gottman lives on Orcas Island, Washington.

I really enjoy this author's works! It's easy to understand and apply to life, but he makes a lot of points I'd never have considered on my own. I learned a lot about relationships from this.

While this book was better than some others I have read, it is far from 5 stars. The book is full of examples of what not to do in a relationship. She forbids her husband from going to a Rugby match, so naturally he cheats. Really!? How bad must their relationship have been to begin with if he cheated over that!?! Nasty box, nice box, neutral box; learning to talk to each other. When in an argument it is very difficult to maintain composure. Keeping this idea in mind, maybe helpful, but it is hard to do.

A working book with a lot of information for those who want a better picture of the state of marriage. The test, although helpful and insightful, do take a time to complete and it helps if both partners are engaged and committed to the process. *What Makes Love Last?: How to Build Trust and Avoid Betrayal*

I am a Licensed Mental Health Counselor, and this is one of my favorite books, and certainly one of the best couples books I've read. The suggestions are simple, and based on years of research. I have given this book to people I know who are struggling in their relationships.

Great info from the love lab. Emotional flooding, attunement, the 4 horsemen of the end of a relationship (not always), paraphrasing. I wish I had read it when I was dating my husband. Things every couple should know.

Loving the book! :) it's definitely hitting home because I relate to it so much. Great for self help in your current relationship and great tools to improve yourself or save your relationship.

This book gave quite a bit of insights and skill sets one can learn to better not only a marriage, but a relationship. I would highly recommend it.

Very helpful, insightful, and adds to his previous works, rather than simply repeating them. I believe I benefitted from reading this book.

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