

# 100 Simple Secrets Of Great Relationships

**It's Not About the Shark** David Niven 2015-02-05 When we have a problem, most of us zero in, take it apart, and focus until we have it solved. Steven Spielberg tried that when the scenes with his expensive prosthetic shark just weren't scary. Psychologist, social scientist and million-selling author David Niven shows us that focusing on the problem is exactly the wrong way to find an answer. And Jaws built its famous menace precisely because the shark hardly ever appears in shot. Putting problems at the centre of our thoughts shuts down our creative abilities, depletes stamina, and feeds insecurities. Niven shows how working harder, and having absolute confidence in finding a solution, actually hides answers. It's Not About the Shark shows how to transform your daily life with a simple but rock-solid principle: If you start by thinking about your problems, you'll never make it to a solution. If you start by thinking about a solution, you'll never worry about your problems again.

**The Secrets of Happy Families** Bruce Feiler 2013-08-01 Bestselling author and New York Times family columnist Bruce Feiler found himself squeezed between caring for ageing parents and raising his children. So he set out on a three-year journey to find the smartest ideas and the most cutting-edge research about families of all varieties, novel solutions to make his own family happier. Instead of the usual psychologists and family 'experts', he sought out the most creative minds - from Silicon Valley to the set of Modern Family, from top negotiators to the army - and asked them what team-building exercises and problem-solving techniques they use. Feiler then tested these ideas with his wife and kids. The result is a fun, completely original look at how families can draw closer together. Feiler's life-changing

discoveries include a radical plan to reshape your family in twenty minutes a week, Warren Buffett's guide for setting an allowance, and the Harvard handbook for resolving conflict. The Secrets of Happy Families is a timely, counterintuitive book that answers the questions countless parents are asking: how do we manage the chaos of our lives? How do we teach our kids values? How do we make our family happier? Written in a charming, accessible style, The Secrets of Happy Families is smart, funny and fresh, and will forever change how your family lives every day.

**We Love Each Other, But . . .** Ellen Wachtel 2000-02-14 We Love Each Other, But...offers simple, practical tips that will help you restore and strengthen a relationship that has gone off track. It lays out the nuts and bolts of building relationships so they continue to be gratifying over the long haul. Dr. Ellen Wachtel shows how, even when you feel like giving up on a relationship or marriage, you can recapture why you fell in love in the first place. Dr. Wachtel promises that there is more and suggests simple ways to keep vitality in relationships. In fact, she shows you and your partner how you can stay interested in each other for the rest of your lives.

**The Rules of Love** Richard Templar 2008-11-28 Love . Some people know how to find it...Share it...Make it last. Were they born that way? No. They've learned the rules. Rules you can learn, too. The Rules of Love. Here they are: 100 simple rules to live and love by... Rules for finding a partner you can love for a lifetime... and keeping your partner just as happy... for keeping your relationship fresh, intimate, and wonderfully surprising... for getting past game playing, jealousy, arguments, and history... for actually, really communicating... for knowing what matters, and what doesn't... for building better relationships with your entire family (including your kids...maybe even your in-laws) The most important rules you will ever follow Follow them to joy, to contentment, to lifelong love.

**The Power of Connection** Gregory L. Jantz Ph.D. 2023-05-30

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Loneliness and isolation are serious problems with real and often devastating consequences—including increased suicide risk. Their ramifications deeply affect everyone in our society. In *The Power of Connection*, explore why connection matters so much, what the absence of connection means for the world, and how to create more of it in our lives. Dr. Gregory Jantz believes the payoff for pursuing human connection is well worth the investment, with the rewards being greater health, well-being, resilience, purpose, spirituality, and enjoyment of life. He inspires us to be genuinely better together, and more available to each other. Accept this invitation to nurture relationships in which ideal qualities can truly shine: compassion, kindness, humility, gentleness, patience, forgiveness, and love. Find strategies for genuine connection to heal wounds, find comfort in each other, and build a healthier future for our society. In this book, you will learn: Steps toward more authentic relationships Conditions for connection Strategies for deeper connections Ways to be a great friend

**Relationology** Matt Bird 2014-07-28 'How do I flourish in a crowded room? How do I overcome self-doubt? How do I keep in touch with everyone I know?' In *Relationology*, Matt Bird provides 101 inspirational and practical secrets to help you grow your business through the power of relationships, by providing the answers to these questions, and many more. The number one dictator of your success in life and business is the quality of your relationships! Building a network of relationships is not just for extroverts, sales people and networkers. While everyone knows they should be doing it, not everyone knows how they can build stronger business relationships in order to achieve greater business success. *Relationology* is a business, marketing and self-help book aimed at professionals wanting to develop new business and better their client relationship management. Inspired by writers such as Keith Ferrazzi's *Never Eat Alone* and Charles Green's *The Trusted Adviser*, Matt Bird aims to help other professionals through his business building insights. If your

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business involves people, then Relationology is a must read!

What Makes Love Last? John Gottman 2013-09-10 "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"--

**100 Simple Secrets of the Best Half of Life** David Niven, PhD 2009-10-13 Practical advice on how to thrive in the second half of your life, based on scientific studies. The sixth book in the bestselling 100 Simple Secrets series. What do people who relish the second half of their lives do differently than those who dread

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getting older? Sociologists, therapists and psychiatrists have spent entire careers investigating the ins and outs of successful aging, yet their findings are inaccessible to ordinary people, hidden in obscure journals to be shared with other experts. Now the international bestselling author of The 100 Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on the second half of life. These findings have been boiled down to one hundred essential ways to find and maintain joy, health, and satisfaction every day of your life. Each one is accompanied by a true story showing the results in action. The Baby Boomers are hitting retirement age. This upbeat, light approach will appeal to the enormous market of citizens grappling with the effects of becoming 'senior', looking to discover the positive benefits of aging beyond discount tickets at the movie theatre. Books about aging well continue to sell year in and year out. The Simple Secrets approach will stand out among the heavier self-help/psychology titles and will without a doubt become an affordable impulse and gifty mainstay in this category. A good inexpensive gift for parents and grandparents.

The 100 Simple Secrets of Happy People David Niven, PhD  
2009-03-17 Scientists and academics have spent entire careers investigating what makes people happy. But hidden in obscure scholarly journals and reports, their research is all too often inaccessible to ordinary people. Now the bestselling author of the 100 Simple Secrets series distills the scientific findings of over a thousand of the most important studies on happiness into easy-to-digest nuggets of advice. Each of the hundred practices is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho-hum existence into a full and happy life. Believe in yourself: Across all ages, and all groups, a solid belief in one's own abilities increases life satisfaction by about 40 percent, and makes us happier both in our home lives and in our

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work lives. Turn off your TV: Watching too much TV can triple our hunger for more possessions, while reducing our personal contentment by about 5 percent for every hour a day we watch.

**Human Chemistry (Volume One)** Libb Thims 2007-09-01

Human chemistry is the study of bond-forming and bond-breaking reactions between people and the structures they form. People often speak of having either good or bad chemistry together: whereby, according to consensus, the phenomenon of love is a chemical reaction. The new science of human chemistry is the study of these reactions. Historically, human chemistry was founded with the 1809 publication of the classic novella *Elective Affinities*, by German polymath Johann von Goethe, a chemical treatise on the origin of love. Goethe based his human chemistry on Swedish chemist Torbern Bergman's 1775 chemistry textbook *A Dissertation on Elective Attractions*, which itself was founded on Isaac Newton's 1687 supposition that the cause of chemical phenomena may 'all depend upon certain forces by which the particles of bodies, by some causes hitherto unknown, are either mutually impelled towards each other, and cohere in regular figures, or are repelled and recede from one another'; which thus defines life.

*100 Simple Secrets of Great Relationships: What Scientists Have Learned and* David Niven 2003-01-01 This third installment of a bestselling series offers practical advice for finding happiness, peace, and satisfaction in all of one's relationships, culled from more than a decade of the best scientific research.

**100 Simple Secrets of Healthy People** David Niven 2003

*Secrets of Happy Relationships* Jenny Hare 2014-08-29 What do people in happy relationships know that the rest of us don't? Do they have a secret recipe for success? Is there a special alchemy to make it work? 'The Secrets of Happy Relationships' reveals the 50 things you need to know to put your relationship on a firm footing and remain in love forever. Some will surprise, and all will inspire you. Put these 50 simple strategies together and you have

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a recipe for lasting happiness together, a proven formula that will unlock the secrets and uncover your potential.

Power Questions Andrew Sobel 2012-02-07 An arsenal of powerful questions that will transform every conversation Skillfully redefine problems. Make an immediate connection with anyone. Rapidly determine if a client is ready to buy. Access the deepest dreams of others. Power Questions sets out a series of strategic questions that will help you win new business and dramatically deepen your professional and personal relationships. The book showcases thirty-five riveting, real conversations with CEOs, billionaires, clients, colleagues, and friends. Each story illustrates the extraordinary power and impact of a thought-provoking, incisive power question. To help readers navigate a variety of professional challenges, over 200 additional, thought-provoking questions are also summarized at the end of the book. In Power Questions you'll discover: The question that stopped an angry executive in his tracks The sales question CEOs expect you to ask versus the questions they want you to ask The question that will radically refocus any meeting The penetrating question that can transform a friend or colleague's life A simple question that helped restore a marriage When you use power questions, you magnify your professional and personal influence, create intimate connections with others, and drive to the true heart of the issue every time.

100 Simple Secrets of Great Relationships David Niven (Ph. D.) 2000 Experts have spent their careers investigating what makes people happy. While their methods are sound and their conclusions valuable, the results often remain hidden in obscure scholarly journals. At last, social scientist and psychologist David Niven, Ph. D., has cut through the scientific gobbledygook. After examining over a thousand of the most recent and important scholarly studies into the psychological traits of happy people and uncovering their most promising discoveries into the causes of happiness. Dr. Niven presents 100 easy-to-digest nuggets of

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advice: Enjoy what you have. Believe in Yourself. Grounded in science, his approach is fresh, useful, and inspiring.

Up! David Niven, Ph.D. 2010-04-15 Insufficient healthcare coverage, a weakened economy, the fragile environment—most people would be hard pressed to find even one example of how things are better today than they were yesterday. How about one for each day of the year? In his engaging and informative new book, Up!, David Niven, the best-selling author of the 100 Simple Secrets series (more than a million copies sold in the U.S. alone), gives us 365 examples of how life is better now than ever before. We think we're running out of time—but we actually live twice as long as our great-grandparents did. We think our culture is in decline—but worldwide IQ scores are higher today than ever before. We think life keeps getting harder—but the percentage of people who feel happy is growing every year. Well researched and full of insight, Up! not only proves that life today is a vast improvement from the past but also that it continues to get better with each passing day. For those who need convincing or for those who need reminding, Up! is a great resource for appreciating how far we've come and realizing that, in all ways, things are truly looking Up!

The Surrendered Wife Laura Doyle 2001-02-28 A New York Times bestseller, this controversial guide to improving your marriage has transformed thousands of relationships, bringing women romance, harmony, and the intimacy they crave. Like millions of women, Laura Doyle wanted her marriage to be better. But when she tried to get her husband to be more romantic, helpful, and ambitious, he withdrew—and she was lonely and exhausted from controlling everything. Desperate to be in love with her man again, she decided to stop telling him what to do and how to do it. When Doyle surrendered control, something magical happened. The union she had always dreamed of appeared. The man who had wooed her was back. The underlying principle of The Surrendered Wife is simple: The control women wield at work and



with children must be left at the front door of any marriage. Laura Doyle's model for matrimony shows women how they can both express their needs and have them met while also respecting their husband's choices. When they do, they revitalize intimacy. Compassionate and practical, *The Surrendered Wife* is a step-by-step guide that teaches women how to:

- Give up unnecessary control and responsibility
- Resist the temptation to criticize, belittle, or dismiss their husbands
- Trust their husbands in every aspect of marriage—from sexual to financial
- And more.

The *Surrendered Wife* will show you how to transform a lonely marriage into a passionate union.

[Finding Love Again](#) Terri L. Orbuch 2012-06-01 Based on a groundbreaking 25-year study of marriage, divorce, and new love-finding the right one just became 100% possible. Whether you're divorced or separated, out of a long-term relationship, or newly dating after a long break, *Finding Love Again* will help you prepare for a healthy and fulfilling new relationship. Brimming with stunning original findings, first-person stories, and eye-opening advice, *Finding Love Again* shows you simple, practical strategies that have been shown time and again to help singles find someone special. Dr. Terri L. Orbuch, renowned relationship expert and director of a pioneering relationship study, shows you:

- Eight relationship myths that are sabotaging your love life.
- Why singles who have little or no contact with an ex's family find love at significantly higher rates than singles who keep in close contact with their ex-in-laws.
- How singles who make one change to their daily routine-and stick with it for at least 21 days-are twice as likely to find new love.
- Why the happiest couples in new relationships are the ones who don't share bank accounts.

*Finding Love Again* shows proven strategies that can help anyone find love again.

**The 100 Simple Secrets of Successful People** David Niven, PhD 2009-03-17 *The 100 Simple Secrets of Successful People* has descriptive copy which is not yet available from the Publisher.

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*Love Book* Scott Braxton 2009-11 "Dr. Braxton brings us the greatest thinkers about relationship success of the 20th and 21st century. You will learn all the major theories about why relationships work and how to grow in your marriage. This is a very valuable, much needed book. I heartily recommend this book to everyone." - Dr. Harville Hendrix, Author of *Getting The Love You Want: A Guide for Couples* "This book is a practical guide for anyone working with couples. There are so many details on the major treatment philosophies and how they help couples to overcome fear, and to heal so they can joyfully create love together." - Dr. Margaret Paul, Creator of Inner Bonding and Author of *Do I Have to Give Up Me to Be Loved By You* "Reading this book is like taking a short stroll, chatting with the experts in love relationships, and having such fascinating conversations!" - Dr. Sue Johnson, Creator of Emotionally Focused Therapy and Author of *Hold Me Tight: Seven Conversations for a Lifetime of Love* "People develop with unique emotional patterns. Advice for one person may not work for someone else. With 50 of the most respected experts sharing their view on what goes wrong in relationships, and their advice on how to deal with it, the LOVE BOOK is certain to have something profound for you." - Dr. Gary Chapman, Pastor, Speaker, and Bestselling Author of *The Five Love Languages* "Absolute honesty is the key to any relationship. Dr. Braxton's new penetrating book summarizes this and other advice so that you can avoid relationship-killing mistakes, and take responsibility for creating your relationship the way you want it. Therapists will benefit from broadening their knowledge about what is really working in the real world with real couples." - Drs. Gay and Kathlyn Hendricks, Bestselling Authors, and Founders of The Hendricks Institute, Resources for Conscious Living and Loving "Dr. Braxton has identified the 50 most trusted experts in America. Finally, relationship experts you can turn to that have something important to say and whose advice you can trust. Scott has done a real service to the people of the USA and

the world." - Drs. Charles and Elizabeth Schmitz, America's #1 Love and Marriage Experts, as well as Multiple Award-Winning Authors "This book is unique. The best experts in the field share some of their best advice for creating a happy, healthy marriage that all of us desire. Professionals working with couples, as well as students, will find this book an excellent overview of the couple's field." - Dr. Howard Markman, Author of Fighting for Your Marriage, Developer of LoveYourRelationship Couples Retreats "Dr. Braxton has done a great service by providing us with a user- friendly directory of the many voices in the self-help movement that address issues of intimacy and commitment. His book is also a very clear and accurate summary of the main concerns we all face in relationship." - Dr. David Richo, Psychotherapist, Teacher, Author of When the Past is Present "The vast majority of divorces are unnecessary and most relationship problems are solvable. Your marriage can be brought back on track with good advice and a little effort. Change can start with one person - you. Read the LOVE BOOK and find out what you can do to bring solutions to your marriage. The resulting intimacy will make your marriage even stronger." - Michele Weiner-Davis, Bestselling Author, and Founder of the Divorce Busting Center "Now more than ever, couples need help with their relationship and with their sexuality. People need help integrating ideas and information. The LOVE BOOK is the best example I have seen that presents the best ideas and advice from world-leading therapists and psychologists. Read this book and you too can work on you relationship as an intimate team." - Dr. Barry McCarthy, Author, Tenured Professor of Psychology, and Certified Sex and Marital Therapist

*100 Simple Secrets of Happy Families* David Niven, PhD  
2009-10-13 The Simple Science of a Happy Family From raising children to getting along with in-laws, what do people with close and loving families do differently than those with strained or unfulfilling relationships? Sociologists, therapists, and

psychiatrists have spent entire careers investigating the ins and outs of family dynamics, yet their findings are inaccessible to ordinary people, hidden in obscure journals to be shared with other experts. Now, David Niven, the international bestselling author of The 100 Simple Secret series has collected the most current and significant data from more than a thousand of the best scientific studies on families and then spelled out the findings in plain English. The advice is based not on one person's unique experiences or opinions, but offers for the first time the research of noted scientists studying average American families. These findings have been boiled down to one hundred essential ways to find and maintain love, joy, and satisfaction in all family relationships. Each statistic is accompanied by a true story about a real family showing the results in action. Don't Forget the Past: Parents who share stories of family history with their children create higher levels of concern for family members and increase the likelihood of their children's happiness. No Price Tag: Once basic necessities are met, the increasing economic status of one's family has zero effect on the likelihood of feeling satisfied with life. Let Every Opinion Be Heard: Senior citizens having trouble living in their own homes are 84 percent more likely to be satisfied with their housing situation if they feel as if their concerns are an important part of selecting a new home or facility. The Greatest Gift: Life satisfaction is 72 percent more likely among those who feel content with their family life.

100/0 Principle Al Ritter 2010-04-01 Simply put, this new ebook can make your marriage better and greatly improve your relationships with family members, co-workers, your boss and even your friends. The 100/0 Principle...The Secret of Great Relationships, may be the most important book you'll ever read. The message is truly life-changing.

The 100 Simple Secrets of Healthy People David Niven 2006-01-30 From fitness to diets to emotional health and longevity, what do people who feel and look healthy do differently

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to those who are overtired, depressed, or out of shape? Everyday we face an avalanche of studies and statistics that tell us what we should or shouldn't eat, how long we need to exercise for, or how to protect ourselves from second-hand smoke and the harmful rays of the sun. Not only are these studies often contradictory, but the actual scientific information is usually inaccessible. Moving beyond the myths and misinformation, the advice in these pages is not based on one person's opinions or one expert's study. For the first time the research available on the health of average people has been distilled into one hundred essential ways that we can become healthier and happier. Each of the core findings is accompanied by a real life example showing these results in action.

**Thrive in Retirement** Eric Thurman 2019-02-26 Discover the three secrets to happiness--and much more--in the later years of life. Never before in human history have so many people lived for decades beyond their working years. 10,000 Americans turn 65 each day, and their average life expectancy is another 20 years--and many will live longer. But will they just live or have a meaningful life? The truth is that many--if not most--people approaching the latter years do not have a plan, much less a strategy to thrive instead of just survive. Packed with information based on research as well as common-sense wisdom, here are some examples of what readers will discover: • How retiring at the wrong time increases the likelihood of dying 89%. • What can delay Alzheimer's onset an average of 9 years. • How everything that makes you happy comes in just 3 forms. • Which partner is most likely to initiate divorce after decades of marriage and why.

*100 Simple Secrets of Great Relationships* David Niven, PhD 2009-10-13 What are the essential qualities of a great relationship? What do people in healthy and happy relationships do differently? Scientists and academics have spent entire careers investigating the nature of relationships, dating, and marriage, yet their findings are inaccessible to ordinary people, hidden in

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obscure journals read only by other academics. Now the bestselling author of the 100 Simple Secrets series has collected the most current and significant data from more than a thousand studies on relationships and spells out the key findings in plain English. The advice is not based on one person's unique experiences or opinions, but offers for the first time the research of noted scientists studying the lives and loves of average Americans. Each of the findings is accompanied by a true story that shows the results in action. Love is hard to calculate: Researchers have proven that a partner's age, income, education, and religion are unrelated factors in the likelihood of relationship satisfaction. Always trying to win can lead to a major loss: People who feel a sense of competition with their partner are 37 percent less likely to feel that their relationship is satisfying. leave the past in the past: More than 40 percent of people report that jealousy over a previous relationship is a source of conflict in their current relationship.

*The Seven Secrets to Healthy, Happy Relationships* don Miguel Ruiz 2018-10-01 Relationships: An Integral Part of the Human Experience As humans, most of us yearn for fulfilling relationships. They provide unlimited ways for us to learn, grow, thrive, and have fun! Yet, as we know, relationships aren't always a "bed of roses"—especially romantic ones. They don't make themselves, nor do they continue happily on autopilot once they begin. In this one-of-a-kind book, bestselling authors don Miguel Ruiz, Jr. and HeatherAsh Amara share their seven secrets to healthy, happy relationships: Commitment Freedom Awareness Healing Joy Communication Release Understanding and enacting these principles can help you at any stage in your intimate partnering, whether you've been with someone for many years or are currently single and want to prepare for a relationship. The authors make clear that the principles in this book aren't secrets because they are hidden away, but are more akin to undiscovered focal points that can lead to deeper, more meaningful

connections. Part of the secret, as you will see, is in the art of putting these ideas into practice day after day and year after year.

*Simple Secrets of Success* David Niven 2007

12 Simple Secrets of Happiness at Work Glenn Van Ekeren 2001

Suggests ways to increase job satisfaction and personal happiness at work, including advice on tapping into strengths and talent, putting in maximum effort, being a team player, and enjoying work.

**The Power of People Skills** 2017

The Science of Happily Ever After Ty Tashiro 2014 Examines the science behind choosing a mate and reveals actionable tips for finding love, in an exploration that draws on research from such fields as demography, sociology, and psychology.

**The Relationship Cure** John Gottman, PhD 2017-02-22 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.

**100 Simple Secrets Why Dogs Make Us Happy** David Niven, PhD 2009-03-17 Why do people who have dogs live happier,

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longer, and more fulfilling lives? Sociologists and veterinarians have spent years investigating the positive effects that dogs have on people's health and happiness yet their findings are inaccessible to ordinary people, hidden in obscure journals to be shared with other experts. Now the international bestselling author of the 100 Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on the profound relationship between humans and our canine companions. These findings have been boiled down to the one hundred essential ways dogs positively impact our lives. Each fact is accompanied by a inspiring true story. If you love your dog, and science tells us that you do, this book will inspire and entertain. Communicate Better: It sounds odd to say a creature that communicates with barking and body language can have such a profound effect on human communication. But by providing a common point of reference and concern, dogs help us to feel a connection to other humans. That connection makes us feel more comfortable communicating with each other. When meeting a new person, the presence of a dog reduces the time before people feel comfortable while talking with each other by 45 percent. Live Longer: There is perhaps no better gift that dogs offer us humans than this simple fact. People who care for a dog live longer, healthier lives than those who do not. On average, people who cared for dogs during their lives lived 3 years longer than people who never had a dog. No Monkey Business: Primates are genetically more similar to humans than any other creature. But try to tell a chimpanzee something and you will be hard pressed to get your message across. Dogs are uniquely attuned to the messages we send. Dogs study humans and have evolved to build social skills that help them to function around us. Dogs are 52 percent more likely to follow human cues such as pointing toward a source of food than are primates. Around the Block: Good habits are often misunderstood as difficult or unpleasant chores. But there is tremendous value in



the simple act of taking a walk. Walking not only burns calories, it also decreases stress. Having a dog means regularly talking walks - it's something you do for your dog but in truth your dog is doing for you. Dog owners walk 79 percent farther in an average week than non-dog owners.

### *The Simple Secrets for Becoming Healthy, Wealthy, and Wise*

David Niven, PhD 2009-03-17 Sociologists, therapists, and psychiatrists have spent entire careers investigating the ins and outs of health, success, and happiness, but their findings are inaccessible to ordinary people, hidden in obscure journals seen only by other experts. Now David Niven, the international bestselling author of the Simple Secrets series, has collected the most current and significant data from more than a thousand of the best scientific studies on three of the most important aspects of our daily lives. Niven has boiled these findings down to sound, succinct advice for each day of the year, presenting 365 essential ways to find and maintain health, wealth, and wisdom. Each entry is accompanied by a true story showing the results in action. Whether you want to enhance your body, your bank account, your IQ, or all three, this bestselling series offers 365 essential ways to let science help you.

**Happy Relationships** Sam Owen 2020-03-10 RELATIONSHIPS ARE EVERYTHING Few things promise greater happiness than our relationships - yet few things cause us more anxiety and stress. Happy Relationships delivers an expert programme that returns joy to any troubled relationship in your life, be it with a partner, colleague or loved one. Sam Owen, acclaimed life coach and speaker, calmly guides us through effective strategies for overcoming issues in our relationships, from the trigger points to the joyous moments. She offers solutions and practical advice on: How to establish a solid friendship foundation How to communicate well How to nurture a close bond How to nourish your well-being and self-worth How to change bad relationship habits into good ones How to solve your relationship problems

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From arguments to intimacy, self-care to communication, this engaging and practical guide will ensure you only surround yourself with happy, healthy relationships. In just four weeks your relationship can be in a much better place.

*Building Great Relationships* B. K. Trehan 2010-06-29 Building Great Relationships - All About Emotional Intelligence

**Have the Relationship You Want** Rori Gwynne 2006-11 A step-by-step guide for women to transforming your love life practically overnight.

**Secrets of Great Marriages** Charlie Bloom 2010-10-05

Therapists Charlie and Linda Bloom have been married more than thirty-five years. Over a two-year period, they interviewed twenty-seven couples who had been together for an average of thirty years and seemed as happy as newlyweds. Were they just lucky? The Blooms found that these couples had faced real challenges — difficulties with children and stepchildren, war wounds, infidelity, and financial ruin. They also found that with loving dialogue and open hearts, the couples had found ways to heal, grow, and deepen their commitment through, and not despite, their challenges. The Blooms distill this real-world wisdom into practical, positive actions any couple can take to achieve or regain not just a good marriage but a great one.

100 Simple Secrets of Happy People David Niven 2005 In this book Paul Hirst makes a major contribution to democratic thinking, advocating "associative democracy"; the belief that human welfare and liberty are best served when as many of the affairs of society as possible are managed by voluntary and democratically self-governing associations.

*Eight Dates* John Gottman 2019-02-05 Strengthen and deepen your love with a fun, ingenious program of eight life-changing conversations—on essential topics such as money, sex, and trust—from two of the world's leading marriage researchers and clinicians. Navigating the challenges of long-term commitment takes effort—and it just got simpler, with this empowering, step-

by-step guide to communicating about the things that matter most to you and your partner. Drawing on forty years of research from their world-famous Love Lab, Dr. John Gottman and Dr. Julie Schwartz Gottman invite couples on eight fun, easy, and profoundly rewarding dates, each one focused on a make-or-break issue: trust, conflict, sex, money, family, adventure, spirituality, and dreams. Interactive activities and prompts provide motivation to stay open, stay curious, and, most of all, stay talking to each other. And the range—from the four skills you need for intimate conversation (including Put Into Words What You Are Feeling) to tips on being honest about your needs, while also validating your partner’s own emotions—will resonate, whether you’re newly together or a longtime couple looking to fortify your bond. You will discover (or rediscover) your partner like never before—and be able to realize your hopes and dreams for the love you desire and deserve.

Developing Relationships in Business Networks Håkan Håkansson  
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