

How To Make A Good Relationship Last

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4 Tips to Make a Relationship Last - The New York Times

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At 41, I Can't Make A Relationship Last - Boston.com

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How To Make A Relationship Last: 8 Key Ingredients - Love What ... - Love What Matters

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['A really good fit': Seth Littrell lands Oklahoma OC job | Sports - The Oklahoma Daily](#)

[5 Secrets to a Long-Lasting Relationship - Oprah Mag](#)

Communication in Relationships - Michael Cooper 2019-12-30

NEW EDITION Does your once strong relationship appear to be on its last legs? Do you and your partner seem to never be on the same page? Are you looking for something to do about it? If so, then *Communication in Relationships* is the book you have been waiting for! Healthy communication is a key part of any relationship. As a partner, you need to be able to communicate effectively with your significant other. Communication is so important because it doesn't just help the two of you talk to each other; it helps you learn how to strengthen the bond that the two of you have together as a couple. Everyone has heard the expression 'when you get in a relationship; two become one.' When this happens, the two of you are forming a bond of unity that is being nurtured by the love and the strength that you two have for each other and your relationship, when this bond has issues, though because of a lack of good communication, a relationship can suffer, which isn't what you want. In any relationship, you can notice that you have issues communicating for one reason or another. This happens in any relationship at one point or another in time, and with this book, you can learn how to communicate better with your partner. It can be hard to understand exactly why you're having trouble communicating and learning how to fix it can be trickier still. In fact, many couples have this issue for years before they are able to learn how to fix this but once they do they notice that they have a better relationship and are open to speaking better with their loved one. This book offers helpful tips and reasoning for being able to utilize healthy strategies for better communication with your partner, which while strengthening your relationship as a couple. The bond between a couple is strong and beautiful, but it can be fragile at the same time, which is something that couples can work on together. Having healthy communication strategies can help you grow as a couple and develop a better relationship because your emotional bond will grow stronger, which in turn helps your emotional intimacy as a couple. Emotional intimacy is a large part of a relationship especially in a relationship, and when you are able to strengthen this bond, you are ensuring that your partner understands that you care about them and that you are putting the time into your relationship that it deserves. Showing your partner the love they deserve and learning communication skills like empathetic listening and learning how to use empathy in your words and speech will help you be able to take your relationship to a deeper level and make sure that it can last the test of time. Every relationship needs the care of each person and understanding that in order to last, you need to be able to practice healthy communication and learn what it takes to make your relationship last. You're entering a bond of forever when you say the words 'I do, ' and you need to make sure that your relationship doesn't fall into the usual traps that others fall into every day. With this book, you'll avoid this pitfall and understand that a healthy relationship is going to take a little work but is well worth the energy extended to do so. What Are You Waiting For? Buy Your Book Now

The Five Love Languages - Gary Chapman 2009-12-17

Marriage should be based on love, right? But does it seem as though you

and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on [fivelovelanguages.com](#). The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

Mastering Relationships - James O Kingstone 2021-08

A decent relationship means different things to various individuals. Be that as it may, great grown-up connections by and large affect two individuals who regard, comprehend and can speak with one another, and have equivalent rights, openings and obligations. The goal is to have understanding with whoever you decide to love. Mastering relationship is your daily guide and work path for surviving hurdles that confront lovers in their new relationships. For those looking for real counseling on relationships, no-bullshit, effective guide to finding love and building relationships that last forever, look no further. This book is written with you in mind as its researched and understands the daily confrontations we all face in our different love lives. Mastering Relationships empowers you to communicate your feelings better with your lover irrespective of your gender. The power of words in a relationship is a subconscious energy that balances the relationship. The words you choose and the way you say something can make your lover feel closer to you. Everybody has an opinion in a relationship, but how you choose to communicate your ideas, thoughts, grievances, emotions, feedbacks and love might be what sets you apart from the noisy neighbor down the street. The reason why most relationships end up in disaster is because one of the partners doesn't know how to communicate in a gentle matter especially when you are genuinely committed to make things work. Mastering Relationships sums that communication is a skill and it takes practice to get good at it. If you want to develop your ability to communicate, you'll need to build positive habits into the way you talk and make a real effort to stick to them. The best relationship tips and advice in this book will help you prioritize and build goals that will make your relationship last with your soul mate. Healthy relationships have been shown to increase our happiness, improve health and reduce stress. Studies show that people with healthy relationships have more happiness and less stress. There are basic ways to make relationships healthy, even though each

relationship is different. The knowledge available in this book applies to all kinds of relationships: friendships, work and family relationships, and romantic partnerships. Mastering Relationships will enable you to identify what you want in a relationship, when you should pursue it, and how to find it. Be yourself, healthy relationships are made of real people.

Relationships - Les and Leslie Parrott 2009-05-18

Today more than ever, people long for connection. In an age marked by isolation and loneliness, they measure riches in terms of belonging, acceptance, vulnerability, honesty, closeness, and commitment. And what they most want to know is how to make bad relationships better and good relationships great. Drs. Les and Leslie Parrott understand firsthand our deep need for relationships; and as relationship experts, they know what it takes to build strong, lasting bonds. In Relationships, the Parrotts take us below the surface to the depths of human interactions--to the nitty-gritty realities, the ups-and-downs of building vital, satisfying connections. They provide the tools needed to handle tough times and to really succeed at forging strong, rewarding relationships with friends, with the opposite sex, with family, and with God. This cutting-edge book is full of the latest findings and contemporary relationship-building strategies. In a high-tech world, it offers a high-touch solution to a better life. The Parrotts share not just from their knowledge, but from their hearts and lives to help us all understand: who we are and what we bring to our relationships how our families of origin shape the way we relate to others tips for building friendships that last secrets to finding the love we long for and handling sexual issues how to handle failed friendships and breakups without falling apart how to relate to God without feeling phony Filled with insightful, true-life stories and thought-provoking questions, Relationships is an honest and timely guide to forming the rich relationships that are life's greatest treasure.

Better Love Next Time - J. M. Kearns 2010-03-16

Better Love Next Time offers help in coping with the pain and heartache of a bad breakup, but more than that, it reveals how to overcome the lingering damage that a broken relationship can leave behind - how to heal your romantic soul. J.M. Kearns presents a simple (and entertaining) way to diagnose what went wrong, so history won't have to repeat itself, and explains how to decode the "guide to compatibility" written in your own past. Witty, frank, and full of real-life stories, Better Love Next Time ensures that when you do find a new love, you will arrive whole, renewed, and empowered to make it the one that lasts. In Better Love Next Time, J.M. Kearns discusses: how to deal with the "wall of pain" that is a broken heart, and what is waiting beyond the wall why "falling in love" too often doesn't lead to love; and how to change that how our attempts to avoid being cheated on again can make us choose exactly the wrong partners the real key to faithfulness in a partner the surprising toll that cheating takes on the cheater how a mismatch can trick you into feeling inadequate how to replace what you've lost after a breakup how good matches go bad - the ultimate scoop on how to make your next (good) match last. "Read it, people. J.M. Kearns's new book called Better Love Next Time... The book's main premise is that people often repeat the same mistakes in successive relationships, but if you can diagnose what really went wrong with your exes, you can have better relationships in the future." — Erin Meanley, Glamour.com "If you're searching for love, then you should start with this refreshingly intelligent and insightful dating guide." —Shari Low, Daily Record "Self-help books often make me skittish - but not this one. Kearns's advice is sound and good: he tells us to look inward, to be honest with ourselves, to stay the course. A chapter called How Good Matches Go Bad is, alone, worth the book's price...He says our demons will invariably rise up and try to disrupt ...It's important to learn to step back when you sense trouble 'and ask yourself, who is talking here?' Are there old grudges in play? Old hurts stinging? False lessons echoing that have nothing to do with the two of you?"

—Susan Schwartz, Montreal Gazette

How to Make Your Relationship Last - Arlene Brathwaite 2017-06-13

Love is too important, and life is too short. Don't let these pitfalls trip you up and rob you and your significant other of the good life and happy relationship you both deserve! Starting with the Self: 1. Addictions: You know if you've got one, and you know you will have to choose! 2. Pathologies: Disagreeable personality, moodiness, negativity, insecurity, anger problems, and more. 3. Baggage: Past relationships, family drama...best to avoid it, but how to manage it. 4. Financial Problems: Your attitude toward money could make or break your relationship. Looking at the Other: 5. Controlling: This slowly strangles a relationship. 6. Fighting: Demand more from yourself and your significant other. 7. Comparing: There are seven billion people on this planet. Are you sure

you want to play this game? Protecting the Whole: 8. Cheating: Don't think about doing it to them. Don't force them to do it to you. 9. Keeping Secrets: How to send your relationship into free fall. 10. Cold Feet: Some thoughts about commitment and marriage. We will work from the bottom up, starting with basic mental health "hygiene" that has to be in place for you to succeed as an individual and in life, much less as a partner to someone else. Only when that is settled are you ready to move on and learn the lessons of a healthy relationship, and we will reveal them in the later chapters of this book.

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.

The Secrets - Ben Renshaw 2002

Ben Renshaw shows you 100 ways to have good relationships, whether you are single, with a partner, or married. He will teach you why you have made mistakes in the past, what to focus on, and what to avoid. If you're single, The Secrets will help you figure out what you're looking for and what you don't want. If you're in a relationship, it will make sure it stays happy and healthy.

Get Over Yourself! - Patti Novak 2008-12-30

True love doesn't just happen, notes professional matchmaker Patti Novak. You have to work for it—and want it. Forget eight-minute speed dates or online dating sites with twenty-page questionnaires that promise a scientifically calculated perfect match. The fact that you both like golf, stamp collecting, and pizza with anchovies is great, but it won't mean a thing if you don't feel that zing. But before there can be sparks, there have to be dates. And before the first date, you need to get over yourself! Taking a tough-love approach, and in her signature straight-shooting style, Patti will show you how to fix what needs to be fixed, reach your core, and identify who you are and what you want in a partner. She uses a three-part common-sense formula: • Getting Over What? Assess your dating weaknesses, recognize what's not working, and adjust your expectations. Delve into your personal history and past relationships, and pinpoint the issues that have been holding you back. • Almost Over It Fine-tune your attitude, your look, and your behavior to maximize your dating chances. Novak lays out strategies to help you deal with the brutal dating monsters you find along the way. • Over It Learn the do's and don'ts of the first date, the second date, and beyond. Remember, it's not a job interview or therapy session. Pretend you're meeting a new friend, not a prospective husband or wife. Finding your one and only isn't about having the right shoes or a flat stomach. It's about being true to yourself, being vulnerable, and being ready for love. Whether you're new to the dating scene, divorced and looking, or just trying to reach that second date, Get Over Yourself! will help you get the love you've always wanted and deserve.

The Secrets to a happy relationship - Room 72 2022-08-28

Falling in love is the easy, how do you make your relationship last? This book is for couples to build better bonds for a stronger relationship or for anyone who wants to become a dating and relationships coach. You will gain a better understanding of love and relationships, compatibility as a couple, dating tips to trigger romantic love and build stronger bonds, relationship building skills, how to strengthen relationships, how to have a successful relationship from dating to marriage and beyond. Relationships are created from commitment and are continued due to mutual respect and effort. Staying in love requires commitment and work. By taking steps to preserve or rekindle your romantic experience you can build a meaningful relationship that will last a lifetime. Many couples focus on their relationship only when there are specific,

unavoidable problems to overcome, however, romantic relationships require ongoing attention and commitment for love to bloom. As long as the well-being of your romantic relationship remains important to you, it will require sustained attention and effort. Identifying and addressing small problems in your relationship as they occur often prevent them from growing into much larger issues along the way. Improving bonds by making a commitment to work on your relationship will ensure it lasts the distance. A good relationship does not happen overnight, it takes commitment, compromise, forgiveness and most importantly effort to sustain novelty and desire. We need to rekindle the fires of romance from time to time and cultivate the mature, trusting love which is known as commitment—the hallmark of a lasting relationship. While romantic love fades over time our hopes are that it matures into a contented form of committed love. This book will help you understand love and how to achieve contented, committed love. Why should you take this course? Key takeaway: Improve relationships quality Build better bonds and a strong relationship Be a better partner Rekindle passion Build a healthy relationship Learn skills to trigger romantic love Details Publication Date: Aug 28, 2022 Language: English ISBN: 9781471072222 Category: Personal Growth Copyright: All Rights Reserved Contributors: By (author): Room 72 Specifications Pages: 103 Binding: Paperback Interior Color: Color Dimensions: Executive (7 x 10 in / 178 x 254 mm)

Relationships Workbook - Leslie Parrott 1998-04-16

In their groundbreaking book, *Relationships*, Drs. Les and Leslie Parrott show how to make bad relationships better and good relationships great. They provide the tools you need to handle tough times and to really succeed at forging strong, rewarding relationships with friends, with the opposite sex, with family, and with God. The *Relationships Workbook* helps you put what you learn in action. This companion to *Relationships* does more than fill you in on sound relational principles -- it helps you live them. Here are page after page of self-tests and applications that will help you - Find out who you are and what you bring to your relationships - Discover how your family of origin shapes the way you relate to others - Bridge the gender gap and learn the language of the opposite sex - Build friendships that last - Find the love you long for - Deal with sexual issues - Handle failed friendships and breakups without falling apart - Relate to God without feeling phony -- The *Relationships Workbook* will help you internalize cutting-edge strategies, skills, and insights for nurturing healthy relationships. You'll learn principles that can help you solve relationship problems before they even begin -- and build the kinds of healthy, satisfying relationships that are life's greatest riches.

How to Do Relationships - Anjula Mutanda 2013

Relationships. What makes them work, what gets in the way and how do you create a lasting and meaningful relationship? Whatever background or culture you come from, we all need to feel loved and accepted.

Starting at the early days of meeting 'the one' and progressing through moving in, meeting family and friends, marriage or civil partnerships, choosing whether to have children and growing old together, 'How to Do Relationships' will support you through your entire relationship journey.

Getting Good Loving - Audrey B. Chapman 2009-03-01

Written by noted authority and radio show host Audrey Chapman, this release of *Getting Good Loving* is a revised and updated new edition of one of the most successful relationship guides for African Americans ever published. Examining case studies and first-person accounts from black men and women, Audrey Chapman offers sensible and sensitive solutions for their relationship problems and shows how black men and women can get more of what everyone needs — good loving.

A Book About Love - Jonah Lehrer 2016-07-12

"Jonah Lehrer has a lot to offer the world....The book is interesting on nearly every page....Good writers make writing look easy, but what people like Lehrer do is not easy at all." —David Brooks, *The New York Times* Book Review Science writer Jonah Lehrer explores the mysterious subject of love. Weaving together scientific studies from clinical psychologists, longitudinal studies of health and happiness, historical accounts and literary depictions, child-rearing manuals, and the language of online dating sites, Jonah Lehrer's *A Book About Love* plumbs the most mysterious, most formative, most important impulse governing our lives. Love confuses and compels us—and it can destroy and define us. It has inspired our greatest poetry, defined our societies and our beliefs, and governs our biology. From the way infants attach to their parents, to the way we fall in love with another person, to the way some find a love for God or their pets, to the way we remember and mourn love after it ends, this book focuses on research that attempts, even in glancing ways, to deal with the long-term and the everyday. The most dangerous myth of love is that it's easy, that we fall into the feeling

and then the feeling takes care of itself. While we can easily measure the dopamine that causes the initial feelings of "falling" in love, the partnerships and devotions that last decades or longer remain a mystery. This book is about that mystery. Love, Lehrer argues, is not built solely on overwhelming passion, but, fascinatingly, on a set of skills to be cultivated over a lifetime.

How to Make It Last - Jon Clarke 2020-03-02

Whether you are trying to find Mrs. Right instead of Ms. Right Now, or if you are in a long term committed relationship, this book offers the necessary insight to help you and your partner work through the good time and the bad times. This short read holds the tools to help you make time for each other, communicate, and take the steps to keep your relationship going strong.

Better Love Next Time - J. M. Kearns 2009

When you figure out how love went wrong, you can figure out how to make it go right, what adjustments you may need to make and what sort of man you can be happy with. In his inimitable sensitive style, J M Kearns shows you not just how to cope with failed love, but how to uncover the clues in a failed relationship that can help you find a better one. *Better Love Next Time* deals with the problems of relationships and the pain of break-ups, the constructive lessons that can be learned and the new course that can be charted. This isn't a quick fix that doesn't work, or a patronising tirade against single women, or written by a self-righteous expert. This book, by contrast, is witty, well-written, practical and grounded in common sense.

The Smart Couple Quote Book - Jayson Gaddis 2017-08

Real, Actionable Relationship Advice Without the Fluff Real relationships aren't just filled with romance, great sex, and warm, fuzzy feelings forever. All romantic relationships get stressful and challenging. After the honeymoon phase is over, maintaining a loving relationship can get downright hard, and even painful. How you handle the daily challenges of life (alone and together with your partner) will determine whether your relationship gets better or goes down the shitter. The difference between a struggling couple and a smart couple is the smart couple learns how to handle interpersonal stress and relationship challenges with the right map and tools. Discover the Tools for Building a Loving Relationship That Gets Even Better Year After Year In this relationship book for couples and individuals, you will discover the tools you need to create and maintain an incredible relationship—one that gets stronger over time instead of drifting apart. The lessons and love quotes in this book will help you deepen your relationship instead of running away, blaming, or staying stuck in an unfulfilling partnership. Most marriage books try to sell you a "happily ever after" life while skipping over the pain and struggle that comes in all long-term relationships. While avoiding pain may feel good in the short-term, these bad habits will destroy your relationship in the long run. This book will help you squash those fantasies and remind you a fulfilling marriage is earned, not given. Relationship teacher Jayson Gaddis will challenge you and inspire you to think differently about how you deal with the inevitable relationship problems that arise. Instead of viewing every issue or confrontation as an attack to be afraid of, you will learn to lean into the deepest parts of yourself in order to grow, heal, and reconnect with your partner. From *Wound Mates* to *Soul Mates* The smart couple learns to move from wound mates to soul mates that inspire the very best in each other. When you make this move, you become a love warrior, destined for a strong partnership over many years. It's not an easy path, but it's the path you must take if you want to create a fulfilling, lasting relationship. Contrary to popular belief, "just loving each other" is not enough to make a relationship last forever. It takes two people who are willing to grow, learn, and challenge each other to rise together in partnership. A loving relationship is a path that demands you gain more self-awareness and self-responsibility so that you can attend to the amazing fire of your connection. A great relationship is designed to get you to grow up and grow into yourself, and a strong, loving relationship has the power to help you accomplish and achieve more in your life. Strap Yourself in for the Ride of a Lifetime There is nothing quite like having a lover, a best friend, and a co-pilot on this crazy ride called life. When you learn the tools that make relationships work, you will indeed become a couple that side-steps the pointless fights, gets stronger through conflict, and has more connected sex, as you become an unstoppable couple that lights up a room. The love quotes found in this relationship book are a gold mine. Read slowly and digest each sentence. You can ponder each one alone and together. You might have to discuss, disagree, and work through a quote, just like you would a normal difference in your own lives. Doing so will be considered "practice" for your relationship or marriage (you can

even share your wins and challenges in our private community of Smart Couples). You reap what you sow each day in your relationship, and my strong wish is for you to take good care of your precious relationship by attending to it daily. May these quotes help guide you into a more realistic and magnificent love that lasts.

Effective Activators (1788 +) to Make Relationships Last - Nicholas Mag

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Make Relationships Last. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Make Relationships Last. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial

thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

Beyond Order - Jordan B. Peterson 2021-03-02

The inspirational sequel to 12 RULES FOR LIFE, which has sold over 5 million copies around the world - now in paperback In 12 Rules for Life, acclaimed public thinker and clinical psychologist Jordan B. Peterson offered an antidote to the chaos in our lives: eternal truths applied to modern anxieties. His insights have helped millions of readers and resonated powerfully around the world. Now in this long-awaited sequel, Peterson goes further, showing that part of life's meaning comes from reaching out into the domain beyond what we know, and adapting to an ever-transforming world. While an excess of chaos threatens us with uncertainty, an excess of order leads to a lack of curiosity and creative vitality. Beyond Order therefore calls on us to balance the two fundamental principles of reality - order and chaos - and reveals the profound meaning that can be found on the path that divides them. In times of instability and suffering, Peterson reminds us that there are sources of strength on which we can all draw: insights borrowed from psychology, philosophy, and humanity's greatest myths and stories. Drawing on the hard-won truths of ancient wisdom, as well as deeply personal lessons from his own life and clinical practice, Peterson offers twelve new principles to guide readers towards a more courageous, truthful and meaningful life.

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"--

How To Make A Good Relationship Last:

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