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In Ten Lessons to Transform Your Marriage, marital psychologists John and Julie Gottman provide vital tools—scientifically based and empirically verified—that you can use to regain affection and romance lost through years of ineffective communication. In 1994, Dr. John Gottman and his colleagues at the University of Washington made a startling announcement: Through scientific observation ...

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10 Lessons to Transform Your Marriage Starting Now. 1. Honesty can strengthen your union. Often times, when we're too tired or we're not feeling better, we tend to say that we're okay just to be able to ...

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2. Appreciation is important in a relationship. 3. Understand each other's needs. 4. Work ...

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"10 Lessons to Transform Your Marriage" is yet another great book by John Gottman. It's hard to overestimate how much the wisdom of his work can help couples build better relationships. I especially loved the dialogue examples with a sentence-by-sentence analysis.

Ten Lessons to Transform Your Marriage: Book Summary in PDF

10 Lessons to Transform Your Marriage Related Topics: Communication , Conflict & Arguments Readers assume the guise of eavesdroppers in each chapter of this unique book, listening in on two conversations between a wife and husband attempting to discuss a troublesome issue in their marriage.

10 Lessons to Transform Your Marriage - For Your Marriage

Ten Lessons to Transform Your Marriage contains 10 dialogues that show couples learning to change their communication habits in favor of greater closeness. Each couple takes a stab at one of their chronic issues, like one partner's workaholicism or disputes about parenting.

10 Lessons to Transform Your Marriage - Experience Life

These are 10 mindful lessons: 1. Lead by your values, not by someone else's behavior - We are prompted and taught to react and interact based on someone else's behavior. If someone is mean ...

10 Mindful Lessons To Transform Your Relationships

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10 Life Lessons from Basic SEAL Training from Admiral ...

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