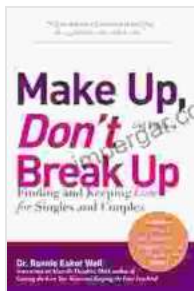


Finding and Keeping Love: The Ultimate Guide for Singles and Couples

By Dr. John Gottman

Are you single and looking for love? Or are you in a relationship and want to make it stronger? No matter where you are on your relationship journey, this book is for you.



Make Up, Don't Break Up: Finding and Keeping Love for Singles and Couples by Bonnie Eaker Weil

★★★★☆ 4 out of 5

Language	: English
File size	: 733 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 380 pages
Lending	: Enabled



In this comprehensive guide, relationship expert Dr. John Gottman shares his groundbreaking research on what makes relationships work. He identifies the seven principles that are essential for building a strong and lasting relationship, and he provides practical advice on how to apply these principles to your own relationship.

The Seven Principles of a Healthy Relationship

1. The Sound Relationship House

2. Nurture Fondness and Admiration
3. Turn Towards Each Other Instead of Away
4. Let Your Partner Influence You
5. Solve Your Conflicts Constructively
6. Overcome Gridlock
7. Create Shared Meaning

These seven principles are the foundation of a healthy relationship. When couples follow these principles, they are more likely to be happy, satisfied, and committed to their relationship.

How to Apply the Seven Principles to Your Relationship

Dr. Gottman provides practical advice on how to apply the seven principles to your own relationship. He offers exercises and activities that you can do with your partner to help you build a stronger relationship.

Here are a few examples:

- To nurture fondness and admiration, take some time each day to focus on the positive qualities of your partner. Write down three things that you appreciate about your partner, and share them with them.
- To turn towards each other instead of away, make eye contact with your partner and really listen to what they are saying. Try to understand their perspective, even if you don't agree with it.
- To let your partner influence you, be willing to compromise and negotiate. Don't always expect to get your own way.

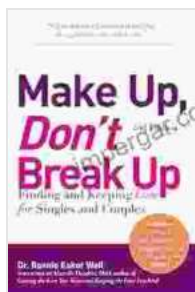
- To solve your conflicts constructively, focus on the problem at hand, not on your partner's personality. Use "I" statements to express your feelings, and avoid blaming your partner.

These are just a few examples of the many exercises and activities that Dr. Gottman provides in this book. By following these principles, you can build a stronger, more satisfying relationship.

Free Download Your Copy Today

Finding and Keeping Love is the ultimate guide for singles and couples who want to build a strong and lasting relationship. Free Download your copy today and start applying the seven principles to your own relationship.

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