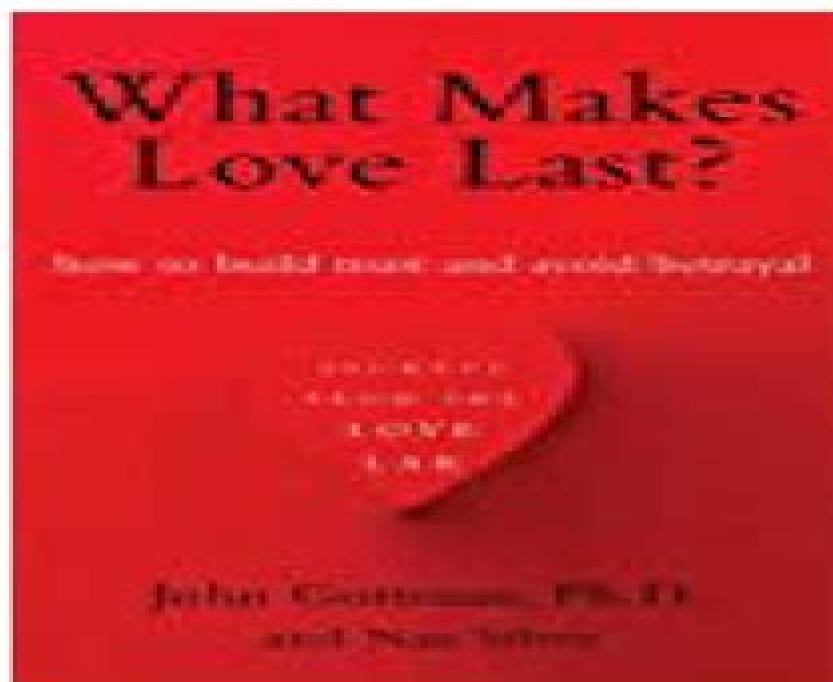


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**John Gottman, John Mordechai
Gottman, Nan Silver**



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The Rhythm of Us Chris Graebe, Jenni Graebe, 2021-11 The healthiest happiest marriages share a transformational secret intentional rhythms Chris and Jenni Graebe invite you to discover what those core essential rhythms are how they work and the results they can have on your relationships if you choose to practice them With real life examples and inspirational guidance you ll learn how to envision the marriage you long for identify the ruts that are keeping you stuck and bring your deepest passions and priorities to life in your relationship

Getting Relationships Right Melanie Joy, 2020-01-29 Bestselling author psychologist and relationship coach Melanie Joy shares the principles and tools that can make any relationship from personal to professional healthier and more resilient Relationships are complicated Yet it s an unfortunate reality that while most of us have to learn complex geometry that we ll probably never use we don t get a single formal lesson in how to relate to others In this one stop guide psychologist Melanie Joy reveals the common psychological dynamics that underlie all kinds of relationships with a romantic partner friends family members colleagues in short with anyone in any situation Understanding these dynamics will help you make all your relationships healthier and more resilient Relationships are like bodies they get sick when their immune system is weaker than the germs that stress them Drawing on the most relevant research as well as on her own extensive experience as a psychologist Joy explains how to strengthen your relational immune system to resist not only interpersonal stressors but also largely invisible yet potentially devastating societal stressors like racism and sexism With this understanding you can cultivate relationships that consistently reflect core moral values and honor the dignity of everyone involved Resilient relationships are not only a source of joy and fulfillment for those who are in them they also support the thriving of the organizations and communities of which we all are a part

Courageous Love Dr. Stefanie Carnes, 2020-05-26 There is nothing that can rupture the loving connection between a couple like betrayal In *Courageous Love* Dr Stefanie Carnes provides a step by step guide for repairing your relationship whether it is damaged by infidelity pornography or compulsive and addictive sexual behavior Dr Carnes teaches couples how to respond to one another with compassion and empathy and how to hold onto hope for their relationship She outlines a detailed process to getting your relationship back on track and into a new stage of development This book is a must read for couples struggling with the aftermath of betrayal

Surviving Divorce & Winning in Family Court Ron Neff Ph.D, 2021-12-09 This volume will guide you through the myriad of family court procedures and programs For example what is mediation And how does it work But it

is fair to say that the greatest challenges facing you in a divorce are not legal or procedural They are emotional On both the legal and the emotional side we will look at what works and what doesn't for you and your children On the emotional side divorce is all about loss Regardless of which party filed for the divorce you both lost large parts of yourselves so much of yourselves that it keeps surprising you And your feelings about all of this keep changing Why Because these losses bring grief And grief has stages So just about time you think you have come to grips with your feelings they change on you Some people get stuck in one of these painful stages for years Nothing good comes from that It is much better for you and any children involved if you learn exercises to move you through each of these stages as quickly as possible Also covered are What to say to your child or children how to arrive at a co parenting plan that serves those children well special cases including a violent and or alcoholic ex how to do better in your next relationship and how to know when you are ready for a new relationship Creating an Effective Couples Therapy Practice Butch Losey, 2017-12-15 Most clinicians seek guidelines and indicators as to the effectiveness of their interventions with clients Some may even be implementing evidence based interventions and seek an in depth understanding of their results This book helps clinicians who provide couple s or marriage therapy and counseling go from the ambiguous realm of thinking or knowing their effectiveness to being able to demonstrate it It identifies effective strategies for common treatment concerns that connect to the successful outcomes of therapy Here the process starts even before the couple enters therapy and goes beyond the final session Dr Losey discusses specific outcome measures and how they can be used in session so that the couple can assess their relationship and develop specific goals and interventions for treatment The author also examines session notes pre treatment change and developing quality post treatment goals in his discussion of clinical effectiveness **This Too Shall Pass** Julia Samuel, 2020-03-05 JULIA SAMUEL S LATEST BOOK EVERY FAMILY HAS A STORY IS AVAILABLE TO PRE ORDER NOW One of the most valuable books I've ever read Adwoa Aboah

_____ If change is the natural order of things why do we struggle with the huge milestones in our lives At a time when even the most certain things feel disrupted acclaimed psychotherapist Julia Samuel provides an antidote to the chaos we are all feeling In this Sunday Times bestseller Julia draws on hours of conversations with her patients to show how we can learn to adapt and even thrive during our most difficult and transformative experiences From a new mother struggling with the decision to return to work to a father handling a serious medical diagnosis from a woman deciding whether to leave her husband for a younger lover to a man struggling to repair his marriage after the trauma of suffering with COVID 19 in the ICU this book unflinchingly deals with the hard times in family love work health and identity Illuminated by the latest social and psychological research these 19 powerful unforgettable and deeply intimate stories about everyday people will inform our understanding of our own unique response to change and improve the way we approach challenges at every stage of life

_____ Examines the power that comes from

dealing effectively with change Elizabeth Day **Being the Right Partner** William C. Shearer, Robin L. Shearer, 2022-11-30

This book is about you and how you can be masterful in your most important relationship It s about having greatly increased self awareness and self management leading to emotionally intelligent choices It s becoming far better as a relationship partner than you ever thought possible It s about being mindful of what s happening between you and your partner in this moment able to create a mindful pause between something that triggers an emotional reaction and your usual habitual response It s conscious and intentional relating instead of knee jerk automatic reacting This is a book about a systematic holistic and action oriented process of choosing and creating mindful relating It s a guidebook outlining a process of regularly assessing your relational mastery across ten Mindful Choices dimensions focusing your attention sustaining a high level of motivation and creating lasting positive changes through ongoing intention awareness focus and practice It s not just another self help book but rather a complete how to manual for relational excellence This book is not about finding the right partner or fixing your partner It s about being the right partner bringing your very best self to the relationship **Don't**

Divorce Diane Medved, 2017-03-06 If you re in a troubled marriage divorce might seem like a reasonable option But in most cases it s a calamity Shows like Bravo s Girlfriends Guide to Divorce and HBO s Divorce normalize the dissolution of marriage making couples feel that divorce can be a happy new beginning Celebrities suggest a norm that divorce is not only acceptable but advisable Gwyneth Paltrow s conscious uncoupling makes divorce seem trendy and enlightened Today couples are even throwing divorce parties complete with invitations and caterers Enough says psychologist Diane Medved If you re hurtling down the road to divorce the first thing to do is to put on the brakes Don t let your spouse your friends or the divorce industry rush you into ending your marriage Take a deep breath and read this book Drawing on three decades of clinical and personal experience Dr Medved will show why you should save and revitalize your marriage She expertly unmasks the threats to marriage including hookup apps that promise non committal sex and legions of professionals who are financially invested in your divorce She punctures one by one the arguments in favor of divorce proving that the good divorce is a myth Don t Divorce is the antidote to a pro divorce culture the tool that will empower you to revive a dying marriage and recover the happiness that seems out of reach

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