

## What Makes Love Last How To Build Trust And Avoid Betrayal

From Colleen Hoover, the #1 New York Times bestselling author of *It Ends With Us*, a heart-wrenching love story that proves attraction at first sight can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn't think it's love at first sight. They wouldn't even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn't want love, she doesn't have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past. Don't expect a future. They think they can handle it, but realize almost immediately they can't handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly.

With thirty years of experience as a licensed marriage and family therapist, Laura Taggart understands the unique struggles of newly married couples who find marriage much more difficult than they imagined. Failed expectations, unanticipated conflict, and disagreements about money, sex, children, and more have many young couples assuming they made a mistake, married the wrong person, or just weren't ready. As a result, one-third of all married couples divorce before their ten-year anniversary. In this

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practical and hopeful book, Taggart offers the wisdom and help she would share as a counselor with a couple beginning their marriage. She helps couples examine their true expectations for marriage, provides six action steps for improving the way couples relate, and gives couples a new picture of what it means to enjoy marriage for a lifetime. Each chapter includes discussion questions for couples or small groups as well as additional questions for personal reflection.

An eminent therapist explains what makes couples compatible and how to sustain a happy marriage. For the past thirty-five years, John Gottman's research has been internationally recognized for its unprecedented ability to precisely measure interactive processes in couples and to predict the long-term success or failure of relationships. In this groundbreaking book, he presents a new approach to understanding and changing couples: a fundamental social skill called "emotional attunement," which describes a couple's ability to fully process and move on from negative emotional events, ultimately creating a stronger relationship. Gottman draws from this longitudinal research and theory to show how emotional attunement can downregulate negative affect, help couples focus on positive traits and memories, and even help prevent domestic violence. He offers a detailed intervention devised to cultivate attunement, thereby helping couples connect, respect, and show affection. Emotional attunement is extended to tackle the subjects of flooding, the story we tell ourselves about our relationship, conflict, personality, changing relationships, and gender. Gottman also

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explains how to create emotional attunement when it is missing, to lay a foundation that will carry the relationship through difficult times. Gottman encourages couples to cultivate attunement through awareness, tolerance, understanding, non-defensive listening, and empathy. These qualities, he argues, inspire confidence in couples, and the sense that despite the inevitable struggles, the relationship is enduring and resilient. This book, an essential follow-up to his 1999 *The Marriage Clinic*, offers therapists, students, and researchers detailed intervention for working with couples, and offers couples a roadmap to a stronger future together.

**NEW YORK TIMES BESTSELLER** • From an award-winning journalist at *The Atlantic*, these searing essays make a damning case that cruelty is not merely an unfortunate byproduct of the Trump administration but its main objective and the central theme of the American project. “No writer better demonstrates how American dreams are so often sabotaged by American history. Adam Serwer is essential.”—Ta-Nehisi Coates  
“Trump summoned the most treacherous forces in American history and conducted them with the ease of a grand maestro.” Like many of us, Adam Serwer didn’t know that Donald Trump would win the 2016 election. But over the four years that followed, the *Atlantic* staff writer became one of our most astute analysts of the Trump presidency and the volatile powers it harnessed. The shock that greeted Trump’s victory, and the subsequent cruelty of his presidency, represented a failure to confront elements of the American past long thought vanquished. In this searing collection,

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Serwer chronicles the Trump administration not as an aberration but as an outgrowth of the inequalities the United States was founded on. Serwer is less interested in the presidential spectacle than in the ideological and structural currents behind Trump's rise—including a media that was often blindsided by the ugly realities of what the administration represented and how it came to be. While deeply engaged with the moment, Serwer's writing is also haunted by ghosts of an unresolved American past, a past that torments the present. In bracing new essays and previously published works, he explores white nationalism, myths about migration, the political power of police unions, and the many faces of anti-Semitism. For all the dynamics he examines, cruelty is the glue, the binding agent of a movement fueled by fear and exclusion. Serwer argues that rather than pretending these four years didn't happen or dismissing them as a brief moment of madness, we must face what made them possible and continues to endure. Unless we confront these toxic legacies, the fragile dream of American multiracial democracy will remain vulnerable to the forces that have nearly destroyed it time and again.

What Makes Love Last? How to Build Trust and Avoid Betrayal Simon and Schuster  
NEW YORK TIMES BESTSELLER Power couple Marlo Thomas and Phil Donahue have created a compelling and intimate collection of intriguing conversations with famous couples about their enduring marriages and how they have made them last through the challenges we all share. What makes a marriage last? Who doesn't want

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to know the answer to that question? To unlock this mystery, iconic couple Marlo Thomas and Phil Donahue crisscrossed the country and conducted intimate conversations with forty celebrated couples whose long marriages they've admired—from award-winning actors, athletes, and newsmakers to writers, comedians, musicians, and a former U.S. president and First Lady. Through these conversations, Marlo and Phil also revealed the rich journey of their own marriage. *What Makes a Marriage Last* offers practical and heartfelt wisdom for couples of all ages, and a rare glimpse into the lives of husbands and wives we have come to know and love. Marlo and Phil's frequently funny, often touching, and always engaging conversations span the marital landscape—from that first rush of new love to keeping that precious spark alive, from navigating hard times to celebrating triumphs, from balancing work and play and family to growing better and stronger together. At once intimate, candid, revelatory, hilarious, instructive, and poignant, this book is a beautiful gift for couples of every age and stage. Featuring interviews with: Alan and Arlene Alda • Kevin Bacon and Kyra Sedgwick President Jimmy and Rosalynn Carter • James Carville and Mary Matalin Deepak and Rita Chopra • Patricia Cornwell and Staci Gruber Bryan Cranston and Robin Dearden • Billy and Janice Crystal Jamie Lee Curtis and Christopher Guest • Ted Danson and Mary Steenburgen Viola Davis and Julius Tennon • Gloria and Emilio Estefan Michael J. Fox and Tracy Pollan • Chip and Joanna Gaines Sanjay and Rebecca Gupta • Mariska Hargitay and Peter Hermann Neil Patrick Harris and David

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Burtka • Ron and Cheryl Howard Jesse and Jacqueline Jackson • Elton John and David Furnish John and Justine Leguizamo • LL COOL J and Simone I. Smith Melissa McCarthy and Ben Falcone • John McEnroe and Patty Smyth Mehmet and Lisa Oz • Rodney and Holly Robinson Peete Letty Cottin Pogrebin and Bert Pogrebin • Rob and Michele Reiner Kelly Ripa and Mark Consuelos • Al Roker and Deborah Roberts Ray and Anna Romano • Tony Shalhoub and Brooke Adams Judges Judy and Jerry Sheindlin • George Stephanopoulos and Ali Wentworth Sting and Trudie Styler • Capt. Chesley "Sully" and Lorrie Sullenberger Lily Tomlin and Jane Wagner • Judith and Milton Viorst Judy Woodruff and Al Hunt • Bob Woodward and Elsa Walsh

The bestselling author of *Hold Me Tight* presents a revolutionary new understanding of why and how we love, based on cutting-edge research. Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. *Love Sense* presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our "love sense" -- our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. *Love Sense* covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, *Love Sense* will change the way we think

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about love.

Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think of you, and why self-awareness will spark more productive and rewarding relationships with your employees and bosses. This volume includes the work of: Daniel Goleman Robert Steven Kaplan Susan David HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

**NEW YORK TIMES BESTSELLER** • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of *Emotional Intelligence The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed

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him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

A New York Times Bestseller! One woman undertakes a worldwide search to learn the secrets of a great marriage—and finds one foundational truth that could change everything. Fawn Weaver was a happily married woman running a successful business—and then something happened. Maybe it was divorce rate reports on the evening news, *The Real Housewives of Orange County*, or any daytime talk show where husbands and wives dramatically reveal their betrayals. Everywhere she looked, Fawn saw negative portrayals of marriage dominating the airwaves and dooming everyone to failure. Looking at Keith, the love of her life, she knew that wasn't true. She was determined to find and connect with women just like her—happy and optimistic about marriage, deeply in love with her spouse, and committed to building a strong marriage that stands the test of time. On a whim, she started the blog [HappyWivesClub.com](http://HappyWivesClub.com) and sent the link to a few of new friends. What started as a casual invitation to five women

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exploded into an international online club with 150,000 members in more than 100 countries. Happy Wives Club is Fawn's journey across the world to meet her friends and discover what makes their marriages great. Join her on this exciting, exotic trip across six continents and through more than eighteen cities. Walk the streets of Mauritius, the historic ruins in Italy, and the vistas of New Zealand and Australia. Go from Cape Town to London, Manila to Buenos Aires, Winnipeg to Zagreb. Along the way, you will meet everyday women whose marriage secrets span cultures. You will hear their stories, witness their love, and be inspired by the proof that happy, healthy marriages do exist—and yours can be one of them! It turns out great marriages are all around us—when we look for them. Go on a trip with Fawn and learn the best marriage secrets the world has to offer.

A fascinating look at the key components of romantic love--sex, idealization, aggression, self-pity, guilt, and commitment--argues that romance does not diminish in a long-term relationship, describes the barriers to lasting love, and offers helpful advice on how to promote an enduring love by eliminating self-destructive efforts to protect oneself from its risks. Reprint. 15,000 first printing.

John and Julie Gottman, world-renowned for bringing an evidence base to couples therapy, report here the results of a second empirical revolution in understanding couples and families. This change is not based on their guesswork, but on state-of-the-art science. The book you hold in your hands finally completes the old general systems theory of the 1960s, which metaphorically described processes but did not actually research them. A new general systems theory and therapy is presented here, one which will have profound implications for powerful clinical work with both couples and families. This new theory is based on 45 years of

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Careful basic scientific research with thousands of couples and families, including synchronized observational, interview, physiological, and questionnaire data. The Gottmans have studied some families for as long as 20 consecutive years. Their work has led to their highly replicated ability to precisely predict the future of relationships, relationship happiness, and whether couples will divorce or not with as much as 94% accuracy. Their empirical work has also led them to develop and test a theory of specifically what makes relationships work. Each construct in this theory is precise and measurable and it is all written about and described here. This book presents an original new way of understanding relationships and families. Both theoretical and highly practical, and it will help clinicians become more effective in their everyday work.

Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, *Eight Dates* offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice—the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, *Eight Dates* offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy

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conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it's about both of you being active and involved.

This New York Times bestselling book is filled with hundreds of fun, deceptively simple, budget-friendly ideas for sprucing up your home. With two home renovations under their (tool) belts and millions of hits per month on their blog [YoungHouseLove.com](http://YoungHouseLove.com), Sherry and John Petersik are home-improvement enthusiasts primed to pass on a slew of projects, tricks, and techniques to do-it-yourselfers of all levels. Packed with 243 tips and ideas—both classic and unexpected—and more than 400 photographs and illustrations, this is a book that readers will return to again and again for the creative projects and easy-to-follow instructions in the relatable voice the Petersiks are known for. Learn to trick out a thrift-store mirror, spice up plain old roller shades, "hack" your Ikea table to create three distinct looks, and so much more. As her son grows up from little boy to adult man, a mother secretly rocks him each night as he sleeps.

The experts at the Love Lab introduce a series of effective tools and practical steps for couples looking to improve or preserve their relationships, explaining how to identify common problems and to develop positive ways to avoid these destructive pitfalls. Reprint. 40,000 first printing. In *Love That Lasts*, New York Times bestselling author of *Jesus > Religion* Jefferson Bethke and his wife, Alyssa, expose the distorted views of love that permeate our culture and damage our hearts, minds, and souls. Drawing from Jeff's "prodigal son" personal history and from Alyssa's "True Love Waits" experience, the Bethkes point to a third and better way. Blending

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personal storytelling with biblical teaching, they offer readers an inspiring, realistic vision of love, dating, marriage, and sex. Young people today enter adulthood with expectations of blissful dating followed by a romantic, fulfilling marriage only to discover they've been duped. They learned about love and sexuality from social media, their friends, Disney fairy tales, pornography, or even their own rocky past, and they have no idea what healthy, lifelong love is supposed to be like. The results are often disastrous, with this generation becoming one of the most relationally sick, sexually addicted, and divorce ridden in history. Looking to God's design while drawing lessons from their own successes and failures, the Bethkes explode the fictions and falsehoods of our current moment. One by one, they peel back the lies, such as the belief that every person has only one soul mate, that marriage will complete you, or that pornography and hook-ups are harmless.

One of the world's leading experts on infidelity provides a step-by-step guide through the process of infidelity—from suspicion and revelation to healing, and provides profound, practical guidance to prevent infidelity and, if it happens, recover and heal from it. You're right to be cautious when you hear these words: "I'm telling you, we're just friends." Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

Am I with the right person? Will our love last? Men and women in love are

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haunted by these questions. Love -- especially why it blossoms in relationships and why it later dies -- is a mystery to them. *Will Our Love Last? A Couple's Road Map* solves this mystery by giving readers a new understanding of love -- an understanding they can actually use to evaluate the soundness of their relationships and to answer confidently the crucial questions that mystified them before. Based on hundreds of cases in his twenty-four years as a marital therapist and twenty-nine years in his own happy marriage, Sam R. Hamburg, Ph.D., explains how compatibility is the key to lasting love. He shows how compatibility on three major dimensions -- the Practical Dimension, the Sexual Dimension, and the Wavelength Dimension -- is essential to the mutual understanding and affirmation that keep love alive, and he leads readers through a simple but systematic procedure for assessing their compatibility with a romantic partner in these crucial relationship areas. Dr. Hamburg introduces a new technique, The Hand Rotation Exercise, to help readers express their degree of compatibility and then convey that visually to their partner. In addition, he presents two new original techniques for working through relationship conflicts and coming to agreement on difficult issues: His Way/Her Way and The Long Conversation. Written in a clear, direct style that is free of jargon, *Will Our Love Last?* empowers readers to make important relationship decisions that are

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intellectually and emotionally informed. Will Our Love Last? will help couples trying to decide if they should take the next step to a more committed relationship. It will aid individuals embarking on a new relationship, or who are between relationships, to evaluate the rightness of a new or prospective partner. And it will assist people who are already in committed relationships to make an honest assessment of their prospects for happiness with their current partner. People have it in their power to make sure that they truly are with the right person. Will Our Love Last? shows the way.

Clinical psychologist and author of *The Defining Decade*, Meg Jay takes us into the world of the supernormal: those who soar to unexpected heights after childhood adversity. Whether it is the loss of a parent to death or divorce; bullying; alcoholism or drug abuse in the home; mental illness in a parent or a sibling; neglect; emotional, physical or sexual abuse; having a parent in jail; or growing up alongside domestic violence, nearly 75% of us experience adversity by the age of 20. But these experiences are often kept secret, as are our courageous battles to overcome them. Drawing on nearly two decades of work with clients and students, Jay tells the tale of ordinary people made extraordinary by these all-too-common experiences, everyday superheroes who have made a life out of dodging bullets and leaping over obstacles, even as they hide in plain

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sight as doctors, artists, entrepreneurs, lawyers, parents, activists, teachers, students and readers. She gives a voice to the supernormals among us as they reveal not only "How do they do it?" but also "How does it feel?" These powerful stories, and those of public figures from Andre Agassi to Jay Z, will show supernormals they are not alone but are, in fact, in good company. Marvelously researched and compassionately written, this exceptional book narrates the continuing saga that is resilience as it challenges us to consider whether -- and how -- the good wins out in the end.

A world-renowned relationship expert shares his research about love and what it takes to develop a trustful, intimate, and emotionally fulfilling bond. In this insightful book, celebrated research psychologist and couples counselor John Gottman plumbs the mysteries of love and shares the results of his famous "Love Lab": Where does love come from? Why does some love last, and why does some fade? And how can we keep it alive? Based on laboratory findings, this book shows readers how to identify signs, behaviors, and attitudes that indicate a fraying relationship and provides strategies for repairing what may seem lost or broken.

"A beautifully written and well-researched cultural criticism as well as an honest memoir" (Los Angeles Review of Books) from the author of the popular New

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York Times essay, “To Fall in Love with Anyone, Do This,” explores the romantic myths we create and explains how they limit our ability to achieve and sustain intimacy. What really makes love last? Does love ever work the way we say it does in movies and books and Facebook posts? Or does obsessing over those love stories hurt our real-life relationships? When her parents divorced after a twenty-eight year marriage and her own ten-year relationship ended, those were the questions that Mandy Len Catron wanted to answer. In a series of candid, vulnerable, and wise essays that takes a closer look at what it means to love someone, be loved, and how we present our love to the world, “Catron melds science and emotion beautifully into a thoughtful and thought-provoking meditation” (Bookpage). She delves back to 1944, when her grandparents met in a coal mining town in Appalachia, to her own dating life as a professor in Vancouver. She uses biologists’ research into dopamine triggers to ask whether the need to love is an innate human drive. She uses literary theory to show why we prefer certain kinds of love stories. She urges us to question the unwritten scripts we follow in relationships and looks into where those scripts come from. And she tells the story of how she decided to test an experiment that she’d read about—where the goal was to create intimacy between strangers using a list of thirty-six questions—and ended up in the surreal situation of having millions of

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people following her brand-new relationship. “Perfect fodder for the romantic and the cynic in all of us” (Booklist), *How to Fall in Love with Anyone* flips the script on love. “Clear-eyed and full of heart, it is mandatory reading for anyone coping with—or curious about—the challenges of contemporary courtship” (The Toronto Star).

This powerfully intimate, plain-spoken memoir about fathers and sons, fortitude, and football from the face and voice of college football—Kirk Herbstreit—is not just “a window into the game, but also a peek into what makes him special: his heart” (David Shaw, head coach, Stanford University). Kirk Herbstreit is a reflection of the sport he loves, a reflection of his football-crazed home state of Ohio, where he was a high school star and Ohio State captain, and a reflection of another Ohio State football captain thirty-two years earlier: his dad Jim, who battled Alzheimer’s disease until his death in 2016. In *Out of the Pocket*, Herbstreit does what his father did for him: takes you inside the locker rooms, to the practice fields, to the meeting rooms, to the stadiums. Herbstreit describes how a combination of hard work, perseverance, and a little luck landed him on the set of ESPN’s iconic *College GameDay* show, surrounded by tens of thousands of fans who treat their Saturdays like a football Mardi Gras. He takes you into the television production meetings, on to the *GameDay* set, and into the

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broadcast booth. You'll live his life during a football season, see the things he sees, experience every chaotic twist and turn as the year unfolds. Not to mention the relationships he's established and the insights he's learned from the likes of coaches and players such as Nick Saban, Tim Tebow, Dabo Swinney, and Peyton Manning, as well as his colleagues, including Chris Fowler, Rece Davis, and his "second dad," the beloved Coach Lee Corso. Yes, Kirk Herbstreit is the undeniable face and voice of college football—but he's also a survivor. He's the quiet kid who withstood the collapse of his parents' marriage. The boy who endured too many overbearing stepdads and stepmoms. The painfully shy student who always chose the last desk in the last row of the classroom. The young man who persevered through a frustrating Ohio State playing career. The new college graduate who turned down a lucrative sales job after college to pursue a "no way you'll make it" dream career in broadcasting. Inspiring and powerful, *Out of the Pocket* "proves the importance of perseverance and family" (Peyton Manning).

What makes love last a lifetime? No one marries intending to fail. Each couple that says "I do" hopes for a long and beautiful life together. But as time passes, many drift apart, and some eventually call it quits. But what about the ones who stay the course, who don't just bear through marriage but actually love it?

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What's their secret? It's simple, really: there is no secret. They follow God's revealed design. In *Lasting Love*, Alistair Begg unfolds this design. After laying theological foundations, he builds levels of application, showing how God's blueprint makes marriages sturdy and vibrant. Ideal for both those considering marriage and those already married, *Lasting Love* is a comprehensive book on the essentials of a great and godly union, such as: What the Bible says about marriage vows, gender roles, and parenting What to look for in a potential spouse How to cure and prevent marital decay Heed the advice of this pastor who has seen too many marriages come and go. Let yours last a lifetime. Includes a study guide for spouse and group discussion to help you put the book's principles to practice.

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

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“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.

“After years of debate and inquiry, the key to a great marriage remained shrouded in mystery. Until now...”—Carol Dweck, author of *Mindset: The New Psychology of Success* Eli J. Finkel's insightful and ground-breaking investigation of marriage clearly shows that the best marriages today are better than the best marriages of earlier eras. Indeed, they are the best marriages the world has ever known. He presents his findings here for the first time in this lucid, inspiring guide to modern marital bliss. *The All-or-Nothing Marriage* reverse engineers fulfilling marriages—from the “traditional” to the utterly nontraditional—and shows how any marriage can be better. The primary function of marriage from 1620 to 1850 was food, shelter, and protection from violence; from 1850 to 1965, the purpose revolved around love and companionship. But today, a new kind of marriage has emerged, one oriented toward self-discover, self-esteem, and personal growth. Finkel combines cutting-edge scientific research with practical advice; he

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considers paths to better communication and responsiveness; he offers guidance on when to recalibrate our expectations; and he even introduces a set of must-try “lovehacks.” This is a book for the newlywed to the empty nester, for those thinking about getting married or remarried, and for anyone looking for illuminating advice that will make a real difference to getting the most out of marriage today.

Based on the most detailed survey of long-married people ever conducted, the author of *30 Lessons for Living* presents sage advice from the oldest and wisest Americans that aims to enrich anyone's relationship life.

In his second collection, including the iconic and much-referenced title story featured in the Academy Award-winning film *Birdman*, Carver establishes his reputation as one of the most celebrated short-story writers in American literature—a haunting meditation on love, loss, and companionship, and finding one's way through the dark.

"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

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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"--

A pioneering canine behaviorist draws on cutting-edge research to show that a single, simple trait—the capacity to love—is what makes dogs such perfect

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companions for humans, and explains how we can better reciprocate their affection. “Lively and fascinating . . . The reader comes away cheered, better informed, and with a new and deeper appreciation for our amazing canine companions and their enormous capacity for love.” —Cat Warren, New York Times best-selling author of *What the Dog Knows Does your dog love you?* Every dog lover knows the feeling. The nuzzle of a dog’s nose, the warmth of them lying at our feet, even their whining when they want to get up on the bed. It really seems like our dogs love us, too. But for years, scientists have resisted that conclusion, warning against anthropomorphizing our pets. Enter Clive Wynne, a pioneering canine behaviorist whose research is helping to usher in a new era: one in which love, not intelligence or submissiveness, is at the heart of the human-canine relationship. Drawing on cutting-edge studies from his lab and others around the world, Wynne shows that affection is the very essence of dogs, from their faces and tails to their brains, hormones, even DNA. This scientific revolution is revealing more about dogs’ unique origins, behavior, needs, and hidden depths than we ever imagined possible. A humane, illuminating book, *Dog Is Love* is essential reading for anyone who has ever loved a dog—and experienced the wonder of being loved back.

Psychologist John Gottman has spent twenty years studying what makes a

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marriage last. Now you can use his tested methods to evaluate, strengthen, and maintain your own long-term relationship. This breakthrough book guides you through a series of self-tests designed to help you determine what kind of marriage you have, where your strengths and weaknesses are, and what specific actions you can take to help your marriage. You'll also learn that more sex doesn't necessarily improve a marriage, frequent arguing will not lead to divorce, financial problems do not always spell trouble in a relationship, wives who make sour facial expressions when their husbands talk are likely to be separated within four years and there is a reason husbands withdraw from arguments—and there's a way around it. Dr. Gottman teaches you how to recognize attitudes that doom a marriage—contempt, criticism, defensiveness, and stonewalling—and provides practical exercises, quizzes, tips, and techniques that will help you understand and make the most of your relationship. You can avoid patterns that lead to divorce, and—Why Marriages Succeed or Fail will show you how.

**NATIONAL BESTSELLER •** A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. **A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE** A Little Life follows four college

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classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara’s stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara’s new novel, *To Paradise*, coming in January 2022.

A TikTok sensation, this rom-com about a young woman who agrees to fake date a colleague and bring him to her sister’s wedding has “everything you could want in a romance” (Helen Hoang, *New York Times* bestselling author). Catalina Martín desperately needs a date to her sister’s wedding. Especially since her little white lie about her American boyfriend has spiralled out of control. Now everyone she knows—including her ex and his fiancée—will be there and eager to meet him. She only has four weeks to find someone willing to cross the Atlantic and aid in her deception. New York to Spain is no short flight and her raucous family won’t be easy to fool. Enter Aaron Blackford—her tall, handsome, condescending colleague—who surprisingly offers to step in. She’d rather refuse;

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never has there been a more aggravating, blood-boiling, and insufferable man. But Catalina is desperate, and as the wedding draws nearer, Aaron looks like her best option. And she begins to realize he might not be as terrible in the real world as he is at the office.

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.

This book is designed to help couples with communication and that in turn will help their relationship both socially and sexually.

From the country's leading couple therapist duo, a practical guide to what makes it all work. In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning

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experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling. Topics addressed include:

- You know that you need to “treat the relationship,” but how are you supposed to get at something as elusive as “a relationship”?
- How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you've failed? Are you only successful if you keep couples together?
- Compared to an individual client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you believe?
- What are you supposed to do with all the emotional and personal history that your clients stir up in you?
- How can you make your work research-based? No one who works with couples will want to be without the insight, guidance, and strategies offered in this book.

**Intelligence That Comes from the Heart** Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally

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intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to: \* Be aware of a child's emotions \* Recognize emotional expression as an opportunity for intimacy and teaching \* Listen empathetically and validate a child's feelings \* Label emotions in words a child can understand \* Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

Results from world-renowned relationship expert John Gottman's famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, The Man's Guide to Women unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want in a man? Dr. Gottman, author of the New York Times bestseller The Seven Principles for Making Marriage Work, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. The Man's Guide to Women is a must-have playbook for how to play—and win—the game of love.

Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John

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Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential. *The Seven Principles for Making Marriage Work* is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

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The best-selling author of *The Seven Principles for Making Marriage Work* lends scientific insights into how to build and maintain trust in committed relationships, sharing a formula for calculating a couple's loyalty level that takes into account a relationship's likely future and vulnerability to infidelity.

After reading this book, you will understand your wife's deepest desires, the ways in which she wants to be loved, and the meanings behind some of her resistance or withdrawals. The relationship with our significant other is one of the most rewarding experiences that we get to enjoy in our lifetime--when this relationship is going great. As soon as we see the dark and misty clouds of strife and resentment approaching from a distance, we clutch onto our seats and pray that whatever chaos erupts from this storm departs quickly from our midst. These storms are inevitable in any relationship because a couple is composed of two unique individuals with two separate minds, interests and interpretations of reality. This book is addressed to the valiant husbands across the world who are seeking strategies to connect to their wives and understand them more intimately. It is so difficult to resent your wife when you understand her. As frustrating as her mood swings may be at times, there are many ways of calming the storm and turning what could have been a disastrous argument into an opportunity to connect. Men and women are not cut from the same cloth; this is evident in the differences in expressing intimacy or in the ways we receive and interpret communication. After reading this book, you will understand your wife's deepest desires, the ways in which she wants to be loved, and the meanings behind some of her resistance or withdrawals. Keep this book at arm's reach on your bookshelf because it will become a manual you frequently refer to throughout the various phases of your relationship. The inspiration for this book came when I

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was experiencing a rough patch in my marriage and I decided to teach my husband 50+ ways to show me love and affection. After the success of this experiment and the transformation it brought to our relationship, I decided to recommend these strategies to all of my clients. We have had inspiring testimonies of these strategies helping couples near the brink of divorce, to resuscitate life into their union. I am now generously making these strategies available to you in your relationship!

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