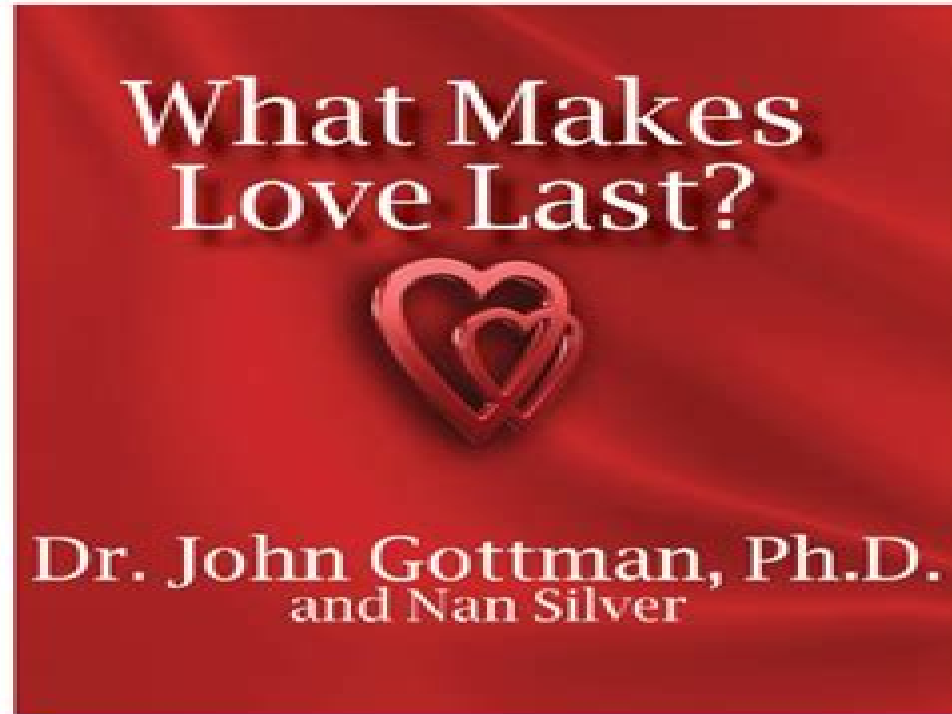


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What Makes Love Last

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



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What Makes Love Last? John Gottman, John Mordechai Gottman, Nan Silver, 2012-09-04 One of the foremost relationship experts applies the insights of science toward understanding the real meaning of trust between a couple and suggests a new approach to handle adultery

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Contemplating Marriage Gloria Blanchfield Thomas, 1995 This anthology covers key areas of concern in any contemporary consideration of marriage Chapters include The Influence of Parents on Our Adult Choice Our Expectations of Marriage Church Tradition Love Intimacy and Sexual Intimacy The Meaning of Sacramental Marriage and more

Love That Lasts , Are you ready to choose love with wisdom not just emotion In a world that celebrates instant attraction and fast romance Love That Lasts offers something different a grounded heart centered guide to finding the kind of partner who will stand beside you through life's ups and downs With warmth clarity and gentle truth Louise Maurice walks you through what truly matters in a life partner from emotional maturity and shared values to spiritual alignment and character that lasts Whether you're dating waiting or discerning this book will help you see beyond the surface and ask the deeper questions that lead to lasting love Featuring real life stories reflection questions and timeless principles rooted in faith this is not just a book about relationships It's a guide for building a future with peace purpose and joy Don't just fall in love choose it well Because love that lasts begins with the choices you make today

Unspoken Truths About Building Lasting Love Patrick Owens, In these pages you'll explore what makes love endure through life's ups and downs from the initial spark to the long term commitment I'll share personal stories and experiences that illustrate these truths providing you with both practical advice and a compassionate perspective on the journey of love Whether you're in a new relationship seeking to strengthen a long term bond or reflecting on past experiences this book offers insights that can transform how you approach and nurture lasting love I've navigated my own path to understanding what makes love last encountering both triumphs and challenges along the way Through these experiences I've discovered that the most profound truths about love are often those we don't talk about openly By addressing these unspoken truths I hope to offer you a clearer roadmap to building a love that endures and grows stronger with time

The Highly Sensitive Person in Love Elaine N. Aron, Ph.D., 2009-11-04 Do you fall in love hard but fear intimacy Are you sick of being told that you are too sensitive Do you struggle to respect a less sensitive partner Or have you given up on love afraid of being too sensitive or shy to endure its wounds Statistics show that 50 percent of what determines divorce is genetic temperament And if you are one of the 20 percent of people who are born highly sensitive the risk of an unhappy relationship is especially high Your finely tuned nervous system which picks up on subtleties and reflects deeply would be a romantic asset if both you and your partner understood you better But without that understanding your sensitivity is likely to

be making your close relationships painful and complicated Based on Elaine N Aron s groundbreaking research on temperament and intimacy *The Highly Sensitive Person in Love* offers practical help for highly sensitive people seeking happier healthier romantic relationships From low stress fighting to sensitive sexuality the book offers a wealth of practical advice on making the most of all personality combinations Complete with illuminating self tests and the results of the first survey ever done on sex and temperament *The Highly Sensitive Person in Love* will help you discover a better way of living and loving [The Love Report](#) Dr. Kevin Grold,2012-02-11 *Modeling Sociocultural Influences on Decision Making* Joseph V. Cohn,Sae Schatz,Hannah Freeman,David J. Y. Combs,2016-09-19 In our increasingly globally interconnected world understanding and appreciating the sociocultural context within which individuals make their decisions is critical to developing successful partnerships The collection of chapters in this volume illustrates how advances in information and social media technologies as well as modeling and simulation tools combined with the social sciences can be leveraged to better understand how sociocultural context influences decision making The chapters in this volume were contributed by leading experts from academia industry and government and provide Insights into cross cultural decision making based on recent international events with grounding in an historical context Discussions of cutting edge modeling techniques used today by professionals across multiple organizations and agencies Descriptions of specific cross cultural decision making tools designed for use by laypeople and professionals Case studies on the role of cross cultural decision making grounded in current events and in many cases military applications **Ready for True Love** M. Taylor-Love,2024-06-04 Are you Dateable Are you really truly ready for a True Love relationship What about the cutie you have your eye on are they Dateable for True Love as well Ready for True Love is the modern guide for women and men Daters and Couples alike who want to experience True Love in their lifetime Inside you will discover the 5 Dateable Traits both you and your Life Partner must have if you want to attract nurture and blossom a True Love relationship that lasts Along the way we answer and dismantle some of the biggest myths lies and questions plaguing our society when it comes to Love Dating and relationships Which may be blocking you from ever experiencing True Love Including Does True Love really exist Do nice guys always finish last Are women The Prize in a relationship Do they want me for Me or for my Gold My partner cheated should I stay or go Ready for True Love is an insightful and delightful read for Daters looking for True Love for Couples who want to live Happily Ever After and for friends to discuss during book club over brunch on a hike et al It is written with honesty wisdom and romantic realism by Love Moderne a research collective where we study Love in all its forms as part of our Global Love Mission to make the world a more Loving and Lovable place We love Love We love sharing the Love And we cannot wait to help you find and fall in True Love **We Love Each Other, But . . .** Ellen Wachtel,2024-03-26 *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 **Alone in Plain Sight Expanded Edition** Ben Higgins,2021-02-02

Are you tired of people knowing who you are but no one really knowing you As the star of the twentieth season of The Bachelor Ben Higgins looked like he had it all together Instead Ben felt dissatisfied fearful and deeply alone Like so many of us he thought of himself as the kid who never got picked for the game the person always on the outside of the joke the friend who knew a lot of people but was never truly known He wondered if he mattered at all In this expanded edition of Alone in Plain Sight Ben shares with inspiring vulnerability how he found the deeper connection he longed for He offers insight on how to understand ourselves more deeply so that we are free to connect with others how shared pain can bridge even the widest gaps between two very different people how marriage and fatherhood have shaped his understanding of vulnerability and connection how the God who longs for relationship with us is the answer to our need for connection and in an all new chapter how radical generosity service and community building can lead to an even greater depth of relationship In a disconnected world it is possible to have lasting purpose and peace You are already known You are already loved You are already seen Discover how to live out how much you matter as you embrace the true meaning of your one incredible life

Principia Amoris John Mordechai Gottman,2014-10-10 Stereotypically science and emotion are diametric opposites one is cold and unfeeling the other soft and nebulous one is based on proven facts while the other is based on inexplicable feelings and never the twain shall meet until now John Gottman delves into the unquantifiable realm of love armed with science and logic and emerges with the knowledge that relationships can be not only understood but also predicted as well Based on research done at his Love Lab and other laboratories Gottman has discovered that the future of love relationships can be predicted with a startling 91% success rate These predictions can help couples to prevent disasters in their relationships recognize the signs of a promising relationship and perhaps more importantly recognize the signs of a doomed one Principia Amoris also introduces Love Equations a mathematical modeling of relationships that helps understand predictions Love Equations are powerful tools that can prevent relationship distress and heal ailing relationships Readers learn about the various research and studies that were done to discover the science behind love and are treated to a history of the people ideas and events that shaped our current understanding They also learn about The Four Horsemen of the Apocalypse 45 natural principles of love 5 couple types 5 recipes for good relationships And much more Just as science helped us to understand the physical world it is helping us to understand the emotional world as well Using the insights in this book mental health professionals can meaningfully help their distressed clients as well as better understand why a relationship is failing or succeeding Appropriate for the curious non mental health professional as well Principia Amoris is a must have on any bookshelf **The Complete Idiot's Guide to Psychology** Joni E. Johnston,2003 Covering such hot topics

in psychology as the mind body connection drugs and new therapy treatments new information on the role of genetics in personality development and the impact of 9 11 on individual mental health this is the new edition of the popular introduction to psychology with expanded information on such great thinkers as Carl Jung Erik Erikson and B F Skinner Psychic Shield: The Personal Handbook of Psychic Protection Caitlín Matthews,2024-01-09 A Simon Schuster eBook Simon Schuster has a great book for every reader **The Love Prescription** John Gottman, PhD,Julie Schwartz Gottman, PhD,2022-09-27 INSTANT NEW YORK TIMES BESTSELLER This book feels so hopeful because it s direct it s really honest and it s so actionable Brene Brown From New York Times bestselling authors Dr John Gottman and Dr Julie Schwartz Gottman a simple yet powerful plan to transform your relationship in seven days What makes love last Why does one couple stay together forever while another falls apart And most importantly is there a scientific formula for love Drs John Gottman and Julie Schwartz Gottman are the world s leading relationship scientists For the past forty years they have been studying love They ve gathered data on over three thousand couples looking at everything from their body language to the way they converse to their stress hormone levels Their goal to identify the building blocks of love The Love Prescription distills their life s work into a bite size seven day action plan with easy immediately actionable steps There will be no grand gestures and no big hard conversations There s nothing to buy or do to prepare Anyone can do this from any starting point The seven day prescription will lead you through these exercises Day 1 Make Contact Day 2 Ask a Big Question Day 3 Say Thank You Day 4 Give a Real Compliment Day 5 Ask for What You Need Day 6 Reach Out and Touch Day 7 Declare a Date Night There is a formula for a good relationship and this book will show you how a few small changes can fundamentally transform your relationship for the better *Closer Than Ever* Sonya Jensen,2025-06-17 Strengthen your communication and build a brighter future together The differences between you and your partner can be the building blocks for growth in your relationship you just need the right tools to guide you This relationship communication workbook is filled with compassionate advice and exercises to help any couple interact productively handle conflict and deepen their connection Understand the fundamentals Grow closer with guidance for maintaining healthy communication and listening with an open mind Practice your skills Discover prompts and activities to help you and your partner increase self awareness become comfortable with vulnerability and own your mistakes Find inspiration from others Learn from the stories of other couples who have improved their communication with these evidence based techniques For every couple Find guidance and activities that are inclusive for couples of all backgrounds lifestyles and orientations Create a deeper connection with your partner through this supportive couples therapy workbook **The First Love Story** Bruce Feiler,2018-03-20 An exploration of the way Adam and Eve introduced the idea of love into the world and how they continue to shape our deepest feelings about relationships family and togetherness Since antiquity Adam and Eve have stood at the center of every conversation about men and women Yet instead of celebrating them history has blamed them for bringing sin deceit and death into the world In this fresh retelling of their story Bruce Feiler travels

from the Garden of Eden in Iraq to the Sistine Chapel in Rome discovering how Adam and Eve should be hailed as exemplars of a long term healthy resilient relationship At a time of discord and fear over the strength of our social fabric Feiler shows how history s first couple can again be role models for unity forgiveness and love **Flourishing Love** Enrico Gnaulati,2023-10-05 Flourishing Love is a secular defence of marriage and long term intimate partnership It rejects a moral religious code to govern love lives and instead puts its faith in the human potential for couples to be benevolent loyal and forgiving to preserve and enhance their romantic union Dr Gnaulati draws on a variety of sources to present the joint emotional upkeep necessary to make an intimate relationship not just satisfactory but vital and to illustrate what these lasting bonds look like The latest science anecdotes from his own 30 year marriage as well as from his psychotherapy practice the musings of ancient and contemporary philosophers and real life interviews from partners in long term happy marriages and intimate unions are all used to reveal the secrets to a successful romantic partnership The result is a how to of engaging in attentive and sensitive communication employing a fairness habit of mind around household chores childrearing responsibilities and finances optimally moving through and beyond conflict keeping an erotic spark alive and ethically handling urges to stray outside the couple A must read for all those who crave meaning happiness and fulfilment in life and need their romantic partnerships to help not hinder in this endeavour *Getting Naked Later* Kate Hurley,2020-07-07 Will I always be lonely if I end up alone You thought you d be married by now but you re not Even though your friends in relationships love to tell you that singleness is a gift this gift comes with its share of fear grief and still to be answered prayers Life coach and singer songwriter Kate Hurley has been there and now she encourages you to open yourself to new opportunities and relationships of all varieties Getting Naked Later will help you find family in your friends church and community stop viewing the pursuit of a partner as a formula that demands a solution hand over control of your life to God finding peace in the knowledge that He has a plan for you You don t need to give up on romance but you also don t need to live on standby expecting someone else to give your life meaning Learn how to stop waiting and start embracing your life right where you are This is an expanded edition of the previously released book Cupid is a Procrastinator *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

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