

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

The revolutionary guide to show couples how to create an emotionally intelligent relationship - and keep it on track Straightforward in its approach, yet profound in its effect, the principles outlined in this book teach partners new and startling strategies for making their marriage work. Gottman has scientifically analysed the habits of married couples and established a method of correcting the behaviour that puts thousands of marriages on the rocks. He 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. Packed with questionnaires and exercises whose effectiveness has been proven in Dr Gottman's workshops, this is the definitive guide for anyone who wants their relationship to attain its highest potential.

A world-renowned relationship expert

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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 maze is a complex tour puzzle in the form of a complex branching passage through which the solver must find a route. In everyday speech, both maze and labyrinth denote a complex and confusing series of pathways, but technically the maze is distinguished from the labyrinth. The labyrinth has a single through-route with twists and turns but without branches; it is not designed to be difficult to navigate as a maze is. The pathways and walls in a

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maze or labyrinth are fixed (pre-determined). Maze-type puzzles where the given walls and paths may change during the game are covered under the main puzzle category of tour puzzles. The Cretan form Greece maze is the oldest. In this book you can solve MAZES and you have the solutions also.

The Secrets of Enduring Love focuses on what couples actually do to maintain, nurture and nourish their relationships. The reader will be taken on a journey through different ways of doing relationships, focusing on the key themes which came out of the research: everyday acts of kindness and appreciation; the importance of home; communication and conflict management; sex and intimacy; incorporating others into the relationship (children, pets, friends, hobbies); and telling your own love story. One of the key messages from the research is that different things work for different people, and at different times in the relationship. For this reason the book focuses on the different practices that we might bring into our own relationships, helping us to recognise the small things which we

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may be already doing but which ordinarily go by unnoticed, and offering a helping hand to find out what works best for us.

Jimmy Cannon loves trains. And he wants to work on the railroad more than anything when he grows up. After all, his father is the foreman in Rowlesburg, and all the men in his family have worked on the rails. But times are changing in the 1940s, and Jimmy's father sees a different future for his son. Join Jimmy on the ride of a lifetime, through midnight Halloween romps, the championship football game, and a secret society in this coming-of-age story set during the last of the railroad days.

What Makes Love Last?

Scientifically Proven Secrets from the "Love Lab" About What Women Really Want  
America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship

The Revolutionary New Science of Romantic Relationships

The Relate Guide to Better Relationships

The Mastery of Self

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### Lasting Love

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? 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.

The ancient Toltecs believed that life as we perceive it is a dream. We each live in our own personal dream, and all of our dreams come together to make the Dream of the Planet. Problems arise when we forget that the dream is just a dream and fall victim

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to believing that we have no control over it. The Mastery of Self takes the Toltec philosophy of the Dream of the Planet and the personal dream and explains how a person can: Wake up Liberate themselves from illusory beliefs and stories Live with authenticity Once released, we can live as our true, authentic, loving self, not only in solitude and meditation, but in any place—at the grocery store, stuck in traffic, etc.—and in any situation or scenario that confronts us. The Ruiz family has an enormous following, and this new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world. This new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world. 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.

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Hold Me Tight: Seven Conversations for a Lifetime of Love by Sue Johnson - Book Summary - Abbey Beathan (Disclaimer: This is NOT the original book.) It's time for you to take action and make your relationship stronger! Nothing good in life comes easy, we all know that. Relationships are no exception, but they can be one of the most rewarding aspects in life, if you do it right. All of us need help from time to time and that's the purpose of this book, to give you a different insight on how to work on your relationship in order to make it stronger. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "In insecure relationships, we disguise our vulnerabilities so our partner never really sees us." - Sue Johnson I know what you are thinking, these type of books follows a pattern, they talk about how to make a relationship better by arguing better, making romantic gestures or expanding your sexual repertoire. But Hold Me Tight dares to do something different, instead of doing the same old formula, Sue Johnson thinks that to make a relationship better, you must tackle the root of the problem, getting to its emotional underpinnings. With a lot of psychological depth and helpful tips, this book stands out from the rest. Get ready to become more in touch with your emotional side and be more open in order to make your relationship bulletproof! P.S. Hold Me Tight is an

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extremely helpful book made to enjoy a loving relationship instead of mourning over a dying one. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan

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

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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 intellectually and emotionally informed. *Will Our Love Last?* will help couples trying to decide if they should take the next step to a more

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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. 101 Things I Wish I Knew When I Got Married Seven Conversations for a Lifetime of Love by Sue Johnson

Make Love, Make Money, Make It Last!

Will Our Love Last?

10 Secrets to Shape a Great Marriage

Tantric Sex

Practical Ways to Make Your Love Last from the Experts in Marriage Guidance

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

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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 about love.

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.

For years Gary Smalley has helped millions of couples throughout North America enrich their relationships and deepen their bonds of love and companionship. In this extraordinary book, he shows you how to stay in love through all the stages of life. From first attraction to lifelong commitment, Gary's proven techniques and practical advice show you how to pursue and keep the love you want, and how to energize your relationship with enduring, passion-filled love. In this book you'll learn how to:

- Understand and use love's best-kept secret Deal with the number one enemy of love Turn headaches into more love Increase your energy to keep loving

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Find the power to keep on loving your spouse Use normal conflicts as doorways to intimacy Read a woman's built-in marriage manual twelve ways Divorce-proof your marriage Develop the five vital signs of a healthy marriage Respond to your partner's number one request Find the powerful secret to great love Bring out the best in your maddening mate With humor, empathy, and insight, Gary Smalley inspires you to fall in love with life and enjoy the deep satisfaction of a lifelong love. Down-to-earth examples, touching personal experiences, and inspiring spiritual principles will motivate you to bring about positive changes in your marriage-whether or not your mate is a willing participant. You'll learn how to tap resources at hand to help you follow through with your journey-and make your love last forever.

The #1 New York Times Bestseller “An engaging look at the often head-scratching, frequently infuriating mating behaviors that shape our love lives.” –Refinery 29 A hilarious, thoughtful, and in-depth exploration of the pleasures and perils of modern romance from Aziz Ansari, the star of Master of None and one of this generation’s sharpest comedic voices At some point, every one of us embarks on a journey to find love. We meet people, date, get into and out of relationships, all with the hope of finding someone with whom we share a deep connection. This seems standard now, but it’s

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wildly different from what people did even just decades ago. Single people today have more romantic options than at any point in human history. With technology, our abilities to connect with and sort through these options are staggering. So why are so many people frustrated? Some of our problems are unique to our time. “Why did this guy just text me an emoji of a pizza?” “Should I go out with this girl even though she listed Combos as one of her favorite snack foods? Combos?!” “My girlfriend just got a message from some dude named Nathan. Who’s Nathan? Did he just send her a photo of his penis? Should I check just to be sure?” But the transformation of our romantic lives can’t be explained by technology alone. In a short period of time, the whole culture of finding love has changed dramatically. A few decades ago, people would find a decent person who lived in their neighborhood. Their families would meet and, after deciding neither party seemed like a murderer, they would get married and soon have a kid, all by the time they were twenty-four. Today, people marry later than ever and spend years of their lives on a quest to find the perfect person, a soul mate. For years, Aziz Ansari has been aiming his comic insight at modern romance, but for *Modern Romance*, the book, he decided he needed to take things to another level. He teamed up with NYU sociologist Eric Klinenberg and designed a massive research project, including

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hundreds of interviews and focus groups conducted everywhere from Tokyo to Buenos Aires to Wichita. They analyzed behavioral data and surveys and created their own online research forum on Reddit, which drew thousands of messages. They enlisted the world's leading social scientists, including Andrew Cherlin, Eli Finkel, Helen Fisher, Sheena Iyengar, Barry Schwartz, Sherry Turkle, and Robb Willer. The result is unlike any social science or humor book we've seen before. In *Modern Romance*, Ansari combines his irreverent humor with cutting-edge social science to give us an unforgettable tour of our new romantic world.

Just this once . . . Please let me get away with it just this once . . . Tobey wants a better life - for him and his girlfriend Callie Rose. He wants nothing to do with the gangs that rule the world he lives in. But when he's offered the chance to earn some money just for making a few 'deliveries', just this once, would it hurt to say 'yes'? One small decision can change everything . . . The fourth novel in Malorie Blackman's powerful *Noughts & Crosses* sequence.

*Divorce-Proofing Your Young Marriage*

*Modern Romance*

*Eight Dates*

*Love3*

*And, Love Lasts Three Years : Two Novels*

*The Relationship Cure*

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Provides parents with practical advice on raising children with firmness, flexibility, and love, and offers strategies to handle tantrums and bad behavior.

If you love your partner but feel the physical side of your relationship is not like is used to be...then this is the book for you. It is not a sex manual...it is a book about why you should keep the sex side of your relationship alive. Often we get so busy with jobs and responsibilities, that sex is last on the list of to do for the day. We get too tired to think about making love. Then days, weeks, months and years go by and your sex life is not a happening thing. No matter how busy you are and how fat your wallet is growing, if you don't spend the time connecting in an intimate way, you not only lose the fresh glow on your skin and spark in your eyes- your physical and emotional health can suffer and you can start feeling less attractive, less sexy and feel less loved and even wonder if you are still in love. But you can turn those feelings around, just by making love. So if you looking for a book about relationships and how important your sex life is to you, your partner and your love of life then this book has it all . It's all about the benefits of sex and why you should take time to kiss, cuddle, touch and make love. It is all about increasing intimacy in relationships and how to feel closer. It is all about how to make the relationship you are in last a lifetime. When you make love you argue less. You have more time to love and you wake up to the feeling again of being in love with your partner. Updated latest Edition . First Published as Keep The Sex Dirty and The Fights Clean under Pen names Smith & Jones

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A great "philosopher" once said, "Trying to understand women is like trying to smell the color 9." But the fact is, men can understand women to their great benefit. All they need is the right teacher. And arguably there is no better teacher than John Gottman, PhD, a world-renowned relationships researcher and author of the bestselling 7 principles of Making Marriage Work. His new book, written with wife Julie Gottman, a clinical psychologist, and Doug Abrams and Rachel Carlton Abrams, MD, is based on 40 years of scientific study, much of it gleaned from the Gottman's popular couple's workshops and the "love lab" at the University of Washington. It's written primarily for men because new research suggests that it is the man in a relationship who wields the most influence to make it great or screw it up beyond repair. The Man's Guide to Women offers the science-based answers to the question: What do women really want in a man? The book explains the hallmarks of manhood that most women find attractive, and helps men hone those skills to be the man she desires.

In Love3: Three Essentials for Making Love Last, Jason Cusick reveals three ancient principles for building a loving relationship that lasts--whether you're dating, engaged, newly married, rebuilding, or starting over again. Filled with engaging stories, practical advice, and real-life wisdom, Love3 shows how you can have true love that lasts a lifetime. Anyone who is looking to build or re-build a lasting love relationship will want to read this book, whether alone or with their partner. Pastors and counselors can keep a supply on hand to offer to

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people who are working through relationship issues. In *The 5 Love Languages*, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

Making Love Last

Simple Lessons to Make Love Last

Making Love Last Forever

The Science of Trust: Emotional Attunement for Couples

Couples Workbook

A Couple's Road Map

How to make relationships last

**Describes the natural stages of love, refutes various romantic notions that can undermine a relationship, offers realistic insights designed to strengthen the bonds of love, and presents suggestions on how to transform a relationship.**

**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**

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weren't ready. As a result, one-third of all married couples divorce before their ten-year anniversary. In this 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.

What Makes Love Last?How to Build Trust and Avoid BetrayalSimon and Schuster 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

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stay interested in each other for the rest of your lives.

In this book, entitled, *Make Love, Make Money, Make It Last!*, The Jolleys share secrets they have learned personally, as well as secrets from others who they have interviewed. Some of these couples have been happily married for over 30, 40, 50 and even 60 years!

Rules for Parents

When the Whistle Blows

We Love Each Other, But . . .

Can Love Last?: The Fate of Romance Over Time

How to Make Love Last

Keep the Sex Dirty and the Fights Clean  
Simple Strategies that Help Little Kids Thrive--and You Survive

*Discover new energy and inner vitality with this practical and accessible guide to using and enhancing tantric sexual energy, beautifully illustrated with 40 b&w line drawings and simple, life-enhancing instructions.*

*Therapeutic exercises to help couples nurture patience, forgiveness, and humor.*

*'When I fall in love it will be forever...' or so goes the song. The reality can be different and the truth is that the nature of relationships will change over time. Few things can be more distressing than finding that you and your partner are no longer*

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*communicating the way you used to, that problems have developed, or that your relationship seems to have broken down. With 60 years cumulative experience of marriage guidance, the experts at Relate know better than most how to overcome relationship difficulties and in so doing create a strong, long-lasting partnership. This highly practical guide is packed full of relationship advice, exercises and guidelines to help you better understand yourself and your partner: - discover what makes your partner tick - test your compatibility - learn how to talk, listen and hear what each other is saying - improve your sex life - deepen your love through tackling problems together.*

*With the divorce rate soaring at a dizzying 60 percent, young couples and experienced partners may lack the skills and understanding to sustain a committed relationship. Linda and Charlie Bloom present 101 nuggets of wisdom that deliver practical guidance and make it clear that regardless of past experience anyone can develop the basic strengths, skills, and capacities needed for a great relationship. Each lesson is presented as a simple, one-sentence thought followed by an explanation using real-life examples. This book demonstrates how couples can enrich their own relationships by working through love's challenges. This small-group study is more than a small-group*

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*study. It provides the components to create a powerful small-group experience, including video presentations, a leader's guide with activities for class sessions and home use, and a thoughtful, inspiring participant's book written by Adam Hamilton, the dynamic young pastor of The United Methodist Church of the Resurrection in Leawood, Kansas. But it is more than that. A Pastor's Guide with CD-ROM provides the information and tools needed to create a congregation-wide event that will reach beyond the classroom, beyond the sanctuary, and into the community, bringing young people and families into the church who ordinarily might only stop by on Christmas or Easter. "Making Love Last a Lifetime is a comprehensive program for reaching new people, creating excitement, launching new small groups, and strengthening existing classes. It includes sermon starters and illustrations, marketing materials, and outreach tools built around an eight-week study on a topic that holds great interest for singles and married persons, both inside and outside the church. Designed for use in 60-90-minute sessions. For group or individual study, the book can be used by class participants during the study group meeting or at home for additional reflection. Includes detailed content for the eight session topics. This Planning Kit contains 1 each of VHS - DVD - Leader's Guide - Participant's Workbook - Pastor's*

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*Guide. 8 video segments, each approximately 15 minutes in length, feature Adam Hamilton delivering his message about the topic with added elements graphic titles, key Scripture, and key points. The Participants' Workbook is used by class participants during the study group meeting, as well as functioning as a workbook for the participant couples to use at home for additional reflection and/or activities outside of the class time. The Leader's Guide contains information about how to use the resource (how to use the components, how to facilitate good group participation, and how to get the most out of each session. Key Benefits: Small-group members will explore the topics of love, marriage, and sex in order to: 1. gain biblical perspectives 2. reflect upon God's purposes for these intimate and important parts of their lives 3. discover new insights regarding concepts of commitment, discipleship, and call in relation to these topics 4. be encouraged to take steps to improve their marriages and intimate relationships For more information about Adam Hamilton's studies, go to [www.adamhamilton.cokesbury.com](http://www.adamhamilton.cokesbury.com).  
The Secrets of Enduring Love  
The Man's Guide to Women  
The Couple Checkup  
How To Start Building A Solid Relationship  
Love Sense  
A 5 Step Guide to Strengthening Your Marriage,*

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## *Family, and Friendships*

### *31 Choices to Make Love Last*

Remember the excitement of meeting someone new. You seem to easily talk for hours about anything that comes to mind, and get butterflies just thinking about them. Months go by, and you love everything about this person, you buy each other gifts for no reason and both really make an effort. Then suddenly, that honeymoon period ends. What happened? Is there an EASY way to get that MAGIC back? The *Choices That Make Love Last*, by Sarah Hart goes into the complex issue of how to make love work, in an easy to understand way. It dives into important aspects of any solid relationship, including practicing open communication, mindfulness and sex tips, and includes stories from couples that have gone the distance on what makes their relationship work, as well as actionable steps you can take in your relationship to keep the flame burning brighter than ever! By going into both the small and the more significant choices we can make throughout our daily lives regarding ourselves, our partners and our relationships, we can enjoy closer bonds again and get through what life throws our way. Ultimately, when it comes to creating solid relationships that work for the long-

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term, it's all about those little choices that help fortify the relationship and make the big decisions easier. Do you want your partner to look at you with an insatiable desire every day? Do you want to learn the skills to set up your next relationship so that the honeymoon period doesn't have to end? Or do you want to reignite your marriage and get back the person who you fell in love with? Discover how to create that love and excitement again and make it last - scroll up, click the buy button and start reading now! Getting together with a partner may be easy, but staying together is anything but. So how do you keep a loving relationship alive, and your sexual intensity fully charged? How do you grow as a partnership, rather than grow apart? How Two Love sets out with a bold ambition; to offer the tools and guidance you need to solve these problems, turning the practice of love into an art. How Two Love is a celebration of our relationships, not as a formula, but as a work in progress, messy and complex and wonderful. With a transparency that refreshes, and a lightness that will leave you smiling, internationally respected author and educator Jan Resnick turns his extensive experience of psychotherapy and

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couples counselling into a series of charmingly recounted stories from his consulting room. He brings together surprisingly connected themes and lessons learned from a career that spans three continents and four decades. Described as "the book that, now in my sixties, I wish I had read in my twenties," by notable psychiatrist and author Richard A. Chefetz, MD, *How Two Love* doesn't seek to diagnose or judge. It isn't a textbook reserved for specialists and professionals. Resnick's audience is far broader. As Psychoanalytic Psychotherapist and author Nancy McWilliams, PhD, wrote, *How Two Love* is for "anyone who has ever been in love, wanted to be in love, lost a love, or suffered for love." The first offering in his Meaningful Living Book Series, *How Two Love* is a powerful and transformative guide made for two, a reminder that, in love, every wound, every mistake, and every missed opportunity is an occasion to heal, to grow and to learn. In its pages, Resnick has deftly created a detailed roadmap, revealing how you can avoid the pitfalls that lead to breakdown and emotional injury; while raising the deeper issues of desire, the loving sexuality of a long-term partnership, and, most importantly, what makes love work

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over time.

Relationships. What makes them work, what gets in the way and how do you create a lasting and meaningful relationship? Whatever background or culture you come from, we all need to feel loved and accepted. Starting at the early days of meeting 'the one' and progressing through moving in, meeting family and friends, marriage or civil partnerships, choosing whether to have children and growing old together, 'How to Do Relationships' will support you through your entire relationship journey.

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 "bid," the fundamental unit of emotional

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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.

Married for nearly 38 years, author Deborah DeArmond and her husband have made the spoken declaration, "I choose you today" a regular part of their communication. It's when we least feel like saying it that we need to remind ourselves that love is a choice, not a feeling. I Choose You Today features 31 scriptural principles that support marriage and help couples develop healthy biblically based behavior. Built on an introductory anecdotal story, each chapter has an inspirational takeaway of not only what to do, but how to begin applying the principles immediately. Thought provoking questions create talking points for couples to explore their own choices and experiences in each area serve to generate open dialogue of discovery. I Choose You Today is not a book of "shoulds," but one of clearly identified choices that each

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individual can make to grow their marriage and align it with the word of God. Every saying ends with a conventional wisdom quote.

Ten Lessons to Transform Your Marriage

How to Build Trust and Avoid Betrayal

Three Essentials for Making Love Last

A Step-By-step Guide to Nurturing Your

Relationship and Making Love Last

I Choose You Today

How to Do Relationships

A Leading Couples Therapist Shares the Simple Secrets That Will Help Save Your Relationship

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.

"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 University of Washington in Seattle where he deciphers the mysteries of human relationships through scientific research. His thirty-five years of

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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"--

What really makes a relationship work? How can we stay interested in our partner for ever? How can we be happier in our marriage? Doctors John and Julie Gottman have spent over three decades studying the habits of 3000 couples. Within 10 minutes of meeting a couple, they can predict who will stay happily together or who will split up, with 94% accuracy.

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Based on their findings on the ingredients to a happy, lasting love life, they have now created an easy series of eight dates, spanning: - commitment & trust - conflict resolution - intimacy & sex - fun & adventure - work & money - family values - growth & spirituality - goals & aspirations Eight Dates draws on rigorous scientific and psychological research about how we fall in love using case studies of real-life couples whose relationships have improved after committing time to each other and following the dates. Full of innovative exercises and conversation starters to explore ways to deepen each aspect of the relationship, Eight Dates is an essential resource that makes a relationship fulfilling. 'Can a marriage really be understood? Yes it can. Gottman shows us how' Malcolm Gladwell, author of Blink

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.

A book and online profile that identifies a couple's strengths to help them build a more vital relationship. Based on an unprecedented national survey of 50,000 marriages, The Couple Checkup presents the principles for creating a successful couple relationship. The free online profile includes fifteen to twenty categories that are customized based on the relationship stage-whether dating,

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engaged, or married-the age, and whether or not children are involved. The book also includes the SCOPE Personality Profile and the Couple and Family Map of the relationship. Each chapter of the book matches a category in the free individual profile. While the book stands on its own, using the Couple Checkup with the book provides the maximum benefit. In addition, each chapter contains couple exercises to help build couple strengths in a variety of areas.

Making Love Last a Life Time

The Five Love Languages

Double Cross

The Choices That Make Love Last

Rebuilding Trust and Recovering Your Sanity After Infidelity

A Toltec Guide to Personal Freedom

To keep your relationship happy, thriving and lasting  
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

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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 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.

The Highs, the Lows, and How You Can Make It Last Forever  
Find Your Relationship Strengths  
The Seven Principles For Making Marriage Work  
Holiday in a Coma  
How to Avoid Marital Failure  
Making Your Relationship Work and Last  
Summary of Hold Me Tight