It is your extremely own times to achievement reviewing habit. in the midst of guides you could enjoy now is hold me tight seven conversations for a lifetime of love.

Hold Me Tight-Sue Johnson 2011-02-03 Developed over 20 years ago and practiced all over the world, Emotionally Focused Therapy has been heralded by Time magazine and the New York Times as one of the only types of therapy to actually work. Couples who practice EFT see a 75% success rate (compared to 30% for other forms of relationship therapy). EFT focuses on the emotional connection of every relationship by de-escalating conflict, creating a safe emotional connection, and strengthening bonds between partners. Now in paperback, HOLD ME TIGHT introduces readers to EFT and illustrates a program they can use in their own relationships. Part I introduces the view of love as an attachment bond and applies this view to relationship problems. Part II offers seven ‘conversations’ that focus on key moments. Readers can use these to understand their responses and relationships better. Included are exercises to help couples work through the process.

Hold Me Tight-Dr. Sue Johnson 2008-04-08 MORE THAN 1,000,000 COPIES SOLD! Strengthen and deepen your relationships with revelatory practical exercises, seven profound conversations, and sage advice from “the best couple’s therapist in the world” (John Gottman, PhD, bestselling author) Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? We all want a lifetime of love, support, and companionship. But sometimes we need a little help. Enter Dr. Sue Johnson, developer of Emotionally Focused Couple Therapy and “the most original contributor to couple’s therapy to come along in the last thirty years,” according to Dr. William J. Doherty, PhD. In Hold Me Tight, Dr. Johnson shares her groundbreaking and remarkably successful program for creating stronger, more secure relationships. The message of Hold Me Tight is simple: Forget about learning how to argue better, analyzing your early childhood, making grand romantic gestures, or experimenting with new sexual positions. Instead, get to the emotional underpinnings of your relationship by recognizing that you are emotionally attached to and dependent on your partner in much the same way that a child is on a parent for nurturing, soothing, and protection. Dr. Johnson teaches that the way to enhance or save a relationship is to be open, attuned, and responsive to each other and to reestablish emotional connection. With this in mind, she focuses on key moments in a relationship and uses them as touch points for seven healing conversations, including: Recognizing the Demon Dialogues Finding the Raw Spots Revisiting a Rocky Moment Forgiving Injuries Keeping Your Love Alive These conversations give you insight into the defining moments in your relationship and guide you in reshaping these moments to create a secure and lasting bond. Through stories from Dr. Johnson’s practice, illuminating advice, and practical exercises, you will learn how to nurture, protect, and grow your relationship, ensuring a lifetime of love.

Love Sense-Dr. Sue Johnson 2013-12-31 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 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. 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Love is not the least bit illogical or random, but actually an ordered 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 attachment bond, just like that between mother and child, and shows us how to develop your love sense. Based on groundbreaking research, Love Sense will change the way we think about love.

Summary of Hold Me Tight-Abby Beathan 2019-06-10 Hold Me Tight: Seven Conversations for a Lifetime of Love by Sue Johnson - Book Summary - Abby 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 Abby 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 extremely helpful book made to enjoy a loving relationship instead of mourning over a dying one. P.S. 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

The Love Secret-Sue Johnson 2014-01-16 We are in danger of being swept away on a tide of pessimism about love and relationships. Endless cynical stories of affairs by politicians, athletes and celebrities fill the media. The dominant message is that creating a rewarding and enduring romantic relationship is impossible. In The Love Secret Dr Sue Johnson draws on the very latest scientific studies on attachment theory, including her own research, to show that this just isn’t the case. The Big News is that we are naturally monogamous, bonding animals. A lasting, loving relationship is completely within our reach. In The Love Secret you will discover how the brain works when you are in a stable, caring relationship and how you can use this groundbreaking knowledge to achieve such positive results in your own life.

An Emotionally Focused Workbook for Couples-Veronica Kallos-Lilly 2014-08-13 This workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It is recommended for use with couples pursuing Emotionally Focused Therapy (EFT). It closely follows the course of treatment and is designed so that clinicians can easily integrate guided reading and reflections into the therapeutic process. The material is presented in a recurring format. Read, Reflect, and Discuss. Reflections help couples look at their relationship through an attachment lens, walking them through the step-by-step process of creating a secure relationship bond. 33 Reflections invite readers to engage with the material personally, expanding their own awareness and ability to understand themselves. The workbook includes a series of exercises and suggestions for conversations that promote safety, disclosure, and engagement. Case
examples, along with informative illustrations, are scattered throughout the book to validate, illustrate, and inspire couples along their journey. Clinicians conversant with EFT can use this workbook to extend the effectiveness of their work with couples by giving them structured tasks to work on between sessions. For clinicians training in EFT, the book can guide them in staying focused on the EFT roadmap and illuminate how important change events unfold.

Getting It Right the First Time-Barry McCarthy 2005-10-05 A healthy marriage is the result of much more than a stroke of good fortune, the accidental meeting of two “soul mates,” or a conscious commitment to stay together no matter what. Studies have found that romantic, passionate love is often just a memory by the wedding, or within the first year of a marriage. Creating an intimate, satisfying, and stable marriage is by no means easy or guaranteed—it requires thought, communication, planning, and true commitment to each other (though luck and compatibility never hurt). The window of opportunity in which to build the foundation for such a relationship is narrow, and does not often last too long after the first two years of a marriage. Getting It Right the First Time provides the information every couple needs to know to understand what really makes a marriage work. Husband and wife team, Barry and Emily McCarthy share clear, helpful guidelines for creating a healthy marriage and reveal the strategies, skills, and attitudes that can help prevent disappointment, resentment, and alienation from entering the relationship. Ask any happily married couple whether the time and effort spent in creating a healthy marriage has been worth it, and you should get a universal answer. Getting It Right the First Time can make getting there a little easier.

Emotionally Focused Couple Therapy with Trauma Survivors-Susan M. Johnson 2011-11-03 This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

Attachment Theory in Practice-Susan M. Johnson 2019 Drawing on cutting-edge research on adult attachment—and providing an innovative framework for clinical practice—Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

Emotionally Focused Couple Therapy For Dummies-Brent Bradley 2013-07-15 A practical, down-to-earth guide to using the world’s most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships, emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships. Unlike cognitive-behavioural therapy, which provides effective short-term coping skills, emotionally focused therapy often is prescribed as a second-stage treatment for couples with lingering emotional difficulties. Emotionally Focused Couple Therapy For Dummies introduces readers to this groundbreaking therapy, offering simple, proven strategies and tools for dealing with problems with bonding, attachment and emotions, the universal cornerstones of healthy relationships. An indispensable resource for readers who would like to manage their relationship problems independently through home study Delivering powerful techniques for dealing with unpleasant emotions, rather than repressing them and for responding constructively to complex relationship issues The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods Packed with fascinating and instructive case studies and examples of EFT in action, from the authors’ case files Provides valuable guidance on finding, selecting and working with the right EFT certified therapist

Take Back Your Marriage-William Joseph Doherty 2013-07-24 All couples walk to the altar dreaming of happily-ever-after, but many forces in our society work against healthy lifelong commitment. Renowned family therapist William J. Doherty reveals how cracks can develop in even a rock-solid marriage, and what steps you can take to keep your love strong. Learn ways to break free of common traps like confusing desires with needs, comparing your spouse to your fantasies of other relationships, or becoming overtime parents instead of full-time partners. You’ll get suggestions for creating relationship rituals—from mundane to celebratory, sexy to silly—that build closeness and connection every day. The updated second edition incorporates Dr. Doherty’s ongoing experience counseling couples, plus the latest information on marriage and health, how divorce affects kids, the impact of new technologies on family life, and more. Winner—Best Self-Help Book, ForeWord Magazine’s Book of the Year Awards

The Practice of Emotionally Focused Couple Therapy-Susan M. Johnson 2012-02-24 Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist. Written by a leading authority on emotionally focused couples and marital therapy, this second edition is an up-to-date reference on all aspects of EFT and its uses for mental health professionals.

Receiving Love-Harville Hendrix 2004-10-05 This groundbreaking book from the best-selling authors of Getting the Love You Want and coauthors of Giving the Love That Heals is the first to address the biggest unexplored issue facing couples today: Most of us are better at giving love than accepting it. We don’t realize all the ways that our resistance to appreciation, praise, compliments, and accepting help from others hurts us and cripples our relationships. Many partners learn how to give love, but many more undermine their relationships by failing to get something that is equally important—learning to receive it. According to the authors, the root of the problem is the self-rejection that began in childhood, when our parents and caretakers unintentionally failed to nurture or directly rejected traits, characteristics, or im-pulses when we were children. We end up rejecting in ourselves whatever our caretakers ignored or rejected in the course of our childhoods. When we become adults, this makes it impossible to let in the love we want and need, even when our partners offer it. As a result, we dismiss compliments, minimize gestures of affection, and create obstacles to true intimacy. In this book, Harville Hendrix and Helen LaKelly Hunt, co-creators of Imago Relation-ship Therapy, offer a definitive guide to breaking the shackles of self-rejection and embracing the love our partners offer. Receiving Love is a very personal book for Drs. Hendrix and Hunt, and much of their own journey is the inspiration for it. Drawing on their renowned expertise, the wide clinical experience of hundreds of Imago therapists, and their own personal experience, the authors are able to offer detailed guidance on how to conquer the problems that come from self-rejection and embrace the gifts that are abundant in every person’s life, if only we knew how to accept them. With its groundbreaking theory, challenging processes, and inspiring examples, this book holds the key to loving relationships that last.


And Baby Makes Three-John Mordechai Gottman 2008 Drawing on separate scientific studies, two relationship experts introduce the knowledge and skills couples need to make the transition to parenthood, using practical advice and real-life examples to help couples avoid relationship meltdown, maintain a healthy sex life, preserve emotional intimacy, prevent postpartum depression, and create a nurturing environment. Reprint. 50,000 first printing.
Hold Me Tight—Sue Johnson 2014-05-10 Heralded by the New York Times and Time magazine as the couple therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In HOLD ME TIGHT, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship—beginning the Denon Iogje Revisiting a Rocky Moment—and uses them as touchpoints for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

Becoming an Emotionally Focused Couple Therapist—Susan M. Johnson 2013-05-13 An invaluable tool for clinicians and students, Becoming an Emotionally Focused Therapist: The Workbook takes the reader on an adventure—the quest to become a competent, confident, and passionate couple and family therapist. In an accessible resource for training and supervision, seven expert therapists lead the reader through the nine essential steps of EFT with explicit intervention strategies. Suitable as a companion volume to The Practice of Emotionally Focused Couple Therapy, 2nd Ed. or as a stand-alone learning tool, the workbook provides an easy roadmap to mastering the art of EFT with exercises, review sheets and practice models. Unprecedented in its novel and interactive approach, this is a must-have for all therapists searching for lasting and efficient results in couple therapy.

Hope for the Violently Aggressive Child—Ralph Ankenman 2014-01-07 Dr. Ralph Ankenman presents new diagnoses and treatment options for children who have severe disruptive meltdowns at home or school. Referred to as Immature Adrenaline Systems Overreactivity (IASO), this approach is based on the relationship between aggression and the body's adrenaline systems. Therefore, IASO does not require psychotropic drugs. Instead, IASO reduces or eliminates psychotropic drugs from a child’s regimen. IASO stops episodes of violence and aggression in patients with autism, with bipolar disorder, with developmental disabilities and also many with no mental health diagnosis at all. Standard psychotropic drugs often do not fully resolve these behaviors and lead to unnecessary side effects. A companion website of the same name as this book enables caregivers and parents to discuss and share tips about this new approach, called Immature Adrenaline Systems Overreactivity (IASO).

Love and War—John Eldredge 2011 Draws on Christian principles to counsel couples on how to promote marital health, revealing the dynamic between the different personalities of men and women.

Eight Dates—John Gottman 2019-02-05 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, of 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 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.

A General Theory of Love—Thomas Lewis 2007-12-18 This original and lucid account of the complexities of love and its essential role in human well-being draws on the latest scientific research. Three eminent psychiatrists tackle the difficult task of reconciling what artists and thinkers have known for thousands of years about the human heart with what has only recently been learned about the primitive functions of the human brain. A General Theory of Love demonstrates that our nervous systems are not self-contained: from earliest childhood, our brains actually link with those of the people close to us, in a silent rhythm that alters the very structure of our brains, establishes life-long emotional patterns, and makes us, in large part, who we are. Explaining how relationships function, how parents shape their child’s developing self, how psychotherapy really works, and how our society dangerously floats essential emotional laws, this is a work of rare passion and eloquence that will forever change the way you think about human intimacy.

Hot Shot—Fern Michaels 2019-08-27 The Sisterhood: a group of women bound by friendship and a quest for justice. Now their male allies, the Men of the Sisterhood, have formed a top-secret organization of their own, with the same goal of helping the helpless and righting the wrongs of the world. Loyalty is a way of life for the Sisterhood and their significant others. When lawyer Lizzie Fox’s husband, Cosmo Cricket, is left critically injured after being shot by an unknown assailant, the men of BOLO Consultants head straight for Las Vegas to comfort Lizzie—and to uncover a dangerous enemy in the City of Sin. As head of Nevada’s Gaming Commission, Cosmo has powerful enemies. Yet the shooting seems to be related to one of his private projects. Built in the desert outside Las Vegas, Happy Village is a flourishing community for seniors who have lost a spouse. Cosmo’s widowed father found new purpose in running the venture. But the neighborhood that’s now home to Happy Village was once run by rival gangs, a complicated past that has come to haunt the place. Jack, Harry, and the rest of the crew need to remove the threat, risking everything to take on a vicious and mysterious gang leader known only as Hot Shot. And while the men of the Sisterhood fight for justice for their friend, Cosmo is fighting for his life—and the stakes have never been higher . . .
Running on Empty No More—Jonice Webb 2017-11-07 "Opens doors to richer, more connected relationships by naming the elephant in the room ‘Childhood Emotional Neglect.’" (Hartville Hendrix, PhD & Helen LaKelly Hunt, PhD, authors of the New York Times bestseller Getting the Love You Want). Since the publication of Running on Empty: Overcome Your Emotional Neglect, many thousands of people have learned that invisible Childhood Emotional Neglect, or CEN, is weighing on them their entire lives, and are now in the process of recovery. Running on Empty No More: Transform Your Life and Your Relationships, is a terrific new resource that I will be recommending to many clients now and in the future! —Dr. Karyl McBride, author of Will I Ever Be Good Enough?

Living and Loving after Betrayal—Steven Stosny 2013-09-01 Betrayal has many faces, including anger, abuse, deceit, and infidelity. These feel like betrayal because they violate the implicit promise of emotional bonds, that your loved one will care about your wellbeing and never intentionally hurt you. If you’ve recently left a relationship where you felt betrayed by your partner—or if you want to repair one—it can seem impossible to view the world without the shadow of past betrayal hovering over you. As a result, you may struggle to create meaning in your life, find the strength to forgive, or build new, loving relationships. In Living and Loving after Betrayal, therapist and relationship expert Steven Stosny offers effective tools for healing, based on his highly successful CompassionPower program. He founded the CompassionPower agency on the belief that we are more powerful when compassionate than when angry or aggressive, and that true strength comes from relating compassionately to others and remaining true to your deeper values. In this book, you’ll learn practical strategies for overcoming betrayal-induced trauma and the chronic resentment and depression that result, using this innovative compassion-empowerment approach. Most books on betrayal only focus on the obvious issues, such as infidelity, abuse, or sex addiction. This book explores the effects of those kinds of betrayal, as well as less-talked-about types, such as emotional manipulation, dishonesty, deceit, and financial cheating. In addition, the book helps you regain a sense of trust in others so that you can eventually find another compassionate person to share your life with or, if you choose, to rebuild a relationship with your reformed betrayer. Recovering from the betrayal of partner isn’t easy, but Living and Loving after Betrayal offers potent ways to heal, grow, and love again.

Odysseus in America—Jonathan Shay 2010-05-11 In this ambitious follow-up to Achilles in Vietnam, Dr. Jonathan Shay uses the Odyssey, the story of a soldier’s homecoming, to illuminate the pitfalls that trap many veterans on the road back to civilian life. Seamlessly combining important psychological work and brilliant literary interpretation with an impassioned plea to renovate American military institutions, Shay deepens our understanding of both the combat veteran’s experience and one of the world’s greatest classics.

30 Lessons for Loving—Karl A. Pillemer 2015 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 anyone can use to enrich anyone’s relationship life.

Emotionally Focused Family Therapy—James L. Furrow 2019-06-11 Emotionally Focused Family Therapy is the definitive manual for applying the effectiveness of emotionally focused therapy (EFT) to the complexities of family life. The book sets out a theoretical framework for mental health professionals to enhance their conceptualization of family dynamics, considering a broad range of presenting problems and factors that influence treatment outcomes. The book sets out a theoretical framework for mental health professionals to enhance their conceptualization of family dynamics, considering a broad range of presenting problems and factors that influence treatment outcomes. The first section applies EFT theory and principles to the practice of family therapy. The second section explicates the process of EFT and examines the interventions associated with the EFT approach to families. In the final section, the authors provide case examples of emotionally focused family therapy (EFFT) practice, with chapters on traumatic loss, stepfamilies, externalizing disorders, and internalizing disorders. Integrating up-to-date research with clinical transcripts and case examples throughout, Emotionally Focused Family Therapy is a must-read for therapists looking to promote the development and renewal of family relationships using the principles of EFT.

Getting Past Your Past—Francine Shapiro 2013-03-26 A totally accessible user’s guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whatever your situation, this book will help you understand and heal the internal wounds that keep you stuck in old patterns and prevent you from living fully in the present. A ground-breaking and practical guide to EMDR (Eye Movement Desensitization and Reprocessing), Getting Past Your Past explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don’t serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to overcome the emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don’t let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

The Seven Principles for Making Marriage Work—John Gottman, Ph.D. 2002-02-04 Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John 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 couples in more than 2000 in-depth interviews and 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 are so important. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to overcome the emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don’t let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

Loving Like You Mean It: Ronald J. Frederick, Ph.D. 2009-03-03 In LIVING LIKE YOU MEAN IT, author Ronald J. Frederick, does a brilliant job of describing why people are so afraid of their emotions and how this fear creates a variety of problems in their lives. While the problems are different, the underlying issue is often the same. At the core of it is the fact that they are afraid of feeling emotion. Whether it is a feeling of love, joy, anger, sadness, or surprise, our inborn ability to be a fully feeling person has been hijacked by fear—and it’s fear that’s keeping us from a better life. The book begins with a questionnaire-style list that helps readers take an honest look at themselves and recognize whether and how they are afraid of their feelings. It then moves on to explore the origins of fear of feeling and introduces a four-part program for overcoming the fear: (1) Become aware of and learn to recognize emotions—a full guide to understanding and identifying emotions. (2) Let the feeling flow—it’s a way to understand emotions, how they feel and how they relate to us. (3) Learn to express your emotions—and put those feelings into words and communicate them confidently. With wisdom, humor, and compassion, the book uses stories and examples to help readers see that overcoming feelings phobia is a key to a better life and more fulfilling relationships.
Emotionally Focused Therapy for Couples—Leslie S. Greenberg 1988-10-07 This influential volume provides a comprehensive introduction to emotionally focused therapy (EFT): its theoretical foundations, techniques, and clinical practice. EFT is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new, more satisfying interactional patterns. Since the original publication of this book, EFT has been implemented and tested with growing numbers of couples in a wide range of settings. The authors, who codeveloped the approach, illuminate the power of emotional experience in relationships and in the process of therapeutic change. The book is richly illustrated with case examples and session transcripts.

Groucho—Arthur Marx 1988

Last Human—Doug Naylor 1995 No Marketing Blurb

Love Me, Don’t Leave Me—Michelle Skeen 2014-09-01 Everyone thrives on love, comfort, and the safety of family, friends, and community. But if you are denied these basic comforts early in life, whether through a lack of physical affection or emotional bonding, you may develop intense fears of abandonment that can last well into adulthood—fears so powerful that they can actually cause you to push people away. If you suffer from fears of abandonment, you may have underlying feelings of anger, shame, fear, anxiety, depression, and grief. These emotions are intense and painful, and when they surface they can lead to a number of negative behaviors, such as jealousy, clinging, and emotional blackmail. In Love Me, Don’t Leave Me, therapist Michelle Skeen combines acceptance and commitment therapy (ACT), schema therapy, and dialectical behavioral therapy (DBT) to help you identify the root of your fears. In this book you’ll learn how schema coping behaviors—deeply entrenched and automatic behaviors rooted in childhood experiences and fears—can take over and cause you to inadvertently sabotage your relationships. By recognizing these coping behaviors and understanding their cause, you will not only gain powerful insights into your own mind, but also into the minds of those around you. If you are ready to break the self-fulfilling cycle of mistrust, clinging, and heartbreak and start building lasting, trusting relationships, this book will be your guide.

Rekindling Desire—Barry McCarthy 2013-12-17 For over a decade Rekindling Desire has helped to restore and restructure sexuality in thousands of lives. This expanded edition continues the exploration of inhibited sexual desire and no-sex relationships by respected therapist Barry McCarthy, who brings decades of knowledge and the expertise that comes from having treated almost 3,000 couples for sexual problems. Contained within are suggested strategies and exercises that help develop communication and sexual skills, as well as interesting case studies that open the doors to couples’ sexual frustrations. The shame, embarrassment, and hesitancy that individuals feel with themselves, and the resentment and blame they can feel towards their sexual partners, are explored and put into context. Whether you are married, cohabitating, or dating, or if you are 25, 45, or 75, reading this book will help renew your sexual desire and put you on the path towards healthy, pleasure-oriented sexuality.

Hold Me Tight—Sue Johnson 2011 Developed by Dr Sue Johnson over 20 years ago and practised all over the world, EFT has been heralded by Time magazine and the New York Times as the couple therapy with the highest rate of success. Couples who use EFT see a 75 per cent success rate. The therapy programme focuses on the emotional connection of every relationship by de-escalating conflict, creating a safe emotional connection, and strengthening bonds between partners. In HOLD ME TIGHT, EFT pioneer Dr Sue Johnson presents her highly effective therapy model to the general public for the first time. Through case studies from her practice, illuminating advice and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

Getting the Love You Want Revised Edition—Harville Hendrix 2020-03-19 Originally published in 1988, GETTING THE LOVE YOU WANT has helped thousands of couples attain more loving, supportive and deeply satisfying relationships. In this groundbreaking book, Dr Harville Hendrix shares with you what he has learned about the psychology of love during more than thirty years of working as a therapist and helps you transform your relationship into a lasting source of love and companionship. For this edition of his classic book, Dr Hendrix and his wife, Helen LaKelly Hunt, have added a new introduction describing the powerful influence this book has had on so many people over the years. With its step-by-step programme, GETTING THE LOVE YOU WANT will help you create a loving, supportive and revitalized partnership.