DR JOHN GOTTMAN'S

PRINCIPLES OF SUCCESSFUL RELATIONSHIPS

ENHANCE YOUR

You know your partner's inner world, from life dreams to favorite movies, as a best friend would.

NURTURE FONDNESS AND ADMIRATION

You have a positive view and deep appreciation of your partner and express it.

TURN TOWARD EACH OTHER INSTEAD OF AWAY

State your needs, be aware of bids for connection, and turn towards them.

PARTNER INFLUENCE YOU

You shouldn't make important life decisions autonomously, as a single person would.

SOLVE YOUR SOLVABLE PROBLEMS

All couples have solvable and perpetual problems, but longterm couples solve those they can and understand there will always be perpetual problems.

OVERCOME GRIDLOCK

What often underlies perpetual problems are unfulfilled dreams. Talk about those dreams to make peace with the problem.

CREATE SHARED MEANING

Develop the big and small rituals that help build the bond with your partners. Rituals range from hosting an annual party to having coffee together in the morning.



Six Levels Of A Happy Marriage

SA Adler

Six Levels Of A Happy Marriage:

Reviewing Six Levels Of A Happy Marriage: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "Six Levels Of A Happy Marriage," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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