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# *the* Seven Principles *for* Making Marriage Work



A Practical Guide from the Country's  
Foremost Relationship Expert

**JOHN M. GOTTMAN, PH.D.,**  
and NAN SILVER

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Gottman**

## **Book details**

Author : John M. Gottman Pages : 320 pages Publisher :  
Harmony Language : eng ISBN-10 : 0553447718 ISBN-13  
: 9780553447712

## **Synopsis book**

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 the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary

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# *the* Seven Principles *for* Making Marriage Work



A Practical Guide from the Country's  
Foremost Relationship Expert

**JOHN M. GOTTMAN, PH.D.,**  
and NAN SILVER

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 the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages.???????This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary

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