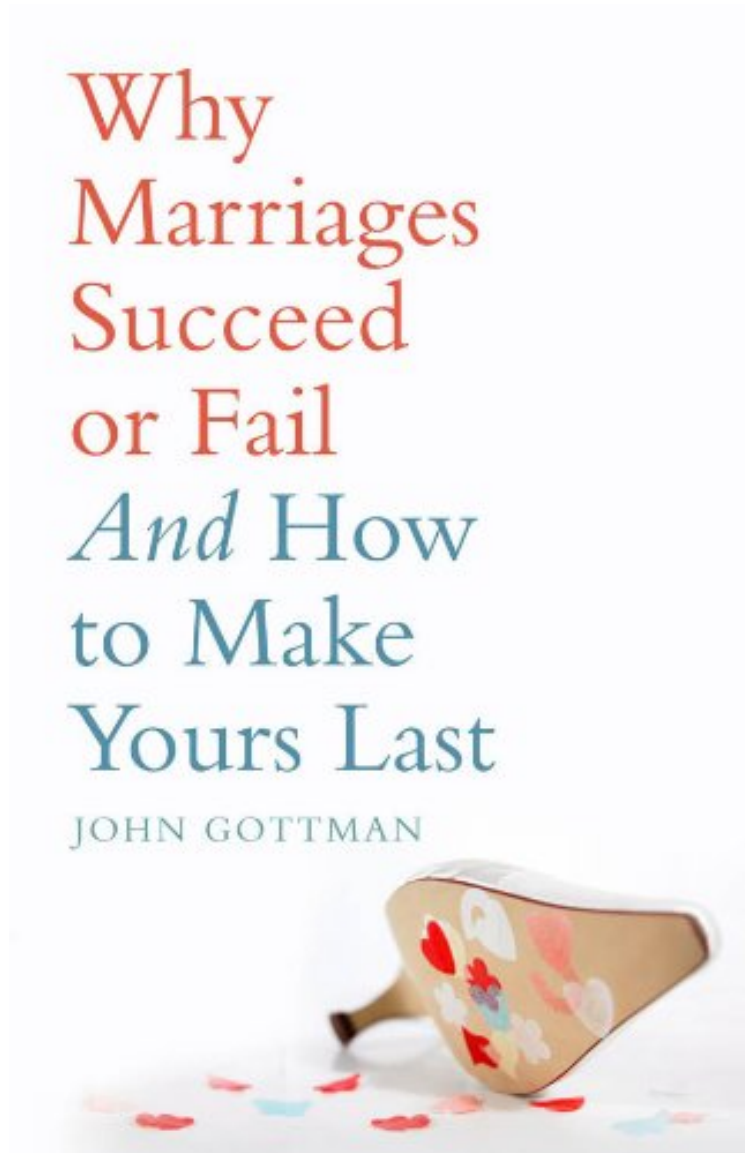


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## Why Marriages Succeed or Fail

Von John Gottman

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**Von John Gottman : Why Marriages Succeed or Fail** before purchasing it in order to gage whether or not it would be worth my time, and all praised Why Marriages Succeed or Fail:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Good insight and realistic adviceVon Ein KundeExcellent book for building a strong marriage. Helps you realize that some of the 'little' things you haven't been doing are really BIG things to the success of a marriage. Gives very specific examples, such as the idea of talking to each other about your hopes, dreams and fears. If you are parents you'll find a

renewed sparkle between you. (Also, if you have kids, check out Perfect Parenting by Elizabeth Pantley)0 von 0 Kunden fanden die folgende Rezension hilfreich. It explains exactly how to avoid what ruins marriages. Von Adam Khan (adamkhan@juno.com) About 25 years ago John Gottman, a researcher at the University of Washington, started interviewing newlyweds in his laboratory. He hooked them up to devices that measure physical responses (blood pressure, heart rate, sweat on the palms, etc.) and videotaped them while they discussed a subject that was volatile for them. What topic was sure to create a heated argument? That's the one he wanted them to talk about. He was then able to go back and study the videotapes and watch the records of blood pressure and heart rate and see how the person responded both outwardly and inwardly. And then he tracked these couples over the years. Some broke up. Some stayed together. He found something very specific that enabled him to predict, with an astoundingly high degree of accuracy, who will break up and who will stay together: How do they fight? He found four things -- four kinds of communication -- that ruin a marriage. If those four are present during an argument, the marriage is headed for disaster. His most important discovery, I think, is that it isn't the CONTENT of the fight that makes a difference, it's the PROCESS you use during an argument. If you use a lousy method of fighting, it doesn't matter if you're only arguing about a toothpaste tube, it can destroy your marriage. But with the right PROCESS -- one that avoids those four disaster-creating methods -- you can talk about a highly volatile issue like infidelity and still keep the marriage together and your love alive. When you're in an argument with your spouse, it always SEEMS that the important thing is WHAT you're arguing about. But that's not what matters. The important thing is HOW you argue. And Gottman's book tells you exactly how to avoid what doesn't work. 0 von 0 Kunden fanden die folgende Rezension hilfreich. honest check list for relationship status how to improve Von Ein Kunde Reading this book was like a check list for me. My marriage has gotten to the point that my husband's counselor suggested we both read this book, then meet together with him. I found this helpful for me to see exactly where I was in my opinion of our marriage. The occasional "tests" helped me to see myself honestly and admit the mistakes I've been making for the past 22 years. It was difficult to admit that I was in such an unsuccessful relationship, but when I was the one taking the tests and answering the questions, it was obvious that I needed to take some of the advice the author suggests for each "problem". Now I can only hope that my husband will do the same. At least for me, I know that I really need to consider a divorce as an alternative to being lonely, depressed and unhappy. Even though it was not easy, I am glad I read this book.

Kurzbeschreibung Psychologist and top marriage guru John Gottman has spent twenty years studying what makes a marriage last - now you can use his tested methods to evaluate, strengthen and maintain your long-term relationship. This ground-breaking book will enable you to see where your strengths and weaknesses lie, what specific actions you can take to improve your marriage and how to avoid the damaging patterns that can lead to divorce. It includes:- Practical exercises and techniques that will allow you to understand and make the most of your relationship- Ways to recognise and overcome the attitudes that doom a marriage- Questionnaires that will help you evaluate your relationship- Case studies and anecdotes from real life throughout From Kirkus s From psychology professor (Univ. of Washington) and marriage researcher Gottman: an upbeat, easy-to-follow manual based on research into the dynamics of married couples. Gottman describes his studies as being akin to a CAT scan of a living relationship and asserts that he's been able to predict the future of marriages with an accuracy rate of over 90 percent. In 1983 and 1986, his research team monitored more than a hundred married couples in Indiana and Illinois with electrodes, video cameras, and microphones as they attempted to work out real conflicts. Using the information derived from these sessions, Gottman concludes here that a lasting relationship results from a couple's ability to resolve conflicts through any of the three styles of problem-solving that are found in healthy marriages- -validating, conflict-avoiding, and volatile. Numerous self-quizzes help couples determine the style that best suits them. Gottman points out, however, that couples whose interactions are marked by four characteristics--criticism, contempt, defensiveness, and withdrawal--are in trouble, and he includes self-tests for diagnosing these destructive tactics, as well as steps for countering them. Interestingly, Gottman asserts that the basis of a stable marriage can be expressed mathematically: the ratio of positive to negative moments must be at least 5:1--and he offers a four-step program for breaking through negativity and allowing one's natural communication and problem-solving abilities to flourish. Mathematics and science aside, there's plenty of old-fashioned, helpful, and worthwhile advice here about gender differences, realistic expectations, love, and respect--advice that may appeal especially to those who enjoy taking quizzes and analyzing relationships. -- Copyright 1993, Kirkus Associates, LP. All rights reserved. Kurzbeschreibung Psychologist and top marriage guru John Gottman has spent twenty years studying what makes a marriage last - now you can use his tested methods to evaluate, strengthen and maintain your long-term relationship. This ground-breaking book will enable you to see where your strengths and weaknesses lie, what specific actions you can take to improve your marriage and how to avoid the damaging patterns that can lead to divorce. It includes:- Practical exercises and techniques that will allow you to understand and make the most of your relationship- Ways to recognise and overcome the attitudes that doom a marriage- Questionnaires that will help you evaluate your relationship- Case studies and anecdotes from real life

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