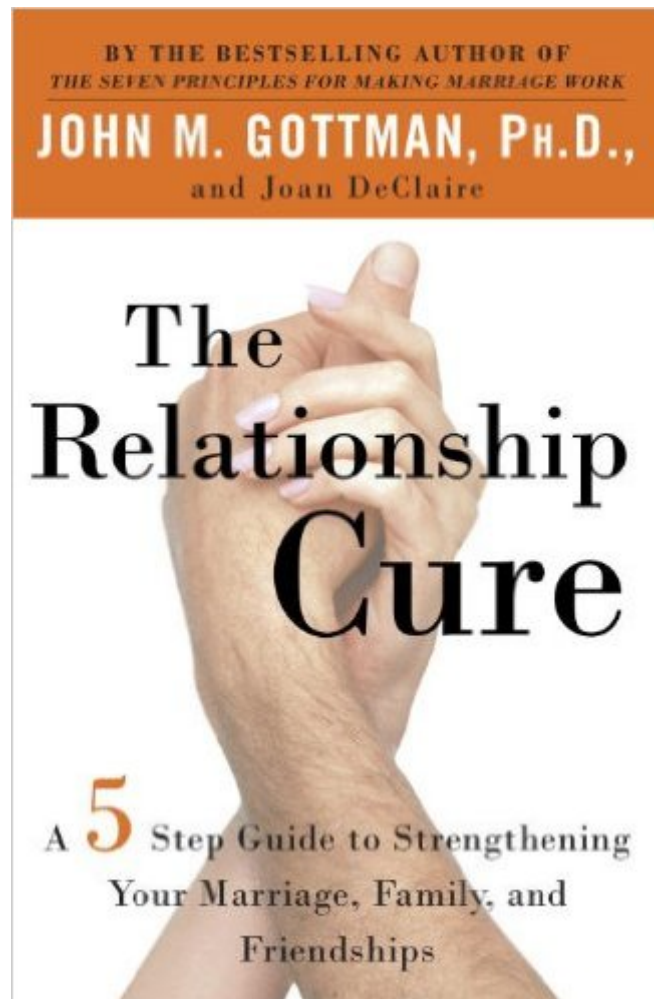


The book was found

# The Relationship Cure: A 5 Step Guide To Strengthening Your Marriage, Family, And Friendships



## Synopsis

A groundbreaking, practical program for transforming troubled relationships into positive onesâ œThis is the best book on relationships I have ever read. . . . John Gottman has decoded the subtle secrets that can either enrich or destroy the quality of our ties with others.â • Daniel B. Wile, Ph.D., author of *After the Fight: Using Your Disagreements to Build a Stronger Relationship*â œJohn Gottman is our leading explorer of the inner world of relationships. In *The Relationship Cure*, he has found gold once again.â •William J. Doherty, Ph.D., author of *Take Back Your Marriage: Sticking Together in a World That Pulls Us Apart*â œWhen he says his five steps will help you build better connections with the people you care about, you know that they have been demonstrated to work.â • E. Mavis Heatherington, Ph.D., professor of psychology, University of VirginiaFrom the countryâ™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 lifeâ™with spouses and lovers, children, siblings, and even your colleagues at work. In *The Relationship Cure*, Dr. Gottman:

- \* Reveals the key elements of healthy relationships, emphasizing the importance of what he calls âœemotional connectionâ
- \* Introduces the powerful new concept of the emotional âœbid,â
- \* the fundamental unit of emotional connection
- \* Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to othersâ™ bids

## Book Information

Paperback: 336 pages

Publisher: Harmony; Reprint edition (June 25, 2002)

Language: English

ISBN-10: 0609809539

ISBN-13: 978-0609809532

Product Dimensions: 5.2 x 0.7 x 7.9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (133 customer reviews)

Best Sellers Rank: #5,242 in Books (See Top 100 in Books) #13 inÂ Books > Self-Help > Emotions  
#56 inÂ Books > Parenting & Relationships > Marriage & Adult Relationships #77 inÂ Books > Self-Help > Relationships > Interpersonal Relations

## Customer Reviews

I work in Family Practice and Urgent Care as a physician assistant and do most of the 'psych' in our

clinic. My background is in counseling psychology as well. I consider this book the most thorough, useful and appropriate 'communications skills' self-help book I have ever read. I recommend it to my patients and friends constantly. Janee Gillette, PA-C

Evaluate all of your relationships, self and others from these three simple perspectives:(1) Turning Against--those who criticize;(2) Turning Away--those who do not engage directly;(3) Turning Toward--those who truly respond to you with empathy. Then start pruning away the dead wood!

Read this book and share it with your partner if you can. It is so spot-on about communication, I really wish everyone would read it! The basic premise is explaining how we relate to each other and what happens when we don't respond in a way that potentiates that relationship. It's easy to understand, a great read. I especially recommend it if you are in a relationship that is not going well and BOTH of you are looking for help in fixing it. Read it together. It will help you understand each other. (I only wish it wasn't called The Relationship Cure because it's really about Communication!)

This book has altered the course of my life. I whole-heartedly recommend it to anyone who would like to improve their relationships with their spouse, parents, siblings, children, bosses, coworkers, friends, or ANYONE. It teaches fundamentals about the human nature of communication, offering real-life examples to aid in understanding. Based on years of research, I think these guys are onto something amazing, and it has truly changed my life. When one of my best friends confided to me that her husband had moved out and they were on the verge of divorce, I said, "Read this book together with him. It changed my life. Maybe it can help you, too." A few months later, she told me through tears that going through the process of reading this book together had changed their life too, and that now they were closer than ever. I ended up buying another copy to keep for myself. For the preview- it breaks communication down to simple "bids" for connection, the way you could respond to them, and the outcomes of various types of responses. Apparently, we are a lot more predictable than we realize, and I have found the information to be tried and true in my life since I first read the hardcover edition when it first came out, happening upon it by accident in the bookstore.

This is an outstanding book, especially the section on emotional styles within families (dismissive, coaching, etc.). If we learned this in school like we learn the alphabet, we'd be much farther along emotionally and relationally as a society. Read this book and absorb it; very useful.

I first learned of John Gottman, PhD when I heard him speak in Seattle with H.H. the Dalai Lama earlier this year. The topic of the seminar was parenting, and I fell in love with his insights and simplistic approaches. This is the first book of his I've read, and I loved it. I found it very profound, yet surprisingly simple. Pros: \*I liked the explanation of 'the bid.' It's a basic theory, but it seems to be forgotten after a while in a relationship. \*I liked the chapter on 'emotional heritage.' The self evaluations are extremely helpful in taking a look at your past and how your family dynamics can come into play in your adult years. \*I liked how the information in this book can be applied to any type of relationship: romantic, friendship, family / sibling, and co-workers. Cons: \*Some of the information seems like it should be common sense, but it also seems necessary for the author to state it clearly in this book because it seems to get lost in so many relationships. This book seems like an undertaking when you first flip through it, but I found that it read very fluently and fairly quickly. I would recommend it to everyone, especially those wanting to strengthen the love in their life.

John Gottman, one of the leading authorities on relationships has produced another fantastic book on this subject. In this book he explains the basic elements of "people skills". It gives us concrete ideas about what it takes and how we can develop them. He uses information from many of his own research projects to explain the concepts and processes involved to understand the ways we interact with each other. I must admit that although my relationships were not the best until recently, this book has helped me improve these relationships quite dramatically. If you'd like to read an even more comprehensive explanation on how relationships work, read "The Ever-Transcending Spirit" by Toru Sato. It is also an outstanding book on relationships as well as adult (and childhood) development. Two thumbs up for both books!!!

We have been married 39 years and we were arguing more than getting along. And, of course, sex was out of the question. We went to a counselor who recommended reading pages 27 thru 64. Within a few weeks after reading, discussing, and acting on these pages our marriage was better than ever. And, no, we did not fill in many of the questionnaires. I, the husband, discovered that, while my wife's positive expression makes the larger positive difference to our marriage, but it is my mindfulness to her that enables her to make these expressions. I firmly believe that I was not aware of the many times when she wanted my attention, but I was simply unaware. It is now 4 months after reading the book. The flame has been glowing brightly and we intend to give each other the

attention that we deserve. Did this book save our marriage? Perhaps. It certainly did make us happy again!!!

[Download to continue reading...](#)

The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships  
Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for  
Strengthening Your Relationship Marriage: Save Your Marriage- The Secret to Intimacy and  
Communication Skills (marriage, relationships, save your marriage, divorce, love, communication,  
intimacy) Marriage: How to Rescue, Revive and Rebuild Trust in Your Marriage (Marriage  
Counseling, Marriage Help, Intimacy Advice) Marriage Counseling: Marriage Tips Guide to Helping  
Deal with Marriage Problems The Bible Cure for Candida and Yeast Infections: Ancient Truths,  
Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) The  
New Bible Cure for Chronic Fatigue and Fibromyalgia: Ancient Truths, Natural Remedies, and the  
Latest Findings for Your Health Today (New Bible Cure (Siloam)) The Bible Cure for Prostate  
Disorders: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New  
Bible Cure (Siloam)) The Bible Cure Recipes for Overcoming Candida: Ancient Truths, Natural  
Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Juicing for  
Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and  
Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending)  
Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds  
(Guilford Family Therapy (Paperback)) Autoimmune: The Cause and The Cure (This book identifies  
the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis,  
Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis,  
Sjogren's, and more) Every Body Matters: Strengthening Your Body to Strengthen Your Soul 7 Keys  
to Spiritual Wellness: Enriching Your Faith by Strengthening the Health of Your Soul Dr. Jonathan  
V. Wright's Nutrition & Healing (The skin cancer cure... yes, cure... that works every time, Volume  
14 Number 5) Binge Eating Cure: Cure Binge Eating with Intermittent Fasting Too Good to Leave,  
Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your  
Relationship Entity-Relationship Approach - ER '94. Business Modelling and Re-Engineering: 13th  
International Conference on the Entity-Relationship Approach, ... (Lecture Notes in Computer  
Science) Psychic: The Psychic Development Guide for Strengthening Your Psychic Abilities Toward  
A Growing Marriage: Building the Love Relationship of your Dreams

[Dmca](#)