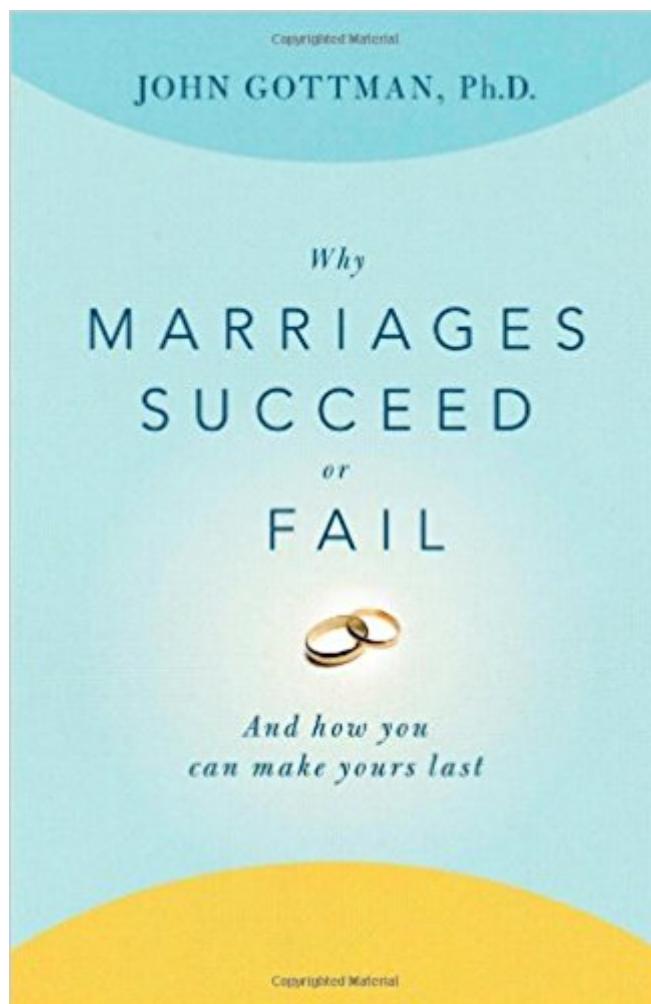


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# Why Marriages Succeed Or Fail: And How You Can Make Yours Last



## **Synopsis**

Psychologist 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 own long-term relationship. This breakthrough book guides you through a series of self-tests designed to help you determine what kind of marriage you have, where your strengths and weaknesses are, and what specific actions you can take to help your marriage. You'll also learn that more sex doesn't necessarily improve a marriage, frequent arguing will not lead to divorce, financial problems do not always spell trouble in a relationship, wives who make sour facial expressions when their husbands talk are likely to be separated within four years and there is a reason husbands withdraw from argumentsâ "and there's a way around it. Dr. Gottman teaches you how to recognize attitudes that doom a marriageâ "contempt, criticism, defensiveness, and stonewallingâ "and provides practical exercises, quizzes, tips, and techniques that will help you understand and make the most of your relationship. You can avoid patterns that lead to divorce, andâ "Why Marriages Succeed or Fail will show you how.

## **Book Information**

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## **Customer Reviews**

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. --This text refers to the MP3 CD edition.

"There's plenty of old-fashioned, helpful, and worthwhile advice here about gender differences, realistic expectations, love, and respect." ---Kirkus --This text refers to the MP3 CD edition.

I learned so much about myself and my wife's style of marital conflict through this book. I listened to it on the way too and from work and there are some helpful exercise that you can discuss with your wife. I moved onto the 7 Principles book after, but I do believe this should be a prerequisite. Without first understanding why you both argue the way you do, especially if you have different styles, you won't be as effective at putting the 7 Principles to work. I also found the 7 Principles to build upon the foundation that this book had already created for me. The reinforcement from the 7 Principles has already became identifiable in my life. I found this book to be a little dated at first, but on an optimistic note, people have had the same problems as everyone else generation after generation. If you're teetering on the edge, buy this book, then the 7 Principles.

Recommended to me by a therapist. The author presents his research findings on two decades of marriage research in an accessible and informative way. Insights so far are helpful and enlightening.

Gottman gives concrete examples of how to improve communication styles and what the pitfalls are

that send you down the wrong path. The self tests allow you to really examine your role and style in damaging or improving a relationship. If one could apply all his suggestions it would indeed improve your relationship. Unfortunately it is easier said than done...

I like this book so much that I donated a copy to our large church library. Others were purchased and all are in constant use. It is a great communicator to give people a handle on building a strong marriage. Supported by reliable research it helps in a world full of bogus books on marriage. But so much more needs to be done in this field. In my opinion this book is not enough we need more. Dr. Tim White, Washington Cathedral Redmond

It was very helpful to learn the right way to have disagreements with my wife. That is something most counselors don't tell you, but it is one of the most helpful lessons to learn. I also liked that Mr. Gottman explains that its ok and even helpful to argue, as long as your doing it right. I very much enjoyed reading this book.

Beginning is slow to wade through in understanding how they came to their position/recommendation, but interesting. Taking the test together and discussing our difference in answers aided in discussion. Only tackled one at a time and scheduled time to keep reviewing. Not finished yet as we are still working on test, but feeling better about using skills and patience. Start with the chapter with the tests and work forward.

I've used this repeatedly with couples who are either heading toward marriage or veteran marriages which have hit a 'rough spot.' While the book is useful (and good!), I think the first half proves to be most helpful with the people I know. All in all - worth your time and money.

I am learning much about marriage

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