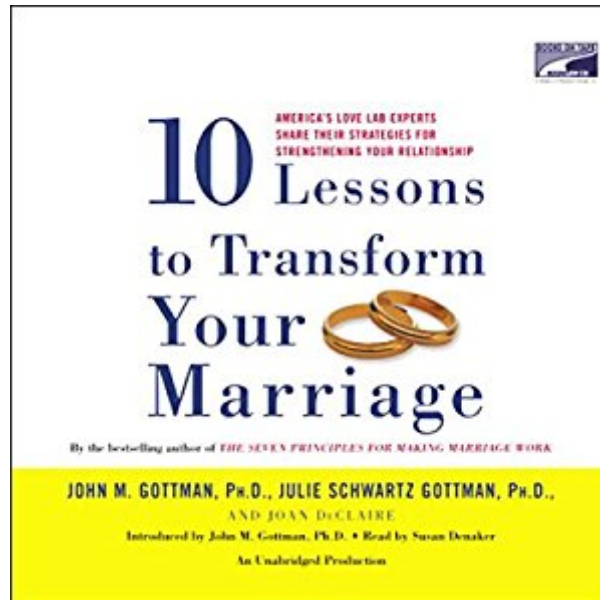


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# Ten Lessons To Transform Your Marriage



## Synopsis

In 1994, Dr. John Gottman and his colleagues at the University of Washington made a startling announcement: Through scientific observation and mathematical analysis, they could predict with more than 90 percent accuracy whether a marriage would succeed or fail. The only thing they did not yet know was how to turn a failing marriage into a successful one, so Gottman teamed up with his clinical psychologist wife, Dr. Julie Schwartz Gottman, to develop intervention methods. Now the Gottmans, together with the Love Lab research facility, have put these ideas into practice. In *Ten Lessons to Transform Your Marriage*, the Gottmans share this vital information so that couples can develop the skills to turn their relationship problems around and create strong, lasting unions. What emerged from the Gottmans' collaboration and decades of research is a body of advice that's based on two surprisingly simple truths: Happily married couples behave like good friends, and they handle their conflicts in gentle, positive ways. The authors offer an intimate look at ten couples who have learned to work through potentially destructive problems—extramarital affairs, workaholism, parenthood adjustments, serious illnesses, lack of intimacy—and examine what they've done to improve communication and get their marriages back on track. Giving an insider's view of the Love Lab, the Gottmans take the reader step-by-step through the couples' conversations, before and after they are counseled. The authors also provide an analysis of the couples' interactions, identifying their core problems and offering suggestions for resolving them. By listening to the discussions in this way, you will learn to detect the most common stumbling blocks of a relationship and most importantly how to avoid them. Hundreds of thousands have seen their relationships improve thanks to the Gottmans' work. Whether you want to make a strong relationship more fulfilling or rescue one that's headed for disaster, *Ten Lessons to Transform Your Marriage* is essential reading. From inside the famed Gottman Institute, aka the Love Lab: ten scientifically proven, practical ways to strengthen your marriage. We don't feel close anymore. • You never talk to me. • We only have time for the kids. • All you do is work. • You don't care about my dreams. • Do you recognize yourself, or your spouse, in any of these statements? If so, Dr. John Gottman and his wife, Dr. Julie Schwartz Gottman, say you shouldn't be surprised. In fact, their decades of scientific research have shown that most couples face these and other serious problems—but what the Gottmans have proven is that such difficulties don't have to lead to a broken relationship, or even divorce. In *Ten Lessons to Transform Your Marriage*, the Gottmans provide vital tools—scientifically based and empirically verified—that you can use to regain affection and romance lost through years of ineffective communication. You'll strengthen your relationship and make it the most fulfilling it

can be. --This text refers to an alternate Audible Audio Edition edition.

## **Book Information**

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## **Customer Reviews**

When it comes to books on marriage and relationships, I rely on the Gottman books, where the concepts were gleaned from scientific observation and statistical analysis, rather than pop psychology and opinion. For several years, I have been giving "The Seven Principles for Making Marriage Work" (SP) as wedding gifts, and now I include "10 Lessons to Transform Your Marriage" (10L) as well. Although SP and 10L cover much of the same material, SP explains the concepts in more depth with exercises to apply the material, whereas 10L explains the concepts in a concise yet functional manner, and is heavier on application. I find both books equally valuable and highly recommend one read both--SP first, then 10L, although 10L is perfectly usable as a stand-alone book. In 10L, we're introduced to 10 couples, each with a different issue. One couple, for example, has a marriage that's so child-centered they're not taking adequate time for themselves. Another couple lives a parallel existence in the house as roommates who don't get along very well. The Gottmans devote a chapter to each couple's problem. In each chapter, there's an explanation of the problem along with a transcript of the couple having a conversation (in some cases an argument!) about their issue. To the right of the dialog, the Gottmans comment on what they notice, with plus or minus signs, a very helpful feature that helps the reader integrate the principles into a real-life situation. After the initial dialog, the Gottmans comment on what the husband and wife did that was helpful or detrimental, and how they can improve. The couple was then sent back to have a second conversation, and in each case the couple made improvements on how they dealt with the issue.

10 Lessons to Transform Your Marriage By John & Julie Gottman Rating: 8 of 10 I first heard about the Gottmans while listening to Malcolm Gladwell's book Blink. Gladwell described them as relationship experts who after briefly listening to a couple argue could predict whether they would be together or not in seven years with 90% accuracy! That got my attention. It turns out that there are four "horsemen" that the Gottmans look for: criticism, stonewalling, defensiveness, and contempt. If one of these behaviors shows up in an argument (especially contempt), your relationship is unlikely to have a happy future. Ten Lessons is the Gottman's positive take on their negative research: what can couples do to enhance their relationship and dismount the four horsemen? What makes this book so engaging is that the ten lessons are ten different scenarios that regularly come up in many relationships and are explored through verbatim conversations with real-life couples. These ten lessons range from addiction to work and healing from an affair to lack of passion and nagging. Anyone deal with those issues in their marriage? In each chapter the Gottmans introduce you to a new couple and their argument. The verbatims are like sitting in on a real-life counseling session. You hear how the couples discuss and argue. Then the Gottmans do some teaching and training on how to have the conversation in a different way with tips like, "How to complain without criticizing," and then the couples give the conflict another go around. It is fascinating to see how a conflict that had deep ruts built over years and years of arguing can actually change course.

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