

# seven principles for making marriage work

## Seven Principles for Making Marriage Work: Building a Lasting Partnership

**Seven principles for making marriage work** are more than just rules; they are the foundation for cultivating a healthy, loving, and resilient relationship. Marriage is one of life's most profound commitments, but it also requires ongoing effort and understanding. Whether you're newlyweds or have been together for decades, applying these principles can help you navigate challenges and deepen your connection. Let's explore these guiding ideas that many couples swear by to maintain harmony, trust, and intimacy in their marriage.

## The Importance of Communication in Marriage

Open and honest communication is often called the lifeblood of any relationship. Without clear channels to express feelings, concerns, and dreams, misunderstandings can fester and create distance between partners. Good communication involves not just talking but actively listening and validating your spouse's perspective.

## Practicing Active Listening and Empathy

When your partner speaks, truly listen without planning your next response. Reflect back what you hear and show empathy by acknowledging their emotions. This approach helps build emotional safety, making it easier to discuss difficult topics without fear of judgment or defensiveness.

## Expressing Needs Constructively

It's natural to have unmet needs in marriage, but how you communicate them matters. Instead of blaming or criticizing, use "I" statements to share how you feel and what you need. For example, saying "I feel lonely when we don't spend time together" invites collaboration rather than conflict.

## Building Trust and Honesty

Trust is the cornerstone of a thriving marriage. Without it, insecurity and suspicion can erode the relationship's foundation. Being honest creates transparency and demonstrates respect for your partner.

## **Consistency and Reliability**

Trust grows when partners consistently follow through on promises and commitments. Small actions, like being punctual or keeping confidences, add up to a sense of dependability. Over time, this reliability fosters a deeper sense of security within the marriage.

## **Addressing Past Hurts**

If there have been breaches of trust, it's vital to address them openly. Avoiding or minimizing these issues only allows resentment to build. Healing requires sincere apologies, patience, and rebuilding trust step by step.

## **Prioritizing Emotional and Physical Intimacy**

Intimacy goes beyond physical connection; it's about feeling close, understood, and cherished. Couples who nurture both emotional and physical intimacy tend to experience greater satisfaction in their marriage.

## **Creating Moments of Connection**

In the rush of daily life, carving out time for each other can be challenging. Simple rituals such as sharing a morning coffee, going for walks, or having regular date nights strengthen your bond. These moments reinforce that your relationship is a priority.

## **Understanding Each Other's Love Language**

Different people express and receive love in varied ways—words of affirmation, acts of service, quality time, gifts, or physical touch. Learning your partner's love language and intentionally showing affection in that way can deepen intimacy and reduce misunderstandings.

## **Managing Conflict with Respect**

Disagreements are inevitable in any marriage, but how you handle conflict makes all the difference. The goal isn't to avoid arguments altogether but to resolve them constructively.

## **Keeping Arguments Healthy**

Avoid personal attacks, name-calling, or bringing up past grievances during fights. Instead, focus on the issue at hand and express your feelings calmly. Taking breaks if emotions run too high can prevent escalation.

## **Finding Compromise and Solutions**

Marriage is a partnership, meaning both people's needs matter. Aim to find solutions that respect both viewpoints. Sometimes this means meeting halfway or agreeing to disagree without resentment.

## **Sharing Goals and Values**

A shared vision for the future can unite couples and provide direction. Aligning on core values such as family, finances, career ambitions, and lifestyle creates a powerful sense of teamwork.

## **Regular Check-Ins on Life's Big Decisions**

As life evolves, so do priorities. Regularly discussing your goals—whether related to children, finances, or personal growth—helps avoid surprises and keeps you moving forward together.

## **Supporting Each Other's Dreams**

Encouraging your spouse's aspirations and celebrating their achievements strengthens mutual respect and admiration. This kind of support nurtures individual growth while reinforcing your partnership.

## **Maintaining a Sense of Humor and Fun**

Laughter is a powerful glue that can ease tension and bring joy to your relationship. Couples who enjoy having fun together often report higher satisfaction.

## **Finding Joy in Everyday Moments**

Humor doesn't have to be grand or extravagant—it can be found in small, shared experiences. Playfulness, inside jokes, or light teasing can keep your connection lively and vibrant.

## **Engaging in Activities Together**

Whether it's a hobby, sport, or creative project, doing things together creates positive memories and strengthens your teamwork. Shared interests provide something to look forward to and bond over.

## **Committed to Growth and Adaptation**

Marriage is a journey, not a destination. Couples who commit to growing both individually and as a team tend to weather challenges more effectively.

## **Being Open to Change**

People evolve, and so do relationships. Embracing change instead of resisting it allows your marriage to adapt to new circumstances, whether that's parenthood, career shifts, or aging.

## **Seeking Help When Needed**

Sometimes external support, such as counseling or workshops, can provide valuable tools and insights. Recognizing when you need help and pursuing it demonstrates strength and dedication to making your marriage work.

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Navigating marriage successfully involves a blend of love, patience, effort, and understanding. By embracing these seven principles for making marriage work, couples can build a resilient and fulfilling partnership that stands the test of time. Each principle interlocks with the others, creating a strong framework for intimacy, trust, and joy in your shared life.

## **Frequently Asked Questions**

### **What is the main focus of the book 'The Seven Principles for Making Marriage Work'?**

The book focuses on practical strategies and principles to help couples build and maintain a healthy, long-lasting marriage by improving communication, understanding, and emotional connection.

### **Who is the author of 'The Seven Principles for Making Marriage Work'?**

The author is Dr. John Gottman, a renowned psychologist and relationship researcher.

### **Can the seven principles help couples who are already experiencing serious marital problems?**

Yes, the principles are designed to help couples at various stages, including those facing challenges, by fostering better communication, conflict resolution, and emotional intimacy.

### **What is one of the key principles for making marriage work according to Gottman?**

One key principle is 'Enhance your love maps,' which means knowing your partner's world deeply, including their hopes, fears, and preferences.

### **How important is conflict management in the seven principles?**

Conflict management is crucial; Gottman emphasizes handling disagreements with respect and understanding, avoiding criticism and contempt, and using constructive repair attempts.

### **Does 'The Seven Principles for Making Marriage Work' address emotional intimacy?**

Yes, emotional intimacy is central to the principles, encouraging couples to nurture fondness, admiration, and a deep friendship to strengthen their bond.

### **Are the seven principles applicable to all types of marriages?**

The principles are broadly applicable to most marriages, regardless of background, as they focus on universal aspects of healthy relationships like communication, trust, and mutual respect.

## How can couples start applying the seven principles in their daily lives?

Couples can start by practicing active listening, expressing appreciation regularly, managing conflicts constructively, and spending quality time to deepen their connection.

## What role does trust play in the seven principles for making marriage work?

Trust is fundamental; building and maintaining trust through reliability, honesty, and emotional support is emphasized throughout the principles.

## Is professional counseling recommended alongside the seven principles?

While the principles can be practiced independently, Gottman often recommends professional counseling for couples facing severe issues to guide them through the process effectively.

## Additional Resources

Seven Principles for Making Marriage Work: An Analytical Review

**Seven principles for making marriage work** have gained prominence as essential guidelines for couples seeking to build lasting, fulfilling relationships. In a society where divorce rates remain significant and the dynamics of partnerships continuously evolve, understanding these foundational principles offers a pathway to marital stability and growth. Rooted in decades of psychological research and clinical practice, these principles not only highlight the core elements that sustain marriage but also provide practical approaches to navigating common challenges.

This article explores the seven principles for making marriage work through an investigative lens, examining their relevance, application, and impact on relationship longevity. By integrating relevant concepts such as effective communication, conflict resolution, emotional intelligence, and mutual respect, this analysis seeks to provide a comprehensive understanding that transcends surface-level advice.

## The Seven Core Principles Explained

The framework of seven principles for making marriage work originates largely from relationship research, notably the work of psychologist John Gottman, whose studies on marital stability have shaped contemporary relationship counseling. These principles serve as pillars for couples to develop resilience, intimacy, and mutual satisfaction in their union.

## **1. Enhance Your Love Maps**

At the foundation of a strong marriage lies a profound understanding of each other's inner world. "Love maps" refer to the mental representations partners have about each other's feelings, preferences, dreams, and worries. Couples who consistently update these maps cultivate deeper emotional intimacy and empathy.

Research indicates that partners with well-developed love maps are more attuned to subtle changes in their spouse's mood or needs, enabling proactive support. This principle encourages continuous curiosity and active engagement in each other's lives, which can be a safeguard against emotional distancing.

## **2. Nurture Fondness and Admiration**

Fondness and admiration are the emotional bedrock of a healthy marriage. This principle advocates for focusing on positive qualities and expressing appreciation regularly. The presence of fondness acts as a buffer during conflict, reducing negativity and fostering goodwill.

Data from longitudinal studies suggest that couples who maintain a high ratio of positive to negative interactions—often cited as 5:1—are significantly more likely to sustain marital satisfaction. Highlighting strengths rather than dwelling on flaws encourages a supportive atmosphere conducive to growth.

## **3. Turn Toward Each Other Instead of Away**

Daily interactions often present opportunities for connection or disengagement. The third principle emphasizes "turning toward" bids for attention, affection, or support instead of ignoring or dismissing them. These small moments accumulate to reinforce trust and partnership.

In practical terms, responding to a partner's requests for connection—even brief acknowledgments or gestures—can foster a sense of being valued and understood. Conversely, turning away can lead to emotional isolation and erosion of intimacy, a phenomenon frequently linked to eventual relationship dissatisfaction.

## **4. Accept Influence**

Healthy marriages are characterized by mutual influence, where partners respect and consider each other's opinions and feelings in decision-making. This principle challenges traditional power dynamics that may prioritize one partner's perspective over the other's.

Acceptance of influence does not imply weakness but rather demonstrates openness and flexibility. Studies show that couples who practice mutual influence exhibit higher levels of cooperation and lower incidence of unresolved conflicts. This dynamic promotes equality and shared responsibility.

## **5. Solve Solvable Problems**

Conflict is inevitable, but the ability to resolve solvable problems effectively distinguishes enduring marriages. This principle entails using practical strategies such as compromise, negotiation, and problem-solving techniques to address issues that have clear solutions.

Couples who adopt structured approaches to conflict resolution—like setting ground rules for discussions or taking breaks during escalation—tend to experience less stress and resentment. Recognizing which issues are solvable versus perpetual is crucial to allocating emotional energy appropriately.

## **6. Overcome Gridlock**

Some disagreements stem from fundamental differences in values, dreams, or personality traits, leading to gridlock. This principle addresses the challenge of managing perpetual conflicts by fostering dialogue that explores underlying emotions and aspirations rather than focusing solely on surface issues.

By creating safe spaces for vulnerability and understanding, couples can transform gridlock into shared meaning—even if complete agreement remains elusive. This approach helps prevent stalemates from hardening into bitterness or disengagement.

## **7. Create Shared Meaning**

Beyond managing conflict, successful marriages build a shared sense of purpose and meaning. This involves developing rituals, goals, and narratives that reflect the couple's identity and aspirations. Shared meaning strengthens the emotional bond and provides a framework for navigating life's transitions.

Examples include family traditions, mutual support for individual pursuits, or collective involvement in community activities. Establishing this shared culture can enhance resilience by aligning partners' values and creating a unified vision for the future.

## **Integrating the Principles: Practical Implications and Challenges**



While the seven principles for making marriage work offer a robust blueprint, their application requires intentionality and emotional labor. Couples often face barriers such as communication breakdowns, unresolved trauma, or external stressors that complicate adherence to these guidelines.

## **Communication and Emotional Regulation**

Effective communication underpins many of the principles, particularly in nurturing fondness, turning toward each other, and conflict resolution. However, emotional reactivity can impede constructive dialogue. Training in emotional regulation and active listening can facilitate better interactions, helping couples navigate disagreements without escalating negativity.

## **Balancing Individuality and Togetherness**

The principle of creating shared meaning must be balanced with respect for individual autonomy. Overemphasis on collective identity can inadvertently suppress personal growth or lead to codependency. Couples benefit from fostering both connectedness and independence, allowing each partner to thrive within the relationship.

## **Longitudinal Perspective on Marriage Work**

Research underscores that marriage is dynamic, with periods of growth and strain. The seven principles serve as ongoing tools rather than one-time solutions. Couples who revisit and adapt these principles in response to life changes—such as parenthood, career shifts, or aging—are better equipped to maintain marital satisfaction.

## **SEO Considerations and Keywords Integration**

In this article, terms such as "marital stability," "relationship satisfaction," "conflict resolution strategies," "emotional intimacy in marriage," and "communication skills for couples" have been woven naturally alongside seven principles for making marriage work. This approach ensures relevance and search engine optimization without compromising readability.

For professionals and individuals seeking evidence-based approaches to strengthening their marriage, understanding these principles provides actionable insights. Moreover, integrating these guidelines into premarital counseling, couples therapy, or self-help programs can enhance their efficacy.

The seven principles for making marriage work illuminate a path that balances emotional connection, mutual respect, and practical problem-solving. As marriage continues to evolve in contemporary society, these enduring concepts remain vital to fostering relationships that endure the test of time.

## **Seven Principles For Making Marriage Work**

**seven principles for making marriage work:** The Seven Principles for Making Marriage Work John Mordechai Gottman, Nan Silver, 1999 Drawing on research into the dynamics of healthy relationships, a study of the basic principles that make up a long-lasting marriage shares advice on how to cope with such issues as work, children, money, sex, and stress

**seven principles for making marriage work: The Seven Principles for Making Marriage Work** John Gottman, PhD, Nan Silver, 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.

**seven principles for making marriage work: Seven Principles for Making Marriage Work** Summary Station Staff, 2014-10-27 Learn How To Improve Your Marriage And Avoid Divorce In A Fraction Of The Time It Takes To Read The Actual Book!!!Today only, get this 1# Amazon bestseller for just \$2.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle deviceMarriage is an ancient institution that spreads across the ages. Different rituals, depending on the faith of the two people getting married, are performed. The term 'marriage' encompasses much more than the simple repetition of prayers, performance of rites, or ceremonies. It also describes a commitment of two people which is meant to endure through the duration of those individuals' lives. Sometimes, married couples reach a point in which the durability of the relationship is questioned. These individuals often seek out help-sometimes through counseling. Other times, those couples seek out reading material that might advise them in ways to improve the marriage. One such example of a wonderful book was written by Dr. John Gottman. Dr. Gottman has forty years worth of experience as a psychologist and relationship expert having penned several books to aid and advise couples in relationships. The 7 Principles for Making Marriage Work is the culmination of Dr. Gottman's lifelong work. It is an overview of the concepts, behaviors and skills that guide couples on a rewarding path toward a harmonious and long-lasting relationship. This book is straightforward in its approach and quite profound. The principles outlined in this book teach partners new strategies for making their marriage work. Dr. Gottman has scientifically analyzed the habits of married couples and established a method for correcting the behavior that puts thousands of marriages on the rocks. He helps couples focus on each other, on paying attention to the small day-to-day moments that once strung together, which make up the foundation of any relationship. Packed with questionnaires and exercises with an effectiveness that has been proven in

Dr. Gottman's workshops, this is the definitive guide for anyone who wants their relationship to reach its highest potential. Here Is A Preview Of What You'll Learn When You Download Your Copy Today\* How To Transform Your Life By Learning How To Effectively Solve Problems In Your Marriage \* The Reason Why Most People Do Not Understand How To Save Their Marriage\* Learn The Types Of behaviors That Will End Your Marriage Download Your Copy Today! The contents of this book are easily worth over \$9.99, but for a limited time you can download the summary of The Seven Principles for Making Marriage Work for a special discounted price of only \$2.99

**seven principles for making marriage work:** *Summary of The Seven Principles For Making Marriage Work by John Gottman* QuickRead, Lea Schullery, The revolutionary guide for learning the seven principles for creating a happy marriage that will last a lifetime. Divorce statistics are higher than ever. 67 percent of first marriages will end in divorce within 40 years and half of those will occur within the first 7 years. The divorce rate is even higher for second marriages, so it makes sense for couples to put forth the effort into making their marriage work. But how can you ensure your marriage will go the distance? Throughout Dr. Gottman's Love Lab, Gottman revolutionized the study of marriage by using scientific procedures and observing the habits of married couples in detail over several years. His research methods revealed the key to happy marriages as well as the detriments that lead to divorce. The seven principles outline the path to success as well as tips for effective communication and agreeable compromise. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. DISCLAIMER: This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at [hello@quickread.com](mailto:hello@quickread.com)

**seven principles for making marriage work:** *Summary of The Seven Principles for Making Marriage Work* QuickChapters, 2025-07-21 What makes love last—and what quietly tears it apart? In *The Seven Principles for Making Marriage Work*, renowned relationship expert Dr. John Gottman distills decades of groundbreaking research into a practical, science-based guide for building lasting intimacy and connection. This chapter-by-chapter summary captures Gottman's core discoveries about the behaviors that predict marital success or failure with startling accuracy. Alongside co-author Nan Silver, Gottman outlines seven essential principles—from nurturing fondness and admiration to managing conflict constructively—that help couples strengthen their bond and navigate challenges with greater empathy and understanding. Whether you're newly married, in a long-term relationship, or simply looking to deepen your emotional connection, this summary provides clear takeaways and actionable tools drawn from the Gottman Institute's most influential research. Disclaimer: This is an unofficial summary and analysis of *The Seven Principles for Making Marriage Work* by John Gottman, Ph.D., and Nan Silver. It is designed solely to enhance understanding and aid in the comprehension of the original work.

**seven principles for making marriage work:** *Summary - the Seven Principles for Making Marriage Work* Readtrepreneur Publishing, 2018-03-19 *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* by John Gottman | Book Summary | Readtrepreneur (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link:<http://amzn.to/2keP8hT>) The man who revolutionized the study of marriage is here to help you make your relationship work. Seven principles are all you need to keep your marriage running smoothly. It's not easy being married, there are a lot of struggles that weaken the relationship so it's wise to listen to advices from people with a large experience on the field, so you can live a nice and happy marriage. That's what this book is all about, just 7 principles that contain a ton of advices to make your marriage work. (Note: This summary is wholly written and published by readtrepreneur.com It is not affiliated with the original author in any way) Some people leave a marriage literally, by divorcing. Others do so by leading parallel lives together. - John M. Gottman With a straightforward approach that will leave no doubts in the process, John Gottman

writes a book which is the culmination of his work that will teach you his strategies to make your marriage work. Sadly, in this life, we don't know it all, so it behooves you to learn from the best to obtain the greatest results and Dr. John Gottman is an individual that excels in the study of marriage. Dr. Gottman also included questionnaires and exercises so you could put into practice all you have learned. If you just read his book but don't commit to it, you won't get what you want! P.S. The Seven Principles for Making Marriage Work is an extremely helpful book that will put your marriage in a path of true happiness. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Get Your Copy Delivered to Your Doorstep Right Away! Why Choose Us, Readtrepreneur? Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2keP8hT>

**seven principles for making marriage work: Summary of The Seven Principles for Making Marriage Work** Readtrepreneur Publishing, 2019-05-24 The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John Gottman - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) The man who revolutionized the study of marriage is here to help you make your relationship work. Seven principles are all you need to keep your marriage running smoothly. It's not easy being married, there are a lot of struggles that weaken the relationship so it's wise to listen to advices from people with a large experience on the field, so you can live a nice and happy marriage. That's what this book is all about, just 7 principles that contain a ton of advices to make your marriage work. (Note: This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way) Some people leave a marriage literally, by divorcing. Others do so by leading parallel lives together. - John M. Gottman With a straightforward approach that will leave no doubts in the process, John Gottman writes a book which is the culmination of his work that will teach you his strategies to make your marriage work. Sadly, in this life, we don't know it all, so it behooves you to learn from the best to obtain the greatest results and Dr. John Gottman is an individual that excels in the study of marriage. Dr. Gottman also included questionnaires and exercises so you could put into practice all you have learned. If you just read his book but don't commit to it, you won't get what you want! P.S. The Seven Principles for Making Marriage Work is an extremely helpful book that will put your marriage in a path of true happiness. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Download your Copy Right Away! Why Choose Us, Readtrepreneur? ● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

**seven principles for making marriage work: *The Seven Principles for Making Marriage Work***, 2004

**seven principles for making marriage work: Seven Principles for Making Marriage Work** John Gottman, 1999-01-01

**seven principles for making marriage work: The Seven Principles for Making Marriage Work** John Gottman, Ph.D., 2002-02-04 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 matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential. The *Seven Principles for Making Marriage Work* is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

**seven principles for making marriage work:** Summary of The Seven Principles for Making Marriage Work Cityprint, 2019-05-13 Summary of The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John Gottman and Nan Silver NOTE: This is a summary guide and is meant as a companion to, not a replacement for, the original book. THE BOOK: *The Seven Principles for Making Marriage Work* (1999) draws on data from relationship studies and interviews to do exactly what it promises in its title. These blinks take you through the key changes you can make to overcome the common problems that damage relationships and build a supportive, romantic marriage. ABOUT THE AUTHOR: John M. Gottman is a psychology professor at the University of Washington and co-founder and co-director of the Seattle Marital and Family Institute. His research into romantic couples has spanned 40 years and he has earned several prestigious academic awards for his work. Nan Silver is a blogger, journalist and a New York Times bestselling author. She has also been editor-in-chief of *Health* and a contributing editor at *Parents* magazine. INTRODUCTION: As much as we all want to live in perfect relationships, few of us are in a completely stress-free set-up with zero tension, conflict or problems. In fact, if you're married or in a relationship, chances are it can be improved. Enter relationships expert John M. Gottman. He's been working with and researching couples for years, and has compiled a list of the fundamental problems that every marriage faces - and their solutions. This summary explains each one of his seven fundamental principles and discusses ways in which you can avoid becoming another unhappy statistic. After reading this, you'll know -how one couple eliminated marriage stress by waking up ten minutes earlier every day; -how to talk to your mother-in-law; and -why boring conversations are the secret to successful marriages.

**seven principles for making marriage work:** The Seven Principles for Making Marriage Work John Gottman, PhD, Nan Silver, 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! "An eminently practical guide to an emotionally intelligent—and long-lasting—marriage."—Daniel Goleman, author of *Emotional Intelligence* *The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

**seven principles for making marriage work:** *The Seven Principles for Making Marriage Work: a Practical Guide from the Country's Foremost Relationship Expert* John Gottman, Nan Silver, 2015-05-05

**seven principles for making marriage work: Summary of John M. Gottman's The Seven Principles for Making Marriage Work by Swift Reads** Swift Reads, 2019-06-28 The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert (1999) provides married couples with a system for evaluating the health of their marriages, as well as tactics for reinvigorating those unions if they become unfulfilling. With the help of journalist Nan Silver, psychologist John M. Gottman walks readers through why some stable, happy unions remain so over the course of decades, and how unhappy couples can improve their own relationships. Purchase this in-depth summary to learn more.

**seven principles for making marriage work: Why Marriages Succeed or Fail** John Gottman, 2012-04-12 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

**seven principles for making marriage work: Summary of the Seven Principles for Making Marriage Work** LONDON SKY. PRESS, 2019-02-02 The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John Gottman: Conversation Starters A marriage can be saved if both partners remember and cherish their earlier happier days and why they fell in love with each other. But when they both have rewritten their history and communication has become impossible, the marriage will eventually fail. The determining factor in whether wives feel satisfied with the sex, romance, and passion in their marriage is, by 70 percent, the quality of the couple's friendship. For men, the determining factor is, by 70 percent, the quality of the couple's friendship. Four factors lead to failed marriages. These are criticism, contempt, defensiveness, and stonewalling. Daniel Goleman, the author of Emotional Intelligence, says the book is a practical guide to an emotionally intelligent -- and long-lasting -- marriage. Newsweek says John Gottman has the best qualification in writing the book. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to create hours of conversation: - Foster a deeper understanding of the book - Promote an atmosphere of discussion for groups - Assist in the study of the book, either individually or corporately - Explore unseen realms of the book as never seen before Disclaimer: This book you are about to enjoy is an independent resource to supplement the original book, enhancing your experience. If you have not yet purchased a copy of the original book, please do before purchasing this unofficial Conversation Starters. (c) Copyright 2019 Download your copy now on sale Read it on your PC, Mac, iOS or Android smartphone, tablet devices.

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**seven principles for making marriage work: SUMMARY and CONCISE ANALYSIS of the Seven Principles for Making Marriage Work: a Practical Guide from the Country's Foremost Relationship Expert by John M. Gottman and Nan Silver** AscentPrint, 2021-02-02 The 7 Principles for Making Marriage Work (1999) draws on data from relationship studies and interviews to do exactly what it promises in its title. These pages take you through the key changes you can make to overcome the common problems that damage relationships and build a supportive, romantic marriage. DISCLAIMER!!! This book is a SUMMARY. It's meant to be a companion, not a

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