



# **Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship**

*John Gottman Ph.D., Julie Schwartz Gottman, Joan Declaire*

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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 important—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.

*From the Hardcover edition.*

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