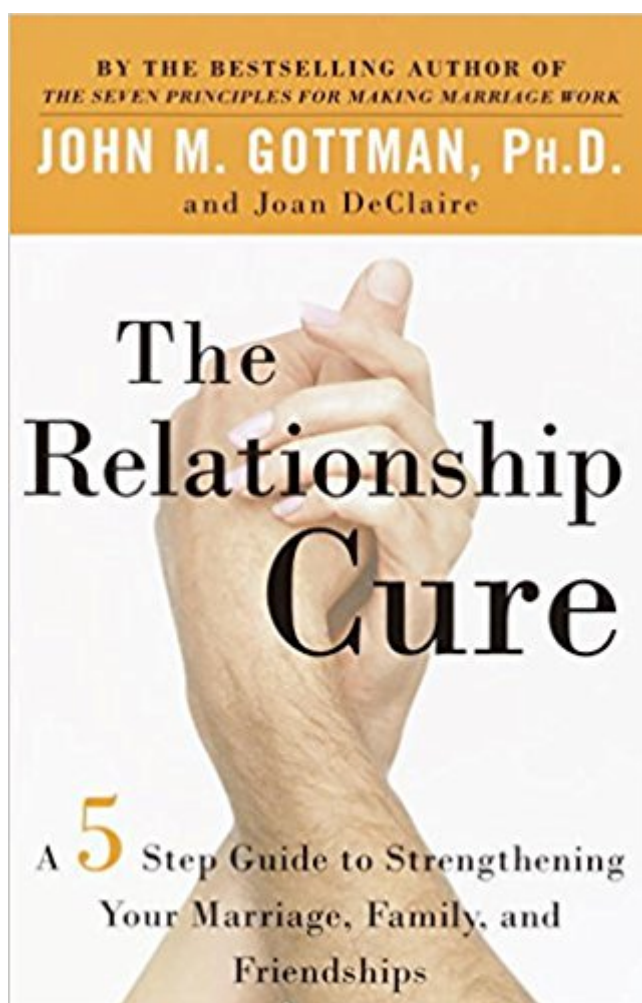


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# The Relationship Cure: A 5 Step Guide To Strengthening Your Marriage, Family, And Friendships



## Synopsis

From the country'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 life—•with spouses and lovers, children, siblings, and even your colleagues at work. Gottman provides the tools you need to make your relationships thrive. In *The Relationship Cure*, Dr. Gottman:— Reveals the key elements of healthy relationships, emphasizing the importance of what he calls “emotional connection”—• Introduces the powerful new concept of the emotional “bid,”— the fundamental unit of emotional connection— Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to others’ bids— And more! Packed with fascinating questionnaires and exercises developed in his therapy, *The Relationship Cure* offers a simple but profound program that will fundamentally transform the quality of all of the relationships in your life.

## Book Information

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## Customer Reviews

"John Gottman is our leading explorer of the inner world of relationships. In *The Relationship Cure*, he has found gold once again. This book shows how the simplest, nearly invisible gestures of care and attention hold the key to successful relationships with those we love and work with."-- William J. Doherty, Ph.D., author of *Take Back Your Marriage: Sticking Together in a World That Pulls Us Apart*"This is the best book on relationships I have ever read -- a truly impressive tour-de-force.

John Gottman has discovered the Rosetta Stone of relationships. He has decoded the subtle secrets contained in our moment-to-moment communications. By introducing the simple yet amazingly powerful concept of the "bid," he provides a remarkable set of tools for relationship repair. By the middle of the second chapter you're likely to say to yourself, "Oh, so that's what's happening in my relationship with my partner (or colleague, boss, or sister), and now I know what to do about it."-- Daniel B. Wile, Ph.D., author of *After the Fight: Using Your Disagreements to Build a Stronger Relationship*

"The Relationship Cure is another in John Gottman's superb series of books on improving intimate relationships. What distinguishes Gottman's writing from that of other self-help books is that it is based on research findings from his extensive studies. When 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."-- E. Mavis Hetherington, Ph.D., professor of psychology, University of Virginia

"The Relationship Cure is both profound and practical, based on decades of research and clinical experience. The rich array of self-exploration exercises and guidelines offers a life-changing program for creating more rewarding emotional connections with friends, colleagues, and life partners." -- Shirley P. Glass, ABPP, author of *Treating the Trauma of Infidelity*

"The Relationship Cure is engaging and imaginative. The deceptively simple but powerful concept of the 'emotional bid' reveals ways in which we can connect with significant others in our lives."-- Andrew Christensen, Ph.D., coauthor of *Reconcilable Differences*

"I always expect to learn something from John Gottman, and I have never been disappointed. The Relationship Cure is original, insightful, and immensely helpful. I love the concept of emotional bids. Gottman not only helps the reader recognize how he or she may be short circuiting connection and communication, he gives them very good practical advice, as well as examples of wrong and right ways to deal with even the most aggressive or passive partner interaction." -- Pepper Schwartz, Professor of Sociology, the University of Washington, Seattle and author of *Everything You Know About Love and Sex is Wrong*

A groundbreaking, practical program for transforming troubled relationships into positive ones "This 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." Daniel B. Wile, Ph.D., author of *After the Fight: Using Your Disagreements to Build a Stronger Relationship*

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Heatherington, Ph.D., professor of psychology, University of Virginia From the country'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 life--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 "emotional connection"\* Introduces the powerful new concept of the emotional "bid," the fundamental unit of emotional connection\* Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to others' bids

Ah, John Gottman. Such wonderful research, such terrible titles. Anyway, I already had to return this book to the library so I can only give you my impressions-- as my sister says, "the spaghetti that's stuck to the wall." So here goes: Interactions involve people making "bids" for attention, affection, connection. When we respond successfully to others' bids, we are able to make strong and resilient relationships at home, work, school. When someone makes a bid, you can respond either by turning toward the bid and making that connection, or by turning away from the bid by ignoring it, or by turning against it by turning it into a chance to fight. So simple, right? Like Gottman's other books, the simple information is challenging to assimilate. I had to look at myself and realize how much turning away I do. And although I felt a little like an evil psychological mastermind, when I intentionally made bids and responded by turning toward bids at work-- wow. The sense of camaraderie and connection was palpable within a day or two. So although reading Gottman's wonderfully empirical research can be uncomfortable, his suggestions for successful relationships are marvelously applicable.

If you are looking for key points and ideas that can easily be applied to real life relationships look no further.

This book is fantastic! Includes all kinds of relationships, work, friendship, lover. Excellent material and very helpful.

Surprisingly good book. It had a lot of useful points and built up to the more difficult techniques. Although this book looks small, it's really long!

As a psychotherapist, this book has been an excellent resource. I have recommended it to clients in couples counseling and utilized the exercises in session.

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Great value in the book. Be interested in your relationships and create bonding. Some repetition, but this is to indicate that it is applicable to all relationships, making it a universal book of relations.

John Gottman is blowing my mind! Everyone would benefit from reading this book.

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