

Hold Me *Tight*



SEVEN CONVERSATIONS
for a LIFETIME of LOVE

Dr. Sue Johnson

Developer of Emotionally Focused Couple Therapy,
the most successful approach to building loving relationships

Sue Johnson

Hold Me Tight: Seven Conversations for a Lifetime of Love



[continue reading](#)

Heralded by the brand new York Times and Time magazine because the couple therapy with the highest rate of achievement, Emotionally Focused Therapy works because it views the like relationship since an attachment bond. Johnson teaches that the way to conserve and enrich a romantic relationship can be to reestablish safe psychological connection and preserve the attachment relationship. Sue Johnson presents Emotionally Concentrated Therapy to everyone for the first time. In Hold me Tight, Dr. This idea, once controversial, is now supported by science, and is becoming widely popular among therapists around the world. With this thought, she focuses on key occasions in a relationship-from Recognizing the Demon Dialogue to Revisiting a Rocky Moment-and uses them as touchpoints for seven curing conversations. Through case studies from her practice, illuminating tips, and practical exercises, couples will learn how to nurture their human relationships and ensure an eternity of love.



[continue reading](#)

Scanning this book literally saved the 26-year marriage. Truly excellent We saw myself and my hubby in these stories. Seriously, a counselor could only give us the typical tools like "I statements," forgiveness, etc. It was a small thing, but it has turned the day around. This publication taught us to spotlight the emotions we were expressing in a manner that we gave each other love rather than pouring salt on our wounds. Now, we are in a renaissance, of sorts, happy and treating one another with the love we need, like when we were newliweds, just better due to our history and experience. But I have to say that book has totally revolutionized how I believe about doing lovers therapy, along with about my very own relationships. Simply not the book for me at this period. It might just save your relationship. What could be so transformative concerning this one? Very strongly suggested. Communication skills or digging through childhood wounds, while often relevant, just never appeared to quite be enough to help couples. Too often we operate from a place of blindness and in doing so can get trapped in bad interaction spirals. As human beings, we need this psychological closeness, it forms a deep and intrinsic need in everyone. After all, there are therefore many approaches out there. This book saved our marriage. I cried reading these, so when he came home, I got the courage to speak about what I need, giving him the power to talk about his needs. nonetheless it wasn't assisting. I'm grateful that I bought this book. With regard to every relationships in your life, read this reserve! Our therapist chose it for its modern, nonjudgmental method of partners. Great relationship book but not the most practical The ideas in the book seem exactly on target, and the book is well-written. Read the book :) Our marriage counselor recommended this reserve to us Our relationship counselor recommended this reserve to us, and it's been amazing to learn this together, and also eye opening. Helped me find my own patterns and moreover helped me see my husband with more compassion and grace. An exceptionally well written and needed go through. I recommend this perspective to everyone. This book explains to understand that a lot of arguments, regardless of their content, are really protests about disconnection. Pulling ourselves and our relationships out of that spiral is a gift of immense proportions. Excellent! Nice reading Is good reading, help build intimacy in practical levels The book we all need Explains how our earliest attachments are still affecting us inside our daily lives and committed romantic relationships. We've currently recommended it to many of our friends, and I would recommend it to anyone and everyone, whatever the state of your romantic relationship. Honesty, sometimes painful, may be the power of your partnership. My only criticism can be that I think it doesn't really work as a "how to" guide. The conversations involved appear too tricky and open--that to undertake on your own when a relationship is already in a hard stage. It feels like you still need a tuned therapist to lean on, at least at the start. He says it "set" his marriage. This book was recommended to my by my pal, Chris Watts. This does work! Therefore cannot give a fair rating. Was recommended to me by a Psychologist, helps understand the various needs of women and men so we can know each other on a better level. I was skeptical at first when a colleague recommended this book I was skeptical at first when a colleague recommended this publication. God is great! It has definitely helped us to comprehend one another better, and I believe it's also improved our parenting actually. If you would like to feel more linked to your love, listen to Sue Johnson and apply EFT. Ought to be required reading This book details why and how our attachment needs for closeness and safety affect our partnership. Wow! It's rare that I read a book that's therefore immediately moving and applicable. This book hit home instantly. It's well crafted and easy to read, but it's the concepts and content material that are really good the power. "HOLD ME TIGHT" -- A Guide to Fulfilling Modern Relationships This is a wonderful book my husband and I are employing as a guidebook in marriage counseling sessions. Great read!

This book was suggested by our marriage counselor and is indeed far really helping plus a workbook to help us figure out how to communicate better . Would definitely recommend Good Read! Great book so far. Not for me Browse the first section and stopped. Great Book! This book is amazing and has taken together my husband and I since we started reading it.



[continue reading](#)

download free Hold Me Tight: Seven Conversations for a Lifetime of Love ebook

download Hold Me Tight: Seven Conversations for a Lifetime of Love pdf

[download Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development txt](#)

[download Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars Revised & Updated ebook](#)

[download free The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family \(Sears Parenting Library\) txt](#)