

Copyrighted Material

JOHN GOTTMAN, Ph.D.

Why
MARRIAGES
SUCCEED
or
FAIL



*And how you
can make yours last*

Copyrighted Material

John PhD Gottman

Why Marriages Succeed or Fail: And How You Can Make Yours Last



[continue reading](#)

Psychologist John Gottman offers spent two decades studying why is a marriage last. You can now use his tested methods to evaluate, strengthen, and maintain your own long-term romantic relationship.and practical exercises, quizzes, tips, and methods that may help you understand and take full advantage of your relationship.and there's a way around it. You'll also learn that even more sex doesn't necessarily improve a marriage, regular arguing will not result in divorce, financial problems do not often spell difficulty in a relationship, wives who make sour facial expressions when their husbands talk will tend to be separated within four years and there exists a cause husbands withdraw from arguments— Dr. Gottman teaches you how to recognize attitudes that doom a relationship—contempt, criticism, defensiveness, and stonewalling—This breakthrough book guides you through a series of self-tests designed to assist you to determine what kind of relationship you have, where your strengths and weaknesses are, and what specific actions you can take to help your relationship.Why Marriages Succeed or Fail will show you how. You can avoid patterns that lead to divorce, and—



[continue reading](#)

A Scientist And Marriage?? The fact is, almost all the lovers Gottman studied were white, well-educated, and had economic advantages. Not an easy examine. Gottman says, 'much of the traditional wisdom actually among marital therapists-is usually misguided or dead wrong. Gottman's state to fame(even Oprah once stated he's #1# 1) is that he is a scientist who depends on lengthy term data analysis while almost everyone else in his business relies on intuition and data from the limited quantity of sufferers with whom they work.' He encourages us to read on with great anticipation certainly. Just what exactly does all this amount to? My wife and I read and talked about one chapter a day and it became a great guide for dialogue. if indeed they didn't they wouldn't maintain love. In another book of his he says of the same study, 'accuracy of prediction does not suggest I understand the procedure involved in the maintenance or deterioration of a relationship. Nobody ever argued that the 4 horseman were good for marriage. The first italicized words come on page 28: If there is one lesson I've discovered from my years of study it is that a lasting marriage outcomes from a couple's ability to resolve the conflicts that are unavoidable in any relationship. I would recommend reading it before the relationship offers conflict. After obtaining the "abbreviated version" of his research in undergraduate classes, I was thrilled to read the whole, in-depth enchilada. Did someone ever argue an inability to solve conflicts was best for a relationship, or any relationship of any kind for that matter? No two different people want exactly the same issue. Besides, everybody can add to his four in any case. He says he can predict divorce(in a single study anyway) with 94% precision and that 'may'(page 21) help you back away from the slippery slope of divorce.2) to an almost laughable degree, women are identified as the "issue starters" in the examples of lovers in the book. Agreement on where to embark on a first day represents the resolution of a conflict; without this there is absolutely no relationship. It is confirmed that if you don't resolve conflicts you will divorce. His tips about how to categorize and get around conflict is effective in any conflict, not only marital conflict. and stonewalling, that lead sequentially toward divorce. Once again Dr. Yes, when there is a problem a couple uses the four horseman but to eliminate the four horseman you 1st need to kill the problem.' So then who needs idle and probably meaningless predictions? Where you can live, when to have sex, how to spend money, etc,etc are all conflicts that folks in love work out; How about alcoholism, physical abuse, hatred, adultery, absence, chronic unemployment, substance abuse, emotional abuse, criminality, and feminism. If your lady develops an enormous alcohol issue or your husband beats you or is sleeping with the mailman you do not desire to interrupt the four horseman sequence, you would like to run for your daily life. Gottman has the same problem. It appears in his fervor to position himself as a marriage scientist and to then measure items which were scientifically measurable Dr. Gottman offers forced himself into irrelevancy when he should have formulated his hypothesis in a meaningful method that might have led to meaningful conclusions. Basic books like Men Are From Mars or The 91% Factor: Why Women Initiate 91% of Divorce offer basic actionable conclusions that didn't take a lifetime of work and clearly stick with you following the book is over. Wisdom in dark and white No one picking right up such a reserve is probably in an excellent space within their romantic relationship but in doing so they, like me, have hope. I learned so much about myself and my wife's design of marital conflict through this book. I listened to it along the way as well and from function and there are several helpful workout that you can discuss with your wife.. Without 1st understanding why both of you argue how you do, especially if you have different styles, you will not be as effective at putting the 7 Principles to work. The 1st chapters are just him fluffing his ego nonetheless it does provide some credibility to his results and guidance. The reinforcement from the 7 Principles has recently became

identifiable in my life. I came across this book to be a little dated at first, but on an optimistic note, people have experienced the same complications as everybody else generation after generation. If you are teetering on the edge, buy this book, then the 7 Principles. Evidence based and effective. Do your marriage a favor and read this book together with your spouse. Not much at all as it happens. Not preachy rather than filled with spiritual BS like many others I tried to learn. I also found the 7 Principles to build upon the building blocks that book had already created for me. We know now that the gendered behavior explained in this book is far more learned and socialized than genetic and innate, and I really believe that long term editions of the book should be updated to reflect this evolving knowledge. It has interesting specifics but I expected even more real concrete types of what works and what does not work. Recommend this book to anyone interested in improving their relationship. 1) a lot of time is spent bragging to/assuring the reader that the research conducted at Gottman's lab was groundbreaking and amazing. It's tough for me personally to rate this reserve as three superstars, because as a student of families and human relationships, John Gottman's analysis on married people is a huge piece of how we know how to help people in romantic relationships. How could it be when we already know that lovers who divorce obviously haven't resolved their variations? Here were my issues with this book: 1) too much time is normally spent bragging to/assuring the reader that the study conducted at Gottman's laboratory was groundbreaking and amazing. He also solely studied heterosexual couples. If your demographics deviate from those of his primary research participants, this publication may be less ideal for you. So what on earth does it indicate to conclude a couple must resolve conflicts to stay a couple? Escalation in conflict is certainly assumed to be due to physiological (so, essentially, unchangeable) attributes of the man and behavioral (controllable) choices of the woman. Read this before you browse the Seven Principles for Making Marriage Function, it lays the building blocks you will need for the more "smooth" discussions the Seven Principles books network marketing leads you through. Very useful also to basically communicate effectively with people in general. Then we find out about the 'four horsemen of the apocalypse': criticism, defensiveness, contempt. Also recommended: MEN ARE FROM MARS----and---- THE 91% FACTOR: WHY Ladies INITIATE 91% OF DIVORCE If you're debating which reserve to start with, have them all! Obviously written, with well thought out dialogue and interactive profiling to assist and determine strengths and weaknesses within your own relationships. Great communication tips. Good facts but dry. Dr. Miss the Gary Chapman love languages book, this publication is actually effective and obtaining the real complications in your marriage out on the table so that you can solve them. Not only for marriages but any relationship 10/10 would recommend. This book is great for any romantic relationship you value.' This is a major conclusion? Great device for couples seeking to remain collectively, and seeking the very best in one another. Helpful. Insightful. Worthy of the time reading. Thoughtful read. Thought provoking book based on extensive research into interpersonal dynamics present in married life. This reserve saved my marriage. Recommendations located in science. Well worth reading, also when you begin of into a fresh relation. With that being said, if you are just like the individuals in the lovers Gottman studied- predominantly white, well-educated, and financially a-ok- you might find that a lot of this book bands true, and you could identify yourself and your marriage amongst the relationship types, "4 horsemen of the apocalypse", and gendered behavior. This is a great book, essential read in case you are data .. I shifted onto the 7 Principles reserve after, but I do believe this should be a prerequisite. This is a great book, a must read if you are data oriented person, and having difficulty understanding the complexity of the partnership in the marriage. Practical, readable and an eye opener. I like the

pragmatic strategy, that it is based on solid study and that it gives hope in an authentic manner.



[continue reading](#)

download Why Marriages Succeed or Fail: And How You Can Make Yours Last epub

download free Why Marriages Succeed or Fail: And How You Can Make Yours Last epub

[download free Dare To Be 100: 99 Steps To A Long, Healthy Life djvu](#)

[download Notes from a Friend: A Quick and Simple Guide to Taking Charge of Your Life fb2](#)

[download free Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood e-book](#)