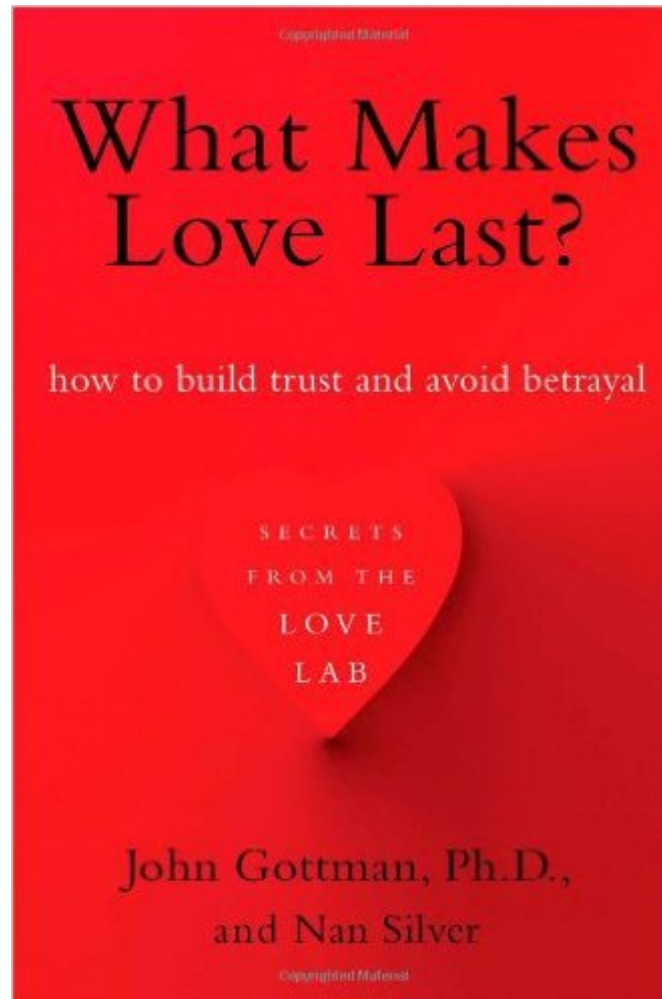


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# What Makes Love Last?: How To Build Trust And Avoid Betrayal



## Synopsis

A world-renowned relationship expert shares his research about love and what it takes to develop a trustful, intimate, and emotionally fulfilling bond. In this insightful book, celebrated research psychologist and couples counselor John Gottman plumbs the mysteries of love and shares the results of his famous "Love Lab": Where does love come from? Why does some love last, and why does some fade? And how can we keep it alive? Based on laboratory findings, this book shows readers how to identify signs, behaviors, and attitudes that indicate a fraying relationship and provides strategies for repairing what may seem lost or broken.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (114 customer reviews)

Best Sellers Rank: #12,276 in Books (See Top 100 in Books) #8 in [Books > Medical Books > Psychology > Sexuality](#) #12 in [Books > Parenting & Relationships > Family Relationships > Divorce](#) #20 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality](#)

## Customer Reviews

While writing mine HOME FINANCES for COUPLES. Resolve Money Problems in Marriage and Learn Easy Steps to Manage your Family Budget I've read several relationship books, this one is in TOP 3. Here is my review: Loving partnership gives us wonderful gifts that make life worth living: a sense of purpose, greater health and wealth, and, of course, loving care and nurturance. We all desire to have it. But, how to make it last for decades? "What Makes Love Last" is very different from any other relationship book I've read before. Dr. Gootman knows his subject in depth. POSITIVE IMPRESSIONS- Conclusions and recommendations are based on the objective data from scientific studies- Number of useful assessment metrics and tests (measure trust metric, accessing sex and romance, "is this a real thing" quiz, etc)- A perfect balance between scientific and general writing style.- Lots of valuable advice (I took about 3 pages of notes) SOME VALUABLE NOTES- The Zeigarnik effect about unresolved issues (people remember uncompleted or interrupted tasks better

than completed tasks)- Negative comparisons lead to betrayal- Relationship killers are founded on two building blocks: deception (not revealing your true needs to avoid unpleasant conflict) and a yearning for emotional connection that seems unavailable from the partner- Attunement : ability to understand each other at a deep level and lovingly express that knowledge to each other- Not to give advice unless asked.

-- In this insightful book, celebrated research psychologist and couples counselor John Gottman plumbs the mysteries of love. Where does love come from? Why does some love last, and why does some fade? And how can we keep it alive? Based on laboratory findings, this book shows readers how to identify signs, behaviors, and attitudes that indicate a fraying relationship and provides strategies for repairing what may seem lost or broken. Goodreads: IN THIS WISE, ACCESSIBLE, AND LONG-AWAITED BOOK, John Gottman has spent decades observing the conversational patterns and biorhythms of thousands and thousands of couples in his famous Love Lab. Now he applies this research to fundamental questions about trust and betrayal. Doubts are common in relationships. Partners often worry. Can I trust my partner? Am I being betrayed? How do I know for sure? With a gift for translating complex scientific ideas into insightful and practical advice, Gottman explains how a couple can protect or recover their greatest gift, their love for one another.-----This book is light and fairly easy to read. That is deceptive. It is a life-saver and one that I dearly wish was in my life when I was stumbling around. Read it if you want to learn about keeping trust in relationships. Oh wonder! Our biology wants closeness with others, yet we often undermine our most important love relationships. My five takehomes may be helpful to you in your needs-of-today. 1) We are limbic beings, mammals, we need attachment. Connection is not optional for living a good life. We are more efficient when we trust and live longer with it.

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