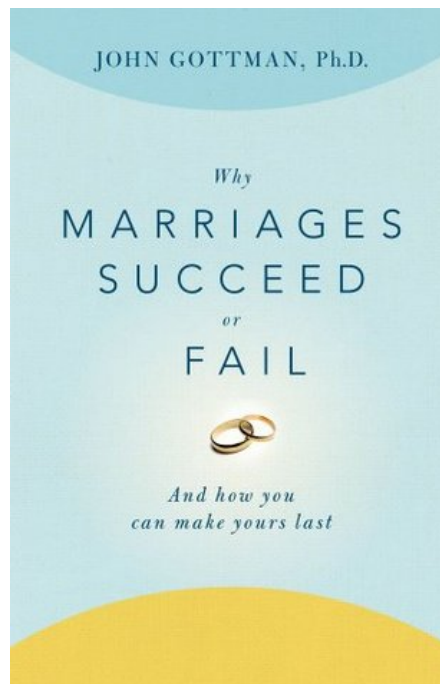




Why Marriages Succeed or Fail: And How You Can Make Yours Last

John M. Gottman

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Why Marriages Succeed or Fail: And How You Can Make Yours Last John M. Gottman
If You Love Your Mate but Your Marriage Seems to Be Off Track, Then This Book Is for You

Psychologist John Gottman has spent 20 years studying what makes a marriage last. Now you can use his tested methods to evaluate, strengthen, and maintain your own long-term relationship. This breakthrough book guides you through a series of self-tests designed to help you determine what kind of marriage you have, where your strengths and weaknesses are, and what specific actions you can take to help your marriage.

You'll also learn:

- * More sex doesn't necessarily improve a marriage
- * Frequent arguing will not lead to divorce
- * Financial problems do not always spell trouble in a relationship
- * Wives who make sour facial expressions when their husbands talk are likely to be separated within four years
- * There is a reason husbands withdraw from arguments -- and there's a way around it

Dr. Gottman tells you how to recognize attitudes that doom a marriage -- contempt, criticism, defensiveness, and stonewalling -- and provides practical exercises, quizzes, tips, and techniques that will help you understand and make the most of your relationship. You *can* avoid patterns that lead to divorce, and -- *Why Marriages Succeed or Fail* will show you how.

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

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Last John M. Gottman**

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Laney says

I hate being introspective, so it took me a minute to get into this book and be comfortable with it. I kind of wanted to cover my ears and shout LALALA just in case he described something and all the sudden my (what I think to be) happy marriage would be revealed to be actually really awful. Happily, that didn't happen, and I could immediately see which of the 3 stable marriage styles he describes we fit into, and then I could continue feeling good about my marriage and begin to enjoy the book and find it fascinating. And lots of good general marriage and communication tips. I love that it's all based on scientific research too.

This book is so not like me to read, when it came in the library for me, I couldn't remember why I reserved it. I just checked and it's not for book club. Now I'm remembering. One, Collette recommended it highly. And I recommend Collette highly. And two, I've heard a lot of other books and a parenting class I attended reference the almighty "Gottman" in a reverential tone and figured I better check this guy out.

Erika RS says

I would rate this book higher if it weren't for my knowledge that Gottman's later books are generally better than this one.

This book has a lot of solid advice about relationships, much of which applies to relationships in general, and not just marital relationships. The advice is concrete, actionable, and easy to understand. There's just enough repetition to reinforce the ideas without making the book tedious.

So why the low rating? The tone is very oriented toward those who feel that they are in a failing marriage, which means Gottman fails to convey how important these communication techniques are for all couples. In general, the right time to improve your communication skills is before things start falling apart.

Sandy says

Overall good, science-backed relationship advice. But the info in this book has now been updated by 20 *more* years of science. This is a good intro to Gottman's work, but I recommend following up this book with one of his newer ones for an update on the science.

Jackie says

While this may seem like obvious advice to some, many people should read this, especially those young couples that haven't learned how to resolve conflicts without attacking their partner. I know because I've been there. I'm likely to gift this to some young couples I know.

Kelsey says

The synopsis of this book doesn't cover the portion I felt was most important. The author defines sure warning signs of behavior that guarantees a failed marriage. He calls them The Four Horseman of the Apocalypse. They are Criticism, Contempt, Defensiveness and Stonewalling. I admit I've employed all four. There are examples and questionnaires to help the in-denial reader. In changing bad behavior it suggests a preventable unhappy ending. I think it helped me at least understand myself better and motivated improvement.

Haley Brackett says

Fantastic read! This author is absolutely brilliant. I've always been a fan of his "Raising an Emotionally Intelligent Child," and this book was just as good. He even discusses the importance of validation for your spouse in this book as well. I'm a firm believer in John Gottman's work.

Jenae says

Dr. Gottman was one of my professors at Penn State. This book is extremely helpful to any marital relationship. Take your time reading it, take written and mental notes, and apply what you learn to every day life. You might be surprised by how much it can help make your relationships better than ever!

Kristen says

Gottman did this landmark study of married couples that just about every book on marriage relationships ever since quotes from. I finally decided I might as well go right to the primary source and read the book on the original study since sometimes I like to pretend I'm taking a psychology course on relationships. ;) I enjoyed the book. Lots of interesting points.

Rachel says

My name is Rachel and I am addicted to self help books. =) No, but really. I really enjoy reading books that help me better understand the human psyche. I have read another book by Gottman before but it was more practical about how to take a struggling marriage and turn it around, and I was more interested in the science behind it, because his methods fascinate me. This one was exactly what I wanted. Excellent book. Very interesting but also had enough practical information to really help in areas that need improvement. I recommend it for anyone who enjoys approaching relationships with an active feeling toward improvement. Whereas his other book was more for improving marriages where the reader felt like they were struggling, I didn't feel like I had to be unhappy in my marriage to read and enjoy this one.

Reza says

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Collette says

The studies in this book were references in Malcolm Gladwell's book Blink. It described a little bit about how Gottman and his team would observe couples and using a formula would track every eye twitch, lip curl, tone of voice change and be able to predict with 94% accuracy if the marriage would succeed or fail. It sounded fascinating, so I wanted to hear more. I got more and it was good. It breaks down 3 types of successful marriages that don't all look so great from the casual onlooker, but all are healthy, so long as both parties are cool with that type of marriage (they are validating, volatile, and conflict avoidant - or something like that). It breaks down the 4 worst things that can break marriages and how to make them better or avoid doing them. It's full of quizzes and just good stuff. (I listened to the book, so I didn't do some of the quizzes, but they are all available as pdfs on a website, so the physical book isn't necessary to take the quizzes.) I didn't pick this up because I am having marriage problems. In fact, I feel like every married couple should take a gander at this because there is so much to learn about communication. It can help with a spouse, but beyond too. I could see how many principles could apply to my interaction with my kids and other family members, maybe even friends. I love the science behind it and the in-depth study. It was all so very interesting.

Alyne says

Well, originally I was planning on giving it either 3 or 4 stars. With books that have PHD emblazoned across the front, I tend to trust that they will have something to tell me that I don't already know. While this book did have some nice guidelines, they seemed antiquated and rather obvious. The worst part was the repetitive redundancy (see what I did there? haaah). It was really intolerable. I think I read about the same 4 marriage pitfalls in every chapter. Another drawback were the case studies with "real life conversations". They seemed dry, inane, and banal. If that's what marriage is, count me out. I think I and my peers would need a book aimed more at a younger couple. Also notable: I'm not actually married, so take my review with a grain of [kosher] salt.

Melissa says

This book was used for a human sexuality course and seemed to do well as far as introducing freshman to deeper aspects of relationships. The book also would a good book for couples to read together even in a relationship that is going well. It's a good tool in examining and understanding relationship.

Ashley says

Inspiring and makes me want to be a better partner. Biggest takeaways: be more validating, empathetic, and understanding. More affectionate. Volatility is okay as long as it's balanced by lots of laughter and positive emotions.

A good marriage requires a lot of self-discipline and holding your tongue.

John Yelverton says

An absolutely fascinating read that blew me away with some of the observations and results of the author's findings.
