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THE
SEVEN
PRINCIPLES
FOR MAKING
MARRIAGE
WORK

A Practical Guide from the Country's
Foremost Relationship Expert

JOHN M. GOTTMAN, PH.D.,

and NAN SILVER

Resumo de The Seven Principles for Making Marriage Work

John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years. Here is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship.

Packed with practical questionnaires and exercises, The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.

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