

## Hold Me Tight Seven Conversations For A Lifetime Of Love

Love Sense Attachment Theory in Practice Rekindling Desire The Traveler's Gift Take Back Your Marriage Summary of Hold Me Tight: Seven Conversations for a Lifetime Hold Me Tight How We Love The Power of the Other Receiving Love Hold Me Tight Living Like You Mean It The Divorce Remedy Grammar Advantage Love Me, Don't Leave Me Hold Me Tight Hold Me Tight Summary of Hold Me Tight: Seven Conversations for a Lifetime An Emotionally Focused Workbook for Couples Emotionally Focused Couple Therapy For Dummies The Practice of Emotionally Focused Couple Therapy What Should I Do with My Life? Eight Dates Life Reimagined Created for Connection Summary: Hold Me Tight: Seven Conversations for a Lifetime Getting the Love You Want Emotionally Focused Family Therapy The Rules of Love Getting the Love You Want Workbook Becoming an Emotionally Focused Couple Therapist Emotionally Focused Couple Therapy with Trauma Survivors Two Dollar Bill Enrique's Journey The Love Secret Thing Lou Couldn't Do, The Talk to Me Like I'm Someone You Love Hold Me Tight Getting Past Your Past Getting It Right the First Time

### Love Sense

A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

### Attachment Theory in Practice

An astonishing story that puts a human face on the ongoing debate about immigration reform in the United States, now updated with a new Epilogue and Afterword, photos of Enrique and his family, an author interview, and more—the definitive edition of a classic of contemporary America Based on the Los Angeles Times newspaper series that won two Pulitzer Prizes, one for feature writing and another for feature photography, this page-turner about the power of family is a popular text in classrooms and a touchstone for communities across the country to engage in meaningful discussions about this essential American subject. Enrique's Journey recounts the unforgettable quest of a Honduran boy looking for his mother, eleven years after she is forced to leave her starving family to find work in the United States. Braving unimaginable peril, often clinging to the sides and tops of freight trains, Enrique travels through hostile worlds full of thugs, bandits, and corrupt cops. But he pushes forward, relying on his wit, courage, hope, and the kindness of strangers. As Isabel Allende writes: "This is a twenty-first-century Odyssey. If you are going to read only one nonfiction book this year, it has to be this one." Praise for Enrique's Journey "Magnificent . . . Enrique's Journey is about love. It's about family. It's about home."—The Washington Post Book World "[A] searing report from the immigration frontlines . . . as harrowing as it is heartbreaking."—People (four stars) "Stunning . . . As an adventure narrative alone, Enrique's Journey is a worthy read. . . . Nazario's impressive piece of reporting [turns] the current immigration controversy from a political story into a personal one."—Entertainment Weekly "Gripping and harrowing . . . a story begging to be told."—The Christian Science Monitor "[A] prodigious feat of reporting . . . [Sonia Nazario is] amazingly thorough and intrepid."—Newsday

### **Rekindling Desire**

Everyone thrives on love, comfort, and the safety of family, friends, and community. But if you are denied these basic comforts early in life, whether through a lack of physical affection or emotional bonding, you may develop intense fears of abandonment that can last well into adulthood—fears so powerful that they can actually cause you to push people away. If you suffer from fears of abandonment, you may have underlying feelings of anger, shame, fear, anxiety, depression, and grief. These emotions are intense and painful, and when they surface they can lead to a number of negative behaviors, such as jealousy, clinging, and emotional blackmail. In *Love Me, Don't Leave Me*, therapist Michelle Skeen combines acceptance and commitment therapy (ACT), schema therapy, and dialectical behavioral therapy (DBT) to help you identify the root of your fears. In this book you'll learn how schema coping behaviors—deeply entrenched and automatic behaviors rooted in childhood experiences and fears—can take over and cause you to inadvertently sabotage your relationships. By recognizing these coping behaviors and understanding their cause, you will not only gain powerful insights into your own mind, but also into the minds of those around you. If you are ready to break the self-fulfilling cycle of mistrust, clinginess, and heartbreak and start building lasting, trusting relationships, this book will be your guide.

### **The Traveler's Gift**

A healthy marriage is the result of much more than a stroke of good fortune, the accidental meeting of two "soul mates," or a conscious commitment to stay together no matter what. Studies have found that romantic, passionate love is often just a memory by the wedding, or within the first year of marriage. Creating an intimate, satisfying, and stable marriage is by no means easy or guaranteed—it requires thought, communication, planning, and true commitment to each other (though luck and compatibility never hurt). The window of opportunity in which to build the foundation for such a relationship is narrow, and does not often last too long after the first two years of a marriage. *Getting it Right the First Time* provides the information every couple needs to know to understand what really makes a marriage work. Husband and wife team, Barry and Emily McCarthy share clear, helpful guidelines for creating a healthy marriage and reveal the strategies, skills, and attitudes that can help prevent disappointment, resentment, and alienation from entering the relationship. Ask any happily married couple whether the time and effort spent in creating a healthy marriage has been worth it, and you should get a universal answer. *Getting it Right the First Time* can make getting there a little easier.

### **Take Back Your Marriage**

### **Summary of Hold Me Tight: Seven Conversations for a Lifetime**

An expert on the psychology of leadership and the bestselling author of *Integrity*, *Necessary Endings*, and *Boundaries For Leaders* identifies the critical ingredient for personal and professional wellbeing. Most leadership coaching focuses on helping leaders build their skills and knowledge and close performance gaps. These are necessary, but not sufficient. Using evidence from neuroscience and his work with leaders, Dr. Henry Cloud shows that the

best performers draw on another vital resource: personal and professional relationships that fuel growth and help them surpass current limits. Popular wisdom suggests that we should not allow others to have power over us, but the reality is that they do, for better or for worse. Consider the boss who diminishes you through cutting remarks versus one who challenges you to get better. Or the colleague who always seeks the limelight versus the one who gives you the confidence to finish a difficult project. Or the spouse who is honest and supportive versus the one who resents your success. No matter how talented, intelligent, or experienced, the greatest leaders share one commonality: the power of the others in their lives. Combining engaging case studies, persuasive findings from cutting-edge brain research, and examples from his consulting practice, Dr. Cloud argues that whether you're a Navy SEAL or a corporate executive, outstanding performance depends on having the right kind of connections to fuel personal growth and minimize toxic associations and their effects. Presenting a dynamic model of the impact these different kinds of connections produce, Dr. Cloud shows readers how to get more from themselves by drawing on the strength and expertise of others. You don't have a choice whether or not others have power in your life, but you can choose what kinds of relationships you want.

### **Hold Me Tight**

### **How We Love**

In *LIVING LIKE YOU MEAN IT*, author Ronald J. Frederick, does a brilliant job of describing why people are so afraid of their emotions and how this fear creates a variety of problems in their lives. While the problems are different, the underlying issue is often the same. At the core of their distress is what Dr. Frederick refers to as feelings phobia. Whether it is the experience of love, joy, anger, sadness, or surprise, our inborn ability to be a fully feeling person has been hijacked by fear--and it is fear that is keeping us from a better life. The book begins with a questionnaire-style list that help readers take an honest look at themselves and recognize whether and how they are afraid of their feelings. It then moves on to explore the origins of fear of feeling and introduces a four-part program for overcoming the fear: (1) Become aware of and learn to recognize feelings--anger, sadness, joy, love, fear, guilt/shame, surprise, disgust. (2) Master techniques for taming the fear. (3) Let the feeling work its way all the way through to its resolution. (4) Open up and put those feelings into words and communicate them confidently. With wisdom, humor, and compassion, the book uses stories and examples to help readers see that overcoming feelings phobia is the key to a better life and more fulfilling relationships.

### **The Power of the Other**

This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

### **Receiving Love**

We are in danger of being swept away on a tide of pessimism about love and relationships. Endless cynical stories of affairs by politicians, athletes and celebrities fill the media. The dominant message is that creating a rewarding and enduring romantic relationship is impossible. In *The Love Secret* Dr Sue Johnson draws on the very latest scientific studies on attachment theory, including her own research, to show that this just isn't the case. The Big News is that we are naturally monogamous, bonding animals. A lasting, loving relationship is completely within our reach. In *The Love Secret* you will discover how the brain works when you are in a stable, caring relationship and how you can use this groundbreaking knowledge to achieve such positive results in your own life.

### **Hold Me Tight**

Reluctantly taking in a smooth-talking Texan who possesses a cache of rare two-dollar bills and who survives an apparent attack on his life, Manhattan attorney Stone Barrington becomes increasingly concerned about the man's credibility when a dead body is found in his own house. Reprint.

### **Living Like You Mean It**

An endearing story about a little girl who doesn't think she can. "Up there! The tree can be our ship!" one of Lou's friends exclaims when they decide to play pirates. "Ummm" responds Lou. Usually she loves adventures. But this is new. Lou has never climbed a tree before. And she knows she can't do it. She doesn't even want to try. But this adventure does look fun, and when all her excuses run out, Lou realizes the bravest adventurers are those who TRY. An inspiring lesson for anyone who's ever avoided something hard.

### **The Divorce Remedy**

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. *Getting Past Your Past* offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

### **Grammar Advantage**

Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, *Eight Dates* offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice—the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, *Eight Dates* offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it's about both of you being active and involved.

### **Love Me, Don't Leave Me**

Subtitle varies in previous editions and versions.

### **Hold Me Tight**

Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

### **Hold Me Tight**

A dynamic and inspiring exploration of the new science that is redrawing the future for people in their forties, fifties, and sixties for the better—and for good. There's no such thing as an inevitable midlife crisis, Barbara Bradley Hagerty writes in this provocative, hopeful book. It's a myth, an illusion. New scientific research explodes the fable that midlife is a time when things start to go downhill for everybody. In fact, midlife can be a great new adventure, when you can embrace fresh possibilities, purposes, and pleasures. In *Life Reimagined*, Hagerty explains that midlife is about renewal: It's the time to renegotiate your purpose, refocus your relationships, and transform the way you think about the world and yourself. Drawing from emerging information in

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neurology, psychology, biology, genetics, and sociology—as well as her own story of midlife transformation—Hagerty redraws the map for people in midlife and plots a new course forward in understanding our health, our relationships, even our futures.

### **Summary of Hold Me Tight: Seven Conversations for a Lifetime**

A companion workbook to the enormously successful New York Times bestselling relationship book, *Getting the Love You Want: A Guide for Couples*. In 1988, Harville Hendrix in partnership with his wife, Helen LaKelly Hunt, published a terrifically successful relationship guide, *Getting the Love You Want*. The book introduced thousands to their Imago Relationship Therapy, a unique healing process for couples, prospective couples, and parents, and developed into an overnight sensation. For their part, Doctors Hendrix and Hunt managed to aid scores of couples in their plight for more loving, supportive, and deeply satisfying relationships. Now, more than a decade later, this companion book picks up where its predecessor left off, delving further into relationship therapy once again, to help transform relationships into lasting sources of love and companionship. The *Getting the Love You Want Workbook* is designed for the hundreds of thousands of couples who have attended Imago workshops since *Getting the Love You Want* hit bookstands, as well as new and curious ones seeking a practical route back to intimacy and passionate friendship. The workbook contains a unique twelve-week course (The New Couples' Study Guide) designed to help work through the exercises published in Part III of *Getting the Love You Want*. Included are complete step-by-step instructions for transforming relationships into a lasting source of love and companionship. For those of us struggling to maintain our most precious relationships, the *Getting the Love You Want Workbook* helps us grow aware of our individual, unconscious agenda while steering us towards a more harmonious link with our loved ones that will satisfy our deepest needs.

### **An Emotionally Focused Workbook for Couples**

In the United States, half of all marriages end in divorce. Therapist Weiner Davis offers couples the keys to acquiring the relationship and communication skills they need to bring their marriages back to life.

### **Emotionally Focused Couple Therapy For Dummies**

Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist. Written by a leading authority on emotionally focused couples and marital therapy, this second edition is an up-to-date reference on all aspects of EFT and its uses for mental health professionals.

### **The Practice of Emotionally Focused Couple Therapy**

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A course text and self-study tool for advanced learners of English for academic purposes.

### **What Should I Do with My Life?**

Love matters. Whether it's the romantic kind or the emotional bond between you and family or friends. Indeed latest research suggests that those who love and are loved are significantly more likely to be alive in 10 years time than those without love in their lives. Love makes us happy, and the happier we are, the longer it seems we tend to live. So, why is it that some people find relationships so easy? We all know the kind of person, married forever, connected with their family, and strong friendships that have stood the test of time from all stages of life. The people who make friends easily, who have someone utterly devoted to them and for whom many would do anything. What do they know and do that the rest of us could learn from? That's what you'll find in this book. If you study people who are so good at relationships you discover it's not about their personality or gender or how self sacrificing they are. Those who are great in all relationships usually do have to work at it. The secret is that they know exactly where to put their efforts. They know the Rules of Love. Now updated and expanded with 10 brand-new rules, The Rules of Love helps you benefit from the simple principles of forming and sustaining strong, enduring and ultimately, life enhancing relationships.

### **Eight Dates**

*\*Coming Soon the Continuation of David Ponder's Story in The Traveler's Summit\** What makes the difference between failure and success? A New York Times, Wall Street Journal, USA Today, and Publisher's Weekly bestseller, The Traveler's Gift offered a modern-day parable of one man's choices. Only a few months ago, David Ponder was a successful executive. Now he's a desperate man. In times of great uncertainty, we need divine wisdom. Many of the greatest minds in history overcame personal struggles and adversity, and they emerged the stronger for it. What guidance would iconic heroes, such as Abraham Lincoln, King Solomon, and Anne Frank, give us today in our ever-changing climate of world events? Join David Ponder in The Traveler's Summit on his incredible journey to discover the Seven Decisions for Success that can turn any life around, no matter how hopeless a situation may seem. The Traveler's Gift became required reading for some of America's high schools and a "life skills" tool for members of several college sports teams as well as some MLB and NFL franchises. Discover with David Ponder that attitude makes the difference between success and failure.

### **Life Reimagined**

Emotionally Focused Family Therapy is the definitive manual for applying the effectiveness of emotionally focused therapy (EFT) to the complexities of family life. The book sets out a theoretical framework for mental health professionals to enhance their conceptualization of family dynamics, considering a broad range of presenting problems and family groups. The first section applies EFT theory and principles to the practice of family therapy. The second section explicates the process of EFT and examines the interventions associated with the EFT approach to families. In the final section, the authors provide case examples of emotionally focused family therapy (EFFT) practice, with chapters on traumatic loss, stepfamilies, externalizing disorders, and internalizing disorders. Integrating up-to-date research with clinical transcripts and case examples throughout, Emotionally Focused Family Therapy is a

must-read for therapists looking to promote the development and renewal of family relationships using the principles of EFT.

### **Created for Connection**

“Brimming with stories of sacrifice, courage, commitment and, sometimes, failure, the book will support anyone pondering a major life choice or risk without force-feeding them pat solutions.”—Publishers Weekly In *What Should I Do with My Life?* Po Bronson tells the inspirational true stories of people who have found the most meaningful answers to that great question. With humor, empathy, and insight, Bronson writes of remarkable individuals—from young to old, from those just starting out to those in a second career—who have overcome fear and confusion to find a larger truth about their lives and, in doing so, have been transformed by the experience. *What Should I Do with My Life?* struck a powerful, resonant chord on publication, causing a multitude of people to rethink their vocations and priorities and start on the path to finding their true place in the world. For this edition, Bronson has added nine new profiles, to further reflect the range and diversity of those who broke away from the chorus to learn the sound of their own voice.

### **Summary: Hold Me Tight: Seven Conversations for a Lifetime**

For over a decade *Rekindling Desire* has helped to restore and restructure sexuality in thousands of lives. This expanded edition continues the exploration of inhibited sexual desire and no-sex relationships by respected therapist Barry McCarthy, who brings decades of knowledge and the expertise that comes from having treated almost 3,000 couples for sexual problems. Contained within are suggested strategies and exercises that help develop communication and sexual skills, as well as interesting case studies that open the doors to couples' sexual frustrations. The shame, embarrassment, and hesitancy that individuals feel with themselves, and the resentment and blame they can feel towards their sexual partners, are explored and put into context. Whether you are married, cohabitating, or dating, or if you are 25, 45, or 75, reading this book will help renew your sexual desire and put you on the path towards healthy, pleasure-oriented sexuality.

### **Getting the Love You Want**

This groundbreaking book from the best-selling authors of *Getting the Love You Want* and coauthors of *Giving the Love that Heals* is the first to address the biggest unexplored issue facing couples today: Most of us are better at giving love than accepting it. We don't realize all the ways that our resistance to appreciation, praise, compliments, and accepting help from others hurts us and cripples our relationships. Many partners learn how to give love, but many more undermine their relationships by forgetting something that is equally important -- learning to receive it. According to the authors, the root of the problem is the self-rejection that began in childhood, when our parents and caretakers unintentionally failed to nurture or directly rejected traits, characteristics, or impulses when we were children. We end up rejecting in ourselves whatever our caretakers ignored or rejected in the course of our childhoods. When we become adults, this makes it impossible to let in the love we want and need, even when our partners offer it. As a result, we dismiss compliments, minimize gestures of affection, and create obstacles to true intimacy. In this book, Harville Hendrix and Helen LaKelly Hunt, co-creators of Imago Relationship Therapy, offer a definitive guide to breaking the shackles of self-rejection and embracing the love our partners offer. *Receiving Love* is

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a very personal book for Drs. Hendrix and Hunt, and much of their own journey is the inspiration for it. Drawing on their renowned expertise, the wide clinical experience of hundreds of Imago therapists, and their own personal experience, the authors are able to offer detailed guidance on how to conquer the problems that come from self-rejection and embrace the gifts that are abundant in every person's life, if only we knew how to accept them. With its groundbreaking theory, challenging processes, and inspiring examples, this book holds the key to loving relationships that last.

### **Emotionally Focused Family Therapy**

Heralded by the New York Times and Time as the couples therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In *Hold Me Tight*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship -- from "Recognizing the Demon Dialogue" to "Revisiting a Rocky Moment" -- and uses them as touch points for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

### **The Rules of Love**

### **Getting the Love You Want Workbook**

Developed over 20 years ago and practiced all over the world, Emotionally Focused Therapy has been heralded by Time magazine and the New York Times as one of the only types of therapy to actually work. Couples who practice EFT see a 75% success rate (compared to 30% for other forms of relationship therapy). EFT focuses on the emotional connection of every relationship by de-escalating conflict, creating a safe emotional connection, and strengthening bonds between partners. Now in paperback, *HOLD ME TIGHT* introduces readers to EFT and illustrates a program they can use in their own relationships. Part I introduces the view of love as an attachment bond and applies this view to relationship problems. Part II offers seven 'conversations' that focus on key moments. Readers can use these to understand their responses and relationships better. Included are exercises to help couples work through the process.

### **Becoming an Emotionally Focused Couple Therapist**

All couples walk to the altar dreaming of happily-ever-after, but many forces in our society work against healthy lifelong commitment. Renowned family therapist William J. Doherty reveals how cracks can develop in even a rock-solid marriage, and what steps you can take to keep your love strong. Learn ways to break free of common traps like confusing desires with needs, comparing your spouse to your fantasies of other relationships, or becoming

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overtime parents instead of full-time partners. You'll get suggestions for creating relationship rituals--from mundane to celebratory, sexy to silly--that build closeness and connection every day. The updated second edition incorporates Dr. Doherty's ongoing experience counseling couples, plus the latest information on marriage and health, how divorce affects kids, the impact of new technologies on family life, and more. Winner--Best Self-Help Book, ForeWord Magazine's Book of the Year Awards

### **Emotionally Focused Couple Therapy with Trauma Survivors**

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### **Two Dollar Bill**

This workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It is recommended for use with couples pursuing Emotionally Focused Therapy (EFT). It closely follows the course of treatment and is designed so that clinicians can easily integrate guided reading and reflections into the therapeutic process. The material is presented in a recurring format: Read, Reflect, and Discuss. Readings help couples look at their relationship through an attachment lens, walking them through the step-by-step process of creating a secure relationship bond. 33 Reflections invite readers to engage with the material personally, expanding their own awareness and ability to tune into their partner. Discussion sections suggest relationship-building exercises and a framework for conversations that promote safety, disclosure, and engagement. Case examples, along with informative illustrations, are scattered throughout the book to validate, illustrate, and inspire couples along their journey. Clinicians conversant with EFT can use this workbook to extend the effectiveness of their work with couples by giving them structured tasks to work on between sessions. For clinicians training in EFT, the book can guide them in staying focused on the EFT roadmap and illuminate how important change events unfold.

### **Enrique's Journey**

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key moments in a relationship -- from "Recognizing the Demon Dialogue" to "Revisiting a Rocky Moment" -- and uses them as touch points for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

### **The Love Secret**

"Whoever does not love does not know God, because God is love."--1 John 4:8 Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? Do you yearn to grow closer to God, and to further incorporate Him and His teachings into your marriage? We all want a lifetime of love, support, and faith. But sometimes we need a little help. Enter Dr. Sue Johnson, developer of Emotionally Focused Therapy (EFT) and "the best couple therapist in the world," according to bestselling relationship expert Dr. John Gottman. In *CREATED FOR CONNECTION*, Dr. Johnson and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God. The message of *CREATED FOR CONNECTION* is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and we are on the Heavenly Father, for nurturing, soothing, and protection. The way to enhance or save our relationships with each other and with God is to be open, attuned, responsive, and to reestablish safe emotional connection. Filled with Bible verses, inspiring real-life stories, and guidance, *CREATED FOR CONNECTION* will ensure a lifetime of love.

### **Thing Lou Couldn't Do, The**

The bestselling author of *Hold Me Tight* presents a revolutionary new understanding of why and how we love, based on cutting-edge research. Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. *LOVE SENSE* presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our "love sense"--our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. *LOVE SENSE* covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, *LOVE SENSE* will change the way we think about love.

### **Talk to Me Like I'm Someone You Love**

A practical, down-to-earth guide to using the world's most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships, emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships. Unlike cognitive-behavioural

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therapy, which provides effective short-term coping skills, emotionally focused therapy often is prescribed as a second-stage treatment for couples with lingering emotional difficulties. Emotionally Focused Couple Therapy For Dummies introduces readers to this ground-breaking therapy, offering simple, proven strategies and tools for dealing with problems with bonding, attachment and emotions, the universal cornerstones of healthy relationships. An indispensable resource for readers who would like to manage their relationship problems independently through home study Delivers powerful techniques for dealing with unpleasant emotions, rather than repressing them and for responding constructively to complex relationship issues The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods Packed with fascinating and instructive case studies and examples of EFT in action, from the authors' case files Provides valuable guidance on finding, selecting and working with the right EFT certified therapist

### **Hold Me Tight**

In Hold Me Tight, Schneiderman takes on the anxieties of the personal and political climate with his unique blend of erudition, charm, humor, and earthiness.

### **Getting Past Your Past**

An invaluable tool for clinicians and students, Becoming an Emotionally Focused Therapist: The Workbook takes the reader on an adventure – the quest to become a competent, confident, and passionate couple and family therapist. In an accessible resource for training and supervision, seven expert therapists lead the reader through the nine essential steps of EFT with explicit intervention strategies. Suitable as a companion volume to The Practice of Emotionally Focused Couple Therapy, 2nd Ed. or as a stand-alone learning tool, the workbook provides an easy road-map to mastering the art of EFT with exercises, review sheets and practice models. Unprecedented in its novel and interactive approach, this is a must-have for all therapists searching for lasting and efficient results in couple therapy.

### **Getting It Right the First Time**

“The most crucial relationship advice book since Men Are from Mars.”—Erin Meanley, Glamour.com A groundbreaking, interactive relationship tool that literally places in the hands of couples the power to transform chronically frustrating relationship dynamics. We've all been there. A conversation with a loved one escalates into conflict. Voices rise to a fever pitch and angry, accusative words fly through the air. At times like these, it seems impossible to find the magic words that will lead to healing. Enter Talk to Me Like I'm Someone You Love. A psychotherapist with decades of experience in counseling couples, Nancy Dreyfus hit upon the revolutionary practice outlined in this book during a couples-therapy session in which a wife's unrelenting criticism of her husband was causing him to become emotionally withdrawn. In the midst of this, Dreyfus found herself scribbling on a scrap of paper, “Talk to me like I'm someone you love,” and gestured to the husband that he should hold it up. He did and within seconds the familiar power differential between the two shifted, and a gentler, more genuine connection emerged. Dreyfus was startled, then intrigued, and then motivated to create a tool that could help others.

## Free Reading Hold Me Tight Seven Conversations For A Lifetime Of Love

This book features more than one hundred of Dreyfus's "flash cards for real life," written statements that express what we wish we could communicate to the person we love, but either can't find the right words or the right tone in which to say it. The statements include: • Taking responsibility: "I realize I'm overreacting. Can you give me a minute to get sane again?" • Apologizing: "I know I've really hurt you. What can I do to help you trust me again?" • Loving: "You are precious, and I get that I haven't been treating you like you are." A one-of-a-kind, practical relationship tool, *Talk to Me Like I'm Someone You Love* will help couples to stop arguing and begin healing.

# Free Reading Hold Me Tight Seven Conversations For A Lifetime Of Love

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