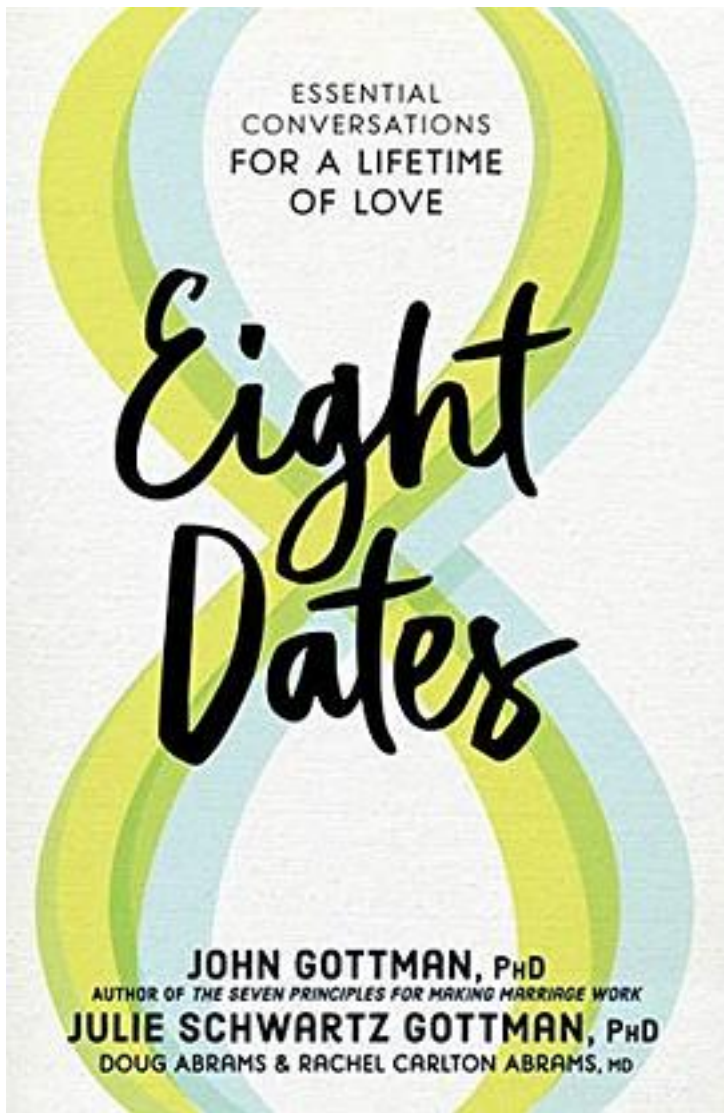


Eight Dates



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Strengthen and deepen your love with a fun, ingenious program of eight life-changing conversations—on essential topics such as money, sex, and trust—from two of the world’s leading marriage researchers and clinicians.

Navigating the challenges of long-term commitment takes effort—and it just got simpler, with this empowering, step-by-step guide to communicating about the things that matter most to you and your partner. Drawing on forty years of research from their world-famous Love Lab, Dr. John Gottman and Dr. Julie Schwartz Gottman invite couples on eight fun, easy, and profoundly rewarding dates, each one focused on a make-or-break issue: trust, conflict, sex, money, family, adventure, spirituality, and dreams.

Interactive activities and prompts provide motivation to stay open, stay curious, and, most of all, stay talking to each other. And the range—from the four skills you need for intimate conversation (including Put Into Words What You Are Feeling) to tips on being honest about your needs, while also validating your partner’s own emotions—will resonate, whether you’re newly together or a longtime couple looking to fortify your bond. You will discover (or rediscover) your partner like never before—and be able to realize your hopes and dreams for the love you desire and deserve.

作者介绍:

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标签

relationship

爱情

两性

EN

心理

评论

副标题更精确一些: Essential Conversations for a Lifetime of Love. Eight dates其实指的是eight conversations, 涵盖了在关系中很重要的8个议题: trust/commit, conflict/difference, intimacy/sex, money/work, play/adventure, spiritual/growth, family, and dream. 每章都给了许多案例 (stories多于stats) 且很inclusive, 提及了针对lgbtq的研究。每章末尾有小结和prompts for open-ended questions, 很实用, 两个晚上可读完 (我也是建过条目的人了~

Essential Conversations for a Lifetime of Love值得思考和讨论的问题, 需有和男友讨论实践一下

"We can't tell you exactly what will happen in your relationship, but we know that if you commit to exploring these eight topics and commit to understanding all the ways you're different and actually embracing those differences, you'll be surprised at what you can create. You're writing your own love story every time you turn toward each other."

The whole book is about the eight conversations what also means eight dates. It talks about the trust and commitment between the couples. And providing a correct way to fight or handle conflicts.

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书评

Whether you're in a long-term partnership or still in the honeymoon phase, every relationship depends on good communication. To reinforce the endurance and quality of your relationship, meet regularly, enjoy each other's company and talk. The dates sugges...

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