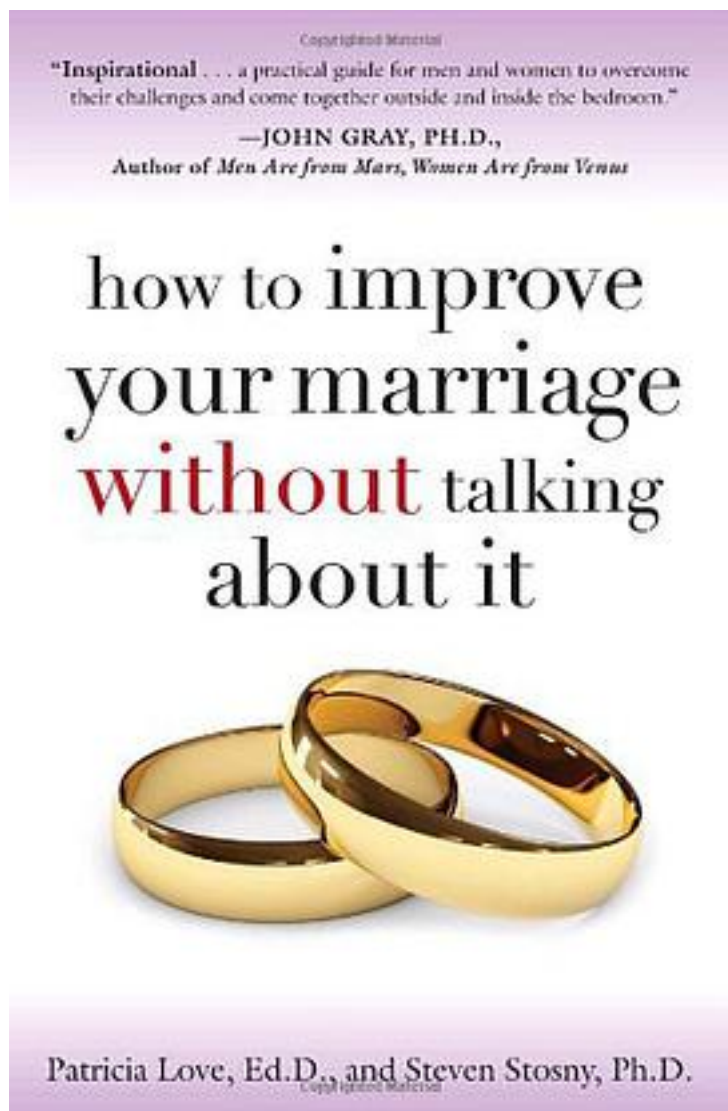


How to Improve Your Marriage without Talking About it



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Men are right. The "relationship talk" "does not" help. Dr. Patricia Love's and Dr. Steven Stosny's "How to Improve Your Marriage Without Talking About It" reveals the stunning truth about marital happiness: Love is "not" about better communication. It's about connection. You'll never get a closer relationship with your man by talking to him like you talk to one of your girlfriends. Male emotions are like women's sexuality: you can't be too direct too quickly. There are four ways to connect with a man: touch, activity, sex, routines. Men want closer marriages just as much as women do, but not if they have to act like a woman. Talking makes women move closer; it makes men move away. The secret of the silent male is this: his wife supplies the meaning in his life. The stunning truth about love is that talking doesn't help. Have you ever had this conversation with your spouse? Wife: "Honey, we need to talk about us." Husband: "Do we have to?" Drs. Patricia Love and Steven Stosny have studied this all-too-familiar dynamic between men and women and have reached a truly shocking conclusion. Even with the best of intentions, talking about your relationship doesn't bring you together, and it will eventually drive you apart. The reason for this is that underneath most couples' fights, there is a biological difference at work. A woman's vulnerability to fear and anxiety makes her draw closer, while a man's subtle sensitivity to shame makes him pull away in response. This is why so many married couples fall into the archetypal roles of nagging wife/stonewalling husband, and why improving a marriage can't happen through words. "How to Improve Your Marriage Without Talking About It" teaches couples how to get closer in ways that don't require "trying to turn a man into a woman." Rich in stories of couples who have turned their marriages around, and full of practical advice about the behaviors that make and break marriages, this essential guide will help couples find love beyond words.

作者介绍:

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目录:

[How to Improve Your Marriage without Talking About it_下载链接1](#)

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评论

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书评

言情剧中，男女主角深情款款地四目相对，诉说不尽的情话，不知打动多少少女的心。如果你把它照搬到生活中，那男人都会吓跑的。
《男人最怕失败，女人最怕孤独》的作者告诉我们，男人从打出生起，就不喜欢别人一个劲儿地盯着他们看，男BABY会躲闪妈妈深情的注目。男人不喜欢手...

我的亲密关系一直OK，即是今年夏天有过一段小出轨，但只是一会会而已，立马回归正规。男女为什么无法建立亲密关系，或许真的是因为以防来自火星一方来自金星。
本书阅读中获得的感悟：
1、话语有能量（我越来越确定这一点了！），有些词，读到时就会感到力量，而有些词，读起...

读过这本书，很蠢的一本书。真后悔在amazon赠书区选了这一本。读了10页觉得继续下去实在太蠢了。不明白大家都从里面看到了什么

翻来覆去说来说去道理一堆一堆 事例一个加一个 就是要说封面那句话。

29块8，一看就是要做畅销书，只是纸张好差，百合网支持。不少测试，适合夫妻一起阅读。

激情的性生活可以燃烧至少200卡路里的热量，相当于在跑步机上跑15分钟。英国研究者发现，如果一年内保持每周做爱三次，那么每周将消耗掉六个麦当劳巨无霸的热量。

（P165）——性很重要 ...

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