

# For Better



[For Better\\_ 下载链接1](#)

著者:Parker-Pope, Tara

出版者:Dutton Adult

出版时间:2010-5

装帧:

isbn:9780525951384

One of the New York Times' most popular journalists presents groundbreaking scientific news about marriage. And, surprise: It's good news.

We've all heard the statistic: Fifty percent of marriages end in divorce. It's enough to make many couples give up when the going gets rough, thinking that's what everybody else does. But what if it weren't true? What if, in fact, it's not only possible but often easier than you think to save a seemingly troubled relationship? These are the questions Tara Parker-Pope asked herself after her own divorce. An investigative journalist on the health and wellness beat, she turned to some of the top biologists, neuroscientists, psychologists, and other scientists for the facts about marriage and divorce.

Those facts were more positive and provocative than she'd ever expected, and For Better offers page after page of astonishing, eye-opening good news. Parker-Pope presents the science behind why some marriages work and others don't; the biology behind why some spouses cheat and others remain faithful; the best diagnostic tools created by the most cutting-edge psychologists to assess the probability of success in getting married, staying married, or remarrying. There are questionnaires to uncover

potentially damaging hidden attitudes toward spouses. There are tools to show the impact of routine, fresh activity and how small adjustments can make a huge difference. Tara Parker-Pope’s genius is for exploring the science behind the big issues that affect our lives every day and translating that science into advice that we can use—every day.

For Better is the definitive guide to the most profound relationship of our lives.

作者介绍:

目录:

[For Better\\_ 下载链接1\\_](#)

标签

评论

-----  
[For Better\\_ 下载链接1\\_](#)

书评

-----  
[For Better\\_ 下载链接1\\_](#)