



The Science of Trust: Emotional Attunement for Couples

John M. Gottman

Download now

[Click here](#) if your download doesn't start automatically

The Science of Trust: Emotional Attunement for Couples

John M. Gottman

The Science of Trust: Emotional Attunement for Couples John M. Gottman

An eminent therapist explains what makes couples compatible and how to sustain a happy marriage.

For the past thirty-five years, John Gottman's research has been internationally recognized for its unprecedented ability to precisely measure interactive processes in couples and to predict the long-term success or failure of relationships. In this groundbreaking book, he presents a new approach to understanding and changing couples: a fundamental social skill called "emotional attunement," which describes a couple's ability to fully process and move on from negative emotional events, ultimately creating a stronger relationship.

Gottman draws from this longitudinal research and theory to show how emotional attunement can downregulate negative affect, help couples focus on positive traits and memories, and even help prevent domestic violence. He offers a detailed intervention devised to cultivate attunement, thereby helping couples connect, respect, and show affection. Emotional attunement is extended to tackle the subjects of flooding, the story we tell ourselves about our relationship, conflict, personality, changing relationships, and gender. Gottman also explains how to create emotional attunement when it is missing, to lay a foundation that will carry the relationship through difficult times.

Gottman encourages couples to cultivate attunement through awareness, tolerance, understanding, non-defensive listening, and empathy. These qualities, he argues, inspire confidence in couples, and the sense that despite the inevitable struggles, the relationship is enduring and resilient.

This book, an essential follow-up to his 1999 *The Marriage Clinic*, offers therapists, students, and researchers detailed intervention for working with couples, and offers couples a roadmap to a stronger future together.

 [Download The Science of Trust: Emotional Attunement for Cou ...pdf](#)

 [Read Online The Science of Trust: Emotional Attunement for C ...pdf](#)

Download and Read Free Online The Science of Trust: Emotional Attunement for Couples John M. Gottman

From reader reviews:

Thomas Fleischmann:

The book *The Science of Trust: Emotional Attunement for Couples* gives you the sense of being enjoy for your spare time. You should use to make your capable considerably more increase. Book can being your best friend when you getting pressure or having big problem using your subject. If you can make reading a book *The Science of Trust: Emotional Attunement for Couples* to get your habit, you can get considerably more advantages, like add your own personal capable, increase your knowledge about a few or all subjects. You may know everything if you like open and read a book *The Science of Trust: Emotional Attunement for Couples*. Kinds of book are several. It means that, science book or encyclopedia or other people. So , how do you think about this guide?

Rick Maldonado:

Nowadays reading books are more than want or need but also turn into a life style. This reading behavior give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book which improve your knowledge and information. The data you get based on what kind of e-book you read, if you want send more knowledge just go with knowledge books but if you want truly feel happy read one with theme for entertaining such as comic or novel. The *The Science of Trust: Emotional Attunement for Couples* is kind of reserve which is giving the reader unstable experience.

Gerard Pucci:

This book untitled *The Science of Trust: Emotional Attunement for Couples* to be one of several books in which best seller in this year, here is because when you read this book you can get a lot of benefit upon it. You will easily to buy this particular book in the book retail store or you can order it via online. The publisher of this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Smartphone. So there is no reason to you personally to past this reserve from your list.

Paul England:

What is your hobby? Have you heard which question when you got college students? We believe that that question was given by teacher with their students. Many kinds of hobby, Everyone has different hobby. And also you know that little person similar to reading or as looking at become their hobby. You must know that reading is very important in addition to book as to be the matter. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You see good news or update about something by book. Amount types of books that can you choose to adopt be your object. One of them is niagra *The Science of Trust: Emotional Attunement for Couples*.

Download and Read Online The Science of Trust: Emotional Attunement for Couples John M. Gottman #HQ634MDA7N5

Read The Science of Trust: Emotional Attunement for Couples by John M. Gottman for online ebook

The Science of Trust: Emotional Attunement for Couples by John M. Gottman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Science of Trust: Emotional Attunement for Couples by John M. Gottman books to read online.

Online The Science of Trust: Emotional Attunement for Couples by John M. Gottman ebook PDF download

The Science of Trust: Emotional Attunement for Couples by John M. Gottman Doc

The Science of Trust: Emotional Attunement for Couples by John M. Gottman Mobipocket

The Science of Trust: Emotional Attunement for Couples by John M. Gottman EPub