

What If It's Not About Who You Marry But Why?



The Sacred Search: What if It's Not about Who You Marry, but Why? by Gary Thomas

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1816 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 226 pages
Screen Reader	: Supported



In this groundbreaking book, relationship expert Dr. John Gottman challenges the traditional view of marriage and argues that the key to a successful and lasting relationship is not who you marry, but why.

Drawing on decades of research, Dr. Gottman reveals the seven principles that make up a 'sound relationship house', and shows how couples can use these principles to build a marriage that is built to last.

The Seven Principles of a Sound Relationship House

1. **Build a solid foundation of friendship.** The foundation of a strong marriage is a solid friendship. Couples who are friends first and foremost are more likely to be happy and stay together.

2. **Learn to communicate effectively.** Communication is key in any relationship, but it is especially important in marriage. Couples who can communicate effectively are able to resolve conflict and build intimacy.
3. **Manage conflict constructively.** Conflict is a normal part of any relationship, but it is important to manage conflict constructively. Couples who can manage conflict effectively are able to avoid unnecessary damage to their relationship.
4. **Make time for each other.** In the hustle and bustle of everyday life, it is important to make time for each other. Couples who make time for each other are more likely to feel connected and loved.
5. **Show appreciation for each other.** Appreciation is a powerful way to build intimacy and connection. Couples who show appreciation for each other are more likely to feel valued and loved.
6. **Learn to forgive.** Forgiveness is an essential part of any healthy relationship. Couples who can forgive each other are more likely to move on from past hurts and build a stronger future together.
7. **Never give up on each other.** Marriage is a lifelong commitment. Couples who never give up on each other are more likely to weather the storms of life together and build a lasting relationship.

If you are looking for a book that will help you build a strong and lasting marriage, then I highly recommend "What If It's Not About Who You Marry But Why?" by Dr. John Gottman.

This book is full of practical advice and insights that can help you improve your relationship and create a marriage that is built to last.

What Others Are Saying About "What If It's Not About Who You Marry But Why?"

"This book is a must-read for anyone who is serious about building a strong and lasting marriage. Dr. Gottman's research is groundbreaking, and his insights are invaluable." - Dr. Phil McGraw

"Dr. Gottman's book is a game-changer. It will help you understand what really makes a marriage work, and how to build a relationship that is built to last." - Oprah Winfrey

"This book is a must-read for anyone who wants to improve their relationship. Dr. Gottman's insights are invaluable, and his advice is practical and actionable." - The New York Times

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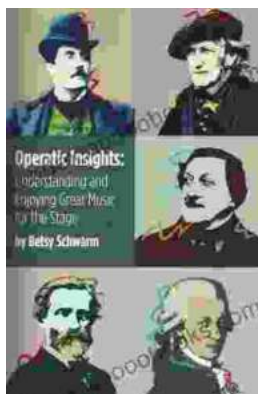
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