

# The Seven Principles for Making Marriage Work

By John M. Gottman, Ph.D., and Nan Silver  
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Three Rivers Press  
288 Pages

Learn to recognize and prevent the signs that predict divorce: a harsh startup when discussing a problem, the Four Horsemen (criticism, contempt, defensiveness, and stonewalling), negativity so overwhelming that one partner experiences emotional flooding, and physical reactions (fast heartbeat, sweating, high blood pressure). Gottman is a leading marriage researcher, and this is his most popular book.

This book is highly recommended.

Target audiences:

engaged, married, life partners, traditional, same-sex, happy, troubled, abusive, Christian, Jewish, Muslim, Hindu, Buddhist, Catholic, childless, parents, empty nesters

No religious content. Author is a psychologist and marriage researcher.

Other Editions:

Hardcover - March 1999

Orion Paperback - November 2004

Kindle Book