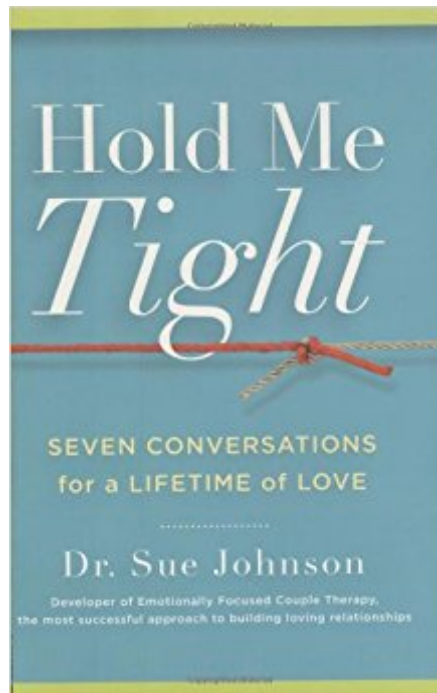




The book was found

Hold Me Tight: Seven Conversations For A Lifetime Of Love



Synopsis

Heralded by the New York Times and Time magazine as the couple therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In *Hold me Tight*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship-from Recognizing the Demon Dialogue to Revisiting a Rocky Moment-and uses them as touchpoints for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

Customer Reviews

"A much needed message to all couples and therapists and I recommend it to all." •Harville Hendrix, Ph.D., author of *Getting the Love You Want* and *Receiving Love*"At last, a road map through Emotionally Focused Couple Therapy with its creator. Dr. Johnson's superb science, humor, and clinical wisdom are finally accessible to all of us. I couldn't pick a smarter, warmer, and more real guide for this journey." •John Gottman, Ph.D., bestselling author of *The Seven Principles for Making Marriage Work* and coauthor of *And Baby Makes Three*

Dr. Sue Johnson is a clinical psychologist and Distinguished Research Professor at Alliant International University in San Diego, CA. The developer of Emotionally Focused Couple Therapy, she is a recognized leader in the new science of relationships. Dr. Johnson is the author of numerous books and articles, and she has trained thousands of therapists in North America and around the world. She lives in Ottawa, Canada. For more information on Dr. Sue Johnson and Emotionally Focused Couple Therapy, visit www.eft.ca and www.holdmetight.com.

[Download to continue reading...](#)

Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Hold Me Tight: Seven Conversations for a Lifetime of Love Tight Hip Flexors: The 7 Minute Tight Hip Solution:Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exercises) Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Hip Flexor Pain: The Ultimate

Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Psoas and Tight Hip Cure: A Guide To Psoas and Tight Hip Pain Relief Hold Me Tight and Tango Me Home Created for Connection: The "Hold Me Tight" Guide for Christian Couples Hold Me Tight: Your Guide to the Most Successful Approach to Building Loving Relationships Hold Tight Gently: Michael Callen, Essex Hemphill, and the Battlefield of AIDS Hold On Tight/Closer Than Ever/Take My Hand (The Sierra Jensen Series 10-12) (Sierra Jensen Collection, Volume 4) Hold Tight, Don't Let Go Hold Tight, Don't Let Go: A Novel of Haiti Poker Winner's Mindset Bundle: No Limit Hold'Em Practical Guide and No Limit Hold'Em Advanced Guide Texas Hold'em: The Learning Curve of Life (Superstars of Poker: Texas Hold'em) Conversations with My Father: A Keepsake Journal for Celebrating a Lifetime of Stories (AARP®) 131 Creative Conversations For Couples: Christ-honoring questions to deepen your relationship, grow your friendship, and ignite romance. (Creative Conversations Series) Conversations with John le Carre (Literary Conversations Series) Conversations with Octavia Butler (Literary Conversations Series) Interviews and Conversations with 20th-Century Authors Writing in English: An Index (Interviews & Conversations)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)