

DR. JOHN GOTTMAN'S

7 PRINCIPLES OF SUCCESSFUL RELATIONSHIPS

ENHANCE YOUR LOVE MAPS

You know your partner's inner world, from life dreams to favorite movies, as a best friend would.



NURTURE FONDNESS AND ADMIRATION

You have a positive view and deep appreciation of your partner and express it.



TURN TOWARD EACH OTHER INSTEAD OF AWAY

State your needs, be aware of bids for connection, and turn towards them.



LET YOUR PARTNER INFLUENCE YOU

You shouldn't make important life decisions autonomously, as a single person would.



SOLVE YOUR SOLVABLE PROBLEMS

All couples have solvable and perpetual problems, but long-term couples solve those they can and understand there will always be perpetual problems.



OVERCOME GRIDLOCK

What often underlies perpetual problems are unfulfilled dreams. Talk about those dreams to make peace with the problem.



CREATE SHARED MEANING

Develop the big and small rituals that help build the bond with your partners. Rituals range from hosting an annual party to having coffee together in the morning.



The Love Principles

Yicheng Fang



The Love Principles:

Enjoying the Melody of Phrase: An Mental Symphony within **The Love Principles**

In some sort of used by screens and the ceaseless chatter of fast communication, the melodic elegance and emotional symphony developed by the published word frequently fade in to the background, eclipsed by the relentless noise and disturbances that permeate our lives. However, situated within the pages of **The Love Principles** a marvelous fictional value filled with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this charming masterpiece conducts viewers on a mental trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of the poignant evaluation, we will investigate the book is key harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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