

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

William James



The Love Principles:

The Love Principles Arleen Lorraine, 2001 The Love Principles presents a broad very practical exploration of the transformational power of unconditional love Real life examples show how to make the difficult possible and demonstrate that joy can become commonplace The Love Principles encourages readers to lift up into the more of who they are to exercise creative jurisdiction over their minds feelings and bodies and to function with consciousness in all circumstances

The Principles of Nature, Her Divine Revelations, (and) a Voice to Mankind Andrew J. Davis, 1996-09 1881 Contents Part I The Key General remarks on the condition of society in past and present times Part II The Revelation The original condition of all matter as liquid fire Evolution of an igneous atmosphere from the Great Centre and form

The Principles of Nature, Her Divine Revelations, and a Voice to Mankind Andrew Jackson Davis, 1854 *The Principles of Nature, Her Divine Revelations* Andrew Jackson Davis, 1851 *The Seven Creative Principles* Hiram E. Butler, 2016-10-17 The lectures in this book will be found highly suggestive and valuable to thinking people on account of the original views presented and the novel and forcible analysis and treatment of the great subject of creation They are gushing springs from the great fountain of natural truth can refresh the soul strengthen the mind and open the eyes of the spiritually inclined to possibilities of attainments not now thought of

The Principles of Nature (digitally re-edited) Andrew Jackson Davis, 2014-05-19 This rare book has been digitally re edited from a facsimile reprint of the original Much care and attention has been spent bringing the book back to its original glory The scanning process always introduces errors but as far as we know we have managed to find the majority and fix them in this edition If you are an Andrew Jackson Davis fan or you are new to the author then this is his masterpiece This work was produced whilst he was under hypnosis and the gems therein comes direct from the Fountain of Knowledge Davis was a young uneducated man at the time of producing this book and its contents and style are far beyond anything he could have produced He was a remarkable man as you will find out from the Introduction

The Principles of Morals Thomas Fowler, 1887 *The Vicarious Sacrifice, Grounded in Principles Interpreted by Human Analogies* Horace Bushnell, 2025-10-18 Reprint of the original first published in 1877 The Antigonos publishing house specialises in the publication of reprints of historical books We make sure that these works are made available to the public in good condition in order to preserve their cultural heritage

The divine code of life principles Horatio Goodday, 1876 *Forum*, 1915 *Principles of Mental Physiology* William Benjamin Carpenter, 1883

Plymouth-Brethrenism: a Refutation of Its Principles and Doctrines Thomas Croskery, 1879 *A Study of Ethical Principles* James Seth, 1904

Arcana Coelestia Emanuel Swedenborg, 1873 *A Treatise on White Magic* Alice A. Bailey, Djwhal Khul, 2011-12-13 This book contains the Fifteen Rules for Magic for soul control the soul the White Magician becoming manifest through its own inherent magical powers The human being is essentially and inherently divine The soul is the means whereby humanity evolves a consciousness of divinity redeems gross matter and liberates the pure flame of spirit from the limitation of form

The Principles of Moral Science Walter McDonald,1903 **Principle Teachings of the True Sect of Pure Land**
Yekitsu Okusa,1910 **The Economic Principles of Confucius and His School** Huan-Chang Chen,Huanzhang
Chen,1911 **The Principles of Psychology** William James,1923 *The Principles and Practice of Common-school*
Education James Currie,1872

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