

What Makes Love Last?

how to build trust and avoid betrayal

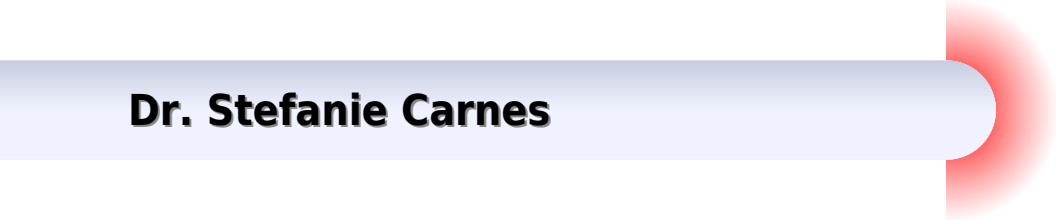


SECRETS
FROM THE
LOVE
LAB

John Gottman, Ph.D.,
and Nan Silver

What Makes Love Last How To Build Trust And Avoid Betrayal

Dr. Stefanie Carnes



What Makes Love Last How To Build Trust And Avoid Betrayal:

What Makes Love Last? John Gottman, John Mordechai Gottman, Nan Silver, 2012-09-04 One of the foremost relationship experts applies the insights of science toward understanding the real meaning of trust between a couple and suggests a new approach to handle adultery

What Makes Love Last? John Gottman, John Mordechai Gottman, Nan Silver, 2013-09-10 One of the foremost relationship experts at work today offers creative insight on building trust and avoiding betrayal helping readers to decode the mysteries of healthy love and relationships **ELSEVIER ESSENTIALS**

Sexualität Jutta Kossat, 2018-02-19 Für alle diejenigen Ärzte die sich in das Fachgebiet Sexualmedizin einarbeiten möchten ohne dabei zu sehr ins Detail zu gehen gibt es ELSEVIER ESSENTIALS Sexualität Denn ob Allgemeinmediziner Internist oder z.B. Gynäkologe mit dem Thema Sexualität und Problemen Strategien in diesem Bereich werden die unterschiedlichsten Fachärzte konfrontiert Denn bei immerhin 43% der Frauen und 31% der Männer läuft die Sexualität nicht problemlos Das Buch informiert Sie nicht nur besonders exotische Fälle des Gebietes sondern vor allem das was oft auch in der hausärztlichen Praxis ein Thema ist Die strukturierte und praxisbezogene Darstellung macht es dem sexualmedizinisch unerfahrenem Arzt leicht sich dem Thema zu nähern Antworten auf Fragen des Patienten zu finden und diese auch adäquat zu kommunizieren

Warum es uns noch nie so gut ging und wir trotzdem ständig von Krisen reden Martin Schröder, 2018-09-20 Mit Fakten gegen Fake News und Untergangsszenarien Oft kommt beim Blick in die Nachrichten das Gefühl auf dass alles schlimmer wird Gibt es immer mehr Armut auf der Welt Geht es mit unserer Lebensqualität bergab Ist die Demokratie auf dem Rückzug Herrscht heute gar bei uns mehr Gewalt als früher Mitnichten sagt Martin Schröder Professor für Soziologie und viel befragter Experte zu Themen wie Lebensqualität Glück und Zufriedenheit Wussten Sie dass die Wahrscheinlichkeit in der Badewanne zu ertrinken doppelt so hoch ist wie die Gefahr Opfer eines Terroranschlags zu werden Das ist nur eines von vielen Beispielen das zeigt dass es der Welt besser geht als viele glauben In seinem Buch Warum es uns noch nie so gut ging und wir trotzdem ständig von Krisen reden unterzieht Martin Schröder gefühlte Wahrheiten dem Faktencheck Wie haben sich Kaufkraft Kriminalität und Umweltverschmutzung bei uns wirklich entwickelt Gibt es weltweit mehr Kriege Was steckt hinter Untergangsszenarien und Panikmache Warum sehen wir Entwicklungen negativer als sie wirklich sind Welche Auswirkungen hat das auf unsere Gesellschaft und unser Wohlbefinden War früher wirklich alles besser Tatsächlich ging es uns noch nie so gut wie heute Martin Schröder kann das beweisen Mit zahlreichen Statistiken Grafiken und Beispielen belegt er dass es keine Gründe für Panikmache und Hysterie gibt Flüchtlingskrise Globalisierung Zinsentwicklung Martin Schröder gibt uns Fakten an die Hand die uns helfen populistische Scheinargumente und Fake News zu erkennen und uns selbst sicherer zu fühlen Denn er ist überzeugt Pessimisten beherrschen die Schlagzeilen Optimisten behalten Recht Ein ebenso lehrreicher wie unterhaltsamer Aufruf wieder optimistisch in die Zukunft zu blicken *The Rhythm of Us* Chris Graebe, Jenni Graebe, 2021-11-16 What does your marriage look like in your wildest dreams You know those couples who seem to truly

thrive The lucky ones who are somehow still wildly in love after decades of marriage As it turns out that kind of marriage isn't just meant for a select few The healthiest happiest marriages share a transformational secret intentional rhythms In *The Rhythm of Us* Chris and Jenni Graebe invite you to discover what those core essential rhythms are how they work and the results they can have on your relationships if you choose to practice them With real life examples and inspirational guidance you'll learn how to envision the marriage you long for identify the ruts that are keeping you stuck and bring your deepest passions and priorities to life in your relationship You don't have to settle for a marriage that's just skimming by Starting today you can create a rich passionate thriving marriage that will last a lifetime It only takes a few minutes to realize that Jenni and Chris have a special relationship and their advice and intentionality are a gift to other marriages I'm so grateful for a resource that I can confidently pass along to others knowing that it will quickly become a favorite Angie Smith bestselling author of *Seamless* This isn't just another marriage book This is an invitation of the thriving marriage you long for Chris and Jenni have placed some incredibly powerful tools in the hands of the reader life saving questions practices and rhythms that will have you dreaming of the marriage you desire and what it looks like to pursue that dream in the here and now Christy Nockels worship leader songwriter author of *The Life You Long For* **Healing the Trauma of Infidelity** William M. Bumberry, 2025-09-01 Infidelity is a painful and often traumatic experience that can lead to feelings of mistrust hypervigilance insecure attachment and emotional upheaval for both partners Written by a psychologist and based on the popular Gottman Method for couples therapy this book offers powerful trauma informed skills to help readers heal from infidelity strengthen love and intimacy and rebuild trust after betrayal Teaching by Heart Thomas J. DeLong, 2020-01-14 The best teachers are leaders and the best leaders are teachers *Teaching by Heart* summarizes the author's key insights gained from more than forty years of teaching and managing It illustrates how teachers can both lift people up and let them down It proposes that the best teachers are also leaders and the best leaders are also teachers In examining how to lead and teach renowned Harvard Business School professor Thomas J DeLong takes the reader inside his own head and heart He notes that as teachers we often focus more on our inadequacies and missteps than on our strengths and unique talents He explains why this is so by dissecting and analyzing his own experiences using himself as a case study The book's goal is to help readers learn about the intricacies of teaching and managing and to impart lessons about how teachers can create a unique teaching atmosphere To do this the author analyzes the process of creating a curriculum preparing for an eighty minute class managing the fifteen minutes before class begins and evaluating the nature of the teaching experience after the session concludes Along the way he connects specific classroom behaviors with leadership issues in organizations in teams and in personal relationships He also asks and answers some provocative questions such as What happens on multiple levels when I teach or lead with me students or professionals What am I thinking and feeling as I process what students are thinking and feeling How are my internal conversations affecting how I teach and lead How do I manage my biases including

having favorite students To what extent can I use teaching methods in the arena of management Throughout Teaching by Heart DeLong discusses why empathy and authenticity matter When teachers embrace this mindset students have the opportunity to have a unique learning experience Teachers and managers will learn how to create moments of transformation for students Whether you re a university professor a student a business leader or just someone fascinated by teaching this book will instruct entertain and hopefully inspire

Wie du die Affen in deinem Kopf zähmst Baumgartner, Paul Johannes, 2025-09-11 Bndige die Affenbande in deinem Kopf Die Welt ist ein Tollhaus oder zumindest f hlt es sich so an Katastrophenmeldungen dr hnen die To Do Liste explodiert und was passiert in deinem Kopf Party Time f r eine Horde hyperaktiver Affen die sich Sorgen machen plappern kreischen gr beln und dich kaum zur Ruhe kommen lassen Schon vor Jahrtausenden kannten die Menschen dieses Ph nomen das die Buddhisten Monkey Mind oder zu dt Affengeist nennen Der Monkey Mind sorgt wie ein Spiegel der lauten hektischen und berfordernden Welt f r permanente innere Unruhe Sorgen Gr beleien und Ablenkung Doch es gibt Wege den Affengeist zu z hmen Mit Witz Tiefgang und spannenden Erkenntnissen aus der Positiven Psychologie zeigt Paul Johannes Baumgartner wie du in unsicheren Zeiten wie diesen mit nur 20 praktischen Hacks deinen Affengeist beruhigst den Fokus sch rfst und mehr Lebensfreude gewinnst Alltagstaugliche Strategien helfen dir Gelassenheit zu entwickeln indem du deinen inneren L rm reduzierst Fokus zu finden indem du dich von Ablenkungen befreist Lebensfreude zu steigern indem du den Monkey Mind nicht bek mpfst sondern ihn spielerisch f r dich nutzen lernst Die Welt ist chaotisch Aber du kannst deinen Umgang mit ihr selbst gestalten Schritt f r Schritt Hack f r Hack Und der Schl ssel Dieser inspirierende Begleiter mit dem du Herausforderungen gelassen meisterst und mit Zuversicht in die Zukunft blickst F r alle die mehr innere Ruhe Positivit t und Klarheit suchen

Getting Relationships Right Melanie Joy, 2020-01-29 Bestselling author psychologist and relationship coach Melanie Joy shares the principles and tools that can make any relationship from personal to professional healthier and more resilient Relationships are complicated Yet it s an unfortunate reality that while most of us have to learn complex geometry that we ll probably never use we don t get a single formal lesson in how to relate to others In this one stop guide psychologist Melanie Joy reveals the common psychological dynamics that underlie all kinds of relationships with a romantic partner friends family members colleagues in short with anyone in any situation Understanding these dynamics will help you make all your relationships healthier and more resilient Relationships are like bodies they get sick when their immune system is weaker than the germs that stress them Drawing on the most relevant research as well as on her own extensive experience as a psychologist Joy explains how to strengthen your relational immune system to resist not only interpersonal stressors but also largely invisible yet potentially devastating societal stressors like racism and sexism With this understanding you can cultivate relationships that consistently reflect core moral values and honor the dignity of everyone involved Resilient relationships are not only a source of joy and fulfillment for those who are in them they also support the thriving of the organizations and communities of which we all are a part

Infidelity Paul R. Peluso, Taylor J. Irvine, 2024-06-06 This second edition brings together an impressive array of experts to discuss and provide understanding to the treatment of infidelity Bringing together voices from a range of disciplines and backgrounds including couples therapy family therapy evolutionary psychology relational research and more Peluso and Irvine help therapists understand and practically treat this common and complex issue Divided into three parts chapters begin by laying the foundations for understanding why couples commit infidelity before looking at different treatments such as Gottman Method Couples Therapy models of fidelity and forgiveness and other integrative approaches This new edition includes brand new material on topics such as nonmonogamy teletherapy cyber infidelity and the impact of infidelity on couples and families from different social cultural generational and sexual perspectives With revised referrals and resources at the end of each chapter additional infidelity treatment methods and examinations of gender race and power this guide is essential reading for all practicing and training marriage and family therapists counselors psychotherapists and social workers

Behavioral, Humanistic-Existential, and Psychodynamic Approaches to Couples Counseling Michael D. Reiter, Ronald J. Chenail, 2017-01-27 Couples counseling is distinct from individual and family therapy and while ideas from these other formats may be overlapping applying theoretical concepts to couples has distinctive challenges Behavioral Humanistic Existential and Psychodynamic Approaches to Couples Counseling is unique in that it addresses how to conceptualize various theories around a single case By discussing only one case the reader is more readily able to compare and contrast the theoretical ideas of each theory as well as the pragmatics of techniques Five theories are discussed around four consistent parts history theory of problem formation theory of problem resolution and case transcript

An Introduction to Marriage and Family Therapy Joseph L. Wetchler, Lorna L. Hecker, 2014-08-27 Now in its second edition this text introduces readers to the rich history and practice of Marriage and Family Therapy with 32 professionals from across the US presenting their knowledge in their areas of expertise This blend of approaches and styles gives this text a unique voice and makes it a comprehensive resource for graduate students taking their first course in Marriage and Family Therapy The book is divided into three sections Part 1 focuses on the components on which 21st century family therapy is based and summarizes the most recent changes made to not only therapeutic interventions but to the very concept of family Part 2 presents an overview of the 7 major theoretical models of the field structural strategic Milan social constructionist experiential transgenerational and cognitive behavioral family therapy Each chapter in this section Focuses on the founder of the theory its theoretical tenants and its key techniques Shows how the model focuses on diversity Presents the research that supports the approach Part 3 addresses specific treatment areas that are common to marriage and family therapists such as sex therapy pre marital therapy research and ethics and legal issues As an introduction to the field of Marriage and Family Therapy this volume stands above the rest Not only will readers gain an understanding of the rich history of the field and its techniques but they will also see a complete picture of the context in which families are embedded such as gender culture

spirituality and sexual orientation This knowledge is the key to understanding what differentiates Marriage and Family Therapy from individual psychotherapy Glossaries case studies tables figures and appendices appear generously throughout the text to present this information and give students a thorough overview to prepare them for their professional lives

Courageous Love Dr. Stefanie Carnes,2020-05-26 There is nothing that can rupture the loving connection between a couple like betrayal In Courageous Love Dr Stefanie Carnes provides a step by step guide for repairing your relationship whether it is damaged by infidelity pornography or compulsive and addictive sexual behavior Dr Carnes teaches couples how to respond to one another with compassion and empathy and how to hold onto hope for their relationship She outlines a detailed process to getting your relationship back on track and into a new stage of development This book is a must read for couples struggling with the aftermath of betrayal

Courage For Life Ann White,2025-10-07 If you have been searching for a way out of wherever you are or whatever you are going through Ann White provides a path and a process to take the next best step to a better life the life God has made you for and called you to Steve Arterburn Founder of New Life Ministries No matter what you re going through fear not Courage is possible We all experience some level of pain heartbreak and disappointment Yet when we ignore our need to address our emotional injuries we allow them to fester and infect every aspect of our lives including our closest relationships Take heart Your journey toward freedom begins the moment you choose to stand up and face your life with courage In Courage For Life author Ann White provides the tools you need to learn how to act more than react make intentional choices experience the power of fearless choices and find joy in the journey of healthy choices With honesty kindness and vulnerability she provides step by step direction and proven guidance through seven intentional doable steps that will ultimately alter your life no matter what difficult situation you re experiencing With courage you ll learn to Celebrate freedom from your fears Experience the power and joy of intentional healthy choices Replace the guise of perfectionism with authenticity Say yes or no with firmness and love to develop healthy boundaries Rebuild a healthy marriage and establish strong relationships with family and friends Stop hiding behind walls of shame and insecurity Step courageously into the life God created for you God has provided us a way to change hope and healing a way to find saving grace and experience true joy May you find God s hope healing and grace in these pages

This Too Shall Pass Julia Samuel,2020-03-05 JULIA SAMUEL S LATEST BOOK EVERY FAMILY HAS A STORY IS AVAILABLE TO PRE ORDER NOW One of the most valuable books I ve ever read Adwoa Aboah

If change is the natural order of things why do we struggle with the huge milestones in our lives At a time when even the most certain things feel disrupted acclaimed psychotherapist Julia Samuel provides an antidote to the chaos we are all feeling In this Sunday Times bestseller Julia draws on hours of conversations with her patients to show how we can learn to adapt and even thrive during our most difficult and transformative experiences From a new mother struggling with the decision to return to work to a father

handling a serious medical diagnosis from a woman deciding whether to leave her husband for a younger lover to a man struggling to repair his marriage after the trauma of suffering with COVID 19 in the ICU this book unflinchingly deals with the hard times in family love work health and identity Illuminated by the latest social and psychological research these 19 powerful unforgettable and deeply intimate stories about everyday people will inform our understanding of our own unique response to change and improve the way we approach challenges at every stage of life

Examines the power that comes from dealing effectively with change Elizabeth Day Being the Right Partner William C. Shearer, Robin L. Shearer, 2022-11-30 This book is about you and how you can be masterful in your most important relationship It s about having greatly increased self awareness and self management leading to emotionally intelligent choices It s becoming far better as a relationship partner than you ever thought possible It s about being mindful of what s happening between you and your partner in this moment able to create a mindful pause between something that triggers an emotional reaction and your usual habitual response It s conscious and intentional relating instead of knee jerk automatic reacting This is a book about a systematic holistic and action oriented process of choosing and creating mindful relating It s a guidebook outlining a process of regularly assessing your relational mastery across ten Mindful Choices dimensions focusing your attention sustaining a high level of motivation and creating lasting positive changes through ongoing intention awareness focus and practice It s not just another self help book but rather a complete how to manual for relational excellence This book is not about finding the right partner or fixing your partner It s about being the right partner bringing your very best self to the relationship *Don't Divorce* Diane Medved, 2017-03-06 If you re in a troubled marriage divorce might seem like a reasonable option But in most cases it s a calamity Shows like Bravo s *Girlfriends Guide to Divorce* and HBO s *Divorce* normalize the dissolution of marriage making couples feel that divorce can be a happy new beginning Celebrities suggest a norm that divorce is not only acceptable but advisable Gwyneth Paltrow s conscious uncoupling makes divorce seem trendy and enlightened Today couples are even throwing divorce parties complete with invitations and caterers Enough says psychologist Diane Medved If you re hurtling down the road to divorce the first thing to do is to put on the brakes Don t let your spouse your friends or the divorce industry rush you into ending your marriage Take a deep breath and read this book Drawing on three decades of clinical and personal experience Dr Medved will show why you should save and revitalize your marriage She expertly unmask the threats to marriage including hookup apps that promise non committal sex and legions of professionals who are financially invested in your divorce She punctures one by one the arguments in favor of divorce proving that the good divorce is a myth Don t Divorce is the antidote to a pro divorce culture the tool that will empower you to revive a dying marriage and recover the happiness that seems out of reach *Surviving Divorce & Winning in Family Court* Ron Neff Ph.D, 2021-12-09 This volume will guide you through the myriad of family court procedures and programs For example what is mediation And how

does it work But it is fair to say that the greatest challenges facing you in a divorce are not legal or procedural They are emotional On both the legal and the emotional side we will look at what works and what doesn't for you and your children On the emotional side divorce is all about loss Regardless of which party filed for the divorce you both lost large parts of yourselves so much of yourselves that it keeps surprising you And your feelings about all of this keep changing Why Because these losses bring grief And grief has stages So just about time you think you have come to grips with your feelings they change on you Some people get stuck in one of these painful stages for years Nothing good comes from that It is much better for you and any children involved if you learn exercises to move you through each of these stages as quickly as possible Also covered are What to say to your child or children how to arrive at a co-parenting plan that serves those children well special cases including a violent and or alcoholic ex how to do better in your next relationship and how to know when you are ready for a new relationship

The Couples Paradox William C. Shearer, Robin L. Shearer, 2023-06-20 Bill and Robin Shearer have specialized in working with couples for four decades They are dedicated to helping couples overcome relational difficulties and move beyond stress anxiety anger fear and depression to deeply satisfying connection Together they have developed Mindful Choices Couples Therapy for a lasting relational transformation Mindful Choices Couples Therapy was created out of the Shearers recognition that relational well being and thriving are multifaceted and rooted in awareness choice and healthy habit development When mindful awareness is coupled with making great choices and systematically practicing those choices to the point of powerful and enduring lifelong habits relational well being and thriving result It is transformative and Mindful Choices Couples Therapy is designed to systematically bring about that transformation This book is about the application of Mindful Choices Couples Therapy to helping couples resolve The Couples Paradox If you are like most people you have a natural tendency to respond when emotionally triggered in ways that are unhelpful to the relationship even though being connected and securely attached is your biggest need The heart of Mindful Choices Couples Therapy is an incremental step by step mastery of 10 Mindful Choice areas all interconnected and all having great impact on couple well being The focus is on assessment based awareness and systematic and focused practice using knowledge derived from neuroscience as well as many other powerful tools for change We call our systematic habit development Habitualizing For the past 10 years the Shearers have used Mindful Choices Couples Therapy with hundreds of couples The results far exceed anything they and their clients experienced when the focus was on merely reducing conflict and relational stress utilizing traditional approaches

Die Vermessung der Liebe John Gottman, Nan Silver, 2014-03-27 Für das E-Book gibt es Zusatzmaterialien die Sie auf www.klett-cotta.de finden Die neuesten Forschungsergebnisse des Paartherapeuten John Gottman aus seinem legendären Love Lab zeigen Vertrauen ist das A und O jeder Paarbeziehung es ist die Grundvoraussetzung dafür dass Paare dauerhaft zusammenbleiben und eine tiefe Intimität aufbauen Anders als andere Paartherapeuten gewinnt Gottman seine Erkenntnisse indem er über Jahrzehnte Tausende von Paaren in seinem Labor

beobachtet und videoanalysiert ihren Kommunikationsstil untersucht ihren Biorhythmus bestimmt und körperliche Reaktionen wie den Puls misst Das Buch zeigt wie Paare ihre Beziehung verbessern selbst oder gerade dann wenn eine Beziehungskrise droht oder sie kurze Zeit zurückliegt indem sie an ihrem Vertrauensverhältnis arbeiten Wann lohnt es sich überhaupt noch an einer Beziehung festzuhalten Paare die einen ehrlichen Blick auf die Qualität ihrer Beziehung haben wollen können in einem Selbsttest ihren Liebesquotienten ermitteln

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