



Hold Me Tight: Seven Conversations for a Lifetime of Love

Dr. Sue Johnson

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Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? We all want a lifetime of love, support, and companionship. But sometimes we need a little help.

Enter Dr. Sue Johnson, developer of Emotionally Focused Couple Therapy and “the best couple therapist in the world,” according to bestselling relationship expert Dr. John Gottman. In *Hold Me Tight*, Dr. Johnson shares her groundbreaking and remarkably successful program for creating stronger, more secure relationships.

The message of *Hold Me Tight* is simple: Forget about learning how to argue better, analyzing your early childhood, making grand romantic gestures, or experimenting with new sexual positions. Instead, get to the emotional underpinnings of your relationship by recognizing that you are emotionally attached to and dependent on your partner in much the same way that a child is on a parent for nurturing, soothing, and protection. Dr. Johnson teaches that the way to enhance or save a relationship is to be open, attuned, and responsive to each other and to reestablish emotional connection. With this in mind, she focuses on key moments in a relationship—from Recognizing the Demon Dialogues to Forgiving Injuries—and uses them as touch points for seven healing conversations. These conversations give you insight into the defining moments in your relationship and guide you in reshaping these moments to create a secure and lasting bond.

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Ethel Ellis:

The publication with title Hold Me Tight: Seven Conversations for a Lifetime of Love has lot of information that you can find out it. You can get a lot of help after read this book. That book exist new understanding the information that exist in this publication represented the condition of the world now. That is important to yo7u to know how the improvement of the world. This book will bring you within new era of the internationalization. You can read the e-book with your smart phone, so you can read the idea anywhere you want.

Michelle Pacheco:

Playing with family inside a park, coming to see the water world or hanging out with close friends is thing that usually you will have done when you have spare time, after that why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Hold Me Tight: Seven Conversations for a Lifetime of Love, you are able to enjoy both. It is great combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't understand it, oh come on its identified as reading friends.

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