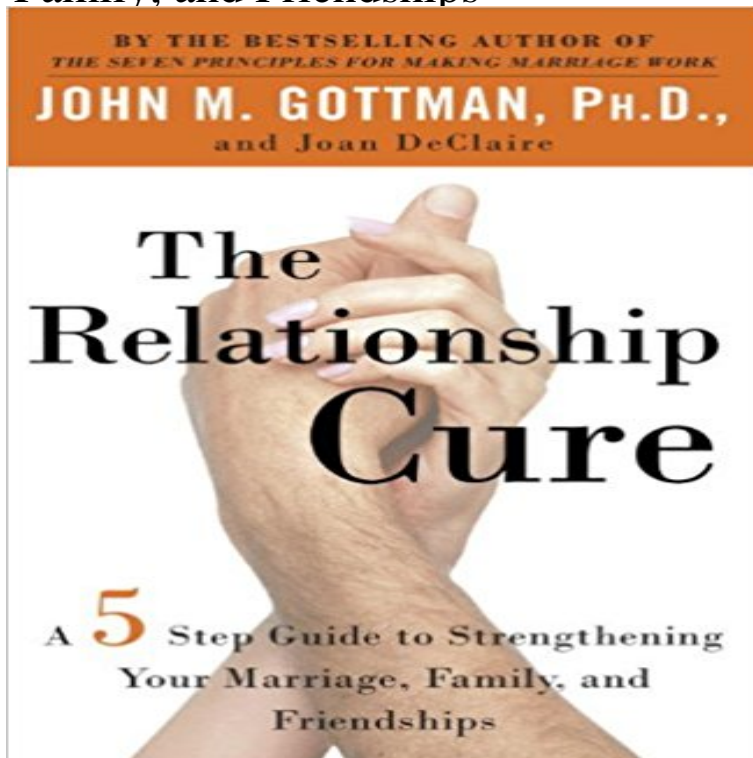


# The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships



A groundbreaking, practical program for transforming troubled relationships into positive ones—This is the best book on relationships I have ever read... . John Gottman has decoded the subtle secrets that can either enrich or destroy the quality of our ties with others.â€• Daniel B. Wile, Ph.D., author of *After the Fight: Using Your Disagreements to Build a Stronger Relationship*â€• John Gottman is our leading explorer of the inner world of relationships. In *The Relationship Cure*, he has found gold once again.â€• William J. Doherty, Ph.D., author of *Take Back Your Marriage: Sticking Together in a World That Pulls Us Apart*â€• When he says his five steps will help you build better connections with the people you care about, you know that they have been demonstrated to work.â€• E. Mavis Heatherington, Ph.D., professor of psychology, University of Virginia From the countryâ€™s foremost relationship expert and *New York Times* bestselling author Dr. John M. Gottman comes a powerful, simple five-step program, based on twenty years of innovative research, for greatly improving all of the relationships in your lifeâ€• with spouses and lovers, children, siblings, and even your colleagues at work. In *The Relationship Cure*, Dr. Gottman: \* Reveals the key elements of healthy relationships, emphasizing the importance of what he calls â€œemotional connectionâ€• \* Introduces the powerful new concept of the emotional â€œbid,â€• the

fundamental unit of emotional connection\* Provides remarkably empowering tools for improving the way you bid for emotional connection and how you respond to othersâ€™™ bids

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