

# Dr. John Gottman's 7 Principles of Successful Relationships

- 1. Enhance your love maps.** You know your partner's inner world, from life dreams to favorite movies, as a best friend would.
- 2. Nurture fondness and admiration.** You have a positive view and deep appreciation of your partner, and express it.
- 3. Turn toward each other instead of away.** State your needs, be aware of bids for connection, and turn towards them.
- 4. Let your partner influence you.** You shouldn't make important life decisions autonomously, as a single person would.
- 5. 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.
- 6. Overcome gridlock.** What often underlies perpetual problems are unfulfilled dreams. Talk about those dreams with the goal of making peace with the problem.
- 7. 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.

# Gottman 7 Principles

**S Nieto**



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## **Table of Contents Gottman 7 Principles**

1. Understanding the eBook Gottman 7 Principles
  - The Rise of Digital Reading Gottman 7 Principles
  - Advantages of eBooks Over Traditional Books
2. Identifying Gottman 7 Principles
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Gottman 7 Principles
  - User-Friendly Interface
4. Exploring eBook Recommendations from Gottman 7 Principles
  - Personalized Recommendations
  - Gottman 7 Principles User Reviews and Ratings
  - Gottman 7 Principles and Bestseller Lists
5. Accessing Gottman 7 Principles Free and Paid eBooks
  - Gottman 7 Principles Public Domain eBooks
  - Gottman 7 Principles eBook Subscription Services
  - Gottman 7 Principles Budget-Friendly Options

6. Navigating Gottman 7 Principles eBook Formats
  - ePub, PDF, MOBI, and More
  - Gottman 7 Principles Compatibility with Devices
  - Gottman 7 Principles Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Gottman 7 Principles
  - Highlighting and Note-Taking Gottman 7 Principles
  - Interactive Elements Gottman 7 Principles
8. Staying Engaged with Gottman 7 Principles
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Gottman 7 Principles
9. Balancing eBooks and Physical Books Gottman 7 Principles
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Gottman 7 Principles
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Gottman 7 Principles
  - Setting Reading Goals Gottman 7 Principles
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Gottman 7 Principles
  - Fact-Checking eBook Content of Gottman 7 Principles
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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