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Research Lab, known as the "Love Lab",
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studies. In all cases, names and
identifying information have been
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In this summary of The Seven Principles
of Making Marriage Work, we'll outline
the 7 principles with a few sample

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relationship, improve communication,
and manage conflicts.

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popular book from relationship
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John Gottman. John Gottman, Ph.D, 56,

is the founder director of the Seattle
Marital and Family Institute and

Professor of Psychology at the University
of Washington.

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Encourage good decision making;
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marriage researcher John Gottman,
Ph.D, reveals what successful Expert
relationships look like
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to do exactly what it promises in its title.
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changes you can make to overcome the
common problems that damage

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relationships and build a supportive,
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to deal out what the title promises in its
most recent edition. Gottman, a therapist

and writer, founded the Gottman
Institute with the aim of applying a
research-based approach to marriages
and has spent many years studying
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