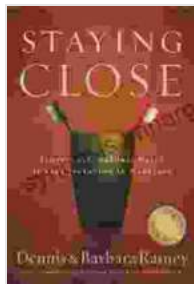


# Stop the Natural Drift Toward Isolation in Marriage



## Staying Close: Stopping the Natural Drift Toward Isolation in Marriage by Dennis Rainey

★★★★☆ 4.4 out of 5

Language : English  
File size : 1229 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 340 pages



By Dr. John Gottman



In this groundbreaking book, Dr. John Gottman reveals the seven principles that can help couples overcome isolation and build a strong, lasting relationship.

Based on over 40 years of research, Gottman's principles provide a roadmap for couples to navigate the challenges of marriage and create a lifetime of love and connection.

### **The Seven Principles**

1. Build a strong foundation of friendship
2. Nurture your relationship every day
3. Learn to resolve conflict constructively

4. Make time for each other
5. Be supportive and understanding
6. Forgive each other
7. Never give up on each other

These principles are essential for any couple who wants to build a strong, lasting relationship. By following these principles, couples can overcome the natural drift toward isolation and create a lifetime of love and connection.

### **About the Author**

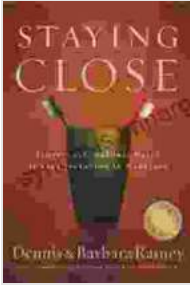
Dr. John Gottman is a world-renowned expert on marriage and relationships. He is the founder and director of The Gottman Institute, a research and clinical center that focuses on helping couples build strong, lasting relationships.

Dr. Gottman has written over 40 books on marriage and relationships, including the New York Times bestseller *The Seven Principles for Making Marriage Work*. He has also appeared on numerous television and radio shows, including *The Oprah Winfrey Show*, *The Today Show*, and *Good Morning America*.

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