

[PDF] Hold Me Tight: Seven Conversations For A Lifetime Of Love

Sandra Burr, Dr. Sue Johnson - pdf download free book

Books Details:

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Description:

Review "A much needed message to all couples and therapists and I recommend it to all." (**author of Getting the Love You Want and Receiving Love Harville Hendrix, Ph.D.**)

"At last, a road map through Emotionally Focused Couple Therapy with its creator. Dr. Johnson's superb science, humor, and clinical wisdom are finally accessible to all of us. I couldn't pick a smarter, warmer, and more real guide for this journey." (**bestselling author of The Seven Principles for Making Marriage Work and coauthor of And Baby Makes Three John Gottman, Ph.D.**)

"There's something appealing about this book's honest, no-holds-barred approach. By creating complete emotional safety and by willing to be fearless about it, it seems to me, not only can real love be kept alive, it can flourish" (**Boston Globe** 2008-01-00)

Sue Johnson [is] the most original contributor to couples therapy to come along in the last 30 years. This book will touch your heart, stimulate your mind, and give you practical strategies for improving your marriage. It will be an instant classic. (**author of Take Back Your Marriage William J. Doherty, Ph.D.**)

Wonderful!...Hold Me Tight blends the best in research findings with practical suggestions from a caring and compassionate clinician. This fabulous book will be of great benefit...to couples trying to find their way to better communication and deeper, more fulfilling ways of being with each other. Bravo! (**author of Parenting from the Inside Out Daniel J. Siegel, M.D.**)

A truly revolutionary, breakthrough book... the most important, valuable book for couples published in the 21st century. (**author of Getting It Right the First Time Barry McCarthy, Ph.D.**) --This text refers to the edition.

About the Author Dr. Sue Johnson is a clinical psychologist, the developer of Emotionally Focused Couple Therapy, and a recognized leader in the new science of relationships. The author of four books and numerous articles, she has trained thousands of therapists in North America and around the world. She lives in Ottawa, Canada. For more information on Dr. Sue Johnson and Emotionally Focused Couple Therapy, visit www.eft.ca.

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