



Hold Me Tight: Seven Conversations for a Lifetime of Love

Sue Johnson

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Heralded by the *New York Times* and *Time* magazine as the couple therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world.

In *Hold me Tight*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship-from Recognizing the Demon Dialogue to Revisiting a Rocky Moment-and uses them as touchpoints for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

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A lot of people always spent their own free time to vacation or go to the outside with them family or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day every day to reading a reserve. The book Hold Me Tight: Seven Conversations for a Lifetime of Love it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the particular e-book. You can m0ore very easily to read this book from your smart phone. The price is not to cover but this book offers high quality.

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