

Mates, Spouses, and Intimate Partners: The Enduring Power of Romantic Relationships

In *Mates, Spouses, and Intimate Partners*, renowned relationship expert Dr. John Gottman draws on decades of research to provide a comprehensive and engaging exploration of the multifaceted nature of romantic relationships. This book provides a thorough examination of the psychological, social, and cultural factors that shape our intimate partnerships, and it offers practical advice on how to build and maintain healthy, fulfilling relationships.

Dr. Gottman's research has shown that there are seven key principles that are essential for building a strong and lasting relationship. These principles include:

1. Building a strong foundation of friendship: The best romantic relationships are built on a solid foundation of friendship. This means spending time together, sharing interests, and supporting each other through good times and bad.



Women in Relationships with Narcissists and Psychopaths: Mates, Spouses, and Intimate Partners

by Sam Vaknin

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 151 pages



2. Nurturing intimacy: Intimacy is an essential part of any romantic relationship. It involves sharing your thoughts, feelings, and experiences with your partner. It also involves being physically and emotionally close to your partner.

3. Resolving conflict constructively: Conflict is a normal part of any relationship. However, it's important to learn how to resolve conflict constructively. This means avoiding destructive behaviors such as blaming, criticizing, or stonewalling. Instead, focus on communicating your needs and feelings in a respectful way.

4. Making time for each other: In today's busy world, it's easy to let our relationships fall by the wayside. However, it's important to make time for each other on a regular basis. This means scheduling regular date nights, taking vacations together, or simply spending quality time together at home.

5. Expressing appreciation: It's important to express appreciation for your partner on a regular basis. This can be done through words, actions, or gifts. When you express appreciation, you show your partner that you value them and that you're grateful for their presence in your life.

6. Being supportive: A supportive partner is there for you through thick and thin. They listen to you, offer advice, and help you to achieve your goals. Being supportive means being understanding, compassionate, and encouraging.

7. Maintaining a positive attitude: A positive attitude can go a long way in a relationship. When you focus on the positive aspects of your relationship, you're more likely to be happy and satisfied. Focus on the good times, and appreciate the things that you love about your partner.

Mates, Spouses, and Intimate Partners is an essential resource for anyone who wants to build and maintain a healthy, fulfilling romantic relationship. Dr. Gottman's research-based insights provide a roadmap for creating a relationship that will last a lifetime.



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