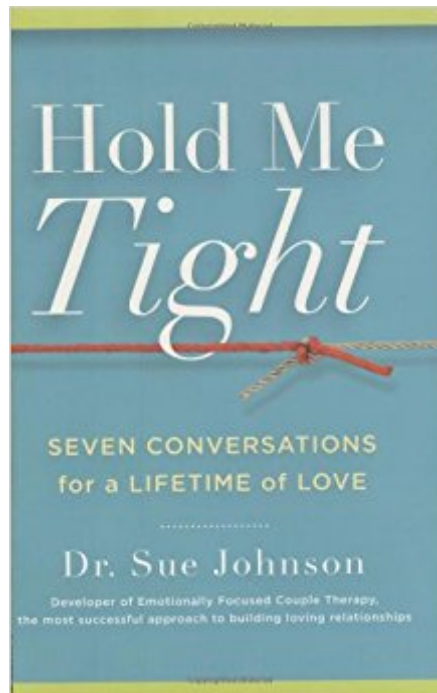




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# Hold Me Tight: Seven Conversations For A Lifetime Of Love



## Synopsis

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.

## Customer Reviews

"A much needed message to all couples and therapists and I recommend it to all." •Harville Hendrix, Ph.D., author of *Getting the Love You Want* and *Receiving Love*"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." •John Gottman, Ph.D., bestselling author of *The Seven Principles for Making Marriage Work* and coauthor of *And Baby Makes Three*

Dr. Sue Johnson is a clinical psychologist and Distinguished Research Professor at Alliant International University in San Diego, CA. The developer of Emotionally Focused Couple Therapy, she is a recognized leader in the new science of relationships. Dr. Johnson is the author of numerous books and articles, and 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](http://www.eft.ca) and [www.holdmetight.com](http://www.holdmetight.com).

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