## Resources For Those Who Love To Read


Aron, Elaine N. **The Highly Sensitive Person In Love: Understanding And Managing Relationships When The World Overwhelms You**. 2001

Chapman, Gary. **The 5 Love Languages**. 1992

Gottman, Dr. John. **The 7 Principles For Making Marriage Work.** 1999

Gottman, Dr. John. **The Relationship Cure**. 2001

Gottman, Dr. John. **10 Lessons To Transform Your Marriage**. 2006

Heller, Diane Poole. **The Power Of Attachment: How To Create Deep And Lasting Intimate Relationships**. 2019

Hendrix, Harville. **Getting The Love You Want**. 1988

Johnson, Dr. Sue. **Hold Me Tight.** 2008

Levine, Amir & Rachel S. F. Heller. **Attached.** 2010

Schnarch, David. **The Passionate Marriage.** 2009

Tatkin, Stan. **Wired For Love.** 2012


## Resources For Those Who Love Video

**You Tube Links**

**https://youtu.be/a0IYQGXiJxw Dr. Sue Johnson and Dr Ed Tronick explain attachment from infancy to adulthood**

**https://youtu.be/FJDN3PKZ1KE Part 1 Dr John Gottman discusses the 4 horsemen of the marital apocalypse which have a 93% accuracy rate in predicting divorce.**

**https://youtu.be/o5OdpPodpNY Part 2 DR Gottman finishes explain the last two of the 4 horsemen of the marital apocalypse**

**https://youtu.be/2xKXLPuju8U Stan Takin discusses why relationships can be so hard**

**https://youtu.be/0KrOZe2SxoQ A humorous explanation on the differences between male and female brains. Funny but true!**

**https://youtu.be/EoAqXh8hOZ4 Diane Poole Heller leads a couple of exercises showing attachment and connection**

**https://youtu.be/7hFAv8z8xmw Phil Dunphy from Modern Family learns about empathy. Funny but true!**

**https://youtu.be/uc3ARpccRwQ Joseph Grenny explains the basics involved in having a crucial conversation**