



What Makes Love Last?: How to Build Trust and Avoid Betrayal

By John Gottman Ph.D., Nan Silver

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A world-renowned relationship expert shares his research about love and what it takes to develop a trustful, intimate, and emotionally fulfilling bond.

In this insightful book, celebrated research psychologist and couples counselor John Gottman plumbs the mysteries of love and shares the results of his famous “Love Lab”: Where does love come from? Why does some love last, and why does some fade? And how can we keep it alive? Based on laboratory findings, this book shows readers how to identify signs, behaviors, and attitudes that indicate a fraying relationship and provides strategies for repairing what may seem lost or broken.

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