

IN PRINT

The Seven Principles For Making Marriage Work

(Crown Publishers; 1999)

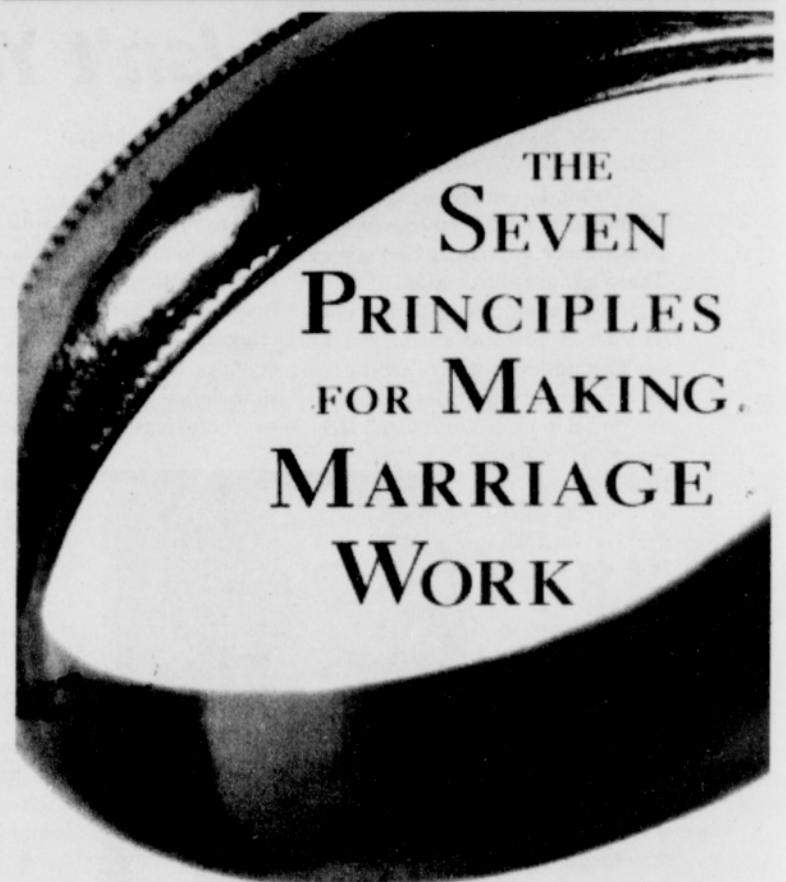
By John M. Gottman, Ph.D., and Nan Silver

Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages.

This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relation-

ship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved.

Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.



A Practical Guide from the Country's
Foremost Relationship Expert

JOHN M. GOTTMAN, PH.D.,
and NAN SILVER

Ascending to Reunion

at

Anneliese Widman, Ph.D.

Rage at God

(Ant Hill Press; 1998)

By Anneliese Widman, Ph.D.

Millions of people in our society struggle with the anguish of their past experiences – abuse, victimization, failure – and most keep it inside, or worse, inflict the same pain on those around them. It is too awful for them to believe (or even consciously consider) that they are committing the same torturous behavior that their parents did.

Dr. Annelise Widman, a NYC psychotherapist specializing in Bioenergetics, shares her unique work with Reflectivism, or negative transference. Based on our history with our parents, we reflect their traits in ourselves – often in rebellion with the “way things are” or as a RAGE AT GOD. Reflectivism helps rid one of this behavior by accepting the concept, then expressing their repressed, sordid feelings. This process will cleanse and bring one to a more balanced, expanded self.

Within the book:

- Learn ways to accept that you are a reflection of your parents, and how to utilize this information.
- Methods to change your negative energy into positive energy.
- How God is involved and is perceived as the “ultimate” parent.
- Why forgiveness plays such a large role in this process.

The Journals – A Message from the Council of Ancients

(DaScribe; 1998)

By R.T. Stone

It's this simple but profound message, contained within the pages of *The Journals – A Message from the Council of Ancients*, that's setting the literary world on fire and touching the hearts, challenging the minds and deepening the souls of all who delve into its pages. Contained within the mystical blue and gold shell of this extraordinary novel, labeled “visionary fiction,” comes the surprisingly down-to-earth story of an average, plain-old Cincinnati businessman

who would sooner walk on hot coals than subscribe to what he calls “that New Age crap.” Holistic healing, a vegetarian lifestyle, saving the environment, spirituality – all foreign concepts to the main character, R.T. Stone, who describes himself as the “official icon of the non-believer.”

And what readers all across the country are discovering, is that whether they are believers, non-believers, or somewhere in between,

The Journals is drawing them into its pages with its astounding insight into their lives and the extraordinary nature of the human experience. Whether the novel enlightens you, enraptures you, or enrages you, it will encourage you to investigate the truth behind everything you've ever been taught. It will challenge you to accept the possibility that everything in this world, including *The Journals*, isn't always as it seems.

