Hold Me Tight: Seven Conversations for a Lifetime of Love

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Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? We all want a lifetime of love, support, and companionship. But sometimes we need a little help.

Enter Dr. Sue Johnson, developer of Emotionally Focused Couple Therapy and "the best couple therapist in the world," according to bestselling relationship expert Dr. John Gottman. In *Hold Me Tight*, Dr. Johnson shares her groundbreaking and remarkably successful program for creating stronger, more secure relationships.

The message of *Hold Me Tight* is simple: Forget about learning how to argue better, analyzing your early childhood, making grand romantic gestures, or experimenting with new sexual positions. Instead, get to the emotional underpinnings of your relationship by recognizing that you are emotionally attached to and dependent on your partner in much the same way that a child is on a parent for nurturing, soothing, and protection. Dr. Johnson teaches that the way to enhance or save a relationship is to be open, attuned, and responsive to each other and to reestablish emotional connection. With this in mind, she focuses on key moments in a relationship?from Recognizing the Demon Dialogues to Forgiving Injuries?and uses them as touch points for seven healing conversations. These conversations give you insight into the defining moments in your relationship and guide you in reshaping these moments to create a secure and lasting bond.

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