



Hold Me Tight: Seven Conversations for a Lifetime of Love

By Sue Johnson

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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.

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Editorial Review

Review

"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***

"There's something appealing about this book's honest, no-holds-barred approach. By creating complete emotional safety and by willing to be fearless about it, it seems to me, not only can real love be kept alive, it can flourish"? **Boston Globe**

Sue Johnson [is] the most original contributor to couples therapy to come along in the last 30 years. This book will touch your heart, stimulate your mind, and give you practical strategies for improving your marriage. It will be an instant classic.? **William J. Doherty, Ph.D., author of *Take Back Your Marriage***

Wonderful!...*Hold Me Tight* blends the best in research findings with practical suggestions from a caring and compassionate clinician. This fabulous book will be of great benefit...to couples trying to find their way to better communication and deeper, more fulfilling ways of being with each other. Bravo!? **Daniel J. Siegel, M.D., author of *Parenting from the Inside Out***

A truly revolutionary, breakthrough book... the most important, valuable book for couples published in the 21st century.? **Barry McCarthy, Ph.D., author of *Getting It Right the First Time***

About the Author

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 and www.holdmetight.com.

From [AudioFile](#)

Few audio lessons capture the emotional challenges of love relationships as well as this one by an articulate marriage therapist. Focusing on troubled relationships, it shows how couples can stop fighting, deal with vulnerabilities, resolve and heal old injuries, build secure connections, and develop relationship strengths. These remedies are anchored to a sensitive explanation of the underlying attachment issues that provide both joy and frustration in romantic relationships. Sandra Burr is an outstanding choice to read this excellent guide. Her vocal security and tasteful dramatic skills don't overshadow the main ideas in each section, even when she's handling the frequent dialogue. She sounds appealing in a maternal sort of way, and her seriousness constantly reminds us that essential information is unfolding. T.W. © AudioFile 2008, Portland, Maine

Users Review

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As people who live in the modest era should be change about what going on or info even knowledge to make these people keep up with the era and that is always change and move forward. Some of you maybe can update themselves by reading through books. It is a good choice for you but the problems coming to an individual is you don't know which one you should start with. This Hold Me Tight: Seven Conversations for a Lifetime of Love is our recommendation so you keep up with the world. Why, since this book serves what you want and wish in this era.

Donald Wexler:

Reading can called imagination hangout, why? Because when you find yourself reading a book specifically book entitled Hold Me Tight: Seven Conversations for a Lifetime of Love your brain will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely will become your mind friends. Imaging each and every word written in a guide then become one web form conclusion and explanation that will maybe you never get before. The Hold Me Tight: Seven Conversations for a Lifetime of Love giving you yet another experience more than blown away your mind but also giving you useful information for your better life on this era. So now let us demonstrate the relaxing pattern this is your body and mind will probably be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

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