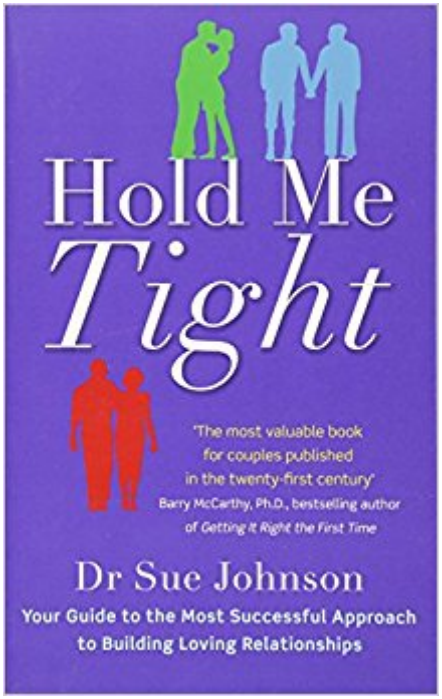
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Hold Me Tight: Your Guide To The Most Successful Approach To Building Loving Relationships



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Synopsis

Developed by Dr Sue Johnson over 20 years ago and practised all over the world, EFT has been heralded by Time magazine and the New York Times as the couple therapy with the highest rate of success. Couples who use EFT see a 75 per cent success rate. The therapy programme focuses on the emotional connection of every relationship by de-escalating conflict, creating a safe emotional connection, and strengthening bonds between partners. In HOLD ME TIGHT, EFT pioneer Dr Sue Johnson presents her highly effective therapy model to the general public for the first time. 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.

Book Information

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Customer Reviews

Sue Johnson [is] the most original contributor to couples therapy to come along in the last 30 years...An instant classic * William J. Doherty, Ph.D., author of TAKE BACK YOUR MARRIAGE * 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 * The best couple therapist in the world...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 * 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 *

British author Dr Sue Johnson is a clinical psychologist and Distinguished Research Professor at Alliant International University in San Diego, CA. The creator of EFT, she is a recognised leader in the new science of relationships. She is the author of numerous books and articles, and she has trained thousands of therapists in North America and around the world. Visit her online at www.drsuejohnson.com.

I liked the information in this book. the author does a good job of explaining her research and how to apply it to your relationships. Through many real-world relationship examples, she shows how the theories effect actual couples. I found many examples that rang true to my own feelings and behaviors.Highly recommended for those who want to try to understand themselves and tier relationships better.

I've never taken so many "notes" when I'm reading something.A real eye opener - at least from the male standpoint.

This book is great for making communication better in any close relationship.

The best thing you can gift a new couple.

I liked the real life stories of couples on different situations. I read the book alongside a relationship course, so I didn't read each and every page. Nice theory that makes sense. Love can't stay alive without vulnerability of showing your deepest needs and emotions.

I found this book very useful in conjunction with relationship counselling to understand the dynamics of our demon dialogues and how they affect our relationships.

Really, anyone who wants to understand how couples stay connected should read this book. I am a counselor and got some really helpful insights. Not to be missed.

Eye-opening and very helpful. Johnson's idea of attachment in adult relationships was a new idea for me.

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