

# Couples In Sync Roll Together: The Ultimate Guide to a Happy, Fulfilling, and Lasting Relationship



## COUPLES IN SYNC Roll Together

★★★★★ 5 out of 5

Language	: English
File size	: 3640 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 98 pages
Lending	: Enabled



Are you looking for a book that can help you build a stronger, more fulfilling relationship? Look no further than *Couples In Sync Roll Together*. This book is packed with practical advice and exercises that will help you and your partner improve communication, resolve conflict, and deepen your connection.

*Couples In Sync Roll Together* is written by two experienced relationship therapists, Dr. John Gottman and Dr. Julie Schwartz Gottman. They have spent decades studying couples and have developed a proven method for helping them build lasting relationships.

The book is divided into three parts:

- 1. The Foundations of a Strong Relationship**
- 2. The Seven Principles of a Happy Marriage**
- 3. Putting It All Together**

In the first part, you will learn about the essential ingredients of a healthy relationship, such as trust, respect, and commitment. You will also learn how to identify and address the challenges that can arise in any relationship.

In the second part, you will learn about the seven principles of a happy marriage, as identified by Dr. Gottman and Dr. Schwartz Gottman. These principles include:

- Build a strong friendship
- Nurture your romantic relationship
- Learn to manage conflict
- Make time for each other
- Support each other's dreams
- Create a shared meaning
- Learn to forgive

In the third part, you will learn how to put all of the principles together to create a lasting relationship. You will learn how to create a relationship vision, how to set goals, and how to resolve conflict in a healthy way.

Couples In Sync Roll Together is an essential read for any couple who wants to build a stronger, more fulfilling relationship. This book is full of practical advice and exercises that will help you and your partner improve communication, resolve conflict, and deepen your connection.

Free Download your copy of Couples In Sync Roll Together today and start building the relationship of your dreams!



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