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What Makes Love Last How to Build Trust and Avoid

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What Makes Love Last Wikipedia

What Makes Love Last?, by John Gottman, is a discussion of trust, intimacy and what the authors claim to be the secrets to love's longevity. The book is the product of 40 years of research culled from Gottman's "Love Lab," an observational program based at the University of Washington.

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Though clear that there are various types of betrayal (e.g., absenteeism, making coalitions against a partner, and lying), much of the book covers communicating about and renewing sexuality as both a method for and a result of better attunement between partners.

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