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## **Hold Me Tight Seven Conversations**

Hold Me Tight: Seven Conversations for a Lifetime of Love Audible Audiobook - Unabridged. Dr. Sue Johnson EdD (Author), Helen Keeley (Narrator), Little, Brown Spark (Publisher) & 0 more. 4.6 out of 5 stars 1,236 ratings. See all formats and editions.

## **Amazon.com: Hold Me Tight: Seven Conversations for a ...**

Hold Me Tight: Seven Conversations for a Lifetime of Love is primarily focused on helping couples who are going through a rough patch, but it is so much more. Not only can it help a relationship between

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two people (be it a spouse, girlfriend/boyfriend or other love relationship) but it can help a person individually when they're associating with people on a deep relational level.

## **Hold Me Tight: Seven Conversations for a Lifetime of Love ...**

Heralded by the New York Times and Time as the couples 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 ...

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## **Hold Me Tight: Dr. Sue Johnson, Sandra Burr: 0889290303011 ...**

7 Conversations Confusing Listening to the audiobook I find it hard to clearly define and differentiate among the seven conversations. Indeed I feel like we didn't need seven conversations. Hold Me Tight should have stayed the core and only concept and all the other conversations mentioned as supports. Too Long Overall, it was a bit too long.

## **Hold Me Tight: Summary & Review in PDF | The Power Moves**

Hold Me Tight : Conversations For Connection. This DVD shows three couples who - with the help of Sue Johnson - go through six of the

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conversations from Dr. Johnson's ground-breaking book, *Hold Me Tight: Seven Conversations for a Lifetime of Love*. This DVD can be used on its own as a roadmap for creating loving connection or it can be used in conjunction with the book.

## **Hold Me Tight : Conversations For Connection**

HOLD ME TIGHT presents a streamlined version of EFT. It walks the reader through seven conversations that capture the defining moments in a love relationship and instructs how to shape these moments to create a secure and lasting bond. Case histories and exercises in each conversation bring the lessons of EFT to life.

## **Hold Me Tight - Center for Psychological and Interpersonal ...**

Hold Me Tight Hold Me Tight offers a revolutionary way to see and shape your relationships. The stories, ideas, and exercises, based on the science of love

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and the wisdom of Emotionally Focused Couple Therapy (EFT), walk the reader through seven conversations that can define a love relationship.

## **Books | Dr. Sue Johnson**

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## **What is Hold Me Tight?**

Hold Me Tight Hold Me Tight offers a revolutionary way to see and shape your relationships. The stories, ideas, and exercises, based on the science of love and the wisdom of Emotionally Focused Couple Therapy (EFT), walk the reader through seven conversations that can define a love relationship.

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As author of the best-selling book: Hold Me Tight, Seven Conversations for a Lifetime of Love, Sue Johnson has created for the general public, a self-help version of her groundbreaking research...

## **Sue Johnson | Psychology Today**

Hold Me Tight: Seven Conversations for a Lifetime of Love MP3 CD - Audiobook, April 15 2014 by Sue Johnson (Author), Sandra Burr (Reader), Inc. Brilliance Audio (Reader) & 0 more 4.6 out of 5 stars 1,094 ratings

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### **Hold Me Tight: Seven Conversations for a Lifetime of Love ...**

Hold Me Tight: Seven Conversations for a Lifetime of Love. Dr. Sue Johnson. Little, Brown, Apr 8, 2008 - Self-Help - 320 pages. 2 Reviews. Heralded by the New York Times and Time as the couples therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond.

### **Hold Me Tight: Seven Conversations for a Lifetime of Love ...**

Reconnect with each other. Rediscover your love. The Hold Me Tight® Relationship Enhancement Workshop guides couples through seven essential conversations for creating a strong and securely bonded relationship. Based upon the theory of Emotionally Focused Therapy (EFT), Hold Me Tight® helps couples identify negative patterns of interactions that increase conflict and disconnection and helps couple have



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conversations that increase emotional safety and security in their relationship.

## **Hold Me Tight® in the Heartland**

Through her seven conversations, she untangles vicious cycles of interaction, explores underlying emotions and creates new strategies for dialogue. Although it may not contain the most recent research on relationships, "Hold Me Tight" provides intelligent and insightful advice to help couples tackle their core issues.

## **Hold Me Tight (eBook) | Hennepin County Library ...**

In Hold Me Tight, which is offered as a guide (including exercises at the end of each chapter) for couples to work through EFT on their own, Dr Johnson presents "seven conversations for a lifetime of love."

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In Hold Me Tight, Dr. Sue Johnson

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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 touch points for seven healing conversations.

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