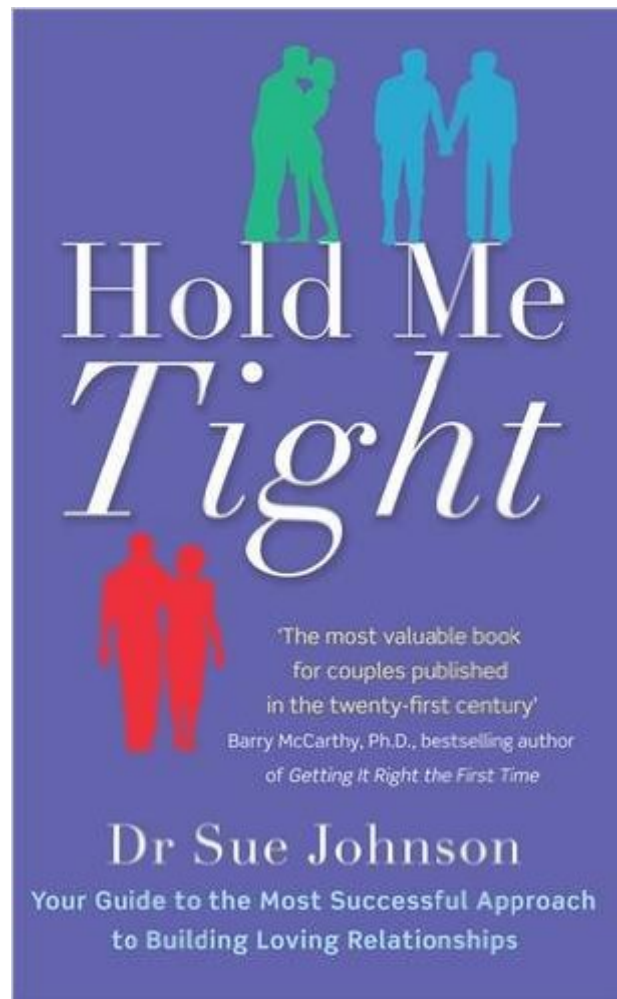


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# Hold Me Tight: Your Guide To The Most Successful Approach To Building Loving Relationships



## 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

Paperback: 320 pages

Publisher: Piatkus Books; 1.2.2011 edition (February 1, 2011)

Language: English

ISBN-10: 0749955481

ISBN-13: 978-0749955489

Product Dimensions: 5.4 x 1 x 8.5 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (44 customer reviews)

Best Sellers Rank: #8,169 in Books (See Top 100 in Books) #71 in [Books > Parenting & Relationships > Marriage & Adult Relationships](#) #91 in [Books > Self-Help > Relationships > Love & Romance](#) #118 in [Books > Self-Help > Relationships > Interpersonal Relations](#)

## Customer Reviews

I am trained in Emotionally Focused Couples Therapy and have a private practice here in Bellevue Washington where I work to help couples and individuals in distressed relationships. Emotionally Focused Therapy is often very effective at helping a distressed couple understand the negative cycle that keeps them from feeling close and repairing many of the moments that happen and create that distress. In the first few chapters the book has a few examples of distressed couples that, after reading my clients come back and tell me that they really saw themselves in one or more of the case examples. Next Dr. Johnson guides you through seven key conversations to help you understand how each of you contribute to the negative cycle and get deeper and express your relationship (attachment) needs. Couples who add this book to their couples counseling go through the process faster. If you are looking for a book to help improve the emotional safety, security and

connection in your relationship, this is your best bet.~Marlon Familton, LMHCBellevue Washington

This book made great sense to me. It was recommended by a psychologist who said it had helped a number of her clients. I can see why. It is easy to read, explains clearly how couples get into various "dances" (sequences of downward spiralling arguments) and some reasonable ways of recognizing and addressing those patterns. It does not contain those trite and often embarrassing catchphrases of many relationship self help books and so should be more palatable for men whose female partners would like them to engage more. As a woman, I thought it described relationship frustration extremely well and gave a fresh approach to an age old dilemma with sensible scenarios for progressive change for both men and women. Having said that, I'm still waiting for my partner to comment so maybe interest in such books is still anchored in the female gene.

This book is well written and quite an emotional read at times. If you have been or are in a relationship, it will help you understand why problems feel so serious to you and the deeper feelings underneath that keep couples wanting each other and at the same time driving each other apart. But the most valuable thing you will get from the book is a set of love relationship tools that will help you have a long term relationship that stays full of passion, love and eroticism. This book proves that long term relationships do NOT automatically become dulled. You can stop that with the guidance in this book and working as a couple on it

"Hold Me Tight" is an exceptional book of help for all struggling couples. Even if you don't agree with every word of it, it is an extremely enlightening and enjoyable read. There is certainly a good deal of helpful understanding and valid communication techniques presented to help all couples; and really all relationships. It comes very close to the rating that I give, "HOW WE LOVE" by Merlin & Kay Yerkovich. For promoting understanding and insight, these two books are at the top, in a class all their own. I am very grateful to have had the opportunity to read this insightful book. Thank you, Dr. Sue Johnson. Shalom Blessings !!

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

My husband and I were recommended this book by our therapist. His first thought was oh God really? He hates to read. When we first started reading we both had the same opinion, this is really

interesting. It's easy to read and understand yet it really goes in depth about how the mind works. It explains how you may have insecurities about certain things in your relationship and they actually come out in different ways, like fighting. I thought it was really fascinating how it opens your eyes to what those common fights are really about. Deep down I wasn't getting the love I needed in the **WAYS I NEEDED** to feel 100 percent secure so we would constantly fight about him doing things with his friends without me and I would sit home and my mind would wander and slowly I would just get more and more upset, hold it in and then of course explode when he forgot to take out the garbage, lol. It was great insight for him too, to be able to understand why I was insecure and what he needed to do to change it. This has taken our relationship to a whole new level. I am a firm believer that all relationships need work but it's hard to really understand why your always fighting. This book has definitely helped get our relationship back on track. It has brought us so much closer. I like the exercises and questions that you can do separate and then talk about and also the ones you can do together. I'm so glad I bought this book. Who knows where we would be without it.

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.

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