

Eight Dates: Essential Conversations for a Lifetime of Love By John M. Gottman Growth & Spirituality - if you're religious.

Amazing resource for any long-term committed couple! I love the idea of intentional dates that are themed around major aspects of a relationship. The date ideas are pretty vague but the guiding conversation questions and exercises to go with them are amazing! My husband and I plan to work through these dates slowly and are looking forward to more intentional conversations about our relationship and how to love each other better.

224 Eight Dates: Essential Conversations for a Lifetime of Love written by the Gottman's of the Gottman Institute is a book about growing learning about and supporting your romantic partner. The Gottman's look at some of the main sources of conflict and misunderstanding in relationships and break these categories down into eight dates covering the following: trust and commitment conflict sex and intimacy work and money family fun and adventure growth and spirituality and finally dreams and aspirations. We took it slow read the book carefully and meaningfully asked and answered each of the questions and having discussions about each date our family history and what we felt and thought about each idea and topic as they came up. It allowed us to grow and get to know each other better gave us good tips and information on how to interact with each other to reduce conflict and increase understanding and made for some good quality time together; this is now a regular thing and we will continue to read books together over the next year and maybe beyond. My partner and I had some criticisms; it follows traditional relationships more closely than the growing norm of alternative or progressive relationships and certainly has some religious undertones although they are subtle.

224 Strengthen and deepen your love with a fun ingenious program of eight life-changing conversations—on essential topics such as money sex and trust—from two of the world's leading marriage researchers and clinicians. Navigating the challenges of long-term commitment takes effort—and it just got simpler with this empowering step-by-step guide to communicating about the things that matter most to you and your partner. Julie Schwartz Gottman invite couples on eight fun easy and profoundly rewarding dates each one focused on a make-or-break issue: trust conflict sex money family adventure spirituality and dreams. And the range—from the four skills you need for intimate conversation (including Put Into Words What You Are Feeling) to tips on being honest about your needs while also validating your partner's own emotions—will resonate whether you're newly together or a longtime couple looking to fortify your bond.

Eight Dates: Essential Conversations for a Lifetime of Love I think largely because of my age and COVID-induced introspection my friends in recent months have turned their focus towards topics like emotional maturity and personal life. For example the "family" date is recommended to be at a playground and in the case that adults must have children to be present at a childrens playground go to a family friendly restaurant instead. The dates cover eight of the most meaningful important and often contentious topics that couples deal with: trust and commitment conflict sex money family fun and adventure growth and spirituality and dreams. There is SO MUCH interesting info in this book! I know not everyone is going to froth at the mouth over learning how couples interact with each other but I seriously couldn't get enough. (In other words they have to work extra hard to keep that romantic spark alive...)**

The five most common subjects that couples fight about are money sex in-laws alcohol or drug use and parenting. It talks about each topic summarizes the chapter then lays out a date night plan complete with suggestions for how to prepare where to go problems to look out for questions to ask and an affirmation to say together at the end of the date. While that work was a constant stream of self-aggrandizement and conflation of his ability to predict divorce with an ability to preserve marriages this book is far more humble conversational thoughtful and engaging - perhaps because of the involvement of the three other authors (his wife and Rachel Doug Abrams). This book walks through eight fundamental issues that come up in any long-term relationship from financial matters to intimacy to life goals and along with thoughtful dialogue on what makes these issues hard to talk about comes up with creative worksheets quizzes and settings to help open up a discussion between partners. While I feel the various dates and mechanisms vary in quality and applicability I dog-eared quite a few pages and

expect to go back this as a source of helpful suggestions in talking about complex issues with partners. 224 What I appreciate about the Gottman Institute is it is research-based so John and Julie Gottman are not just throwing out relationship advice based on hunches or personal anecdotes but based on evidence and observation. The book is very practical and after laying out examples from actual couples explains the importance of the topic and ends with a set of questions to help you explore the topic in your relationship. We both learned a good deal about each other even though we've been married for over 11 years and together for 13 we developed solutions to problems and we spent a bunch of quality time together. Trust & Commitment - what is your level of commitment to each other? What does this mean? 2: Addressing Conflict - different people relate to the emotion of anger differently: The goal of conflict is not resolution of the issue and it's definitely not about figuring out who's right or wrong, Work & Money - this chapter is not at all about tactically how to manage money. It's all about your psychological relationship with money and security and work, Family - what do you consider to be your family? How will you maintain your relationship when you're busy with kids if you intend to have some. This book is short and not super deep but the real depth should come in the conversations with your partner that the dates are meant to cultivate: 224 I read this for a boy and that's saying something considering I hate self help books. Lol it didn't end well 224 great practical marriage advice book. Probably best for younger married couples but still really helpful and useful as are all the Gottman materials, Each date contains a paragraph to read with questions to ask and answer for each partner: My partner and I read this book over a series of date nights starting in March 2020 and ending on New Years 2021: This was a great book for relationship study and personal growth: I usually do not read these books myself but as a date night study and growth session this was a really good read: Even so this was a solid first read for my partner and I and we look forward to reading more books together. 224 Whether you are married dating or engaged there is a lot of great insight and advice packed in this little book, Drawing on forty years of research from their world-famous Love Lab Dr, Interactive activities and prompts provide motivation to stay open stay curious and most of all stay talking to each other. You will discover (or rediscover) your partner like never before—and be able to realize your hopes and dreams for the love you desire and deserve. Discussions often come to relationships dating apps and friends who could pair up: Those in relationships live vicariously through those that are single: Prior to dating my GF and I connected early on wanting to “iterate quickly” in our next relationship - she's a PM and I a software engineer. We felt old and we didn't have that many iterations left before marriage, What are the most important topics to align on in a relationship to be intentional? I think this book is an amazing way to date intentionally: One of my friends who I showed the book to said the book was just like couples therapy which they were going through at the time with their partner: This book is going to be lengthy and deep like therapy - it takes weeks and months to finish the book together and each of the 8 topics can be hours of conversation. Gottman & Gottman are a husband and wife marriage and divorce counselor pair. They run a prominent marriage institute in Seattle to which Microsoft provides corporate benefits and many older employees have gone through with delight. They and the co-authors have recorded thousands of couples and claim to be able to predict if a couple will stay together with astonishing accuracy: I don't believe the actual statistics but I get the point - they probably know something about what keeps people in love, Each of the topics in this book is structured as a date: For each they give you a list of exercises open-ended discussion questions and even suggest things like where to do the date: It's not about the movie or the dinner you share it's about just having protected time away from screens in which you talk to each other: You probably have a weekly 1:1 at work this is at least more important than those: Second you should treat your partner primarily with curiosity throughout the course of your life, The mindset is: “the person who woke up today is not the same person who went to bed the night before. This book is for any couple: those just starting to date about to get married or have been in a 20 year marriage. This book is not just about “testing” your alignment across 8 topics: Great relationships are built - and this book can serve as a guide to long-term relationship satisfaction. I've recommended this to at least 15-20 couples and maybe 5-6 have started trying this book: He has studied thousands of

relationships and after several decades of clinical observation and study he can predict with 97% accuracy if a couple will stay together or divorce. I read one of Gottman's earlier books called *The Seven Principles for Making Marriage Work* when my husband and I were having a rough time just after we were married. It absolutely changed the way I approached our relationship and it helped us both better communicate so we could come together to work through our issues and move on: I was expecting good things from *Eight Dates* and boy did it deliver. The book is divided into eight sections one for each date: Before the dates are introduced an intro gives characteristics of successful marriages as well as advice on how to have an intimate conversation and how to listen: It's all so interesting to me discovering what is "normal" and what actually creates a lasting connection especially when it doesn't necessarily match up with what I expected, Some of my favorite insights:*** Successful marriages have 20 positive interactions for every 1 negative interaction: *** Sixty-nine percent of conflicts in most marriages will never be solved: The trick is to fight about (or let go of) these issues effectively. *** Eighty-percent of married couples have sex at least a few times a month: *** Studies have shown that dual-career couples with young children spend only 10% of their evenings together with most of that time spent discussing errands: *** Arguments about the unpaid work in a relationship (chores and childcare) tend to cause the most conflict, *** The eight most important elements of a successful marriage are fidelity good sex division of chores adequate income good housing shared religious beliefs shared interests and children: *** Stay at home parents do about \$90000 worth of work per year: (#preach)*** An early indicator of the future success of a marriage happens during pregnancy and the birth of a child: If a husband (the study only involved heterosexual couples) is involved during pregnancy and birth the marriage will be happier later on, A father tends to stay involved with the children through the years if his marriage has low conflict and there is continued sex. This includes experiencing laughter excitement anxiety and curiosity both separately and together. *** It's important for couples to share their dreams with each other. Keeping your dreams from your partner leads to bitterness resentment loss of passion and desire and distance: *** Every person has a dream or life purpose and it should never be sacrificed for the relationship, It's possible for both people to achieve their dreams just typically not at the same time, Is that too much to share? I seriously could go on and on: My husband and I haven't gone through each of these dates yet but the ones we've done have been really interesting and made us feel more connected, In short I'd recommend this book to any couple looking to take their relationship to the next level. Five enthusiastic stars!Thank you to John Gottman Workman Publishing and Net Galley for the ARC!See more of my reviews at www.224.com I liked this book quite a bit more than the previous (and only other) Gottman book I read *The Seven Principles for Making Marriage Work*. This book is a valuable resource for anyone who wants to deepen and strengthen their relationship whether you are newly dating or have been married for many years, Different sections of the book will be more useful to different people, The topics of the eight chapters are commitment conflict sex money family fun spirituality and dreams, I found the first two chapters about commitment and conflict to be the most valuable but depending on life circumstances the other chapters might gain importance, The subject matter is definitely confined to romantic relationships but there were a few areas that I thought were helpful for just understanding other people in my life, Sometimes I wished the exercises were more pointed but then they would have lost their universality: Also Angie and I agreed that one chapter seemed to have rosy-eyed glasses but I think that's part of the point: Strong recommend for couples or those who want to be part of a couple. 224



John Mordecai Gottman is an American psychological researcher and clinician who did extensive work over four decades on divorce prediction and marital stability. He is also an award winning speaker author and a professor emeritus in psychology[1]

Onto the 8 dates:1. The goal is finding mutual understanding.3. Sex & Intimacy.4.5.6. Fun & Adventure.7. This was a lot of fun for us. John Gottman and Dr. While the framing was a joke the intentions were real. And they claim there are 8 important topics to consider. You and your partner can alternate planning dates. My GF planned the odd dates and I planned the evens.The book makes a couple of meta-points. First you should go on a date every week."Now talk about that here. Otherwise construct sacred rituals with each other.8. Dreams - support each other in your dreams. I recommend it for every couple. 224 John Gottman is basically a love guru. Of those 32% have sex 2 to 3 times a week.*** Play is a vital component of a relationship. Couples who play together stay together.*** Conflict is how our relationships grow. I just find this stuff fascinating.Practically speaking this book is very user-friendly. It's intense but also very doable. bugbugbooks.com. 224 Accessible well-written with lots of helpful exercises..