

Self-Help Books on Relationships

- John M. Gottmann and Nan Silver (2004), *The Seven Principles for Making Marriage Work*.
- John M. Gottmann (2002), *The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships*.
- Matthew McKay (2009), *Messages: The Communications Skills Book*.
- Harriet Lerner (1990), *The Dance of Intimacy*.
- Harriet Lerner (2002), *The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed or Desperate*.
- Deborah Tannen (2001), *You Just Don't Understand: Women and Men in Conversation*.