

## HOLD ME TIGHT SEVEN CONVERSATIONS%0A

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

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 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.

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Buy the Hardcover Book Hold Me Tight by Sue Johnson at Indigo.ca, Canada's largest bookstore. + Get Free Shipping on books over \$25! 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.

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### **Hold me tight seven conversations for a lifetime of love**

Get this from a library! Hold me tight : seven conversations for a lifetime of love. [Susan M Johnson] -- Introduces the author's Emotionally Focused Therapy technique, explaining how to assist couples by treating their relationship as a love-based, attachment bond that can be healed through a

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### **Hold Me Tight Dr Sue Johnson**

Relationship Enhancement Groups . The Hold Me Tight Workshop was developed by Dr. Sue Johnson and is designed around seven conversations based on the Hold Me Tight book, all of which have been shown to be essential to successful relations.

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