



And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives

John Gottman Ph.D., Julie Schwartz Gottman

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Congratulations! You have a new baby.

Don't forget you also have a marriage.

Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. In *And Baby Makes Three*, Love Lab™ experts John Gottman and Julie Schwartz Gottman teach couples the skills needed to maintain healthy marriages, so partners can avoid the pitfalls of parenthood by:

- Focusing on intimacy and romance
- Replacing an atmosphere of criticism and irritability with one of appreciation
- Preventing postpartum depression
- Creating a home environment that nurtures physical, emotional, and mental health, as well as cognitive and behavioral development for your baby

Complete with exercises that separate the “master” from the “disaster” couples, *And Baby Makes Three* helps new parents positively manage the strain that comes along with their bundle of joy.



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Frank Hegarty:

A lot of people always spent all their free time to vacation or go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. In order to try to find a new activity that's look different you can read a new book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a book. The book And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives it is very good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. When you did not have enough space bringing this book you can buy the e-book. You can m0ore simply to read this book through your smart phone. The price is not very costly but this book provides high quality.

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Karl Irwin:

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