



# Principia Amoris: The New Science of Love

*John Mordechai Gottman*

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Stereotypically, science and emotion are diametric opposites: one is cold and unfeeling, the other soft and nebulous; one is based on proven facts while the other is based on inexplicable feelings and “never the twain shall meet,” until now.

John Gottman delves into the unquantifiable realm of love, armed with science and logic, and emerges with the knowledge that relationships can be not only understood, but also *predicted* as well. Based on research done at his Love Lab and other laboratories, Gottman has discovered that the future of love relationships can be predicted with a startling 91% success rate. These predictions can help couples to prevent disasters in their relationships, recognize the signs of a promising relationship, and perhaps more importantly, recognize the signs of a doomed one.

*Principia Amoris* also introduces **Love Equations**, a mathematical modeling of relationships that helps understand predictions. Love Equations are powerful tools that can prevent relationship distress and heal ailing relationships. Readers learn about the various research and studies that were done to discover the science behind love, and are treated to a history of the people, ideas, and events that shaped our current understanding. They also learn about:

- The “Four Horsemen of the Apocalypse”
- 45 natural principles of love
- 5 couple types
- 5 recipes for good relationships
- And much more!

Just as science helped us to understand the physical world, it is helping us to understand the emotional world as well. Using the insights in this book, mental health professionals can meaningfully help their distressed clients, as well as better understand *why* a relationship is failing or succeeding. Appropriate for the curious non-mental health professional as well, *Principia Amoris* is a must-have on any bookshelf!

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As people who live in the actual modest era should be revise about what going on or data even knowledge to make these individuals keep up with the era which can be always change and progress. Some of you maybe will probably update themselves by examining books. It is a good choice for yourself but the problems coming to you actually is you don't know what one you should start with. This Principia Amoris: The New Science of Love is our recommendation so you keep up with the world. Why, as this book serves what you want and want in this era.

#### **Robert Monson:**

Playing with family in a park, coming to see the marine world or hanging out with friends is thing that usually you could have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Principia Amoris: The New Science of Love, you could enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

#### **Louis Patrick:**

Principia Amoris: The New Science of Love can be one of your beginning books that are good idea. Most of us recommend that straight away because this book has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to place every word into pleasure arrangement in writing Principia Amoris: The New Science of Love nevertheless doesn't forget the main level, giving the reader the hottest and also based confirm resource info that maybe you can be considered one of it. This great information can drawn you into brand new stage of crucial contemplating.

#### **Harold Dalton:**

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