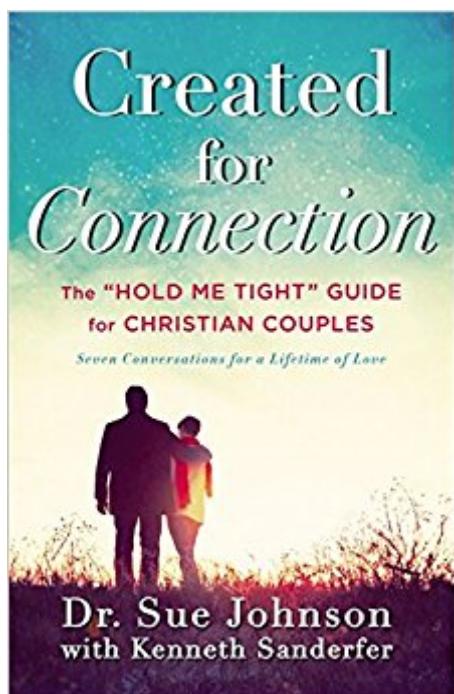


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# Created For Connection: The "Hold Me Tight" Guide For Christian Couples



## Synopsis

"Anyone who loves is born of God and knows God. For God is love." - John 4:7 Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? Do you yearn to grow closer to God, and to further incorporate Him and His teachings into your marriage? We all want a lifetime of love, support, and faith. But sometimes we need a little help. Enter Dr. Sue Johnson, developer of Emotionally Focused Therapy (EFT) and "the best couple therapist in the world," according to bestselling relationship expert Dr. John Gottman. In *CREATED FOR CONNECTION*, Dr. Johnson and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God. The message of *CREATED FOR CONNECTION* is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and we are on the Heavenly Father, for nurturing, soothing, and protection. The way to enhance or save our relationships with each other and with God is to be open, attuned, responsive, and to reestablish safe emotional connection. Filled with Bible verses, inspiring real-life stories, and guidance, *CREATED FOR CONNECTION* will ensure a lifetime of love.

## Book Information

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## Customer Reviews

Dr. Sue Johnson, a recipient of the Order of Canada, is an internationally recognized leader in the field of couple interventions. A clinical psychologist and Distinguished Research Professor at Alliant International University in San Diego and a professor at the University of Ottawa, Dr. Johnson is the primary developer of emotionally focused therapy (EFT). Dr. Johnson is the author of five books and numerous articles, and she has trained thousands of therapists in North America and around the world. She lives in Ottawa, Canada. Kenny Sanderfer is a certified trainer in emotionally focused therapy and the director of the Nashville Center for EFT in Tennessee.

This is a really great tool!! I've been to counselors who all ask the same questions without getting to the root of how 'different' people are & how those differences affect relationships. This is worth your time and money. I bought the tapes but the book would be better so you have the 'exercises' printed for you. The CD 'reads' the questions so there's no 'easy' way to answer them then share with your partner. My daughter listened to a good bit with me on a long trip & heard how she reacts/interacts with her sibling. This is so straight forward & down to the basics. It gives you ways to RECOGNIZE the dance you may be perpetuating, so you can AVOID continuing the same negative patterns.

Worth it.

This spoke to my heart. I'm so glad my friend recommended it. If you're considering it -- do it! The real examples and stories are so relatable and helpful to see the patterns we get stuck in in our marriages.

So helpful! Written in an easy to understand way! If you love science, you'll easily enjoy the first chapter! If not, the rest of the book is super good! No couple is perfect but this book really helps you understand your partner! Emotional connection is important for every couple and this is the perfect tool to assist in building strong healthy bonds!

This book provides couples with wonderful information to build a strong marriage. Very practical. We are using it for pre-marital counseling at our church.

Great information, but very similar to her other books.

love it

Great insights for connecting in relationships!

Excellent adaptation of Emotion Focused Therapy for the christian context

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