



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

*Sue Johnson*

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Heralded by the *New York Times* and *Time* magazine as the couple therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world.

In *Hold me Tight*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship-from Recognizing the Demon Dialogue to Revisiting a Rocky Moment-and uses them as touchpoints for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

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