



Northwest Seminars & Consulting  
"Exploring the Best in Human Potential"

## Book List

### The essential library for couples

*Getting the Love You Want: A Guide for Couples* (Paperback)

by Harville Hendrix

*Why Marriages Succeed or Fail: And How You Can Make Yours Last* (Paperback)

by John Gottman

*The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*

by Gary Chapman

*Hot Monogamy*

by Dr. Patricia Love

*Undefended Love: The way that you felt about yourself when you first fell in love is the way that you can feel all the time*

by Jett Psaris, Marlena S. Lyons

*Can Love Last?: The Fate of Romance over Time*

by Stephen A. Mitchell

*Falling in Love: Why We Choose the Lovers We Choose*

by Ayala Malach Pines

*The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (Hardcover)

by Daniel J. Siegel

*A General Theory of Love*

by Thomas Lewis

*After the Affair:*

by Janis Abrahms Spring

*Rekindling Desire: A Step by Step Program*

by Barry W. McCarthy

*How Can I Get Through to You? Closing the Intimacy Gap Between Men and Women*

by Terence Real

*We*

by Robert A. Johnson



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*"Exploring the Best in Human Potential"*

*Receiving Love: Transform Your Relationship by Letting Yourself Be Loved*

Harville Hendrix and Helen Hunt

*The Seven Principles for Making Marriage Work*

By John Gottman

*How to Become an Adult in Relationship*

by David Richo

*Why we Love*

by Helen Fisher

*The Truth about Love*

by Pat Love

*Mating in Captivity: Unlocking Erotic Intelligence*

by Esther Perel

*Hold Me Tight: Seven Conversations for a Lifetime*

by Susan Johnson