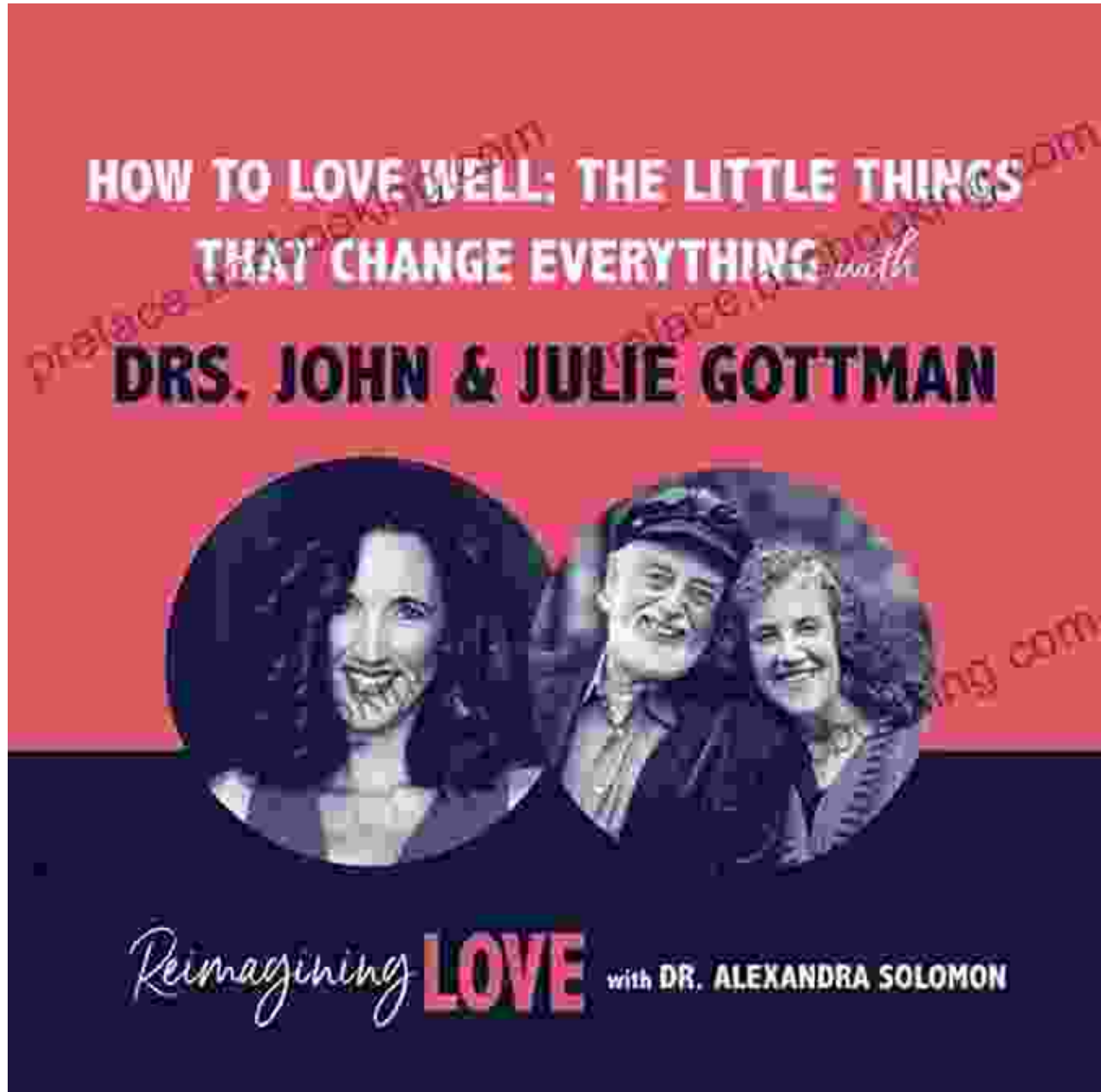


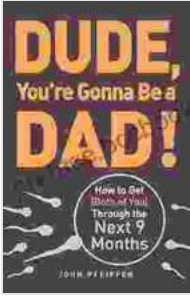
How to Get Both of You Through the Next Months



Dude, You're Gonna Be a Dad!: How to Get (Both of You) Through the Next 9 Months by John Pfeiffer

★★★★☆ 4.5 out of 5

Language : English



File size	: 645 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 226 pages



A Comprehensive Guide to Help Couples Navigate the Challenges and Opportunities of the Next Few Months

By Dr. John Gottman and Dr. Julie Gottman

The next few months are going to be a challenge for all of us. The COVID-19 pandemic has turned our lives upside down, and we're all trying to figure out how to cope. Couples are facing unique challenges during this time, as they're spending more time together than ever before and dealing with additional stress from work, finances, and childcare.

But the next few months can also be an opportunity for couples to grow closer and stronger. By working together, couples can overcome the challenges and emerge from this crisis with a stronger relationship than ever before.

In their new book, *How to Get Both of You Through the Next Months*, Dr. John Gottman and Dr. Julie Gottman offer a comprehensive guide to help couples navigate the challenges and opportunities of the next few months. The book is based on decades of research on couples, and it offers practical advice that can help couples improve their communication, resolve conflict, and increase intimacy.

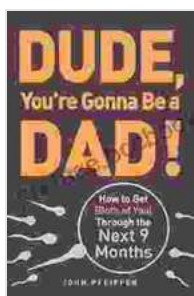
Here are some of the topics covered in the book:

- How to communicate effectively during stressful times
- How to resolve conflict without damaging your relationship
- How to increase intimacy and connection
- How to cope with stress and anxiety
- How to build a stronger relationship

How to Get Both of You Through the Next Months is an essential resource for couples who want to get through this crisis together. It's full of practical advice and support that can help couples overcome the challenges and emerge from this crisis with a stronger relationship than ever before.

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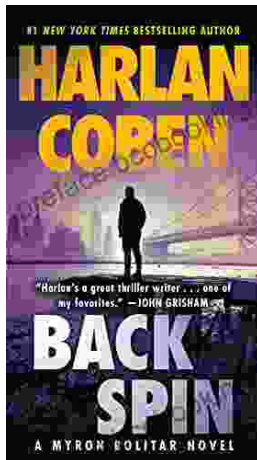
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