



# **The Science of Trust: Summary of the Key Ideas - Original Book by John M. Gottman: Emotional Attunement for Couples**

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A lot of research has been conducted on relationships and how the bond between two people can become stronger. Many of the findings that emerged from these studies are related to the positive effects of emotional attunement, which is one of the most effective ways for couples to improve their relationship.

Who should read this book:

- Couples looking for ways to strengthen their bond.
- Anyone who wants to find out how to resolve conflicts and deal with betrayal.
- Anyone interested in learning more about scientific findings in regard to relationships.

In this summary:

Chapter 1: Trust is one of the most important elements in a relationship

Chapter 2: When it comes to conflicts, zero-sum games should be avoided

Chapter 3: Issues related to trust are the main causes of conflict

Chapter 4: The “four horsemen of the apocalypse”

Chapter 5: The level of trust in a relationship can be measured with the help of an OHI

Chapter 6: Make your relationship stronger through emotional attunement

Chapter 7: Avoid negativity and focus on the positive aspects

Chapter 8: How to determine a person’s trustworthiness

Chapter 9: The road to forgiveness

Chapter 10: Final Summary

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#### **William Kavanaugh:**

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