



And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives (Paperback)

By Emeritus Professor John M Gottman PhD, Julie Schwartz Gottman

Random House USA Inc, United States, 2008. Paperback. Book Condition: New. Reprint. 200 x 130 mm. Language: English . Brand New Book. Congratulations! You have a new baby. Don't forget you also have a marriage. Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. In *And Baby Makes Three*, Love Lab experts John Gottman and Julie Schwartz Gottman teach couples the skills needed to maintain healthy marriages, so partners can avoid the pitfalls of parenthood by: Focusing on intimacy and romance Replacing an atmosphere of criticism and irritability with one of appreciation Preventing postpartum depression Creating a home environment that nurtures physical, emotional, and mental health, as well as cognitive and behavioral development for your baby Complete with exercises that separate the master from the disaster couples, *And Baby Makes Three* helps new parents positively manage the strain that comes along with their bundle of joy.



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