



# Beat The Relationship Odds: 5 Essential Elements of a Vital and Lasting Marriage

*Margaret Johansen MFT*

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## **Beat The Relationship Odds: 5 Essential Elements of a Vital and Lasting Marriage** Margaret Johansen MFT

Margaret Johansen has worked with hundreds of couples during her award-winning career as a Licensed Marriage and Family Therapist. Like top-level coaches that work with professional athletes, Margaret offers top-level insight and new strategies to help each person see things they did not know before, opening their experience of these most important relationships to dimensions they never knew they could create. Warm and engaging, Margaret shares five of the most oft-neglected and misunderstood secrets of keeping a marriage vibrant, fun and connected. Ms. Johansen teaches how to: \* Win out over the negative surges of brain and behavior impulse that destroy happy relationships \*Capably engage in communication in a manner that will not 'blow up' \*Listen using focused attention that communicates respect and the sincere desire to understand \*Elevate the necessity of play, thereby enjoying bonding and laughter in the marriage \*Communicate with clarity and precision to enhance understanding and empathy When it comes to forming relationships, most people have NO learning about the qualities that make long-term relationships actually work smoothly. In fact, we pick up a great deal of inaccurate information from parental models, peers, movies, and social media -- There has been no template that helps us know what to do to create successful love and joy in these most important parts of our lives. For nearly 30 years, Margaret has pursued a passion of learning about relationships. Most recently, an entire new world of understanding has opened up, as scientists explore exactly HOW the brain works. Researchers are using new equipment that expands vision into the inner-workings of the brain -- both thought pathways and emotional components. And, importantly they can watch how experiencing an emotion can change what occurs within the brain's function. Reading this book holds a promise that you will not leave its pages without learning significant 'ah-ha's' and some specific behavior changes that you will be determined to accomplish. With renewed hope and determination, you will set your mind to achieve mastery of elements that can make significant differences in your most endearing relationships.

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