



## Principia Amoris: The New Science of Love

By John Mordechai Gottman

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### Principia Amoris: The New Science of Love By John Mordechai Gottman

Stereotypically, science and emotion are diametric opposites: one is cold and unfeeling, the other soft and nebulous; one is based on proven facts while the other is based on inexplicable feelings and “never the twain shall meet,” until now.

John Gottman delves into the unquantifiable realm of love, armed with science and logic, and emerges with the knowledge that relationships can be not only understood, but also *predicted* as well. Based on research done at his Love Lab and other laboratories, Gottman has discovered that the future of love relationships can be predicted with a startling 91% success rate. These predictions can help couples to prevent disasters in their relationships, recognize the signs of a promising relationship, and perhaps more importantly, recognize the signs of a doomed one.

*Principia Amoris* also introduces **Love Equations**, a mathematical modeling of relationships that helps understand predictions. Love Equations are powerful tools that can prevent relationship distress and heal ailing relationships. Readers learn about the various research and studies that were done to discover the science behind love, and are treated to a history of the people, ideas, and events that shaped our current understanding. They also learn about:

- The “Four Horsemen of the Apocalypse”
- 45 natural principles of love
- 5 couple types
- 5 recipes for good relationships
- And much more!

Just as science helped us to understand the physical world, it is helping us to understand the emotional world as well. Using the insights in this book, mental health professionals can meaningfully help their distressed clients, as well as better understand *why* a relationship is failing or succeeding. Appropriate for the curious non-mental health professional as well, *Principia Amoris* is a must-have on any bookshelf!

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## **Editorial Review**

### Review

**"This book offers a fascinating synopsis of John Gottman's many breakthrough discoveries over his decades of research into couple relationships. As always what he has to say is original, relevant, and wise. His work is a cornerstone of the new science of love and loving that promises to transform how we understand and intervene in our most important relationships – the relationships that sculpt our sense of self and the society we live in."** - Sue Johnson, *Author of Love Sense and Hold Me Tight*

**"This amazing book combines an illuminating personal history by John Gottman of his groundbreaking research on couple relationships with an ingenious translation of his discoveries into formulas."** - Daniel Wile, *Author of After the Honeymoon*

### About the Author

**John Mordechai Gottman**, PhD, is a scholar and researcher renowned for his work on marital stability and divorce prediction. He has conducted 40 years of research with thousands of couples, and is the cofounder, with his wife, Dr. Julie Schwartz Gottman, of the Gottman Institute. He is also the executive director of the affiliated Relationship Research Institute and a professor emeritus of psychology at the University of Washington, where he founded "The Love Lab." More information about John and the Gottman Institute is available at [www.gottman.com](http://www.gottman.com).

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