

## HOLD ME TIGHT BY SUE JOHNSON%0A

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The Hold Me Tight Workshop was developed by Dr. Sue Johnson and is designed around seven conversations based on the Hold Me Tight book, all of which have been shown to be essential to successful relations. You will learn how to understand and improve your relationship through presentations by the workshop leaders, private exercises and conversations with your partner and by watching video [Hold Me Tight: Seven Conversations for a Lifetime of Love ...](#)

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In Hold Me Tight, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship—from "Recognizing the Demon Dialogue" to "Revisiting a Rocky Moment" -- and

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Dr. Sue Johnson is a bestselling author, a clinical psychologist, Distinguished Research Professor, dynamic speaker, and a recognized innovator who has changed the field of couples therapy.