



Created for Connection: The "Hold Me Tight" Guide for Christian Couples

Sue Johnson, Kenneth Sanderfer

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"Whoever does not love does not know God, because God is love." --1 John 4:8

Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? Do you yearn to grow closer to God, and to further incorporate Him and His teachings into your marriage? We all want a lifetime of love, support, and faith. But sometimes we need a little help.

Enter Dr. Sue Johnson, developer of Emotionally Focused Therapy (EFT) and "the best couple therapist in the world," according to bestselling relationship expert Dr. John Gottman. In **CREATED FOR CONNECTION**, Dr. Johnson and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God.

The message of **CREATED FOR CONNECTION** is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and we are on the Heavenly Father, for nurturing, soothing, and protection. The way to enhance or save our relationships with each other and with God is to be open, attuned, responsive, and to reestablish safe emotional connection. Filled with Bible verses, inspiring real-life stories, and guidance, **CREATED FOR CONNECTION** will ensure a lifetime of love.

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