

Keeping Presidential Partnerships Strong

A few books Carol recommends for reading with your partner or spouse, including some options that are good for all relationships during this complex time of digital age saturation, challenged conversations, high conflict, and disrupted attention spans:

Gottman, J. & Gottman, J. S. (2024). *Fight Right: How successful couples turn conflict into connection.* Harmony Books.

Gottman, J. M., & Silver, N. (2015). *The seven principles for making marriage work.* Crown Publishers.

Haidt, J. (2024). *The anxious generation: How the great rewiring of childhood is causing an epidemic of mental illness.* Penguin Press.

Ripley, A. (2021). *High Conflict: Why we get trapped and how we get out.* Simon & Schuster.

Turkle, S. (2015). *Reclaiming conversation: The power of talk in a digital age.* Penguin Press.

Fredrickson, B. L. (2013). *Love 2.0: How our supreme emotion affects everything we feel, think, do, and become.* Hudson Street Press/Penguin.

Finkel, E. J. (2017). *The all-or-nothing marriage: How the best marriages work.* Dutton/Penguin Publishing Group.