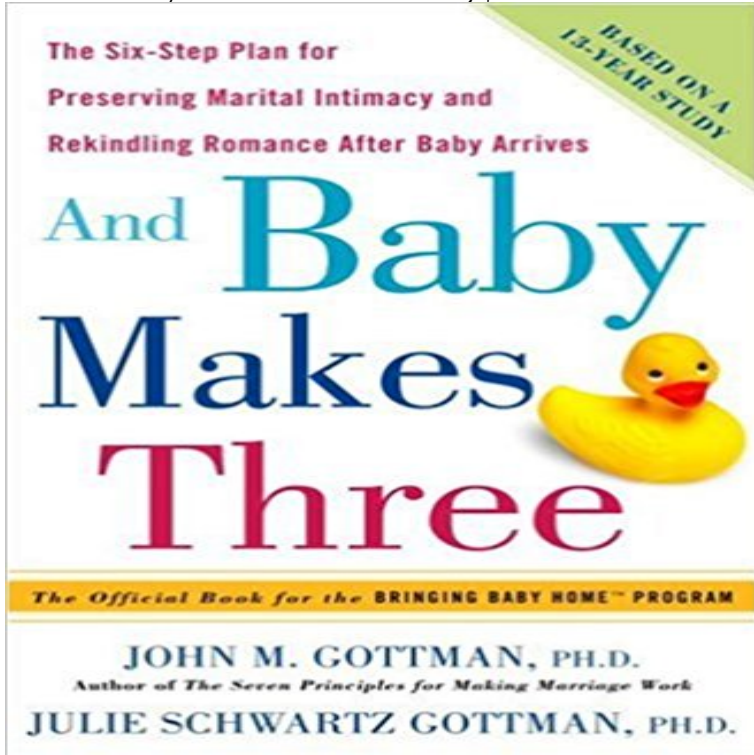


# And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives



Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. Lack of sleep, never-ending housework, and new fiscal concerns often lead to conflict, disappointment, and hurt feelings. In *And Baby Makes Three* Love Lab experts John Gottman and Julie Schwartz Gottman teach couples the skills from their successful workshops, so partners can avoid the pitfalls of parenthood by: maintaining intimacy and romance replacing a culture of criticism and irritability with one of appreciation preventing post-partum depression creating a home environment that nurtures physical, emotional, and mental health, as well as cognitive and behavioral development for your baby. Complete with exercises that separate the master from the disaster couples, *And Baby Makes Three* helps new parents positively manage the strain that comes along with their bundle of joy.

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