



Introduction to The Art & Science of Love

**An overview of
the Gottman 7
principles for
making
relationships
work**

For individuals or couples who want to learn the tools for making a great relationship



Dr. Nancy Young is a Clinical Psychologist with nearly 30 years of experience working with individuals and couples concerned about their relationships. Her doctoral research was on romantic love and she taught courses on relationships, love, and sexuality at Chapman University for over 20 years. She is a Certified Gottman Therapist.



***If you want to learn the skills and tools to practice on your own or if your relationship is currently troubled and you want to learn the tools so you can practice them in session with your own couples therapist to jump-start or accelerate progress...
come and join us!***

You'll learn:

- How to increase friendship, affection, and respect
- How to stay calm and navigate through conflict productively
- How to keep bonds of connection strong

Space is limited so register early!

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