



Loving in Flow: How the Happiest Couples Get and Stay That Way

By Susan K. Perry

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Based upon the concept of Flow, Mihaly Csikszentmihalyi's international bestseller, *Loving in Flow* combines the author's own experiences with studies of dozens of unusually happy long-term and married couples to discuss how compromise and communication, and being "in flow," are the keys to building solid and long-lasting relationships. Perry uses interviews and recent research to discuss every aspect of a relationship, from the initial meeting through childbearing and beyond. With uncommon candor, she tackles often-neglected subjects such as:

- Dealing with crazy-making habits
- Communicating about sex
- Solving the chore wars
- Making sense of infidelity
- Adjusting to the strain of parenthood

Loving in Flow spotlights the most successful couples and offers readers a practical and positive guide to getting more out of their relationships and helping them sustain a joyous love life that truly flows.

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Loving in Flow: How the Happiest Couples Get and Stay That Way By Susan K. Perry Bibliography

- Sales Rank: #2082166 in Books
- Brand: Sourcebooks Casablanca
- Published on: 2003-04-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .92" w x 5.25" l, 1.07 pounds
- Binding: Paperback
- 368 pages

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Editorial Review

From Publishers Weekly

Perry, a social psychologist and the author of *Writing in Flow: Keys to Enhanced Creativity*, draws on the ups and downs in her own marriage as well as interviews with other couples, both straight and gay, to glean many of her insights in this detailed exploration of the complexity inherent in coupledness. In the "Coping With Conflict" chapter, for example, she advises readers to "Be a Weatherperson" ("Assess what else is going on in your lives that might be contributing to this particular clash"), and in the "Sex (More or Less)" chapter, she acknowledges that "it can be quite erotic to...share full-bodied laughter to the point of near-exhaustion." No doubt anyone who's ever been in a relationship will see themselves reflected in at least some of this book—after all, who hasn't argued over the housework? To demonstrate that everyone gets on his or her partner's nerves at times, Perry makes an inadvertently funny list of her husband's annoying habits, like "Jiggles his glass of ice cubes repeatedly" and "Mixes big and little spoons in the drawer when he puts silverware away." Perry admits the trivial nature of her gripes, but reminds readers that integrating "the positive and the negative is necessary to maintain an overall positive view of your partner." From that obvious assessment, Perry writes more specifically, providing engaging case studies and the lessons that can be learned from them. Perry handles more serious relationship challenges such as adultery, illness, and dealing with a partner's interest in pornography in a straightforward manner. Maintaining a healthy, happy relationship isn't easy, but Perry's methods, based on Mihaly Csikszentmihalyi's concept of Flow, show that "a superior relationship...is achievable if you both want it enough."

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Users Review

From reader reviews:

Donna Bauer:

Now a day those who Living in the era exactly where everything reachable by connect to the internet and the resources in it can be true or not call for people to be aware of each information they get. How people have to be smart in receiving any information nowadays? Of course the answer then is reading a book. Studying a book can help people out of this uncertainty Information mainly this *Loving in Flow: How the Happiest Couples Get and Stay That Way* book as this book offers you rich information and knowledge. Of course the data in this book hundred per cent guarantees there is no doubt in it everybody knows.

Sarah Johnson:

Information is provisions for anyone to get better life, information today can get by anyone in everywhere. The information can be a know-how or any news even a concern. What people must be consider while those information which is within the former life are hard to be find than now could be taking seriously which one would work to believe or which one the particular resource are convinced. If you have the unstable resource then you understand it as your main information there will be huge disadvantage for you. All of those possibilities will not happen inside you if you take *Loving in Flow: How the Happiest Couples Get and Stay That Way* as the daily resource information.

Donald Bonilla:

In this era which is the greater man or who has ability to do something more are more special than other. Do you want to become among it? It is just simple method to have that. What you need to do is just spending your time almost no but quite enough to possess a look at some books. One of several books in the top list in your reading list is definitely Loving in Flow: How the Happiest Couples Get and Stay That Way. This book which can be qualified as The Hungry Slopes can get you closer in becoming precious person. By looking right up and review this reserve you can get many advantages.

Della Francis:

Some people said that they feel bored when they reading a guide. They are directly felt this when they get a half areas of the book. You can choose typically the book Loving in Flow: How the Happiest Couples Get and Stay That Way to make your current reading is interesting. Your current skill of reading skill is developing when you such as reading. Try to choose basic book to make you enjoy to learn it and mingle the feeling about book and reading through especially. It is to be first opinion for you to like to wide open a book and examine it. Beside that the reserve Loving in Flow: How the Happiest Couples Get and Stay That Way can to be your brand new friend when you're truly feel alone and confuse using what must you're doing of this time.

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