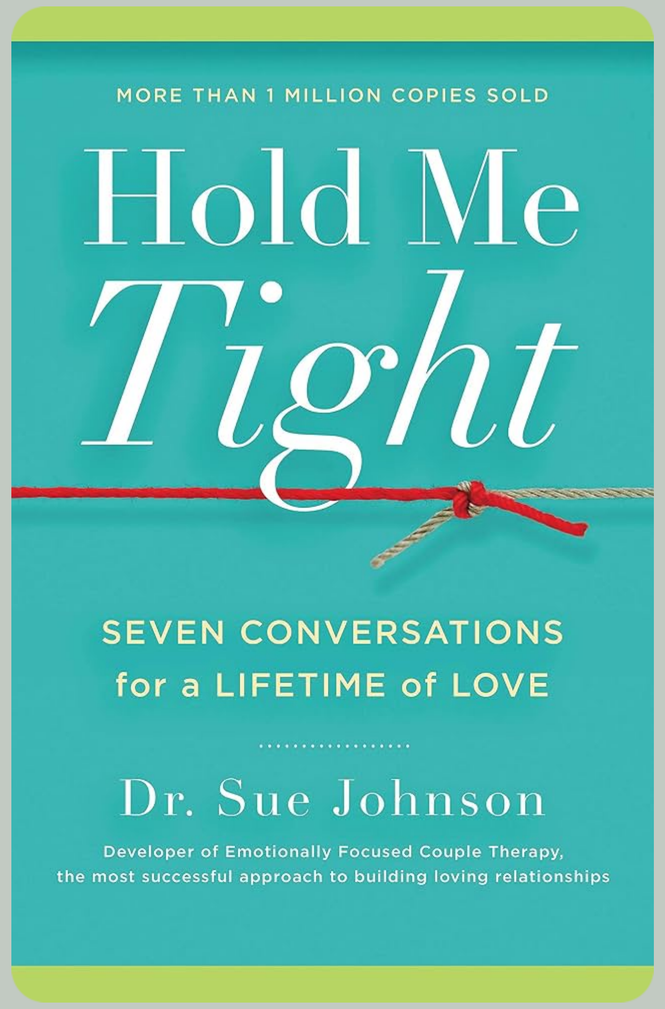
Secure Connections LLC

A PSYCHOTHERAPY PRACTICE

RELATIONSHIP THERAPY BOOK RECOMMENDATIONS

Last Updated: 2026

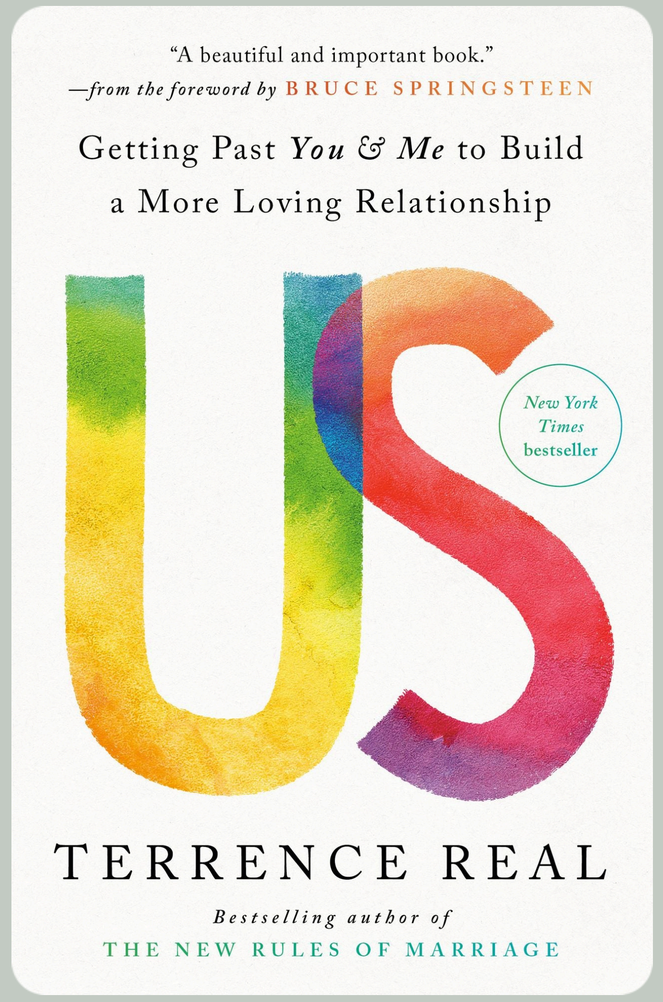


HOLD ME TIGHT

Seven Conversations for a Lifetime of Love

Dr. Sue Johnson

Johnson introduces Emotionally Focused Therapy through seven key conversations designed to help couples understand their negative interaction patterns and strengthen emotional security. The book focuses on attachment, vulnerability, and creating a stronger sense of connection and responsiveness between partners.

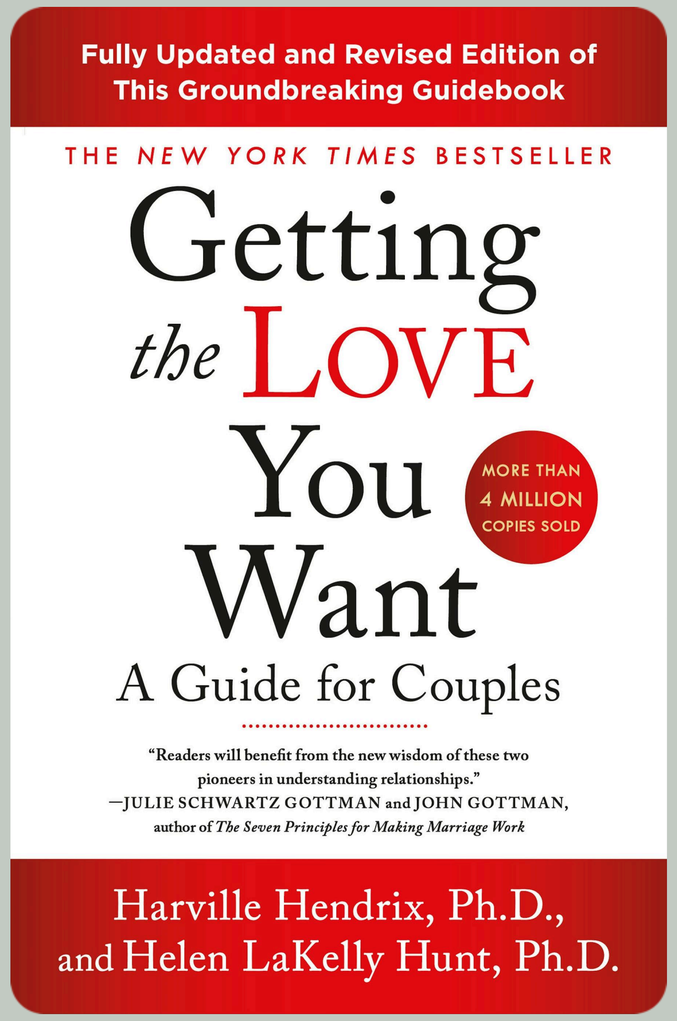


US

Getting Past You & Me to Build a More Loving Relationship

Terrence Real

Real explores how individualism, defensiveness, and old relational wounds can interfere with intimacy. He encourages couples to shift from "you versus me" thinking toward a more relational mindset built on accountability, empathy, and mutual care.

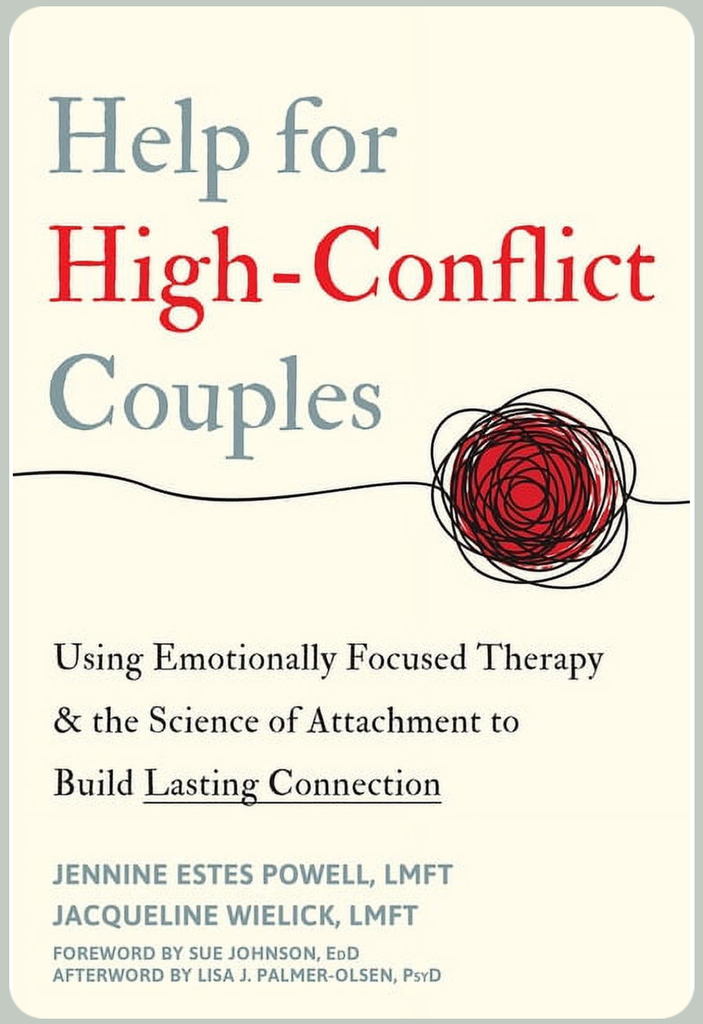


GETTING THE LOVE YOU WANT

A Guide for Couples

Harville Hendrix, PhD, & Helen LaKelly Hunt, PhD

Hendrix and Hunt introduce Imago Relationship Therapy and explore how early relationship experiences can shape whom we choose as partners and how we respond to conflict. The book helps couples recognize recurring patterns, communicate more intentionally, and use the relationship as a place for healing and growth.

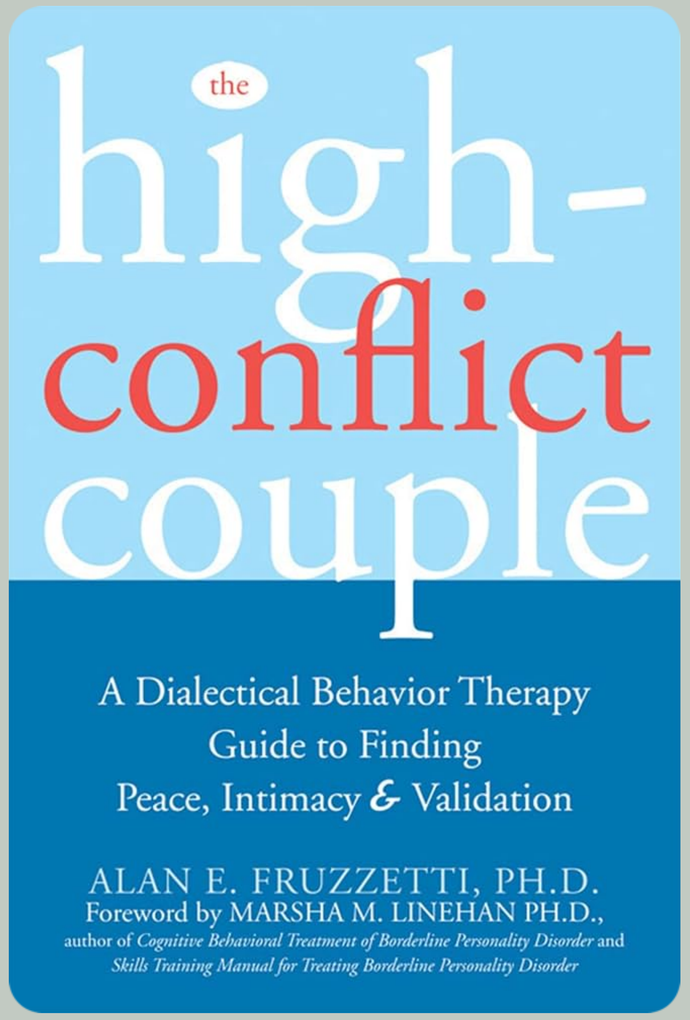


HELP FOR HIGH-CONFLICT COUPLES

Using Emotionally Focused Therapy & the Science of Attachment to Build Lasting Connection

Jennine Estes Powell, LMFT, & Jacqueline Wielick, LMFT

This book applies Emotionally Focused Therapy principles specifically to couples caught in intense cycles of conflict, withdrawal, and reactivity. It helps partners understand the attachment needs underneath their arguments and practice responding to one another with more safety and connection.

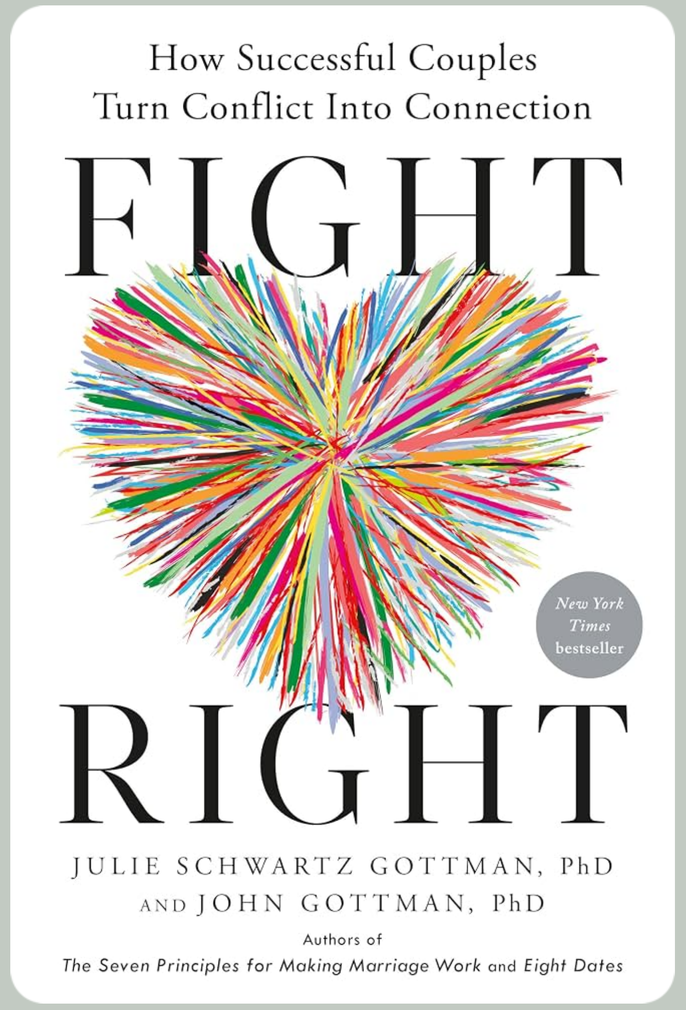


THE HIGH-CONFLICT COUPLE

A Dialectical Behavioral Therapy Guide to Finding Peace, Intimacy, & Validation

Alan E. Fruzzetti, PhD

Fruzzetti uses DBT principles to help couples manage intense emotions, reduce escalation, and communicate more effectively. The book emphasizes validation, emotion regulation, mindfulness, and replacing destructive conflict patterns with more skillful responses.

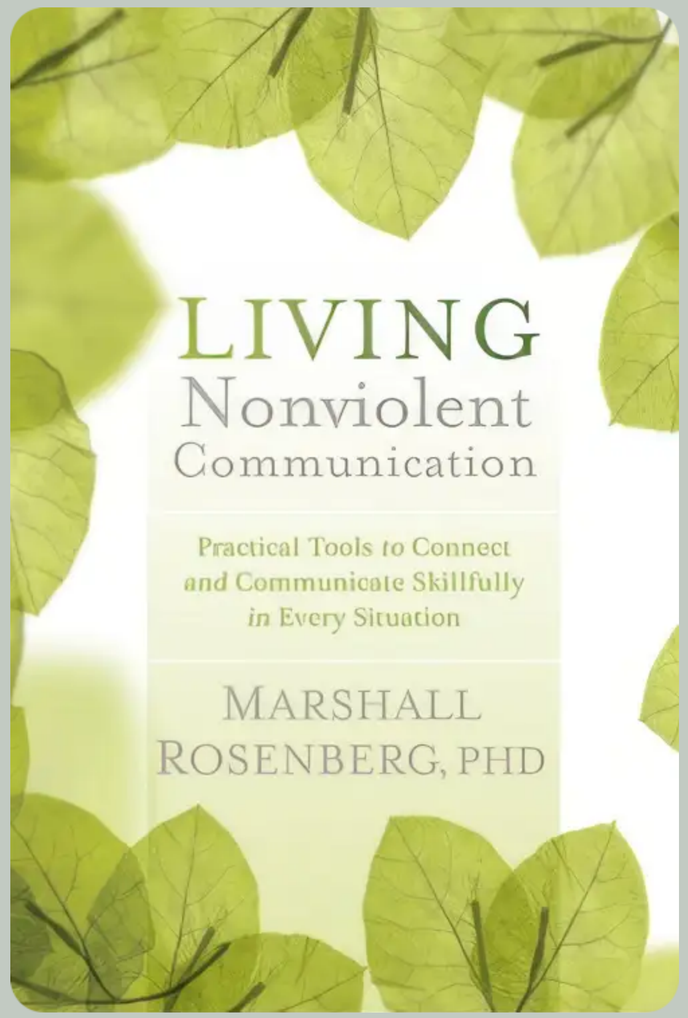


FIGHT RIGHT

How Successful Couples Turn Conflict Into Connection

Julie Schwartz Gottman, PhD, & John Gottman, PhD

The Gottmans focus on how couples can handle disagreements in ways that protect connection rather than damage it. Drawing from decades of relationship research, the book offers practical strategies for understanding conflict, repairing ruptures, and addressing the deeper meaning beneath recurring arguments.

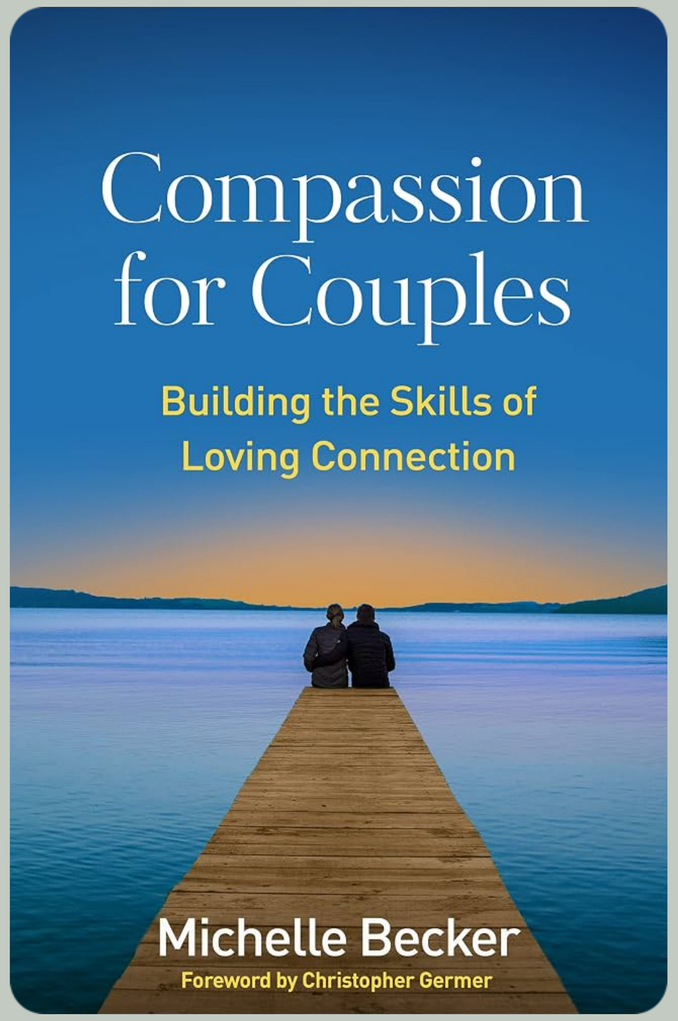


LIVING NONVIOLENT COMMUNICATION

Practical Tools to Connect and Communicate Skillfully in Every Situation

Marshall Rosenberg, PhD

Rosenberg presents a communication framework centered on observing without judgment, identifying feelings and needs, and making clear requests. The approach is designed to reduce blame and defensiveness while helping people communicate with greater empathy and clarity.

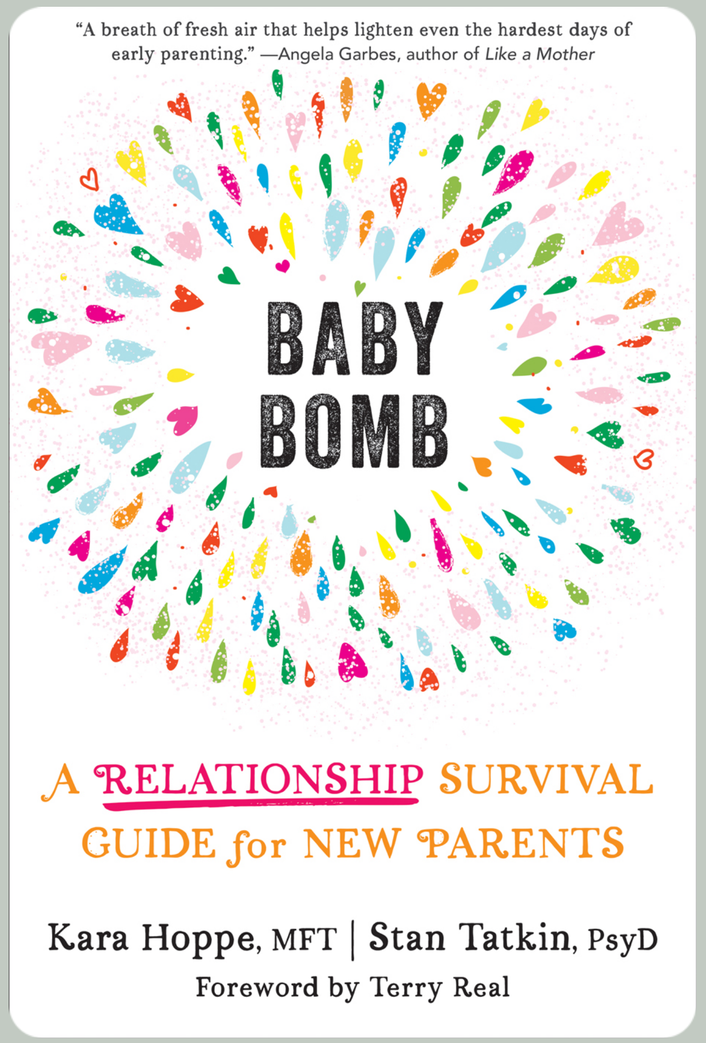


COMPASSION FOR COUPLES

Building the Skills of Loving Connection

Michelle Becker

Becker applies compassion-focused and mindfulness-based practices to romantic relationships. The book helps partners respond to themselves and each other with more warmth, curiosity, and understanding, particularly during moments of stress or conflict.

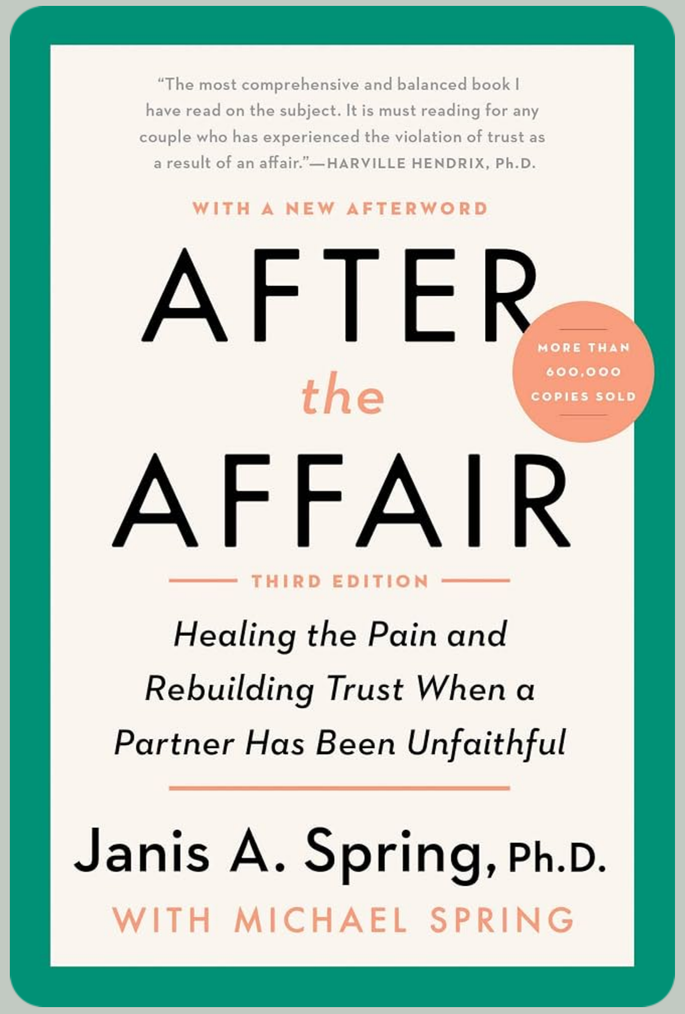


BABY BOMB

A Relationship Survival Guide for New Parents

Kara Hoppe, MFT, & Stan Tatkin, PsyD

This book addresses the major relationship changes that often come with becoming parents, including exhaustion, resentment, reduced intimacy, and shifts in roles. It offers practical ways for couples to protect their partnership, communicate more effectively, and remain connected while adjusting to parenthood.



AFTER THE AFFAIR

Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful

Janis A. Spring, PhD

Spring explores the emotional aftermath of infidelity for both partners and outlines a process for deciding whether and how to rebuild the relationship. The book addresses grief, anger, accountability, forgiveness, trust, and the difficult work of creating a new relationship after betrayal.