About Hold Me Tight

This book offers a revolutionary new way to see and shape love relationships. The stories, new ideas and exercises offered in Hold Me Tight are based on the new science of love and the wisdom of Emotionally Focused Couple Therapy (EFT).

EFT is a short-term, structured approach to marital and couples therapy. Empirical and experiential research has supported the effectiveness of EFT showing that 70-75% of couples move from distress to recovery and about 90% show significant improvements (the best results of any couple therapy) and evidence shows that these positive effects last over time. Presently EFT is being used with diverse couples from various cultures around the world in private practice, university training centers and hospital clinics.

The outstanding success rate of this approach has been heralded in scientific journals, the *New York Times* and *Time* magazine.

*Hold Me Tight* was a Finalist for the Books For a Better Life Award.

*Hold Me Tight* has now been translated in German, Italian, Dutch, Spanish, Portuguese, Swedish, Norwegian, Finnish, Polish, Hungarian, Taiwanese Chinese, mainland Chinese and Korean, and is in press in French, Russian, Greek, Turkish, and Japanese.

Nominated as one of the Excellent Books by The Republic of Korea Ministry of Culture Sports and Tourism

Often listed as a best seller on the *Wall Street Journal*under "Relationships" and often as a best seller on Amazon under various categories

Building on the book's immediate success, Dr. Johnson has also produced [Hold Me Tight DVDs](http://www.holdmetight.com/dvd.php%22%20%5Ct%20%22_blank) (see menu) as well as created the Hold Me Tight: Conversations for Connection Relationship Education and Enhancement Program as a new way to shape love relationships by breaking destructive habits and creating a safe emotional bond that can last a lifetime. The program involves a facilitated group format where couples meet for 8 evening sessions (or over a weekend) with the focus of helping couples shape and use the seven conversations laid out in the book. More details can be found on [www.iceeft.com](http://www.iceeft.com/%22%20%5Ct%20%22_blank) under the Hold Me Tight.