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NEWS OF BOOKS AND AUTHORS *For immediate release*

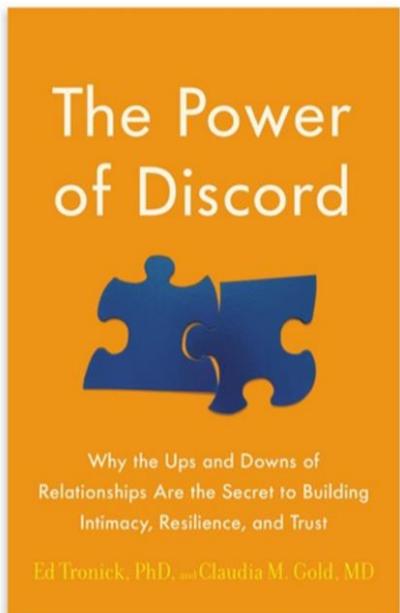
“This profoundly wise book sets out how the dance of connection and disconnection with attachment figures molds our nervous system, our emotional lives, our sense of self, and our ability to dance in tune with others. When we miss each other is when we truly learn to turn, reach, and connect. There are no slick tips for perfect relationships with your kids or lovers here. Just a deep understanding of how the imperfections of life and love can make us strong.”

—Dr. Sue Johnson, author of *Hold Me Tight*

THE POWER OF DISCORD

Why the Ups and Downs of Relationships are the Secret to Building Intimacy, Resilience, and Trust

By **ED TRONICK, PhD** and **CLAUDIA M. GOLD, MD**



It's a common misconception that perfect harmony is the defining characteristic of healthy relationships. But in truth, although we naturally gravitate toward those with shared experiences and interests, it's conflict and messiness that are crucial to our social and emotional development. In **THE POWER OF DISCORD: Why the Ups and Downs of Relationships are the Secret to Building Intimacy, Resilience, and Trust** (On sale June 2, 2020; Hardcover, \$28.00), renowned psychologist **Ed Tronick** and pediatrician **Claudia Gold** team up to show how the everyday dance of crossed signals and missed intentions—followed by coming back together—is the secret to better relationships.

Dr. Tronick is perhaps best known for his work in the landmark psychological evaluation known as The Still Face Experiment, which explored the facets of infant development in 1975. Subsequent research at Harvard, based on this landmark experiment, revealed the fundamental importance of social connection and informed the study

of human relationships more broadly for decades to come.

In the ensuing years, Dr. Tronick's research served as a foundation for a number of social and psychological studies that shed light on how we as people navigate our personal, work, and civic lives. It's this work, combined with Dr. Gold's clinical experience, that informs the philosophy behind **THE POWER OF DISCORD**: namely, that messiness in relationships is normal — and, as individuals, our sense of self and ability to be close to others is bolstered by welcoming it.

Our modern world is rife with tension and division, and we each have unique motivations and intentions. But when we engage in the often-complex work of figuring things out together, we grow and change together. Drawing on real-life examples, **THE POWER OF DISCORD** reveals that this is the path to forming deep, lasting, trusting relationships; developing resilience in times of stress and trauma; and nourishing a solid sense of yourself in the world. By working through polarizing conflict and becoming flexible in our thinking, we unlock better connections with romantic partners, family, friends, and colleagues alike.

ABOUT THE AUTHORS:



Ed Tronick, PhD, is a developmental and clinical psychologist and University Distinguished Professor at the University of Massachusetts Boston, where he is chief faculty of the Infant-Parent Mental Health Fellowship Program. He is a research associate in the Division of Newborn Medicine at Harvard Medical School and the author of five books and more than 450 scientific papers.



Claudia M. Gold, MD, is a pediatrician and writer who has practiced general and behavioral pediatrics for more than twenty years and currently specializes in infant-parent mental health. She is the author of *The Developmental Science of Early Childhood*, *The Silenced Child*, and *Keeping Your Child in Mind*.

Selected Praise for THE POWER OF DISCORD:

“A brilliant overview of our contemporary relational landscape that argues that what people—both children and adults—need most is the messiness of real relationships, with their conflicts, partial resolutions, and imperfect efforts at repair. In trying to make these things work, we practice attention, connection, and listening. We practice our humanity. We learn to put technology in its place. A book for thinking and for practical action. A must-read.”

—Sherry Turkle, author of *Alone Together: Why We Expect More From Technology*

“Our relationships with attachment figures are often innately ‘messy’ and filled with discord as mismatches rupture the attuned, resonant alignments that are possible in our relational world. The reconnection established in the mismatch-repair process illuminated in this important work enables us to develop resilience in the face of the inevitable disconnections in these important self-defining close connections in our lives. This wise book will help many to reframe such ruptures as opportunities rather than troublesome burdens, painful yet important challenges that can actually afford us the interactive reconnection experiences that serve as the foundation for flourishing in life.”

—Daniel J. Siegel, MD, author of *Mindsight* and Clinical Professor, UCLA School of Medicine

“In this fabulous book, which everyone must own, Ed Tronick and Claudia Gold give all of us a scientifically-based compass for negotiating the messiness of social interaction. Rather than searching for perfection, in this book they teach us that it is the messiness and the mistakes we inevitably make as parents, friends, and lovers, and the *repair* of our mistakes that really matters. For in repair we ‘co-create a new meaning,’ and relationships thrive and proceed, full of life and good enough. Get this book!”

—John Gottman, author of *Seven Principles for Making Marriage Work*

“In this lively and riveting book, Claudia Gold and Ed Tronick show us how the successful repair of missteps and failures form the foundation of a graceful and coordinated dance between ourselves and those around us. Even if the roots of our troubles are deep in our early relationships, human connections can heal by engaging us in a new set of moment to moment mismatches throughout life and present us with opportunities for connection as long as we, and those around us, are open to repair and re-connect.”

—Bessel van der Kolk, MD, author of *The Body Keeps the Score*