

# Marriage Therapists Who Follow Their Own Advice

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*Because marriage is an ever-evolving experience, we constantly shift, change and, in some cases, start over. In **It's No Secret**, couples share thoughts about commitment and tell us what they have learned along the way.*

**Who** Dr. Julie Schwartz Gottman, 68, and Dr. John Gottman, 77

**Occupations** The couple, both of whom have Ph.D.'s in psychology, are the founders of [the Gottman Institute](#), a Seattle company that helps couples build and maintain healthy relationships based on scientific studies. They are co-authors of "Eight Dates: Essential Conversations for a Lifetime of Love," which was published in February by Workman Publishing.

**Their Marriage** 31 years, 9 months and counting