

Highly Effective Marriage

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I Almost Ruined My Marriage - Eno Jerry
2017-09-12

At some point in my life, I prayed to God, believing that one day, I would be swept off my feet by my prince charming. I remember praying at a young age to be married to a man that loves God and has the fear of God in him. I knew what

I wanted, or at best, I thought I knew what I wanted. Most times, we wish and pray for things without understanding that our wishes aren't as simple as they seem and may probably have their implications. To pray for a prince charming, you need to be a princess beauty. The prince charming also has expectations of his

bride and you need to fit that mould. Without knowing it, I carried a lot of baggage into my marriage. This load of baggage was capable of ruining my marriage. Wait a minute, did I say capable of ruining my marriage? Scratch that. This load of baggage almost ruined my marriage. In Proverbs 14: 1, the Bible says, "a wise woman builds her home but a foolish woman tears it down with her hands." Did you notice what the Bible says in that Scripture? The foolish woman does not need any kind of help pulling down her home. She can do it all by herself. Her own actions or inaction are enough to completely ruin her home. At some point in my life, I was this foolish woman. I know this probably sounds shocking but 'foolish' was what I was at that time. Sadly, there abound many foolish women who have destroyed their marriages and homes. Some others are in the process of destroying their marriages. Some marriages are being endured rather than enjoyed. Some married people are struggling to put the pieces of their

homes together while some feel that it can't be put back together again. It is unfortunate that some women are completely at a loss of what to do to save their ailing marriages. Some others who know what to do to save their homes allow pride stop them from doing it. My journey in the early years of marriage was quite painful and enduring. Nothing I knew seemed to make sense anymore. All the seemingly harmless habits I got away with in the course of my life as a single became a challenge in marriage. When you marry a near-perfect man like I did, your flaws become so glaring. The sad truth is that before I got married, I never considered these habits as flaws. Have you ever found yourself saying things like: "This is how I have always been and people accepted and liked me"? Have you also found yourself saying to your spouse, "Hey, you met me like this; why is this now a big deal"? Oh, I said this a thousand and one times. I just couldn't understand how anyone will want me to change. Who I was had taken me so many years

to become, so why was I supposed to change just because I got married. Hmmm, that was a difficult one for me to crack. In this book, I will be sharing my journey so far, what I had to learn in the process and who I have become through my experiences.

The 7 Habits of Highly Effective Families -

Stephen R. Covey 1998-09-15

Describes how successful families build a loving environment, effectively resolve problems, and cope with human relations issues

To Have and to Hold - Nancy L. Van Pelt 2009

The All-or-Nothing Marriage - Eli J. Finkel

2019-01-08

“After years of debate and inquiry, the key to a great marriage remained shrouded in mystery. Until now...”—Carol Dweck, author of *Mindset: The New Psychology of Success* Eli J. Finkel's insightful and ground-breaking investigation of marriage clearly shows that the best marriages today are better than the best marriages of

earlier eras. Indeed, they are the best marriages the world has ever known. He presents his findings here for the first time in this lucid, inspiring guide to modern marital bliss. The All-or-Nothing Marriage reverse engineers fulfilling marriages—from the “traditional” to the utterly nontraditional—and shows how any marriage can be better. The primary function of marriage from 1620 to 1850 was food, shelter, and protection from violence; from 1850 to 1965, the purpose revolved around love and companionship. But today, a new kind of marriage has emerged, one oriented toward self-discover, self-esteem, and personal growth. Finkel combines cutting-edge scientific research with practical advice; he considers paths to better communication and responsiveness; he offers guidance on when to recalibrate our expectations; and he even introduces a set of must-try “lovehacks.” This is a book for the newlywed to the empty nester, for those thinking about getting married or remarried, and for

anyone looking for illuminating advice that will make a real difference to getting the most out of marriage today.

The Truth About Love - Patricia Love 2001-06-05
Describes the natural stages of love, refutes various romantic notions that can undermine a relationship, offers realistic insights designed to strengthen the bonds of love, and presents suggestions on how to transform a relationship.

12 Hours to a Great Marriage - Howard J. Markman 2003-10-13

For the past twenty-five years, the internationally renowned marital researchers from the Center for Marital and Family Studies at the University of Denver have been helping couples around the globe replace loneliness with connection, frustration with understanding, fear with confidence, instability with commitment, revenge with forgiveness, and monotony with passion. Their program is called PREP®, short for the Prevention and Relationship Enhancement Program, and it's been so

successful that its creators have been featured on Oprah, The Today Show, and 20/20, and its benefits have been documented in The New York Times, USA Today, Womans Day, and Redbook. Until now the only way you could experience this winning twelve-hour program was to attend a weekend workshop. But now, with 12 Hours to a Great Marriage, you can discover the simple, effective strategies that have helped thousands of couples— happily married, having issues, or planning to marry— to develop and protect their love, easily and at your own pace. Each chapter covers one of the key ingredients of the program, like Being Best Friends, Having Fun Together, and Protecting and enhancing Your Love Life, and shows you how to take the steps that research shows are the basis for a long-term, healthy, loving marriage. By practicing the simple skills, taking the thought-provoking self-tests, doing the fun and innovative exercises, and reading real-life couples' inspiring and informative stories, you'll find that in twelve

short hours you'll be well on your way to having that great marriage you've always dreamed of.

5 Simple Ways to Strengthen Your Marriage - Gary Chapman 2020-06-02

Let Sheltering in Place Together be an Opportunity to Renew Your Relationship The COVID-19 pandemic has affected all facets of life. The health crisis has overwhelmed medical workers, business closings have exacerbated financial stress, and—perhaps most unexpectedly—sheltering in place has placed married couples in endless, unprecedented proximity. Whether this has been challenging or delightful for you and your spouse, let this time be an opportunity to renew your love. Learn how to do so in *5 Simple Ways to Strengthen Your Marriage... When You're Stuck at Home Together* by Dr. Gary Chapman, author of The New York Times bestseller *The 5 Love Languages®*. This guide will help enrich your time stuck together by teaching you and your spouse how to: - Call a truce on throwing word

bombs - Tear down emotional walls - Discover and speak each other's love language - Learn the value of teamwork - Have a daily "sit down and listen" time

Success in Marriage - David O. Oyedepo 1999

Smart Love - Nancy Van Pelt 1997

Whatever the state of your love life (or lack of one), you can stop drifting in and out of relationships and start having more control, says Nancy Van Pelt, whose seminars on dating and love have helped thousands achieve lasting love.

Making Your Second Marriage a First-Class Success - Doug Moseley 2010-04-28

Happily Ever After—The Second Time Around! Are the scars from an unsuccessful first marriage keeping you from marrying a second time? Are you afraid of committing again—even if you think you've found the right person? Then this book is meant for you. Husband-and-wife therapists Doug and Naomi Moseley show you how to get past the disappointment of a broken

marriage and take positive control of your romantic life. You'll learn to identify what went wrong the first time, overcome any lingering doubts or insecurities, and embrace the joys and rewards that only a successful marriage can offer. The second time around also brings with it the complications of past histories. Here, you'll learn the best ways to deal with: ex-spouses and in-laws, stepchildren, finances, prenuptial agreements, and much more! With the help of this book, you can let go of the past and enter into your marriage of a lifetime! "This book offers anyone seeking a healthy relationship words of hope and wisdom. It is a wonderful guide to learning how to be a good partner and how to recognize who might be appropriate for you." —Caroline Myss, Ph.D., author of the bestseller *Anatomy of the Spirit* "With incredible clarity, uncompromising truth, and rare, refreshing wisdom, the Moseleys have written a life-changing book that will help couples create profoundly intimate relationships." —Krysta

Kavanaugh, managing editor, *Marriage* magazine "Changing partners without changing oneself is the chief reason for continued relationship failure. The Moseleys understand how to make the necessary changes that will ensure relational happiness." —Jon Carlson, Ph.D., Ed.D. "Through devastating honesty and open hearts, the Moseleys present very powerful, penetrating, and personal material that will help couples commit more deeply to each other and develop more fulfilling relationships." —W. Brugh Joy, M.D., F.A.C.P., author of *Joy's Way* and *Avalanche* From the Trade Paperback edition.

The Adventist home - Ellen Gould Harmon White 2001

[Loving Your Spouse When You Feel Like](#)

[Walking Away](#) - Gary Chapman 2018-03-06

What to do when you feel like giving up When you said, "I do," you entered marriage with high hopes, dreaming it would be supremely happy.

You never intended it to be miserable. Millions of couples are struggling in desperate marriages. But the story doesn't have to end there. Dr. Gary Chapman writes, "I believe that in every troubled marriage, one or both partners can take positive steps that have the potential for changing the emotional climate in their marriage." *Loving Your Spouse When You Feel Like Walking Away*, the revised and updated edition of the award-winning *Desperate Marriages*, teaches you how to: Recognize and reject the myths that hold you captive Better understand your spouse's behavior Take responsibility for your own thoughts, feelings, and actions Make choices that can have a lasting, positive impact on you and your spouse An experienced marriage and family counselor, Gary Chapman speaks to those whose spouse is any of the following: Irresponsible A workaholic Controlling Uncommunicative Verbally abusive Physically abusive Sexually abusive Unfaithful Addicted to alcohol or drugs Depressed

Marriage has the same potential to be miserable as it does to be blissful. Read *Loving Your Spouse When You Feel Like Walking Away* to learn how you can turn things around.

Marriage & Family - Stephen R. Covey 1983

Fall in Love, Stay in Love - Willard F. Jr. Harley
2001-09-01

Dr. Harley's blockbuster book *His Needs, Her Needs* has helped more than a million couples meet each other's needs and fall in love all over again. But that's only part of what makes a spectacular marriage, according to Harley. To stay in love, couples must protect each other and the love they've created. Harley fans have already been introduced to the Love Bank, emotional needs, Love Busters, and fair negotiation. So how do these key concepts work together to strengthen marriages? *Fall in Love, Stay in Love* has the answer--a complete, step-by-step overview that will leave fans saying "aha!" and new readers ready for more from this

respected author. In his new book, Harley promises that if couples are willing to form habits that create love and control instincts that destroy it, they can have the love-filled marriages they've always wanted. Then he sits down with readers to guide them through his tried and proven plan. With profound insights, probing questions, and practical action steps, the man who has helped save scores of marriages leads readers down the road to a love that lasts a lifetime.

Marriage Warrior - Dan White 2020-05-04

The 3rd Alternative - Stephen R. Covey
2012-04-24

Outlines a breakthrough approach to conflict resolution and creative problem solving that draws on the techniques of thinkers from a broad range of disciplines to explain how to incorporate diverse viewpoints for win-win solutions.

8 Keys to a Successful Marriage - 2021-12-08

Keys are tools to open up things that are locked. They are either locked up, locked away, or locked to keep you out. Do you know that the devil wants the answers to a successful marriage to be locked up, locked away, and most definitely he wants you locked out from those successes? But God has provided the keys. Now these are not the only keys, but they will help you get started to unlock the doors and padlocks that have kept you from enjoying the fullness and happiness of your marriage that God has intended for you.

I Do - Gábor Mihalec 2014

Primary Greatness - Stephen R. Covey
2016-11-15

"This book is a collection of several of [Sean Covey's] father's best essays that have never appeared in book form before and aren't well known. But they are vintage Stephen Covey and contain some of his best thinking"--Foreword.

The Compleat Marriage - Nancy L. Van Pelt

1979

The Seven Principles for Making Marriage Work
- John Gottman, Ph.D. 2002-02-04

Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on

each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential. *The Seven Principles for Making Marriage Work* is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope

with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

Highly Effective Marriage - Nancy L. Van Pelt
2009-03-01

Making Marriage a Success - Jaleh Donaldson
2011-10-01

Making Marriage a Success supplies the information you need to bolster your marriage, or get it back on track. Its dual purpose makes it twice as effective. First, it's a timely collection of pearls of wisdom from dozens of the best marriage psychotherapists from across the nation. And equally important, it's a directory of marriage gurus, complete with websites and contact information, organized in a convenient, state-by-state format.

10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal

Neurobiology) - Julie Schwartz Gottman
2015-10-26

From the country's leading couple therapist duo, a practical guide to what makes it all work. In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling. Topics addressed include: • You know that you need to "treat the relationship," but how are you supposed to get at something as elusive as "a relationship"? • How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you've failed? Are

you only successful if you keep couples together? • Compared to an individual client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you believe? • What are you supposed to do with all the emotional and personal history that your clients stir up in you? • How can you make your work research-based? No one who works with couples will want to be without the insight, guidance, and strategies offered in this book.

The Five Love Languages - Gary Chapman
2016-06-30

In *The 5 Love Languages*, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

Lessons for a Happy Marriage - Paul
Friedman 2009-06-01

Through his own family's experiences, Paul Friedman discovered how dangerous modern western psychology has been to relationships and families. The current divorce rate (the same for psychologists and the general population) is a clear testimony to the fact that western psychologists' principles are simply incorrect. As a successful pragmatist, Paul decided to skip the psychobabble and self-serving excuses for poorly working marriages. He found scientific explanations that could be communicated in simple language for dealing directly with the root causes of failing relationships. Paul does not believe therapy is the answer for the vast majority of individuals in unhappy marriages. In fact, he believes all married couples need to know what thoughts and actions will cause what results and why. The behaviors and thinking that cause the trend of an unhappy marriage need to be stopped. Then, new and correct thinking and

effort needs to be exercised to move the marriage in the beneficial direction of happiness. *Lessons For A Happy Marriage* explains the science of marriage. It is written as a step by step format to guide each reader to guaranteed success and happiness. Paul thoroughly explains the steps so you can put them into practice with foundational knowledge instead of blind faith. He also prioritizes which things need to be done to turn your marriage around quickly. It is all common sense and immediately usable. Utilizing this book is no different than using a manual to get the most out of a computer program; it covers everything. Paul states, "An epiphany is the collapse of bad habits under the weight of accumulated wisdom." This book shares wisdom accumulated over 15 years of experience.

Effective Marriage Counseling - Willard F. Jr. Harley 2010-02-01

Dr. Willard F. Harley, Jr. has spent the past thirty-some years developing and fine-tuning a comprehensive marriage counseling program

that has helped more than a million couples--through both his private counseling and his books. In this new resource, Dr. Harley walks pastors and counselors through that program, equipping them for the kind of marital coaching he's been doing for decades. Beginning with an introduction to core concepts such as the Love Bank, and progressing through specific counseling steps, *Effective Marriage Counseling* offers readers a comprehensive overview of the tools and techniques that have brought Dr. Harley counseling success--and prepares readers to achieve the same kind of success in their own counseling practice. Pastors and counselors will welcome this incredible collection of proven techniques.

The Twelve Gifts in Marriage - Charlene Costanzo 2004-12-14

An inspirational, illustrated gift book offering a message of love and commitment for couples in all stages of matrimony. Anyone who's ever said "I do" nows that a successful marriage is not

founded on love alone. It takes commitment, hard work, and patience to make the marriage work. Charlene Costanzo's latest book, *The Twelve Gifts in Marriage*, reminds us all what marriage is about and offers inspirational advice that couples of all ages will cherish. Like Charlene's first two books, *Marriage* opens with a parable: An elderly couple warns a young bride and groom that their life together won't always be blissful or easy, but that their love will grow deeper with time if they remember to practice twelve innate gifts—among them strength, faith, and compassion. The book then illustrates the twelve gifts with powerful and poignant hand-tinted photographs that offer an immediate, sensory connection to readers. Like Charlene's first two successful books, *The Twelve Gifts in Marriage* brings a hopeful, inspirational message to its readers, from newlyweds to couples celebrating their Golden Anniversary.

[The Seven Principles for Making Marriage Work](#)
- John Gottman, PhD 2015-05-05

NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of *Emotional Intelligence* *The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed

with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

An American Marriage - Tayari Jones 2018-02-06

THE INSTANT NEW YORK TIMES

BESTSELLER! OPRAH'S BOOK CLUB 2018

SELECTION "One of my favorite parts of

summer is deciding what to read when things slow down just a bit, whether it's on a vacation with family or just a quiet afternoon . . . *An American Marriage* by Tayari Jones is a moving

portrayal of the effects of a wrongful conviction on a young African-American couple." —Barack Obama "Haunting . . . Beautifully written." —The New York Times Book Review "Brilliant and

heartbreaking . . . Unforgettable." —USA Today "A tense and timely love story . . . Packed with brave questions about race and class." —People "Compelling." —The Washington Post "Epic . . .

Transcendent . . . Triumphant." —Elle
Newlyweds Celestial and Roy are the embodiment of both the American Dream and the New South. He is a young executive, and she is an artist on the brink of an exciting career. But as they settle into the routine of their life together, they are ripped apart by circumstances neither could have imagined. Roy is arrested and sentenced to twelve years for a crime Celestial knows he didn't commit. Though fiercely independent, Celestial finds herself bereft and unmoored, taking comfort in Andre, her childhood friend, and best man at their wedding. As Roy's time in prison passes, she is unable to hold on to the love that has been her center. After five years, Roy's conviction is suddenly overturned, and he returns to Atlanta ready to resume their life together. This stirring love story is a profoundly insightful look into the hearts and minds of three people who are at once bound and separated by forces beyond their control. *An American Marriage* is a

masterpiece of storytelling, an intimate look deep into the souls of people who must reckon with the past while moving forward—with hope and pain—into the future.

The 8th Habit - Stephen R. Covey 2013-01-08
In the 7 Habits series, international bestselling author Stephen R. Covey showed us how to become as effective as it is possible to be. In his long-awaited new book, *THE 8th HABIT*, he opens up an entirely new dimension of human potential, and shows us how to achieve greatness in any position and any venue. All of us, Covey says, have within us the means for greatness. To tap into it is a matter of finding the right balance of four human attributes: talent, need, conscience and passion. At the nexus of these four attributes is what Covey calls voice - the unique, personal significance we each possess. Covey exhorts us all to move beyond effectiveness into the realm of greatness - and he shows us how to do so, by engaging our strengths and locating our powerful, individual

voices. Why do we need this new habit? Because we have entered a new era in human history. The world is a profoundly different place than when *THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE* was originally published in 1989. The challenges and complexity we face today are of a different order of magnitude. We enjoy far greater autonomy in all areas of our lives, and along with this freedom comes the expectation that we will manage ourselves, instead of being managed by others. At the same time, we struggle to feel engaged, fulfilled and passionate. Tapping into the higher reaches of human genius and motivation to find our voice requires a new mindset, a new skill-set, a new tool-set - in short, a whole new habit.

Keep Showing Up - Karen Ehman 2019-02-26
Discover how your differences can become the strength of your marriage in this real-life guide to both living with and loving your spouse. It is true that opposites attract--for a while. But often as the years go by in our marriages, opposites

may also begin to attack. The habits and characteristics we once found endearing about our significant other are the exact things that drive us crazy years later! Whether you and your spouse disagree about finances, parenting, or how to load the dishwasher, your differences don't need to divide you. They can actually bring you closer together--and closer to God. In *Keep Showing Up*, Karen Ehman shows you . . . How to play to each other's strengths as you work on your own weaknesses The difference between having a soul mate and having a sole mate How to become a faithful forgiver who also forgets Strategies for avoiding the social media comparison trap Why it's dangerous to mimic a friend's marriage How to unearth the magic in the mundane Why a spouse who drives you crazy can drive you straight to Jesus Throughout *Keep Showing Up*, Karen also includes ideas to implement in your marriage right now, such as powerful statements to speak to your spouse, date-night-on-a-shoestring suggestions, and

discussion starters.

Hold Me Tight - Dr. Sue Johnson 2008-04-08
Heralded by the New York Times and Time as the couples therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In *Hold Me Tight*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship -- from "Recognizing the Demon Dialogue" to "Revisiting a Rocky Moment" -- and uses them as touch points for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their

relationships and ensure a lifetime of love.

The Beauty of Conflict for Couples - CrisMarie Campbell 2019-09-15

“Genius . . . will teach you how to transform your conflict into closeness. A beautiful read for anyone in a relationship they want to take higher.” —Regena Thomashauer, New York Times bestselling author
If left unresolved, sources of disconnect—from bad breath to infidelity—can lead to major rifts and smother the spark in a relationship. Authors CrisMarie Campbell and Susan Clarke bring over twenty years of experience in family and marriage counseling and relationship coaching to this book. They cater their advice to romantic relationships and provide resolution strategies for women and men. While arguments with our partner can get tiring, looking at those disagreements as opportunities to strengthen the bond rather than weaken it can have a significant impact on their effect. With conflict comes the chance to communicate and solve

problems together. This can restore a sense of intimacy and connection with our partner, both emotionally and physically. In *The Beauty of Conflict for Couples*, you will find: · Relatable stories that shed light on the common struggles of romantic relationships · Practical tools that offer guidance for addressing conflict · A source of hope for relationships that appear to be fated for failure
“*The Beauty of Conflict for Couples* is a knock-your-socks-off book for anyone who has ever struggled with intimacy, vulnerability, and the longing to make this relationship work even when it seems impossible . . . This book is readable (I couldn’t put it down!), funny, warm, practical, and powerful.” —Ann Weiser Cornell, author of *The Radical Acceptance of Everything* and *The Power of Focusing*

Marriage Fitness - Mort Fertel 2004

Revolutionary step by step system marriage success.

Open Marriage - Nena O'Neill 1984

Advocates the importance of individuality in both

partners in order to develop an open relationship in marriage

[How to Talk So Your Mate Will Listen and Listen So Your Mate Will Talk](#) - Nancy L. Van Pelt 1989

Argues that communication is the number one marital problem, tells how to improve one's communication skills, and describes ways to draw out an untalkative spouse

The 4 Habits of All Successful Relationships

- Jonathan Taylor-Cummings 2021-05-12

Successful relationships take work and wisdom. TEDx speakers, Jon and Andrea Taylor-Cummings share the four habits demonstrated by every successful relationship. By learning the principles and techniques that underpin these 4 habits, we can all change our behaviours from habits that damage relationships to habits that strengthen them, on purpose.

A Happy Marriage - Rafael Yglesias 2009-07-07

A Happy Marriage is both intimate and expansive: It is the story of Enrique Sabas and his wife, Margaret, a novel that alternates

between the romantic misadventures of the first weeks of their courtship and the final months of Margaret's life as she says good-bye to her family, friends, and children -- and to Enrique. Spanning thirty years, this achingly honest story is about what it means for two people to spend a lifetime together -- and what makes a happy marriage. Yglesias's career as a novelist began in 1970 when he wrote an autobiographical novel at sixteen, hailed by critics for its stunning and revelatory depiction of adolescence. A Happy Marriage, his first work of fiction in thirteen years, was inspired by his relationship with his wife, Margaret, who died in 2004. Bold, elegiac, and emotionally suspenseful, even though we know what happens, Yglesias's beautiful novel will break every reader's heart -- while encouraging all of us with its clear-eyed evocation of the enduring value of marriage.

The Surprising Secrets of Highly Happy Marriages - Shaunti Feldhahn 2013-12-31

“Where does ‘highly happy’ come from—and can

we have some too?!” Have you ever looked at a blissfully married couple and thought, I wish I could know their secret? Now you can. After years of investigative research, Shaunti reveals twelve powerful habits that the happiest marriages have in common. Best news of all? Anyone can learn the secrets of a highly happy marriage! In *The Surprising Secrets of Highly Happy Marriages*, Shaunti Feldhahn shares her findings about little, very unexpected, often overlooked actions that make a huge difference.

You’re about to discover that highly happy couples:

- Go to bed mad
- Keep score (just not in the way you think)
- Boss their feelings around
- Have factual fantasies
- Get in over their heads
- Don’t tell it like it is
- Don’t look to marriage to make them happy...

Packed with eye-opening research and practical helps, this book delivers relationship insights that will take your marriage from “just fine” to “just the marriage we’ve always wanted.”