

Improving Your Marriage

Marcus Warner,Chris M. Coursey

The Seven Principles for Making Marriage Work John Gottman, PhD, Nan Silver, 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.

How to Improve Your Marriage Without Talking About It Patricia Love, Ed.D., Steven Stosny, PH.D, 2008-04-29

Men are right. The “relationship talk” does not help. Dr. Patricia Love’s and Dr. Steven Stosny’s *How to Improve Your Marriage Without Talking About It* reveals the stunning truth about marital happiness:

- Love is not about better communication. It’s about connection.
- You’ll never get a closer relationship with your man by talking to him like you talk to one of your girlfriends.
- Male emotions are like women’s sexuality: you can’t be too direct too quickly.
- There are four ways to connect with a man: touch, activity, sex, routines.
- Men want closer marriages just as much as women do, but not if they have to act like a woman.
- Talking makes women move closer; it makes men move away.
- The secret of the silent male is this: his wife supplies the meaning in his life.
- The stunning truth about love is that talking doesn’t help.

Drs. Patricia Love and Steven Stosny have studied this all-too-familiar dynamic between men and women and have reached a truly shocking conclusion. Even with the best of intentions, talking about your relationship doesn’t bring you together, and it will eventually drive you apart. The reason for this is that underneath most couples’ fights, there is a biological difference at work. A woman’s vulnerability to fear and anxiety makes her draw closer, while a man’s subtle sensitivity to shame makes him pull away in response. This is why so many married couples fall into the archetypal roles of nagging wife/stonewalling husband, and why improving a

marriage can't happen through words. *How to Improve Your Marriage Without Talking About It* teaches couples how to get closer in ways that don't require "trying to turn a man into a woman." Rich in stories of couples who have turned their marriages around, and full of practical advice about the behaviors that make and break marriages, this essential guide will help couples find love beyond words.

The 80/80 Marriage Nate Klemp PhD, Kaley Klemp, 2021-02-09 NAMED ONE OF COSMOPOLITAN'S 15 BEST MARRIAGE BOOKS ALL COUPLES SHOULD READ. An accessible, transformative guide for couples seeking greater love, connection, and intimacy in our modern world Nate and Kaley Klemp were both successful in their careers, consulting for high-powered companies around the world. Their work as mindfulness and leadership experts, however, often fell to the wayside when they came home in the evening, only to end up fighting about fairness in their marriage. They believed in a model where each partner contributed equally and fairness ruled, but, in reality, they were finding that balance near impossible to achieve. From this frustration, they developed the idea of the 80/80 marriage, a new model for balancing career, family, and love. The 80/80 Marriage pushes couples beyond the limited idea of fairness toward a new model grounded on radical generosity and shared success, one that calls for each partner to contribute 80 percent to build the strongest possible relationship. Drawing from more than one hundred interviews with couples from all walks of life, stories from business and pop culture, scientific studies, and ancient philosophical insights, husband-and-wife team Nate and Kaley Klemp pinpoint exactly what's not working in modern marriage. Their 80/80 model of marriage provides practical, powerful solutions to transform your relationship and open up space for greater love and connection.

7 Days to a Stronger Marriage Ashley Willis, Dave Willis, 2016-12-01 **7 Days to a Stronger Marriage** (Husbands Edition & Wives Edition) outlines a proven plan that could revolutionize the communication, sexual intimacy, trust, connection, commitment and overall happiness in your marriage. Dave and Ashley Willis (Founders of StrongerMarriages.com) have drawn from timeless Biblical principles, cutting-edge relationship research and their own experiences working with couples from all over the world to create a weeklong interactive experience for married couples unlike any other resource you've seen. Both editions of this book offer a daily reading full of inspiring real-life stories, humor, practical applications, insightful research and Biblical principles. The Husbands Edition and Wives Edition of the book share many of the same stories and illustrations, but each edition also holds a significant amount of unique content crafted specifically to husbands and specifically to wives.

Each book also contains a section for daily journaling, a daily activity meant to be completed together.

Getting the Love You Want Harville Hendrix, 2001 I know of no better guide for couples who genuinely desire a maturing relationship. M. Scott Peck, author of *The Road Less Traveled* A remarkable book the most incisive and persuasive I have ever read on the knotty problems of marriage relationships. Ann Roberts, former president, Rockefeller Family Fund

The 4 Habits of Joy-Filled Marriages Marcus Warner, Chris M. Coursey, 2019-04-02 What separates happy marriages from miserable ones? Surprisingly, it's not healthy communication. It's not conflict resolution skills. It's actually the size of the marriage's joy gap. Joy Gap/joi gap/ (n.)-1. The length of time between moments of shared joy When the joy gap gets bigger, problems are more likely to overwhelm you, resentment creeps in, and you start to feel distant and alone in your marriage. When the joy gap is smaller, you regularly feel connected and happy, problems feel manageable, and your marriage becomes a reliable source of joy. But how do you ensure that you're experiencing joy regularly? Marcus Warner and Chris Coursey have studied relationships (and neuroscience) and discovered four habits that keep joy regular and problems small. Some couples do them naturally, but anyone can learn. That's why each chapter includes 15-minute exercises that boost joy and re-train your brain to make joy your default setting. You'll learn new skills including how to: return to joy more quickly after disconnection create stronger bonds and elongate times of happiness boost your enjoyment of physical and emotional intimacy Find out what your marriage looks like after a little work and a whole lot of joy.

5 Simple Ways to Strengthen Your Marriage Gary Chapman, 2020-06-16 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

How to Improve Your Marriage Without Talking About It Patricia Love, Ed.D., Steven Stosny,

PH.D,2009-01-21 Men are right. The “relationship talk” does not help. Dr. Patricia Love’s and Dr. Steven Stosny’s *How to Improve Your Marriage Without Talking About It* reveals the stunning truth about marital happiness: Love is not about better communication. It's about connection. You'll never get a closer relationship with your man by talking to him like you talk to one of your girlfriends. Male emotions are like women's sexuality: you can't be too direct too quickly. There are four ways to connect with a man: touch, activity, sex, routines. Men want closer marriages just as much as women do, but not if they have to act like a woman. Talking makes women move closer; it makes men move away. The secret of the silent male is this: his wife supplies the meaning in his life. The stunning truth about love is that talking doesn't help. Have you ever had this conversation with your spouse? Wife: “Honey, we need to talk about us.” Husband: “Do we have to?” Drs. Patricia Love and Steven Stosny have studied this all-too-familiar dynamic between men and women and have reached a truly shocking conclusion. Even with the best of intentions, talking about your relationship doesn't bring you together, and it will eventually drive you apart. The reason for this is that underneath most couples' fights, there is a biological difference at work. A woman's vulnerability to fear and anxiety makes her draw closer, while a man's subtle sensitivity to shame makes him pull away in response. This is why so many married couples fall into the archetypal roles of nagging wife/stonewalling husband, and why improving a marriage can't happen through words. *How to Improve Your Marriage Without Talking About It* teaches couples how to get closer in ways that don't require “trying to turn a man into a woman.” Rich in stories of couples who have turned their marriages around, and full of practical advice about the behaviors that make and break marriages, this essential guide will help couples find love beyond words.

5 Simple Steps to Take Your Marriage from Good to Great Terri L. Orbuch, 2015-10-27 Contrary to what you've been told, keeping a marriage successful does NOT take hard work! All it takes is making a few small changes over time. If you're feeling your good marriage is starting to show a little wear, zero in on those imperfections, right? WRONG! Focus on what's going well! Enhance the good aspects of your marriage and build on the solid foundation you already have. Dr. Orbuch debunks many common marriage myths and you'll find out who needs more compliments—men or women. Who falls in love faster—women or men? With engaging quizzes and checklists; easy-to-use tips; and new takeaways on compatibility, fighting fair, and relationship ruts, *5 Simple Steps to Take Your Marriage from Good to Great* will give you perfect ways to say “I love you” and show you how to reignite the passion in your relationship. You'll find out why it's okay to go to bed mad and why you don't want to

engage in kitchen sinking! The advice in this smart, entertaining book will help you put the excitement back in your marriage in no time, and you'll be amazed at how easy it will be. *5 Simple Steps to Take Your Marriage from Good to Great* is based on the findings of a groundbreaking study directed by Dr. Orbach, and funded by the National Institutes of Health. The study—of the same 373 married couples—began in 1986 and continues today. Dr. Orbach is a professor, a renowned therapist, and a nationally recognized relationship expert known as The Love Doctor®.

The Color of Marriage Joe Robinson, 2015-01-21 *The Color of Marriage* was written so that you and I would learn the habit of making a conscious effort to live out the word of God in our marriages. When you trust in the word of God and consciously live it out, you will find real life solutions to the various conflicts and challenges of your marriage. These are the kinds of conflicts and challenges that will prevent your marriage from reaching its greatest potential if they go unresolved. If these conflicts and challenges go unresolved long-term, they will ultimately diminish, damage, and even destroy your marriage and many times your character as well. I believe there would be fewer divorces in the Christian Community if we had the biblical principles of *The Color of Marriage* hidden in our hearts and ready for use during our times of conflict and challenge.

Married Roommates Talia Wagner, Allen Wagner, 2019-04-19 Are You Married but Living Like Roommates? Do you sleep back-to-back or even separately? Do you feel lonely, bored, and sexually frustrated in your marriage? Have you, in fact, become just roommates? Millions of couples live empty parallel lives and wonder, “Is this all there is?” Talia and Allen Wagner, marriage and family therapists, have illuminated this sadly familiar, silent epidemic of Married Roommates. They give couples a new way to bring back the spark in their marriage with tools and strategies to learn how to talk to and with your spouse, not to mention how to get away from the tit for tats and the constant feeling of walking and talking on eggshells. This book helps you reclaim your marriage by learning how to: - Communicate effectively without assumptions and misinterpretations - Resolve conflict by avoiding fighting or escalation - Maintain attraction, intimacy, and sex - Prioritize one another and work as a team - Gain the tools to stop the fighting, disrespect, jabs, and low blows - Create new routines and reinvigorate the stale parts of your relationship

Improving Communication in Your Marriage Gary Rosberg, Barbara Rosberg, 2010-08-01 Sure, we're talking, but are we communicating? To understand and be understood, that's real communication. And it takes more than words. In fact, we sometimes say the most when we speak the least. Communication has the power to make or break relationships. Help your marriage by improving

the way that you and your spouse communicate. Using this study as a guide, gather with some friends and discover how to: [[Recognize the barriers that sometimes keep you from understanding each other [[Fight fair when conflict comes [[Support each other through the trials of life Invest six weeks in your marriage by learning together the art of true communication. After all, talk is cheap, but communication is priceless. Start the improvement today and watch your understanding and love grow.

The Marriage Knot Ron Zappia,Jody Zappia,2019-01-01 What exactly does it take to make marriage strong? Ron and Jody Zappia were on the brink of divorce. It was their first year of marriage and already things were falling apart. They desperately searched for anything that would help. And then, suddenly, everything changed. Today, the Zappias lead The Knot Marriage Conference where they present seven transformative principles that saved their marriage. The Marriage Knot teaches these same principles to new audiences. Full of wisdom, humor, and refreshing transparency, The Marriage Knot unpacks the choices successful couples make. Marriage, like a knot, has to be kept tight. Left to itself, it loosens over time and can completely unravel. This highly practical book focuses on the everyday decisions you can make to rejuvenate and restore your marriage. Delving into topics like communication, sex, conflict resolution, and more, it offers the tools you need for life-long marriage health. Whether you're engaged, newlyweds, or seasoned marriage veterans, this book will help make your marriage strong, no matter what pressures attempt to unravel it.

Saving Your Marriage Before It Starts Les Parrott,Leslie Parrott,2015-10-27 OVER ONE MILLION COPIES SOLD! With this updated edition of their award-winning book, Drs. Les and Leslie Parrott help you launch lifelong love like never before. This is more than a book--it's an experience, especially when you use the his/her workbooks filled with more than 40 fun exercises. Get ready for deeper intimacy with the best friend you'll ever have. Saving Your Marriage Before It Starts, which has been translated into more than 15 languages, is the most widely used marriage prep tool in the world. Why? Because it will help you . . . Uncover the misbeliefs of marriage Learn to communicate with instant understanding Discover the secret to resolving conflict Master the skills of money management Get your sex life off to a great start A compelling video, featuring real-life couples, is available, and with this updated edition, Les and Leslie unveil the game-changing SYMBIS Assessment. Now you can discover how to leverage your personalities for a love that lasts a lifetime. Make your marriage everything it is meant to be. Save your marriage--before (and after) it starts.

How Not to Hate Your Husband After Kids Jancee Dunn,2017-03-21 Get this for your pregnant friends, or yourself (People): a hilariously candid account of one woman's quest to bring her post-baby

marriage back from the brink, with life-changing, real-world advice. Recommended by Nicole Cliffe in Slate Featured in People Picks A Red Tricycle Best Baby and Toddler Parenting Book of the Year One of Mother magazine's favorite parenting books of the Year How Not To Hate Your Husband After Kids tackles the last taboo subject of parenthood: the startling, white-hot fury that new (and not-so-new) mothers often have for their mates. After Jancee Dunn had her baby, she found that she was doing virtually all the household chores, even though she and her husband worked equal hours. She asked herself: How did I become the 'expert' at changing a diaper? Many expectant parents spend weeks researching the best crib or safest car seat, but spend little if any time thinking about the titanic impact the baby will have on their marriage - and the way their marriage will affect their child. Enter Dunn, her well-meaning but blithely unhelpful husband, their daughter, and her boisterous extended family, who show us the ways in which outmoded family patterns and traditions thwart the overworked, overloaded parents of today. On the brink of marital Armageddon, Dunn plunges into the latest relationship research, solicits the counsel of the country's most renowned couples' and sex therapists, canvasses fellow parents, and even consults an FBI hostage negotiator on how to effectively contain an explosive situation. Instead of having the same fights over and over, Dunn and her husband must figure out a way to resolve their larger issues and fix their family while there is still time. As they discover, adding a demanding new person to your relationship means you have to reevaluate -- and rebuild -- your marriage. In an exhilarating twist, they work together to save the day, happily returning to the kind of peaceful life they previously thought was the sole province of couples without children. Part memoir, part self-help book with actionable and achievable advice, How Not To Hate Your Husband After Kids is an eye-opening look at how the man who got you into this position in this first place is the ally you didn't know you had.

Eight Dates John Gottman,Julie Schwartz Gottman,Doug Abrams,Rachel Carlton

Abrams,2019-02-05 Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, Eight Dates offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice-- the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, Eight Dates offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing

with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it's about both of you being active and involved.

Beyond Messy Relationships Judy K. Herman, 2019-06-04 Discover your true self and find hope beyond your messy relationships! As a mental health therapist, Judy prepares to see her next client. As a wife, she falls apart in the midst of her husband's psychosis. His inpatient psychiatrist says, "This is going to be a hard case". Judy's first marriage of 29 years ended in divorce after toxic patterns of chronic bitterness. Facing the shame of her past and mothering four children, she recognizes divine invitations toward her authentic self. After four years into a new marriage with her beloved dance partner, Judy suddenly faces frightful realities. Can Judy's second marriage recover from damage caused by his psychosis? *Beyond Messy Relationships* is not only an intense and dramatic memoir. It's a mix of psychological wisdom and spiritual inspiration that helps readers make sense of their deep feelings. In *Beyond Messy Relationships*, readers: Discover they're not alone as they resonate with the messy relationships of a licensed professional counselor Learn a simple formula of A.I.R. to experience freedom beyond the messes Connect the dots from their past to their present Overcome shame so they can experience the freedom they long for Within *Beyond Messy Relationships*, readers find hope through the formula of breathing in fresh A.I.R.: Awareness, Intentionality, and Risks and recognize divine invitations beyond the messes. Finding your authentic self is worth the journey.

The Marriage Counseling Workbook Emily Cook, 2018-03-13 With exercises and examples from real-life marriage counseling sessions—*The Marriage Counseling Workbook* will reconstruct how you and your spouse think about, communicate with, and show love for one another. Many people want stronger marriages—but few know how to create them. This dilemma is at the crux of Dr. Emily Cook's marriage counseling work. In her private practice, Dr. Cook helps couples pinpoint the cause of their troubles and recreate a deep, lasting connection. Whether you're newly married or have been married for years, *The Marriage Counseling Workbook* offers step-by-step marriage counseling exercises for learning to talk about the tough issues and build ongoing skills for healthy communication. The *Marriage Counseling Workbook* provides the tools and support you need to achieve a stronger,

healthier marriage. In *The Marriage Counseling Workbook* you will find: Descriptions of the most common marital challenges—communication, money, intimacy, anger, and conflict—offering insight into your own struggles Real-world questions and evaluations to help you gain a deeper understanding of one another An 8-step structure with exercises that will teach you to work through problems and find solutions Marriage counseling requires a commitment to your relationship—and to the marriage counseling itself. Like your very own marriage counseling specialist, *The Marriage Counseling Workbook* will be with you every step of the way as you commit to restoring the health and happiness of your marriage.

Ten Lessons to Transform Your Marriage John Gottman, PhD, Julie Schwartz Gottman, PhD, Joan DeClaire, 2007-06-26 In *Ten Lessons to Transform Your Marriage*, marital psychologists John and Julie Gottman provide vital tools—scientifically based and empirically verified—that you can use to regain affection and romance lost through years of ineffective communication. In 1994, Dr. John Gottman and his colleagues at the University of Washington made a startling announcement: Through scientific observation and mathematical analysis, they could predict—with more than 90 percent accuracy—whether a marriage would succeed or fail. The only thing they did not yet know was how to turn a failing marriage into a successful one, so Gottman teamed up with his clinical psychologist wife, Dr. Julie Schwartz Gottman, to develop intervention methods. Now the Gottmans, together with the Love Lab research facility, have put these ideas into practice. What emerged from the Gottmans' collaboration and decades of research is a body of advice that's based on two surprisingly simple truths: Happily married couples behave like good friends, and they handle their conflicts in gentle, positive ways. The authors offer an intimate look at ten couples who have learned to work through potentially destructive problems—extramarital affairs, workaholism, parenthood adjustments, serious illnesses, lack of intimacy—and examine what they've done to improve communication and get their marriages back on track. Hundreds of thousands have seen their relationships improve thanks to the Gottmans' work. Whether you want to make a strong relationship more fulfilling or rescue one that's headed for disaster, *Ten Lessons to Transform Your Marriage* is essential reading.

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 Desparate 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.

Discover tales of courage and bravery in Crafted by is empowering ebook, Unleash Courage in Improving Your Marriage . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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