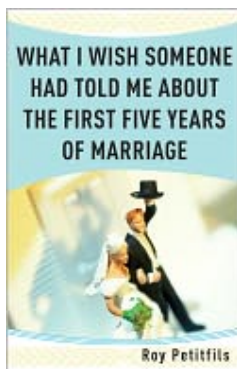


Marriage Bibliography

Early Years of Marriage



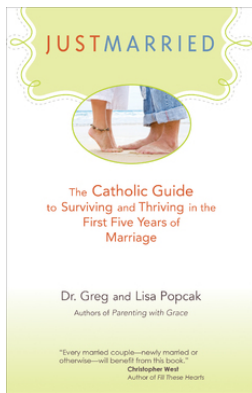
What I Wish Someone Had Told Me About the First Five Years of Marriage by Roy Petitfils

Marriages are not self-sustaining and do not survive on autopilot. They require constant attention and intentional effort. But it can be a rewarding effort. It can be an adventure! –from the Introduction

How does a newly married couple make "happily ever after" really happen? Is marital bliss a myth or something truly attainable in the first years of marriage?

Roy Petitfils has spent many hours listening to married couples try to work out their problems. He knows firsthand as a spouse and father of two that to have a lasting, fulfilling and happy married life, a couple needs to plan, work hard, and dedicate themselves to making their marriage work. If couples can make it through the pivotal and life-changing first five years of marriage without a lot of collateral damage, hurt feelings, and miscommunication, then the likelihood of making it through a lifetime together is significantly greater. With stories from friends, clients and his own marriage, Roy Petitfils provides practical—and often humorous—tips for anyone preparing for marriage or already married.

<http://www.amazon.com/Someone-About-First-Years-Marriage/dp/0867168536>



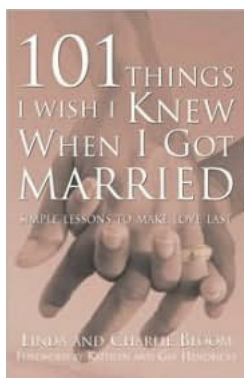
Just Married: The Catholic Guide to Surviving and Thriving in the First Five Years of Marriage by Dr. Greg and Lisa Popcak

Nationally syndicated radio hosts and international family life speakers Greg and Lisa Popcak combine decades of counseling, the latest findings in marriage research, twenty-three years of marriage, and the wisdom of Catholic teaching to offer newlyweds a master plan for creating a strong bond in the first five years of marriage.

Recent research shows that now, more than ever, couples doubt their ability to create a marriage that will withstand the test of time. In their newest book, Catholic therapist Greg Popcak and family life coach Lisa Popcak offer their own story and a master plan for creating and sustaining a Catholic marriage that will last a lifetime.

Readers will be heartened to see that despite the odds, every couple has the capacity to live happily ever after. They need only commit to learning the critical skills of the first five years of marriage, including: praying together, conflict resolution, stress management, and holy sex.

<http://www.amazon.com/Just-Married-Catholic-Surviving-Thriving/dp/1594712808>



101 Things I Wish I Knew When I Got Married: Simple Lessons to Make Love Last by Linda and Charlie Bloom

With the divorce rate spiking at a dizzying 60 percent, it's safe to assume that young couples and experienced partners alike may lack the skills and understanding necessary to sustain a committed relationship. Psychotherapists Linda and Charlie Bloom present 101 techniques delivering practical guidance and make it clear that, regardless of past experience, anyone can develop the basic strengths, skills, and capacities needed for a great relationship. Each lesson is presented as a simple, one-line thought followed by an explanation using real life examples – from the authors' own experiences in sustaining their marriage of 31 years to those of the thousands of couples they've professionally counseled or who have taken the Blooms' life relationship seminars. This book demonstrates how anyone can find ways out of a painful relationship, and how couples can enrich their own relationships through working through love's challenges.

<http://www.amazon.com/Things-Wish-Knew-When-Married/dp/1577314247>



Catholic and Newly Married: 5 Challenges and 5 Opportunities by Kathy and Steve Beirne

This compact book gives couples a Catholic perspective on their new marriage. With examples of 5 challenges and 5 opportunities, the authors give you ways to work through situations all newly married couples face.

5 Challenges

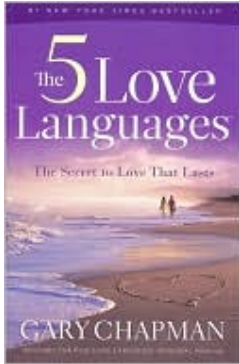
- Learning to speak the same language
- Getting along with the in-laws
- Developing intimacy in a consumer culture
- Dealing with religious differences
- Not ignoring financial situations

5 Opportunities

- To improve your communication skills
- To see your in-laws as resources
- To discover the spiritual life with your spouse
- To share a spiritual life with your spouse
- To live a life of fruitfulness and generosity

<http://www.actapublications.com/catholicandnewlymarried/>

Marriage Enrichment and Restoration

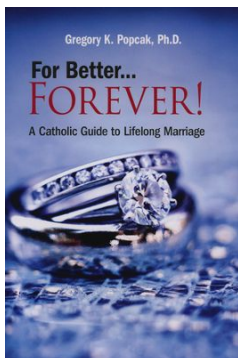


The 5 Love Languages: The Secret to Love That Lasts by Gary D. Chapman

Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language—quality time, words of affirmation, gifts, acts of service, or physical touch.

By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with specific, simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together.

<http://www.amazon.com/The-Love-Languages-Secret-Lasts/dp/0802473156>

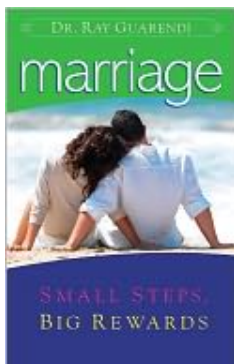


For Better... Forever!: A Catholic Guide to Lifelong Marriage by Gregory K. Popcak

Every married couple is on a journey...but not every couple is heading in the right direction.

Marriage and family therapist Gregory Popcak shows couples where they are on *The Relationship Pathway* and, more importantly, how to turn things around if they aren't experiencing the marital bliss they anticipated on their wedding days. He reveals the secrets employed by couples who are in truly exceptional marriages and offers practical suggestions that can help husbands and wives achieve that same level of passionate, sacramental love. Dr. Popcak draws from his extensive experience with real-life couples, studies conducted by numerous authorities on the marital relationship, Catholic philosophy and his own experiences as a husband to teach couples how to get on the road to "happily ever after."

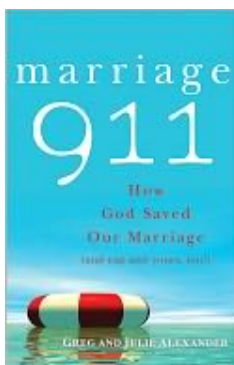
<http://www.amazon.com/For-Better-Forever-Catholic-Lifelong/dp/0879736887>



Marriage: Small Steps, Big Rewards by Raymond Guarendi

This book offers straightforward advice from Dr. Ray that requires no grand alterations in lifestyle, no fancy communication strategies, and no psychobabble. Each chapter offers: one simple step to a better marriage; resistance rationales – common excuses for disregarding that step; scenarios for each step illustrating the real-life dynamics of a marriage interspersed with commentary from a therapist's viewpoint; and a final word about the step under consideration. Offers simple strategies to get you to your goal: a happier, more rewarding marriage.

<http://www.amazon.com/Marriage-Small-Steps-Big-Rewards/dp/0867169850>



Marriage 911: How God Saved Our Marriage (And Can Save Yours, Too!) by Greg and Julie Alexander

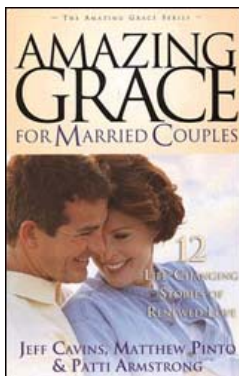
A message of hope for spouses everywhere.

Greg and Julie Alexander thought divorce was the only way out of their lifeless, loveless marriage. Quite unexpectedly, a faithful priest guided them back to the truths of the church, and as they began to incorporate these truths into their lives, they were able to restore the love they once had for each other. *Marriage 911* chronicles their journey back from the brink of divorce to marital happiness built on a strong Catholic faith.

Told from both spouses' perspectives, their very personal story shares:

- Three key questions every married couple should answer
- Practical, real-life tips for getting a marriage back on track
- Hope for all married couples on the brink

<http://www.amazon.com/Marriage-911-Saved-Save-Yours/dp/0867169796>



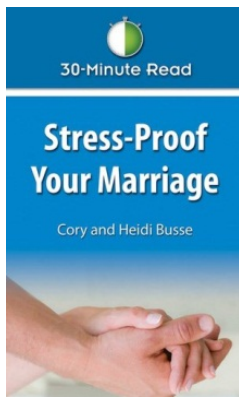
Amazing Grace for Married Couples: 12 Life-Changing Stories of Renewed Love by Jeff Cavins, Matthew Pinto, Patti Armstrong

Amazing Grace for Married Couples will deepen your commitment to marriage like no other book. This is a collection of inspiring stories about renewed relationships that were once on the brink of disaster. While most people would have written these couples off as hopelessly incompatible, through the grace of God, they overcame seemingly insurmountable obstacles.

As a result, every couple is more in love today than they were on their wedding day. In this book, you will experience how God's grace healed: A marriage that began lovingly but quickly sputtered out when the young wife became addicted to gambling.

A wife whose addiction to romance novels undermined her relationship with her family and led to much heartbreak. A man and wife who discovered they had both been unfaithful to each other. When their lack of trust in each other turned them into virtual strangers, divorce seemed the only option.

<http://www.amazon.com/Amazing-Grace-Married-Couples-Life-Changing/dp/1932645799>



30-Minute Read Stress-Proof Your Marriage by Cory Busse, Heidi Busse

The world is full of one-stop, quick-fix, magic-bullet promises that any problem can be solved in an instant.

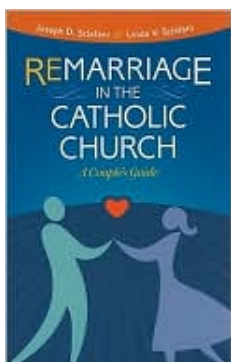
But, while we all know marriage can certainly be broken in an instant, it will never be fixed that way. Whether you're just starting out in a marriage or are longtime marriage "veterans," we can all use a road map to making our marriages stronger, happier, and more resilient when faced with inevitable difficult times.

- Why did we fall in love in the first place?
- What are the taboo topics that always cause a fight?
- How can I be more emotionally available?
- How are we developing our prayer life?
- When was the last time I said, "I'm sorry"?
- When was the last time I said "I love you"--and really meant it?

Stress-Proof Your Marriage takes seriously the subject of marital bliss (without taking itself too seriously). Reinvigorate your marriage today. Take the first step to grow in faith, laughter, and love.

<http://www.amazon.com/30-Minute-Read-Stress-Proof-Your-Marriage/dp/1592767079>

Remarriage



Remarriage in the Catholic Church: A Couple's Guide by Joseph D. Sclafani, Linda V. Sclafani

All marriages have challenges, but for Catholic couples preparing for remarriage, these challenges are unique. The spouses will have gone through the death of a partner or divorce and will have been deeply affected by these experiences. And often remarriage involves the blending of families, a challenge in and of itself.

Here the authors, as practicing Catholic clinicians, share their personal and professional experiences, as well as insightful recommendations for couples who are remarrying. They seamlessly blend real-life stories, common sense, and the spiritual and sacramental values of the Catholic Church.

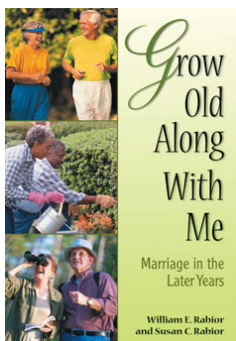
Topics include: 1) marriage as a sacramental vocation; 2) ways to handle loss and grief issues after a marriage ends (due to divorce or death); 3) tips on self-forgiveness and reconciliation; 4) frank discussion of issues all couples must face; and 5) how to build and grow a healthy relationship. The book also addresses issues related to children-dependent minor through adult age-and how they respond to a parent's remarriage.

This is an excellent guide for all couples who want to remarry in the Church but aren't quite sure how to proceed.

Price: \$11.01 (Amazon)

<http://www.amazon.com/Remarriage-Catholic-Church-Couples-Guide/dp/1585957968>

Mature Marriages

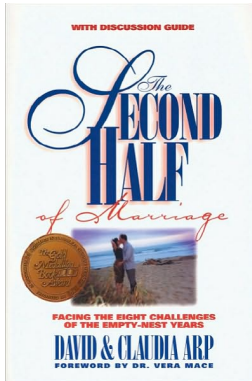


Grow Old Along with Me: Marriage in the Later Years by William E. Rabor, Susan C. Rabor

Successful marriages are not an accident. A lasting marital relationship is the result of loving commitment, self-giving, intimacy, and respect for another person. It is a relationship in which a man and a woman grow together not only in body, but also in spirit. *Grow Old Along with Me* looks at the many elements that make a marriage more loving and fulfilling as two people grow older. In a mature relationship, spouses recognize and appreciate the good in their marriage, not only in the past, but right here and now.

A mature couple is in a unique position to eliminate frustrations as they are drawn ever closer. Intimacy finds a new dimension – a dimension that moves beyond the physical encounter. This new intimacy binds the couple in a deeper union as they move away from things that disrupt their relationship to become joined in spirit as well as body. Couples growing together in mature intimacy find it easier to adapt to change and to stay interested in each other and in their world. Complete with spousal discussion starters and sections relating to adult children and remarriage after the death of a spouse, *Grow Old Along with Me* is a celebration of the joys of marriage in the mature years.

<http://www.amazon.com/Grow-Old-Along-Me-Marriage/dp/0764809598>



The Second Half of Marriage: Facing the Eight Challenges of the Empty-Nest Years by David and Claudia Arp

Your children are gone or leaving soon. It's time to focus once again on your own future and especially on your marriage. What's in store for the second half? David and Claudia Arp provide answers and practical help in this groundbreaking book. Drawing on their national survey of hundreds of 'second-half' couples, the Arps reveal eight marital challenges every long-term marriage faces, and they offer strategies and exercises for meeting each of them. *The Second Half of Marriage* will challenge you to create a vision for the rest of your life together – and inspire you to make that vision a reality.

Price: \$10.98 (Amazon)

<http://www.amazon.com/Second-Half-Marriage-David-Claudia/dp/0310219353>

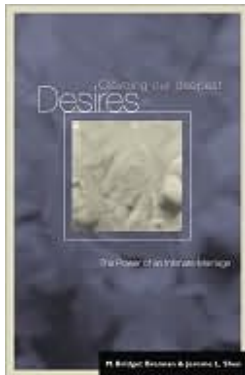
Marriage Spirituality



Blessings and Prayers for Married Couples by Isabel Anders

Here is the perfect resource for encouraging married couples to engage in the spiritual discipline of daily prayer as a means of affirming the blessings and intimacy of their relationship. The book offers a down-to-earth approach to spirituality for married couples. Here couples will find prayers to employ when making decisions, or after making a mistake, or when faced with money problems, or during a crisis

<http://www.amazon.com/Blessings-Prayers-Married-Couple-Faith/dp/076481933X>



Claiming Our Deepest Desires: The Power of Intimate Marriages by M. Bridget Brennan, Brennan & Jerome L. Shen, Jerome L. Shen

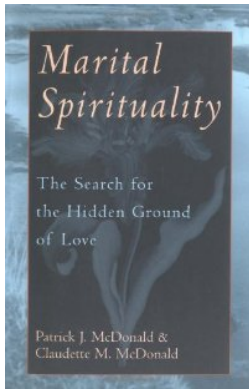
Claiming Our Deepest Desires integrates the spirituality of marriage with the practical experience of marriage. M. Bridget Brennan and Jerome L. Shen, a married couple, invite readers to reflect on God's call to marriage, the nature of the call, and the acceptance.

Readers contemplate true love, intimacy, and how love is expressed and received in their marriage. The book addresses attitudes that are helpful for dealing with obstacles and fears that hinder intimacy. The rhythms, cycles, and stages in a marriage are discussed to provide awareness for a married couple.

Claiming Our Deepest Desires is for adults in healthy committed married relationships, who wish to grow in love and intimacy to realize the full promise of marriage. Ideally spouses will read, reflect on, and discuss the book together.

Chapters are "Call to Marriage," "What Is Love and Intimacy?" "Growing in Love and Intimacy," "The Dynamics of Relationship," "Making Decisions on Life Choices, Time, and Money," "Making Love in a Sexually Charged World," "Conflict and Communication," "Mission: Fruit of a Vibrant Marriage," and "The Fruit of Love Is Joy." Exercises and reflection questions are provided at the end of each chapter.

<http://www.amazon.com/Claiming-Our-Deepest-Desires-Intimate/dp/081463012X>



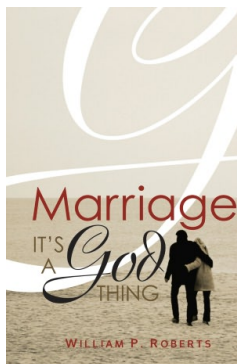
Marital Spirituality: The Search for the Hidden Ground of Love by Patrick J. McDonald and Claudi M. McDonald

Marital Spirituality is an excellent resource for pastors, Christian counselors, and pre-marriage educators. With its warmth, passion, sensitivity and readability, it's also meant for direct use by couples themselves.

Beautifully written by veteran marriage counselors, this is a fresh look at marital dynamics and marital spirituality. Using classic wisdom, stories, personal anecdotes, activities, and old and new prayer forms, the book offers four new ways couples can find a more intimate experience with each other and with God.

The McDonalds use lectio divina--shared scripture reading--as the heart of the process to finding God as the hidden ground of love. The process helps couples give definition and substance to what they so often long for in their relationship. What's more, the process works even when couples are in the middle of turmoil and feel nothing but emptiness, making this a tool for healing as well as enrichment.

<http://www.amazon.com/Marital-Spirituality-Search-Hidden-Ground/dp/0809138913>

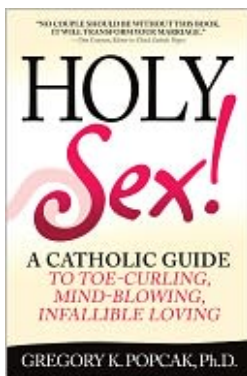


Marriage: It's a God Thing by William P. Roberts

Marriage is not a mere social convention or an "inferior" way of following Christ, but truly a vocation. Rather than providing obstacles to spiritual growth, marriage can be the very vehicle by which it is achieved. By offering practical tips on what might seem a very esoteric subject, this book can help a couple achieve a deeper intimacy with one another and God by understanding the importance of their relationship and responding to its challenges with prayer, honesty and introspection.

<http://www.amazon.com/Marriage-Thing-William-P-Roberts/dp/0867167475>

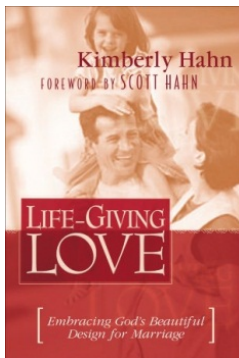
Marriage Sexuality



Holy Sex!: A Catholic Guide to Toe-Curling, Mind-Blowing, Infallible Loving by Gregory K. Popcak PhD

Common wisdom portrays sex and church to be at odds, yet studies show that Catholics have better sex, and more often. This witty, frank, and refreshingly orthodox book draws from the beautiful truths of Catholic teaching to show people of all faiths about rich and satisfying sexuality. Hailed by Christians across the spectrum from Christopher West and Janet E. Smith to John L. Allen, Jr., Holy Sex! includes dozens of questionnaires, quizzes, and valuable lessons from real-life stories.

<http://www.amazon.com/Holy-Sex-Toe-Curling-Mind-Blowing-Infallible/dp/0824524713>

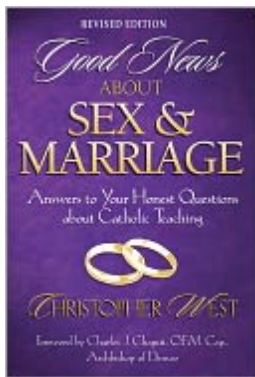


Life Giving Love: Embracing God's Beautiful Design for Marriage by Kimberly Hahn

Kimberley Hahn takes us back to the One who designed marriage in the first place. God's wonderful plan for the family is clearly revealed in the time-tested teachings of the Catholic Church.

Hahn offers a fresh but deeply rooted perspective on the true meaning of marital love and its implications for a number of significant issues: natural family planning, contraception, infertility, abortion, sterilization, and miscarriage. She draws from Scripture and Church teachings as well as poignant personal experiences from dozens of families who share their stories. Their testimony will help you rediscover the path of prayer, sacrifice, and self-discipline that God intends for married couples--the path of life-giving love.

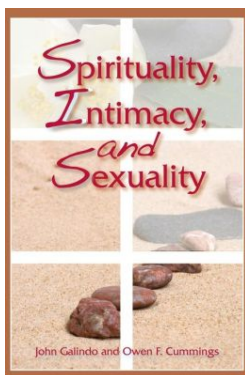
<http://www.amazon.com/Life-Giving-Love-Embracing-Beautiful-Marriage/dp/1569552924>



Good News About Sex and Marriage: Answers to Your Honest Questions About Catholic Teaching by Christopher West and Charles J. Chaput O.F.M.Cap (foreword)

The author, a diocesan director of marriage and family life, answers the questions about human sexuality and marriage that he always encounters in the numerous adult audiences he addresses. He provides thoughtful responses that present Catholic Church teaching in a fresh, thoroughly appealing, and convincing manner. It offers readers an easily readable, down-to-earth, and stimulating account of the reasons why the Church's teaching on sex and marriage is true, and, because it is true, good news for people today.

<http://www.amazon.com/Good-News-About-Sex-Marriage/dp/1569552142>



Spirituality, Intimacy, and Sexuality by John Galindo , Owen F. Cummings

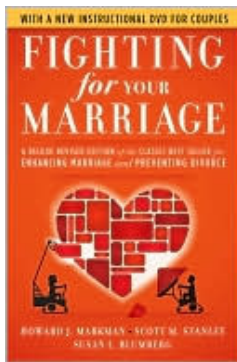
Spirituality, Intimacy, and Sexuality addresses a long-standing estrangement between spirituality and sexuality. This book is small and easy to read, but it offers much. There is discussion of transparency, boundaries, accountability, and forgiveness.

The lack of integration of spirituality and sexuality is a common source of confusion and frustration for many. There are also persons of faith who violate their own core values as a consequence of the lack of a healthy relationship between their spirituality and sexuality.

The authors propose that an important part of being an adult graced by God is to be found in the practice of Intimacy (deep friendship) between our spirituality and sexuality. They offer several constituent elements of that intimacy and apply them practically in the context of marriage, celibate vocation, and being single. They demonstrate that spirituality and sexuality are God-given, good, and meant to coexist and animate our relationship with God, others and ourselves.

<http://www.amazon.com/Spirituality-Intimacy-Sexuality-John-Galindo/dp/080914641X>

Marriage Skills – Research Based



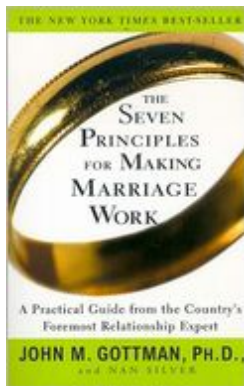
Fighting for Your Marriage: Enhancing Marriage and Preventing Divorce by Howard J. Markman, Scott M. Stanley, Susan L. Blumberg

The third edition of the best-selling classic on marriage enhancement and divorce prevention, features the latest research and changes of heart in our culture and society. New and revised, *Fighting for Your Marriage* is based on the widely acclaimed PREP (Prevention and Relationship Enhancement Program) approach. Groundbreaking studies have found that couples can use the strategies of this approach to handle conflict more constructively, protect their happiness, and reduce the odds of breaking up.

- The book is based on more than twenty years of university research
- Explores how to apply the PREP approach to any marriage
- Shows couples how to talk more and fight less, deepen and protect their friendship, and keep the fun alive
- Reveals what it takes to have a more intimate, sensual relationship and how to clarify and act on priorities

The authors have included a wealth of techniques and down-to-earth guidance for all couples who seek to promote greater character and pleasure in their long-term relationships.

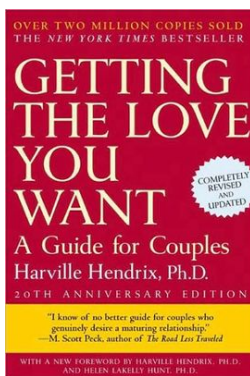
<http://www.amazon.com/Fighting-Your-Marriage-Best-seller-Preventing-ebook/dp/B003DL3NY8>



The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John M. Gottman

John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years. Here is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Packed with practical questionnaires and exercises, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

<http://www.amazon.com/Seven-Principles-Making-Marriage-Work/dp/0609805797>

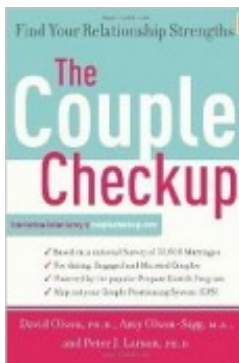


Getting the Love You Want: A Guide for Couples, 20th Anniversary Edition by Harville Hendrix

In *Getting the Love You Want*, Dr. Harville Hendrix presents the relationship skills that have already helped hundreds of thousands of couples to replace confrontation and criticism with a healing process of mutual growth and support. This extraordinary practical guide describes the revolutionary technique of Imago Relationship Therapy, which combines a number of techniques to create a program to resolve conflict and renew communication and passion.

Getting the Love You Want describes the three stages of intimate relationships, provides illustrative case studies and gives helpful recommendations to overcome the obstacles in those stages to create a stronger bond between couples. , Dr. Hendrix offers a series of proven exercises that lead to insight, resolution and revitalization. Step by step, he describes how to communicate with greater accuracy and sensitivity, how to let go of self-defeating behaviors, and how to focus energy on meeting each partners' needs.

<http://www.amazon.com/Getting-Love-You-Want-Anniversary/dp/0805087001>



The Couple Checkup: Find Your Relationship Strengths by David H. Olson, Amy Olson-Sigg and Peter J. Larson

A book and online profile that identifies a couple's strengths to help them build a more vital relationship.

Based on an unprecedented national survey of 50,000 marriages, *The Couple Checkup* presents the principles for creating a successful couple relationship. The free online profile includes fifteen to twenty categories that are customized based on the relationship stage-whether dating, engaged, or married-the age, and whether or not children are involved. The book also includes the SCOPE Personality Profile and the Couple and Family Map of the relationship.

Each chapter of the book matches a category in the free individual profile. While the book stands on its own, using the Couple Checkup with the book provides the maximum benefit. In addition, each chapter contains couple exercises to help build couple strengths in a variety of areas.

<http://www.amazon.com/The-Couple-Checkup-Relationship-Strengths/dp/0785238239>