



GOOD READS

MARRIAGE & RELATIONSHIPS

Journeys Christian Counseling

HOW WE LOVE: DISCOVER YOUR LOVE STYLE

Authors: Yerkovich

Tired of arguing with your spouse over the same old issues? Longing for a marriage with less conflict and more intimacy? Struggling under a load of resentment? In *How We Love*, relationship experts Milan and Kay Yerkovich draw on the powerful tool of attachment theory to show how your early life experiences created an “intimacy imprint”—an underlying blueprint that shapes your behavior, beliefs, and expectations of all relationships, especially your marriage. They identify four types of injured imprints that combine in marriage to trap couples in a repetitive dance of pain. The groundbreaking principles and practical, solution-focused tools in this book will equip you to...
-identify the imprints disrupting your marriage,
-understand how your love style impacts your mate,
-break free of negative patterns that hinder your relationship,
-enhance your sexual intimacy, and
-create the deeper, richer marriage of your dreams. Discover the truths that have transformed countless relationships— including the authors’ marriage—so you can stop stepping on each other’s toes and instead be swept along by the music of a richer, more passionate relationship.

THE FIVE LOVE LANGUAGES

Author: 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. Gary Chapman hosts a nationally syndicated daily radio program called *A Love Language Minute* that can be heard on more than 150 radio stations as well as the weekly syndicated program *Building Relationships with Gary Chapman*, which can both be heard on fivelovelanguages.com. The *Five Love Languages* is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages.

HOLD ME TIGHT

Author: Johnson

Heralded by the New York Times and Time magazine as the couple 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.

WHY MARRIAGES SUCCEED OR FAIL

Author: Gottman

Psychologist John Gottman has spent 20 years studying what makes a marriage last. Now you can use his tested methods to evaluate, strengthen, and maintain your own long-term relationship. This breakthrough book guides you through a series of self-tests designed to help you determine what kind of marriage you have, where your strengths and weaknesses are, and what specific actions you can take to help your marriage. You'll also learn: * More sex doesn't necessarily improve a marriage * Frequent arguing will not lead to divorce * Financial problems do not always spell trouble in a relationship * Wives who make sour facial expressions when their husbands talk are likely to be separated within four years * There is a reason husbands withdraw from arguments -- and there's a way around it. Dr. Gottman tells you how to recognize attitudes that doom a marriage -- contempt, criticism, defensiveness, and stonewalling -- and provides practical exercises, quizzes, tips, and techniques that will help you understand and make the most of your relationship. You can avoid patterns that lead to divorce, and -- *Why Marriages Succeed or Fail* will show you how.

MEN ARE LIKE WAFFLES, WOMEN ARE LIKE SPAGETTI

Author: Farrell

With 150,000 copies sold, bestselling authors Bill and Pam Farrel have a fun new cover on their biblical wisdom, solid insight, and humorous anecdotes—all served up in just the right combination so that readers can feast on enticing ways to keep communication cooking let gender differences work for—not against—they help each other relieve stress --achieve fulfillment in romantic relationships -- coordinate parenting so kids get the best of both Mom and Dad. The Farrels explain why a man is like a waffle (each element of his life is in a separate box) and a woman is like spaghetti (everything in her life touches everything else). End-of-chapter questions and exercises make this unique and fun look at the different ways men and women regard life a terrific tool for not only marriage, but also for a reader's relationships at work, at home, at church, and with friends.