

Marriage Fitness By Mort Fertel

"Sheila speaks to both the heart and habits of the woman who is wife and mother. The lessons in this book are biblical, doable, and affordable!"--Margaret B. Buchanan From advertisements to mommy blogs to Pinterest, scenes of domestic bliss abound, painting a picture of perfection and expectation nearly impossible to live up to. Why can't you work a full-time job, stylishly clothe yourself and your children, plan a party for twelve with handmade decorations, keep your house sparkling clean without chemicals, and bake a gourmet meal in the same day? Everyone else is doing it! For many women, housework has become more than chores that need to be done; it is a symbol of identity. Sheila Wray Gregoire wants to stop that thinking in its tracks and help women back to a life of balance--for their sakes and for their families. She encourages women to shift their focus from housekeeping to relationships and shows them how to foster responsibility and respect in all family members. The second edition retains the helpful, concrete advice on everyday situations such as strategies for tackling chores and budgets and tips on effective communication, while incorporating the wisdom Sheila has gained through her interaction with thousands of readers of her blog and through her speaking ministry over the past ten years. Through the principles in *To Love, Honor, and Vacuum*, Gregoire promises readers they can grow and thrive in the midst of their hectic lives--even if their circumstances stay the same.

Argues that couples must recognize the polarity between masculinity and femininity in order to sustain a mutually satisfying marriage, in a guide that draws on examples from the author's call-in radio show.

A step-by-step guide for women to transforming your love life practically overnight.

"If you are a woman whose husband is going through a midlife crisis and you have many unanswered questions, *Your Husband's Midlife Crisis* is sure to answer those questions. It will also give you hope in the midst of a desert of hopelessness"-- Amazon.

Can a wife single-handedly bring a boring or broken marriage back to life? This improved and expanded edition of Laura Doyle's acclaimed *First, Kill All the Marriage Counselors* features real-life success stories from empowered wives who have done just that—and provides a step-by-step guide to revitalizing your own marriage. Laura Doyle's marriage was in trouble, and couples counseling wasn't helping. On the brink of divorce, she decided to talk to women who'd been happily married for over a decade, and their advice stunned her. From it, she distilled *Six Intimacy Skills*—woman-centric practices that ended her overwhelm and resentment, restoring the playfulness and passion in her marriage. Now an internationally-recognized relationship coach, Doyle has shared her secrets with women around the globe, saving thousands of marriages with her fresh, revolutionary approach. Practical and counter-intuitive, the *Six Intimacy Skills* are about focusing on your own desires and transforming your own life—not bending over backwards to transform your husband. Incorporating these skills will empower you to: Attract his attention like a magnet when you relax more and do less Receive affection not because you told him to make more of an effort, but because he naturally seeks you out Feel more like yourself—and like yourself more If you've been trying to "fix" your relationship and it's not working, maybe the problem was never you, or your husband, or even the two of you as a couple. Maybe the problem is that

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nobody ever taught you the skills you need to foster respect, tenderness, and consideration. With humor and heart, *The Empowered Wife* shows you how to improve your relationship in ways you hadn't thought possible. You'll join a worldwide community of over 150,000 empowered wives who finally have the marriages they dreamed of when they said "I do."

The New York Times bestselling look at the real reasons for male marital infidelity and what might prevent it. Few events cause as much turmoil in a marriage as infidelity. It can shatter trust and breed insecurity and resentment from which some relationships never recover. People who think it won't happen to them are hit that much harder when it does. Why are men unfaithful? Can infidelity be prevented? What do men say they're getting from their mistresses that they're missing at home? Do a man's friends have anything to do with his willingness to cheat? In this New York Times bestselling book, experienced family counselor M. Gary Neuman shares the revealing and surprising findings of a cutting-edge research study in which he interviewed men across the country who have physically cheated on their wives. Neuman shares many shocking discoveries, including the prominent role of emotional dissatisfaction in motivating husbands who stray and how small a role sexual dissatisfaction plays. Based on a groundbreaking study of both cheating men and men who have remained faithful. Reveals surprising findings on the contribution of sexual and emotional dissatisfaction to male infidelity. Written by experienced family counselor M. Gary Neuman, coauthor of *In Good Times and Bad* and author of *Emotional Infidelity*. Neuman and *The Truth about Cheating* were featured twice on *The Oprah Winfrey Show*. Drawing on dramatic case stories of the author's own work with clients, *The Truth about Cheating* includes proactive strategies and action steps for married women to help them prevent infidelity and create a faithful and rewarding marriage.

So that's what she means! So that's what he's thinking!

- Discover surprising little things that have big impact in any relationship.
- See what the latest research reveals about differences between men and women.
- Master what is most important to the most important person in your life. Whether married or single, with a group or on your own, this all-in-one participant's guide offers you eye-opening insights and practical tips for understanding the opposite sex. Use this participant's guide as a companion with any, or all of, the following:
- For Women Only (book and/or DVD study),
- For Men Only (book and/or DVD study), and
- For Couples Only (using both For Men Only and For Women Only books and/or the For Couples Only DVD)

For years, men and women have seen great life change as they used these groundbreaking books in small groups, Bible studies, Sunday school classes, and premarital or marriage counseling. Now this participant's guide makes the content even more illuminating. Get ready to know "the other half" in a whole new way!

Revolutionary step by step system marriage success.

A practical guide to forging and maintaining a successful marriage taps the author's copious experience as a counselor, teaching readers how to foster courtship, rebuild trust, and nurture a lasting friendship. Original.

With the divorce rate soaring at a dizzying 60 percent, young couples and experienced partners may lack the skills and understanding to sustain a committed relationship. Linda and Charlie Bloom present 101 nuggets of wisdom that deliver practical guidance and make it clear that regardless of past experience anyone can develop the basic strengths, skills, and capacities

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needed for a great relationship. Each lesson is presented as a simple, one-sentence thought followed by an explanation using real-life examples. This book demonstrates how couples can enrich their own relationships by working through love's challenges. Using the format of Proust's handy interview helper to ask everything about dinner parties, from preferred seating arrangements to the best conversation topics, this guide features handwritten answers from experienced hosts such as Ivanka Trump and chef Alex Hitz and is illustrated with seating charts, menus, guest lists, and place cards.

Everett L. Worthington Jr. offers a comprehensive manual for assisting couples over common rough spots and through serious problems in a manner that is compassionate, effective and brief.

The From Anger to Intimacy Church Kit includes; From Anger to Intimacy hard cover book Six From Anger to Intimacy Study Guides From Anger to Intimacy DVD Church Campaign CD-ROM2

A leadership book by former Navy SEAL and New York Times bestselling author Mark Divine, *Staring Down the Wolf* focuses on harnessing the principles of purpose and discipline in life to achieve success. What does it take to command a team of elite individuals? It requires a commitment to seven key principles: Courage, Trust, Respect, Growth, Excellence, Resiliency, and Alignment. All of these are present in an elite team which commits to them deeply in order to forge the character worthy of uncommon success. Retired Navy SEAL Commander, entrepreneur and New York Times bestselling author Mark Divine (founder of SEALFIT, NavySeal.com, and Unbeatable Mind) reveals what makes the culture of an elite team, and how to get your own team to commit to serve at an elite level. Using principles he learned on the battlefield, training SEALs, and in his own entrepreneurial and growth company ventures, Mark knows what it is to lead elite teams, and how easily the team can fail by breaching these commitments. Elite teams challenge themselves to step up everyday to do the uncommon. Developing the principles yourself and aligning your team around these commitments will allow you to thrive in VUCA (volatility, uncertainty, complexity, ambiguity) environments, no matter your background or leadership experience. Drawing from his twenty years leading SEALs, and twenty five years of success and failure in entrepreneurship and ten years coaching corporate clients, Mark Divine shares a very unique perspective that will allow you to unlock the tremendous power of your team. "Mark Divine has a gift for creating highly effective dynamic teams. Mark interleaves key aspects of leadership, mental toughness, resiliency and cultivating higher plains of existence into a foundational concept of being an authentic 'Leader of leaders.' This book is indispensable for anyone looking to lead, build and foster an elite culture." –Mike Magaraci, retired Force Master Chief of Naval Special Warfare "From his time as a Commander in the SEAL Teams to building several successful multimillion dollar businesses, Mark Divine is an authority on building elite teams and leaders capable of tapping their fullest potential." –David Goggins, Retired Navy SEAL, author of New York Times Bestseller *Can't Hurt Me* "To grow to your fullest capacity in your life and as a leader, we need to challenge ourselves. There's no one I know who's challenged himself more than Mark Divine. He's the perfect visionary to help get you out of your comfort zone and shattering the status quo." –Joe De Sena, Founder and CEO of Spartan

A guide to finding and keeping love shows readers how to meet the challenges of a new relationship, avoid making the same

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mistakes, deal with emotional issues, and improve their odds

Is your marriage good, stale, or even dying? Read 7 ESSENTIALS To Grow Your Marriage. With 46+ years of personal marriage experiences and more than 25 years in marriage ministry, Marriage Missions International Co-Founders Steve and Cindy Wright provide the essentials to grow your marriage in ways you never thought possible. Pray, read, glean, and use what works for your marriage. In a conversational style, Steve and Cindy share practical/Biblical insights from each of their perspectives for a 360o view of each chapter. It's a quick, easy read that packs the power to transform your marriage in God's amazing ways.

Marriage Fitness 4 Steps to Building & Maintaining Phenomenal Love Marriage Max Incorporated

Draws on interviews with dozens of women who have remained married in spite of high divorce rates, revealing the agreements they share with their partners to keep their marriages strong and describing how each profiled woman maintains an independent identity. By the author of the best-selling Surrendering to Marriage. 40,000 first printing.

Infidelity is common, occurring in over half of all marriages. And it is one of life's most painful experiences for everyone involved--the betrayed spouse, the children, the extended family members, and even the lover and wayward spouse. With all that sadness, why do people have affairs? And once trust is broken, how can a couple reconcile? In Surviving an Affair, Drs. Harley and Chalmers describe the most common types of affairs, the reasons they begin and end, the best way to end them, and the best way to restore a marriage after an affair. But most importantly, they help readers survive the ordeal by providing them with step-by-step guidance that minimizes suffering and offers hope for rebuilding a loving and trusting marital relationship.

How to Communicate with Your Spouse Without Fighting - EVEN If You Have a Difficult Spouse; Do you find it difficult communicating with your spouse? Are you tired of arguing and fighting with your spouse whenever you try to communicate? Have you ever wanted to cry in frustration after yet again another fruitless or useless argument with your spouse? Is your spouse not talking to you anymore? You are not alone. Many couples (including us) have had to deal with these communication problems at some point in marriage. And it's not fun! The yelling, shouting, anger, frustration, rejection, resentment, interrupting, blaming, insults... It can definitely be overwhelming. It could even destroy your ability to not only communicate effectively with your spouse but also enjoy your marriage. The lack of communication in your marriage can even lead to a divorce. But don't worry. No matter what communication problems you struggle with, you can learn how to communicate effectively with your spouse today. Whether you feel you are not being heard, cannot hear your spouse, or want to communicate better with your spouse without fighting or yelling, this book will show you how. For the past 7 years, we have used these proven communication skills to go from arguing and fighting whenever we communicated to communicating effectively without fighting, calling each other names, and being disrespectful. As a result, we now have a better marriage. In this Communication in Marriage book, you will learn: 1. How to communicate effectively with your spouse without fighting. 2. Why trust is essential for effective communication in marriage. 3. Clearly understand why we all communicate differently. 4. How to improve communication in your marriage. 5. How to communicate through conflict, even with a difficult spouse. 6. Our tested, simple and proven step-by-step plan for effective communication in 7 days or less. 7. How to communicate through difficult emotions. 8. How to prevent communication problems with your spouse. 9. Why your past experiences affect the way you communicate with your spouse. This book will show you proven communication skills married couples need to communicate effectively with each other. We have tested and continue to use these effective communication skills in our marriage every

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single day. And they work! Whether you feel like you cannot communicate with your spouse, or improve communication in your marriage, you can become a better communicator in your marriage by reading this book today. You don't need another fight or argument! You can communicate better with your husband or wife. How would your marriage be different if you had no communication problems? Buy your copy of this communication in marriage book for couples today. ----- Keywords related to this book: Communication in marriage, communication in marriage book, how to communicate with your spouse, how to communicate with your wife, how to communicate with your husband, how to communicate with your spouse without fighting, communication book for couples, communication skills, communication problems, effective communication skills, communication skills for married couples,

This book will educate you in the care of your spouse,' explains Dr Willard Harley. 'Once you have learned its lessons, your spouse will find you irresistible, a condition that's essential to a happy and successful marriage.' This fresh and highly entertaining book identifies the ten most important needs within marriage for husbands and wives. It teaches you how to fulfil each other's needs. Couples who find each other irresistible during the early years of their marriage may become incompatible if they fail to meet these central needs. According to Dr Harley, the needs of men and women are similar, but their priorities are vastly different. Are you able to identify which of the following needs are his and which are hers? In what order would you place them? Admiration, Affection, An attractive spouse, Conversation, Domestic support, Family commitment, Financial support, Honesty and openness, Recreational companionship, Sexual fulfilment

A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

What's holding you back from a great marriage? "I don't believe in 'okay,' 'decent,' or 'solid' marriages. I'm against them," says M. Gary Neuman. "I believe only in great marriages, and that you should expect and reach for no less." In the last fifteen years, M. Gary Neuman, marital therapist and architect of the Sandcastles Divorce Therapy Program, has helped thousands of couples in crisis. Couples who fight. Who've grown apart. Who are stuck in relationships that run more on routine and rancor than love and understanding. What he's found is that, contrary to popular belief, the problem is usually not poor communication. It's the failure to put most of your focus into your marriage. You've only got so much energy. Are you spending it by being emotionally unfaithful? Take a quick check: Do you send that funny e-mail to your friends at work—but not to your spouse? Do you chew over all the problems on the job so thoroughly with your colleagues that by the time you get home, you just don't feel like going into it all over again? Do you get a secret thrill out of flirting with coworkers—thinking it's safe because you know it's not going any further? If so, you're committing emotional infidelity—and you're draining your marriage of the energy it needs to be great. Learning how to break this cycle is one of eleven secrets M. Gary Neuman shares in his provocative new book. Based on the ten-week program he's developed in his successful couples counseling practice, the book offers guidelines that are often counterintuitive, even outrageous or shocking. But they work. Dare to limit contact with members of the opposite sex. Dare to need each other. Dare to put in writing the nitty-gritty realities of a marriage plan. Dare to put your marriage before your kids or job. Dare to make love in a whole new way. Dare to change your focus: make the commitment to focus on each of the eleven secrets (ten plus one bonus secret) for one week apiece and you'll reap the rewards of a transformed marriage and a reconfirmed relationship. M. Gary Neuman's program is guaranteed to challenge you and make you reexamine the myths holding you back from true happiness and satisfaction. It will change your marriage forever.

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Licensed psychologist and university professor Christopher Blazina, Ph.D., offers an exploration, explanation, and clarification into the hidden realm of the male psyche.

Science tells us that babies develop best when they are spoken to, sung to, and read to. Introduce your baby to a world of words and pictures with these 30 classic nursery rhymes from the Mother Goose collection and beyond paired with images of Chloe Giordano's delightful hand-embroidered illustrations on cloth. Even when they're tiny, the sound of their parents' voices helps babies make sense of the world and feel comfortable with new people and places. This treasury gives you the opportunity to rediscover just how useful (and calming) these best-loved nursery rhymes are in one, handsome volume. Bond with your baby and help them grow as you recite and sing these timeless rhymes: Hey, Diddle Diddle; Baa, Baa, Black Sheep; This Little Piggy; Hush Little Baby; Hickory, Dickory, Dock; Twinkle, Twinkle, Little Star; Little Bo-Peep; Pussy-cat, Pussy-cat; Row, Row, Row Your Boat; The Itsy Bitsy Spider; London Bridge; Mary Had a Little Lamb; One, Two, Buckle My Shoe; Humpty Dumpty; Rub-a-dub-dub; Pat-a-Cake; I Saw a Ship A-Sailing; Old MacDonald; Rock-a-Bye Baby; The Wheels on the Bus; I'm a Little Teapot; This Old Man; Jack and Jill; The Muffin Man; Little Miss Muffet; The Owl and the Pussy-cat; Here We Go Round the Mulberry Bush; Old Mother Hubbard; Pop! Goes the Weasel; Are you Sleeping?

As Richard's marriage to Laura falls apart, his mother dies, and when he goes to the funeral, his father gives him a packet of letters written between himself and Richard's mother on their anniversaries, giving Richard a new perspective on love and marriage

Every day the media bombards us stories about people connecting through the Internet. In all this hype, there remains so much confusion and misconceptions as to what is really happening and why people feel the need to connect with others online. The truth is, that in a world of stalkings, STDs and increasing violence, people are searching for intimacy — possibly more than ever before. Therapists and Cybershrinks Michael Adamse and Sheree Motta use their expertise as relationship counselors to examine the most important content on the Internet: emotion. They look inside online relationships and answer the whos, hows, and whys. Included are profiles of personalities you're likely to meet in chat rooms and instant messaging; the differences between men and women online; friendships, romances, and affairs in cyberspace; what cybersex really involves; and warning signs to help identify when normal computer use has become an addiction. Containing real online conversations and first-person situations, this book is a valuable Internet users' guide and one of the most important books on relationships available today. It is fascinating reading for both newbies and pros — for those looking for companionship online and those interested in 'just looking'. Previously released as 'Online Friendship Chat-Room Romance and Cybersex.'

400 revealing questions for couples that spark conversation and help you grow closer Ready to take your relationship to the next level? Questions for Couples is a guide to spending quality time connecting with your partner and cultivating conversations that are both meaningful and fun--anytime, anywhere. Whether you're celebrating 30 days or 30 years, Questions for Couples provides the perfect place to dive deep and learn more about each other's passions, dreams, and relationship goals. It'll also help you explore

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your memories, your values, and how to create a fulfilling life together that you'll both cherish. This activity journal with questions for couples includes: 400 questions--Browse hundreds of thoughtful prompts to find ones that suit your mood, including telling topics like Your Relationship, Goals and Dreams, and Just for Fun. Flexible format--These open-ended, unnumbered questions for couples can be tackled any way you like--and there's equal space for both of you to record your responses. Makes a great gift--Share the lasting rewards of more profound love, deeper understanding, and connection with your partner. Questions for Couples is a fun, flexible way to learn more about your partner--and your relationship.

Provides advice for couples contemplating divorce who still hope to save their marriages, and suggests ways to deal with infidelity, depression, a midlife crisis, sexual problems, and other common issues.

It's Not Too Late to Save Your Marriage I promise. You can fix this. With this book, divorce is not in your future. Inside are 100 Relationship Methods, Tactics, and Practices that if applied with dedication, will save your marriage. Backed by scientific studies and proven marital research, these are practices that put balance, love, and fun back into your marriage. Chapters give you big and small practices that cover important topics like... Romance Finances Communication Conflict Resolution Friends & Family And all you have to do is follow them.

If you could improve one area in your dad journey...what would it be? What would it be like if you mastered not one, but several aspects of your dad journey all at once? What would life be like if you improved your level of patience, had better and deeper connections with your wife and kids, improved your relationships outside the immediate family, and all while mastering a good work/life balance? How would life be different if you did this?Hello, I'm Larry Hagner and I'm a dad. I love being a dad. And I believe that being a dad is one of the most rewarding aspects of a man's life. However, being a father can humble you like nothing else can. There really is no roadmap. With so few resources out there for dads like us, I decided to create The Dad Edge to help YOU as a dad to give you easy to implement techniques you can use to be your very best and enjoy your journey of fatherhood.The Dad's Edge will help you:* Master work/life balance* Discover three techniques to improve and maintain a great connection with your kids* Improve your connection & intimacy with your spouse, no matter how busy you are* Improve your relationships outside the immediately family* Uncover three easy ways to improve your patience short term and long term* Discover simple ways to show up big for your kids and be present in the moment* Thrive (Not Survive) your journey of fatherhoodIf you can identify with one or more of these issues, I understand first hand. Every one of us struggles with these issues on our dad journey and now I've empowered you with some great strategies and a solid roadmap in The Dad's Edge so you can relax and feel confident you are "good dad focused" and nothing will stand in your way!

No psychobabble or complicated philosophy here---just 43 straight-forward practical easy-to-implement marriage activities guaranteed to energize your relationship. Mort Fertel has done it again. The author of the bestselling Marriage Fitness uses a dazzling array of fascinating stories, intriguing studies, brilliant insights, and personal reflections that will first make you laugh, cry, or pause; and then you'll roll up your sleeves and do something surprisingly simple but ridiculously effective for your marriage.

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Whether this book is for you, your spouse, or a friend; whether it's a wedding/anniversary gift or just because, you can't miss buying this book.

Raising Other People's Children helps you navigate the complicated world of foster and step-parenting with better awareness and greater empathy, providing real-life solutions for forging strong relationships in extraordinary circumstances. Drawing on Debbie Ausburn's decades of experience with every facet of the foster care system, Raising Other People's Children provides expert guidance viewed through the lens of real human interactions. The responsibility and complexity involved in raising someone else's child can seem overwhelming. Regardless of whether you're a stepparent, foster parent or adoptive parent, it is on you to take on the challenge of caring for them, helping them to move forward while also meeting their unique emotional needs.

The saying goes "When you marry, you don't just marry an individual, you marry a whole family." But more specifically, you are marrying the influences that family has had on your spouse. Our families have shaped our views on everything from religion to finances to sex, and, whether helpful or harmful, these views are brought to our marriage and can unknowingly affect it. Getting Ready for Marriage Workbook helps engaged couples and newlyweds: learn what "ghosts" they bring to marriage examine their family backgrounds determine guidelines for their own marriage Through interactive exercises, couples discover the roots of their beliefs, sight potential problem areas, and learn how to successfully work through problems. Couples are then encouraged to make their own covenants in specific areas such as financial matters, resolving conflict, religious orientation, and family planning & children—essential in building a strong marriage partnership.

How do you fall back in love? This was the underlying problem of one in four couples seeking help from relationship therapist Andrew G. Marshall. They described their problem as: 'I love you but I'm not in love with you'. Noticing how widespread the phenomenon had become, he decided to look more closely. Why were these relationships becoming defined more by companionship than by passion, and why was companionship no longer enough? From his research Andrew has devised his own unique programme. By looking at how a couple communicate, argue, share love, take responsibility, give and learn he offers in seven steps a reassuring and empowering map for how two individuals can better understand themselves, strengthen their bond and recover that lost magic.

A New York Times Bestseller! One woman undertakes a worldwide search to learn the secrets of a great marriage—and finds one foundational truth that could change everything. Fawn Weaver was a happily married woman running a successful business—and then something happened. Maybe it was divorce rate reports on the evening news, The Real Housewives of Orange County, or any daytime talk show where husbands and wives dramatically reveal their betrayals. Everywhere she looked, Fawn saw negative portrayals of marriage dominating the airwaves and dooming everyone to failure. Looking at Keith, the love of her life, she knew that wasn't true. She was determined to find and connect with women just like her—happy and optimistic about marriage, deeply in love with her spouse, and committed to building a strong marriage that stands the test of time. On a whim, she started the blog HappyWivesClub.com and sent the link to a few of new friends. What started as a casual invitation to five women exploded into an international online club with 150,000 members in more than 100 countries. Happy Wives Club is Fawn's journey across the world to meet her friends and discover what makes their marriages great. Join her on this exciting, exotic trip across six continents and through more than eighteen cities. Walk the streets of Mauritius, the historic ruins in Italy, and the vistas of New Zealand and Australia. Go from Cape Town to London, Manila to Buenos Aires, Winnipeg to Zagreb. Along the way, you will meet everyday women whose marriage secrets span cultures. You will hear their stories, witness their love, and be

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inspired by the proof that happy, healthy marriages do exist—and yours can be one of them! It turns out great marriages are all around us—when we look for them. Go on a trip with Fawn and learn the best marriage secrets the world has to offer.

How Can You Pray for Her? Praying for your wife is one important way to ensure she feels loved and protected. Bestselling author Stormie Omartian is here to help as you ask the Lord to guide your wife in her desires, emotions, and relationships. Each chapter features guidance from the Bible; wisdom from well-known Christian men; and thoughts, personal experiences, and a prayer from Stormie to spark your conversations with God and highlight specific areas where you and your wife need His direction and blessings. An excellent study guide for men's groups, this book also makes a fantastic gift, whether given on its own or in companion with *The Power of a Praying® Wife*.

Contributors to *The Power of a Praying® Husband* include Neil T. Anderson, Steven Curtis Chapman, Michael Goldstone, Michael Harriton, Jack Hayford, Rodney Johnson, James Lowe, Michael Omartian, James Robison, Kenneth C. Ulmer

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.

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