

RENEW YOUR MARRIAGE AT MIDLIFE

A guide to growing together in love

"[Written] with authority, compassion, and humor...I recommend this book."

—Mary Pipher, Ph.D.,

author of *Reviving Ophelia* and *Another Country*

STEVE BRODY, Ph.D., & CATHY BRODY, M.S.



Renew Your Marriage At Midlife

David and Claudia Arp



Renew Your Marriage At Midlife:

Renew Your Marriage at Midlife Steve Brody, Cathy Brody, 1999 Marriage at midlife It conjures up rosy images of happily ever after and just the two of us again Now that the kids are growing up and careers are winding down couples have more time for each other It should be a time of perfect wedded bliss but it s not Surprisingly midlife is one of the most dangerous periods in a relationship It s a time of great change and often one of bitter strife *Renew Your Marriage at Midlife* Steve Brody, Cathy Brody, 2000 Midlife is one of the most trying times in a marriage Pressures come from within as anxiety boredom and restlessness tempt us to seek fulfillment in affairs or radical lifestyle changes And pressure comes from outside too as growing children aging parents health concerns and financial strains make it harder than ever to focus on each other In this guide couples who want to stay the course will find compelling commonsense advice on how to Get what they really want from each other Make their relationship a priority Recognize the risks of midlife marriage Rekindle and even improve their sexual relationship Triumph over the tough challenges that drive other couples to divorce Learn to really like each other again *How to Survive Your Husband's Midlife Crisis* Gay Courter, Pat Gaudette, 2003 Explains how to deal with a husband s mid life crisis covering topics including infidelity thrill seeking behavior and financial irresponsibility and deciding whether or not to continue with the relationship **Marriage at Midlife** Vincent R. Waldron, Douglas L. Kelley, 2009-03-16 This book provides a perceptive research based and pragmatic approach to working with couples seeking reconnection after years of childrearing Marriage at Midlife should take center stage on every counselor s bookshelf Kathleen M Galvin PhD Professor Communication Studies Northwestern University The middle period of married life what the authors call the centerstage is often the make or break point in a lifelong relationship Marriage at Midlife provides counselors mental health professionals and marriage educators with the tools they need to assist couples who are experiencing the challenges of the post childrearing years The authors take a resilience based approach to help couples preserve and improve long satisfying relationships This book is enriched with the authors experience with couples who have been married between 20 and 50 years Each chapter contains an opening narrative about a real life couple a section identifying sources of distress a section outlining the analytical tools needed for each challenge and questions and exercises for clients Throughout the book are bulleted lists with quick advice for couples on a range of topics such as suggested shared activities or tips for managing stress Learn how to help couples Reinvent and deepen their marriage through improved communication Forgive past transgressions and choose new meaningful shared activities Adapt to midlife challenges such as job loss relocation and returning to school Handle the stress of illness and caregiving Redefine relationships with boomerang kids adult children and grandchildren With this book counselors will obtain both the skills and the insight needed to help couples reimagine their relationships at this pivotal stage in their lives **Making Marriage Meaningful** Robert Samms Ph D, 2005-08 Have you ever pondered why some troubled marriages succeed while other seemingly fairytale marriages flounder and fail According

to Dr Robert O A Samms the key to a successful marriage is not the absence of conflicts or problems but rather the presence of the appropriate strategies to resolve them In *Making Marriage Meaningful* Dr Samms examines the dynamic inner workings of a modern family to determine its strengths and weaknesses as well as its successes and failures All of these elements must be analyzed in order to improve a marriage The real life situations described in the book also give those couples contemplating marriage some very sound principles to ponder *Making Marriage Meaningful* suggests practical workable strategies for couples in troubled marriages and for happily married couples seeking a greater understanding of the marital relationship The book is also helpful for single separated and divorced people who want to avoid problems in their present or future relationships and who desire to tweak their passion for success Dr Samms includes his personal public and private views on topics such as Commitment Compromise Children Communication Sex Spirituality and much more Based on Dr Samms s own forty year marriage and his comprehensive research *Making Marriage Meaningful* provides realistic strategies for making your marriage successful

Grown-Up Marriage Judith Viorst,2008-06-23 Although marriage is for grown ups very few of us are grown up when we marry Here the bestselling author of *Suddenly Sixty* and *Necessary Losses* presents her life affirming perspective on the joys heartaches difficulties and possibilities of a grown up marriage and no that s not an oxymoron Featuring interviews with married women and men the findings of couples therapists the truths offered by literature and movies and a bemused exploration of her own marriage Judith Viorst illuminates the issues couples struggle with from I do through till death do us part Examining marital rivalry marital manners marital sex extramarital too marital fighting and apologies what kids do for and to marriage and the boredom and bliss of everyday married life Viorst leaves no marital stone unturned From the early years when we wonder Who is this person and What am I doing here to the realities of divorce remarriage and growing older and old together Viorst offers insights and advice with honesty humanity and humor all the while recognizing how tough it is to be married and when it works how very precious it can be

Yoga for Women at Midlife and Beyond Pat Shapiro,Patricia Gottlieb Shapiro,2006 This guidebook includes ten yoga practices with clear illustrations that women over 50 can follow on their own such as a practice for energizing one for relaxation and another for insomnia

Counseling Across the Lifespan Cindy L Juntunen,Donald R Atkinson,2002 *Counseling Across the Lifespan* expands the perimeters of counseling with its emphasis on preventive techniques for adjustment problems in the lifespan of a normal individual This cogent work focuses on counseling intervention strategies from the unique perspective of an individual s lifespan placing techniques in the proper development context By concentrating on life stages from childhood through old age the authors identify the nature and origin of various psychological issues such as self identity and healthy lifestyle development in adolescents family violence in young adults or retirement transitions for older adults The intervention tools needed to confront these issues are presented through succinct pedagogical features including case examples checklists for evaluating clients and exercises

Double Menopause Nancy Cetel,2002-10-02 A positive

practical approach to understanding and coping with male and female hormonal changes While most people are familiar with female menopause it is not as well known that men too have their own version of midlife transition and it s far more common than one might suspect It s only recently been understood that men also suffer from hormonal changes often called andropause and that resources for couples struggling to cope with his and hers midlife changes have not been readily available *Double Menopause* is the first book to explore the phenomenon of simultaneous female and male menopause Dr Nancy Cetel addresses the emotional and psychological reactions as well as the physiological changes both you and your partner may experience Even the most solid relationship can crumble under the weight of hormonal change Cetel offers a compassionate and reassuring survival guide for both men and women to help you regain control of your life and renew your commitment to each other Utilizing practical effective and even fun techniques Cetel helps you Identify the signs and symptoms of menopause and andropause Understand the myths fantasies and realities of midlife sexuality from both the male and female perspective Work through inevitable conflicts in your relationship Ignite your midlife love hormones Evaluate the pros and cons of hormonal supplements such as DHEA and growth hormone Discuss potential treatment options with your physician Based on the latest cutting edge research including the author s own *Double Menopause* offers you and your mate a healthy loving prescription for optimal health at midlife and beyond *The Second Half of Marriage* David and Claudia Arp,2010-10-05 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

10 Great Dates for Empty Nesters David and Claudia Arp,2009-08-30 A simple dating plan that is sure to revive romance and rejuvenate the fun quotient in your empty nest marriage It s just the two of you again and it s time to renew your relationship You can reconnect and reclaim that same spark excitement and creativity you experienced before you had kids through ten innovative fun dates guaranteed to spice up your marriage Specially crafted for empty nesters these dates are based on marriage enriching themes such as Becoming a couple again Rediscovering intimate talk Revitalizing your love life Growing together spiritually Relating to adult children Becoming best friends 10 Great Dates for Empty Nesters will fill your empty nest with fun friendship and romance It is refreshing to read a book about marriage written by people who don t just believe in marriage but actually understand how it works John Gray Author *Men Are from Mars Women Are from Venus*

Love at Midlife Richard Allen Osing,1998 A marriage counselor and relationship expert discusses how the changing priorities of midlife can affect love relationships and offers advice on reviving existing relationships and forming new ones

I'm Too Young to Be This Old Poppy Smith,2013-02-01 What woman hasn t looked in the mirror and wondered who was

staring back at her Or marveled at how grown up her children look Or puzzled at how her friends are aging prematurely I m Too Young to Be This Old with over 150 000 copies sold shows women how to face their changing lives with a spirit of fun and fearlessness Poppy Smith leads readers through both the lighter side of midlife and the deeper issues that concern them including wondering if the best of life is over facing changes in health and appearance maintaining healthy relationships with adult children caring for aging parents getting ready for when they re really old I m Too Young to Be This Old is loaded with biblically informed wisdom and ample doses of humor It will give readers the inspiration and insight they need to turn their middle years into the best years of their life **Midlife Mamas on the Moon** Sunny Hersh,2003 A fun inspirational guide to positive choices for women over 40 Packed with useful checklists honest personal stories and no nonsense resources this book has the latest information on health sex and hormones and shows how to transform relationships finances and careers

Bottom Line Year Book, 2004 ,2003 Interesting and not commonly known answers to questions about health business travel taxes and more Bridges to Intimacy Robert W. Herron,2000 Staying married is a challenge all couples face especially at midlife when issues of intimacy and the empty nest come to the forefront *Boating* ,2005-06 **Bottom Line Yearbook** ,2004 **The Medical Marriage** Wayne M. Sotile,Mary O. Sotile,2000 This book gives an enlightening and compassionate look at the partners in a physician relationship both as individuals and as a couple Using illustrative case narratives and simple self assessment tools it helps readers common to physician families that can cause strain and tension in a marriage Whether you are newly married or entering retirement after many years of marriage The Medical Marriage will teach you how to pinpoint the individual and interactive steps so that your best skills fuel rather than damage your marriage and family life *The California Psychologist* ,2000

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