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building and maintaining a healthy marriage!*

# **Making Marriage Work**

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# Making Marriage Work For Dummies

**Bob Merritt**



## **Making Marriage Work For Dummies:**

*Making Marriage Work For Dummies* Steven Simring, Sue Klavans Simring, 2011-04-20 The inspiration for countless one liners witty sayings stage farces and not a few murder mysteries marriage is more than just a relationship between two people It s one of life s biggest adventures and a healthy marriage can be one of life s greatest gifts But weathering the stresses and strains of married life and maintaining healthy marital bonds over a span of decades takes work and sometimes you need help from a friendly expert Which is where *Making Marriage Work For Dummies* comes in Drawing on their experiences with thirty years of marriage during which they raised three children as well as decades of couples counseling experts Steven and Sue Simring show you how to build a strong happy and long lasting marriage They offer priceless tips on how to deal with most problems that come up between married couples and they offer advice on how to Make your relationship more romantic Work out big and small differences Argue in ways that strengthen you relationship Resolve disputes over money Cope with mid life change Handle a spouse who cheats Deal with families and in laws Reduce stress on your marriage Understand your partner s annoying habits and quirks Balance career and family goals Seek professional help when you need it Illustrating their points with insightful often amusing anecdotes from their own marriage and from the marriages of hundreds of couples they ve counseled over the years the Simrings explore such crucial topics as Deciding if marriage is right for you Six common marriage myths Understanding the roots of marital problems Communicating with your partner The do s and don ts of fair marital fighting Making marriage sexy Examining the marriage life cycle Ideas for resolving money differences Succeeding with remarriage Filled with ideas you can use now to keep your marriage as strong as the day you took your vows this is a survival guide for everyone committed to making marriage work **Making**

**Marriage Work For Dummies** ,2009 The inspiration for countless one liners witty sayings stage farces and not a few murder mysteries marriage is more than just a relationship between two people It s one of life s biggest adventures and a healthy marriage can be one of life s greatest gifts But weathering the stresses and strains of married life and maintaining healthy marital bonds over a span of decades takes work and sometimes you need help from a friendly expert which is where *Making Marriage Work For Dummies* comes in Drawing on their experiences with 30 years of marriage during which they raised three children as well as decades of couples counseling experts Steven and Sue Simring show you how to build a strong happy and long lasting marriage They offer priceless tips on how to deal with most problems that come up between married couples and they offer advice on how to Make your relationship more romantic Work out big and small differences Argue in ways that strengthen you relationship Resolve disputes over money Cope with mid life change Handle a spouse who cheats Deal with families and in laws Reduce stress on your marriage Understand your partner s annoying habits and quirks Balance career and family goals Seek professional help when you need it Illustrating their points with insightful often amusing anecdotes from their own marriage and from the marriages of hundreds of couples they ve counseled over the years

the Simrings explore such crucial topics as Deciding if marriage is right for you Six common marriage myths Understanding the roots of marital problems Communicating with your partner The do s and don t s of fair marital fighting Making marriage sexy Examining the marriage life cycle Ideas for resolving money differences Succeeding with remarriage Filled with ideas you can use now to keep your marriage as strong as the day you took your vows this is a survival guide for everyone committed to making marriage work *Making Marriage Work for Dummies* Steven S. Simring,Sue Klavans Simring,Gene Busnar,2001 [Making Marriage Work](#) Rob Pascale,Louis H. Primavera,2016-02-23 Staying happily married has become a difficult proposition in recent times Although the institution is still firmly embedded in our culture divorce rates have steadily climbed since the 1960s While some marriages are truly divorce worthy many other broken marriages can be saved Recent emphasis on personal needs and greater social acceptance of divorce and alternative lifestyles may have weakened the resolve of partners to work through their problems Furthermore many couples may not realize that problems in their current marriages are likely to surface in other relationships Consequently while they may consider divorce a solution it may in fact only be a stepping stone to the next relationship where patterns may repeat Solving marital differences can be difficult They tend to be linked to or caused by other problems and that can make it hard to identify the real reasons for conflicts Without knowing the true nature of their problems couples cannot arrive at solutions that actually work To understand the underlying issues that plague many marriages the authors look to the research conducted on the subject over the past fifty years and to real life stories of success and failure to outline the major issues that detract from marital stability Drawing on Louis Primavera s twenty five years in private practice as a marriage counselor each chapter is peppered with anecdotes that every married person can relate to and that help bring issues to life The authors also propose frank and honest solutions that can help couples have more satisfying relationships Anyone looking to improve their marriage will find suggestions for sussing out the underlying problems they may be experiencing and guidance for addressing those problems **Making Marriage Work** Lynn Toler,2012-08-07 Solid advice for newlyweds golden anniversary celebrants and everybody in between from the Marriage Boot Camp and former Divorce Court star The Augusta Chronicle As the judge starring on two hit television shows Lynn Toler has witnessed en masse the thematic mistakes made in American marriages She herself has also been wed for more than 30 years and has seen both the highs and lows of matrimony in her own marriage as well as the marriages of those close to her Drawing from both her professional career and personal life Toler sees that the biggest impediment to marriage these days is that couples decide to take the plunge based almost entirely on the most irrational criteria falling in love Making Marriage Work doesn t suggest that love has nothing to do with marriage at all rather Toler says that love by itself is simply not enough to make marriages survive Marriage Toler says is a job and it needs to be treated like one This updated manual suggests specific procedures that should be put in place to bridge the gap between head over heels and happily ever after It explains how to phrase things in order to span the great hormonal divide men and women often fall into when trying

to talk to one another It also discusses the very new and real challenges to marriage created in a culture often overwhelmed by the emphasis on and ability to attain instant gratification Replete with simple no nonsense rules Divorce Court anecdotes and stories about Judge Toler s own union Making Marriage Work contains invaluable information couples can use today to secure their marital tomorrow *Making Marriage Work* Joyce Meyer,2009-02-28 Previously published as Help Me I m Married Making Marriage Work offers Joyce s insights on how to make a marriage succeed thrive and bless the lives of entire families Joyce shares with married couples how God can transform a marriage Whether newly wed happily married in a marriage crisis or just in a relationship rut Joyce s principles will help energize and revitalize a relationship Discover how to Take the focus off yourself and your spouse and look to the Lord Unleash powerful truths from God s Word for you and your marriage Understand the opposite sex Overcome roadblocks to a triumphant marriage Live successfully with an insecure person Create peace and order in your heart and in your home Joyce s practical how to advice will guide couples along the path to releasing God s power on their lives and in their marriage **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 **The Seven Principles for Making Marriage Work** John Gottman, Ph.D.,2002-02-04 Just as Masters and Johnson were pioneers in the study of human sexuality so Dr John Gottman has revolutionized the study of marriage As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute he has studied the habits of married couples in unprecedented detail over the course of many years His findings and his heavily attended workshops have already turned around thousands of faltering marriages This book is the culmination of his life s work the seven principles that guide couples on the path toward a harmonious and long lasting relationship Straightforward in their approach yet profound in their effect these principles teach partners new and startling strategies for making their marriage work Gottman helps couples focus on each other on paying attention to the small day to day moments that strung together make up the heart and soul of any relationship Being

thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved Packed with questionnaires and exercises whose effectiveness has been proven in Dr Gottman s workshops *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential *The Seven Principles for Making Marriage Work* is the result of Dr John Gottman s many years of closely observing thousands of marriages This kind of longitudinal research has never been done before Based on his findings he has culled seven principles essential to the success of any marriage Maintain a love map Foster fondness and admiration Turn toward instead of away Accept influence Solve solvable conflicts Cope with conflicts you can t resolve Create shared meaning Dr Gottman s unique questionnaires and exercises will guide couples on the road to revitalizing their marriage or making a strong one even better *Working with Offenders who View Online Child Sexual Exploitation Images* Lyne Piché,Anton Schweighofer,2023-06-27 This comprehensive workbook addresses the use of illegal online sexual images Focusing specifically on child sexual exploitation materials CSEM it offers a clear and professional manual for use with men who use CSEM Working with clients who access illegal online images is challenging work CSEM clients have unique characteristics and treatment needs Designed around practitioner and client needs each chapter provides a guide for clinicians and a subsequent set of materials for the client The workbook covers a range of topics such as motivation for change relationships thinking patterns emotions management sexuality computer use Internet safety and future strategies to ensure both client and community safety Addressing these issues as well as community accountability helps users of CSEM achieve a satisfying life while avoiding future criminal justice involvement Through this clearly written and structured workbook clients are given the resources to help manage problematic thoughts and or illegal sexual behaviour Offering evidence based strategies rooted in the authors clinical experiences the workbook enables the practitioner and client to work productively together to address the issues that have led to their involvement with illegal sexual images This book will be helpful to a range of practitioners including forensic and clinical psychologists as well as those working in correctional settings such as probation and prison staff psychiatrists social workers counsellors and providers of mental health treatment It is also designed for anyone who has viewed or is worried about viewing sexual images of children *Making Marriage Work* Kristin Celello,2009-02-01 By the end of World War I the skyrocketing divorce rate in the United States had generated a deep seated anxiety about marriage This fear drove middle class couples to seek advice both professional and popular in order to strengthen their relationships In *Making Marriage Work* historian Kristin Celello offers an insightful and wide ranging account of marriage and divorce in America in the twentieth century focusing on the development of the idea of marriage as work Throughout Celello illuminates the interaction of marriage and divorce over the century and reveals how the idea that marriage requires work became part of Americans collective consciousness

**Anxiety and Depression Workbook For Dummies** Elaine Iljon Foreman,Charles H. Elliot,Laura L. Smith,2011-01-06

Anxiety and depression affect over 10% of the population They can become debilitating conditions if not managed carefully so there are thousands of people looking for advice on how to keep their symptoms under control Anxiety Depression Workbook For Dummies provides readers with practical exercises and worksheets to help them analyse their thinking patterns and overcome the issues that are holding them back The workbook format is ideal for those wanting to track their progress and make positive changes to both their mental and physical health Anxiety Depression Workbook For Dummies UK Edition covers Part I Recognising and Recording Anxiety and Depression Chapter 1 Spotting the Signs of Anxiety and Depression Chapter 2 Digging Up the Roots of Your Worries Chapter 3 Overcoming Obstacles to Change Chapter 4 Monitoring Your Moods Part II Understanding Your Thinking Cognitive Therapy Chapter 5 Viewing Things A Different Way Chapter 6 Challenging and Changing Thoughts Chapter 7 Seeing Clearly Gaining A New Perspective Chapter 8 Maintaining Awareness and Achieving Acceptance Part III Taking Action Behaviour Therapy Chapter 9 Facing Feelings Avoiding Avoidance Chapter 10 Lifting Your Spirits With Exercise Chapter 11 Taking Pleasure from Leisure Chapter 12 Just Do It Tackling Life's Problems Part IV Feeling It Where It Hurts Healing the Body Chapter 13 Taking the Relaxation Route Chapter 14 Making Your Mind Up About Medication Part V Revitalising Relationships Chapter 15 Working on Relationships Chapter 16 Smoothing Out Conflict Part VI Life Beyond Anxiety and Depression Chapter 17 Reducing the Risk of Relapse Chapter 18 Promoting The Positive Part VII The Part of Tens Chapter 19 Ten Helpful Resources Chapter 20 Ten Terrific Tips

**Marriage with Meaning** Rabbi Daniel Young, 2010-12-27 The importance of premarital counseling has grown more and more apparent in recent years As a result it is imperative that couples are provided a supportive environment in which they can probe challenging topics together Based on the belief that a couple's focus in the weeks and months leading up to marriage should be on laying the foundation for a successful and meaningful life together Marriage with Meaning focuses on key components that lead to marital happiness and satisfaction A sensitive guide appropriate for Jewish couples interfaith couples and same sex couples Marriage with Meaning will help any couple enjoy a full and rich relationship that will last a lifetime Rabbi Young provides a thoughtfully researched and sensitively written work featuring enduring wisdom and practical advice for both couples entering marriage as well as the clergy counseling them Rabbi Lauren Kurland Marriage is not about a day it is the quintessential most important decision of our lives If a small fraction of the energy time and money that goes into planning a wedding were a part of the strategic plan for marriage couples could find themselves better prepared for the realities of long term relationships and commitments This book provides the foundational building blocks for consciously and proactively developing a marriage that is strong and durable Giving this book as a gift is like giving a manual for the care and treatment of the relationship Every couple should have a copy as part of their tool kit for a fulfilling life together Jeffrey F Spar Ph D Psychologist and Executive Coach **Live The Life You Love At 50+: A Handbook For Career And Life Success** Smedley, Keren, 2013-04-01 Life and business coach Keren Smedley shows you how to define your

personal life vision and reach your dreams with ease      **Get Wise** Bob Merritt, 2014-10-14 We make dozens of decisions big and small every day some without much thought at all But with many decisions there s a certain amount of danger One wrong decision can destroy a career or a marriage A string of wrong decisions can derail a life So how do we know if our decisions are wise ones Pastor Bob Merritt has found that the best way to get it right is to cultivate godly wisdom In *Get Wise* he takes God s best wisdom as found in the book of Proverbs and applies it to the top decisions every person has to make decisions about education work family friends sex parenting money and more Topic by topic he shows readers how to make choices that result in long term benefits in health reputation peace and finances      **Healthy Living Tips for Dummies** Tamara Shelline Castleman, 2000      Creating Your Perfect Family Size Alan Singer, 2011-05-03 Answers to one of the most important decision a family can make This groundbreaking book offers answers to crucial questions that have a large impact on family success and well being The author has been researching and treating couples for more than twenty years addressing such critical issues as When should you have kids How many and why Can you afford a family What s the best interval between children s birth in a family How does your work life influence how many kids to have What s the impact of divorce remarriage and blended families on the decision to have more kids How does your family of origin ethnicity race culture and sexual preference influence the choices you have regarding these questions of number and spacing of childbirths Filled with common sense advice for the dilemmas most couples grapple with when starting a family Based on solid research from a noted family therapist Alan Singer has appeared on the Fox Morning News and MSNBC as well as being quoted in USA Today and The Huffington Post Invaluable and fascinating the book includes a wealth of self tests that helps individuals to customize their own decision making based on their unique background and current situation      *Life Transitions in America* Francesco Duina, 2014-02-12 We celebrate talk about and worry a great deal about transitions in life Going to college having a first child losing a job and retiring constitute just a few of the pivotal moments in the lives of many Sociologists and psychologists have devoted considerable attention to life transitions Yet we know very little about whether there exists a common thread to our understandings of life transitions in general How do journalists leading politicians sport icons bestselling authors government agencies Hallmark cards popular TV shows and other voices of popular culture talk about transitions in life Do these voices provide a coherent picture of how we make sense of life transitions In this book Francesco Duina shows how the dominant American discourse articulates two basic approaches to transitions in life The first approach depicts transitions as exciting individualistic opportunities for new beginnings the past is cast aside the future is wide open and the self has the opportunity to recreate itself anew The second paints transitions as having to do with continuity our connections to others and the life cycle with an emphasis on acceptance and adaptation Though contrasting the two approaches ultimately complement each other Their analysis reveals a great deal about American culture and society and will be of great interest to students of the life course and the sociology of culture      30-Something and the Clock Is



Ticking Kasey Edwards, 2011-04-07 When Kasey Edwards discovers she'll be infertile within a year she is forced to bring the baby issue to the forefront of her mind In *30 Something and the Clock Is Ticking* she explores what having a child would mean to her identity her career her body her relationships and her mental health Kasey speaks to people who have children and people who don't women who claim motherhood is the best thing they've ever done and those who say it's the worst She discovers how the desire for a baby can drive people to the brink of insanity the logistical challenges of ovulating and trying to conceive on a longhaul flight the indignity and despair of IVF and the price of buying sperm on the Internet This witty memoir will make you laugh cry and ponder the joys and regrets of motherhood It will inspire you to tackle the baby issue head on and on your own terms rather than letting time denial and social pressures make the decision for you

Battleground: The Family Kimberly Brackett, 2008-12-30 Everyone is part of a family but what constitutes a family is one of the most hotly debated issues in the United States today *Battleground The Family* provides extensive coverage of those critical issues in U S culture concerning current and future family life such as dating marriage parenting work and family abuse and divorce The scholarly contributors to this set provide unbiased coverage on these often incendiary topics allowing students to assess the role of these controversies in their own lives Entries thoroughly introduce the topic of concern describe the problem as it currently exists provide context for the controversies surrounding it synthesize the current knowledge on the topic and guide the reader to additional areas for consideration *Battleground The Family* serves as a starting point for those advanced high school and beginning undergraduate students who wish to pursue a more detailed study of family controversies and cultural concerns for classroom assignments Non specialist readers will also find this a useful resource in critically assessing current trends and conflicts in constituent groups conceptions of family

**Making Marriage User Friendly** Russ Holloman Ph. D., 2012-05 Why are some marriages more successful more satisfying and more enduring than others The answer to this question is perhaps the most widely studied and best known part of our marriage and family therapy literature although arguably it is the least understood and certainly the least followed in terms of avoiding the pitfalls that lead to unsuccessful marriages What this book proposes as an answer to this question is the nearest thing we have to a manifesto for marriage and family living It provides us with a clear description of what married life should be like No words or ideas sum up the intention of this manifesto better or indicate more clearly its challenge to contemporary marriages than the words making marriage user friendly

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