Books

# Refresh Your Marriage With Self Talk

#### Revitalize your marriage by learning to:

- Communicate thoughts and feelings
- Defuse explosive emotions
- Understand the root cause of marital discord
- Renew your thinking with self talk
- Apply biblical principles for marital harmony
- · Develop listening skills
- · Practice the art of forgiveness

Dr. David Stoop & Jan Stoop

# **Refresh Your Marriage With Self Talk**

**Don H. Polston** 

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Refresh Your Marriage with Self Talk David A. Stoop, Jan Stoop, 1984-01-01 Intimacy Terry Hershey, 1984 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 Passages of Marriages Dr Frank B Minirth, PH.D., Brian Newman, 1994-03 This is a bestselling book on the developmental stages of a marriage and how to keep a strong marriage **Be Refreshed** Diane Paddison, Jordan Johnstone, 2017-11-01 Passionate authentic faithful women in the workplace you are not alone Women make up 47 percent of the workforce with over 50 percent of advanced degrees going to women up from 6 percent thirty years ago Despite these advances women in the workplace often feel like they re on their own They battle gender and pay gaps work life balance and guilt longing for connection and belonging in their churches and community Be Refreshed contains encouraging devotional readings for Monday through Friday along with questions and a prayer for reflection and refreshment each weekend Take a year to read words and wisdom from women just like you who want to be bold in every aspect of life and seek to make a difference on a daily basis Begin each day with the strength that only comes from being in God s Word and walking with other women like you Winning Through Faith Imaging Don H. Polston, 2009-03 to Get Your Husband to Talk to You Connie Grigsby, Nancy Cobb, 2010-05-26 Speaketh the Language of Him A man comes home and says to his wife I had a horrible day at work today She says Tell me about it I just did he replies Men and women communicate differently and all too often not at all This book is a sort of linguistics school that will teach you to speak your husband's language male You ll discover simple ways to cultivate a sense of humor about your male and female differences open conversations with him and keep them going frame what you re saying with masculine interest areas respond proactively to what your husband shares and develop thicker skin this alone is worth the price of the book Change up your language spice up your marriage It ll be your husband s favorite thing you ve ever done well almost A man comes home and says to his wife I had a horrible day at work today Tell me about it she says I just did he replies Men and women communicate differently and all too often not at all This book is a sort of linguistics school that will teach you to speak your husband's language male Discover simple ways to Cultivate a sense of humor about your male and female differences Open conversations with your mate and keep them going Frame what you are saying within masculine interest areas Respond proactively to what your husband shares promoting more sharing Develop thicker skin This alone is worth the price of the

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College Seminary in Fayetteville North Carolina He is married to Felicia with four adult sprit filled children Secrets of a **Soulful Marriage** Jim Sharon, EdD, Ruth Sharon, MS, 2014-08-27 The map to soulful love is locked within the secret chambers of your heart here is the key Each of you holds the secrets of what really works in your relationship Perhaps you have not thought about or expressed your secrets In reading this book and participating in soulful couples activities you are likely to tap into your dormant wisdom and gain the courage to unlock those secrets Ready to go exploring from the Introduction Noted couples therapists Jim and Ruth Sharon draw on over forty years of professional and personal experience to offer you useful perspectives tools and practices to cultivate a beautiful sacred relationship with your beloved Combining insights from psychology the world's great spiritual wisdom traditions and the experiences of many kinds of committed couples the Sharons guide you to Identify and replace unwanted habits with positive patterns Master soulful communication Reignite and sustain sacred intimacy Achieve balance between your life as an individual and as a couple Thrive as soulful partners while parenting Build a lasting legacy of love And much more **Discover Your True Self** Chip Ingram, 2020-08-18 Seeing yourself as God sees you is essential to overcoming your deepest struggles having healthy relationships living in freedom and fulfilling your life purpose Yet most of us look at ourselves with warped mirrors believing lies that lead to shame guilt fear insecurity and spiritual stagnation The lies of our past keep us stuck struggling with the same issues and habits for years But according to the first three chapters of Ephesians that s not how God sees us at all Pastor and author Chip Ingram wants to open your eyes to your true self the new you that God sees the person who is immeasurably valuable and beautiful In this Scripture soaked book he shows you how getting God's perspective satisfies your search for significance undoes your shame makes you secure frees you from comparing yourself with others helps you discover your calling and more Are you ready to see yourself as God sees you Then let Chip Ingram show you how to silence the lies of your past and experience your true identity His \*Time of Refreshing, Behind the Seen!, Book Index ,1985 A world list of books in the English language Reset Dwain Schenck, 2025-05-01 Welcome to the new world of jobs in security Layoff If you haven t experienced one you know someone who has Dwain Schenck speaks with authority not only has he seen energetic talented and accomplished friends undergo the stress of job loss but he too has felt the sting of being let go Resetis the uncompromising portrait of Schenck's journey a successful journalist and communications professional who joins the ranks of the unemployed during the most dismal job market in modern history his initial reactions of denial and depression sabotage his morale and motivation Then with the assistance of friends wisdom from experts and good old fashioned creativity and tenacity Schenck turns his attitude around The hard won valuable advice and techniques in these pages can work for anyone concerned about job loss or keeping a job Resetcan position you to get back on your feet often landing in a better place Schenck covers a wide variety of topics with a humorous light touch that balances the serious subjects within which include The Emotional Phases of Unemployment Who Am I Insecurity and

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