# Book List – Building a Successful Couple Relationship

**Core Couple Skills:**

### Long-term relationships work best if both are committed to grow and learn

### Why talking is not enough; by Susan Page

### Getting the Love You Want: A Guide for Couples by Harville Hendrix

### How to Improve Your Marriage Without Talking About It; by Dr Patricia Love and Steven Stosny

* Understanding Marriage: Partners, friends, Lovers by Stephen Stacey
* 20 (Surprisingly Simple) Rules and Tools for a Great Marriage by Dr. Steve Stephens

### Why Marriages Succeed or Fail; by John M. Gottman

* Sacred Marriage (Christian) – Gary Thomas

### The Seven Principles for Making Marriage Work; by John Gottman and Nan Silver

### Understanding the different relationship needs of men and women

### His needs, Her needs; Dr Willard Harley

### Love and Respect; by Emerson Eggerichs

### The proper care and feeding of husbands; by Laura Schlessinger

### The Secrets of Happily Married Men; by Scott Haltzman and Theresa Foy Di Geronimo

* Why Men and Women Collide - by John Gray

### Sacred Influence (Christian – for women) – by Gary Thomas

### Men, Women and Relationships: Making Peace with the Opposite Sex by John Gray

### Partnering

### Partnerships work best if there is good communication, a common vision, commitment and good team player skills. Also the life cycle of a partnership: – Union, Confusion, Inclusion, Communion

### 7 Stages of Marriage: Laughter, Intimacy and Passion Today, Tomorrow, Forever: by Rita M. De Maria and Sari Harrar

### The Truth About Love: The Highs, the Lows, and How You Can Make It Last Forever by Dr. Patricia Love

### Communication – Couples need enhanced communication skills to talk about sensitive topics

### Fighting for your marriage; by Howard J. Markman, Scott M. Stanley, and Susan L. Blumberg (A whole program – focusing on the key issues for couples)

### Communication Miracles for Couples: Easy and Effective Tools to Create More Love and Less Conflict by Jonathan Robinson (Useful tips and communication strategies)

### Relationship Enhancement Therapy: Healing Through Deep Empathy and Intimate Dialogue by Robert F. Scuka

### Couple Skills: Making Your Relationship Work; by Matthew McKay, Patrick Fanning, and Kim Paleg

* Hold Me Tight: Seven Conversations for a Lifetime of Love by Sue Johnson (Looks deeply the 7 most common communication difficulties that couples experience)

### You Don't Have to Take it Anymore: Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate, Loving One by Steven Stosny

* Love and War in Intimate Relationships by Marion Solomon and Stan Tatkin

### Creating a Common Vision

### The Couple's Guide to Love & Money by Jonathan Rich

### Empowering Couples Building on Your Strengths by David H. Olson and Amy K. Olson

### Strengthening your commitment muscle so you can get through the natural difficult times + understanding the affects of divorce on children + infidelity

### The Power of Commitment: A Guide to Active, Lifelong Love by Scott M. Stanley and Gary Smalley

### Buyers, Renters & Freeloaders: Turning Revolving-Door Romance into Lasting Love by Willard Harley

### My Husband's Affair Became the Best Thing That Ever Happened to Me by Anne Bercht

### NOT "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity by Shirley Glass and Jean Coppock Staeheli

### The Case for marriage; by Linda Waite and Maggie Gallagher

### The Unexpected Legacy of Divorce: The 25 Year Landmark Study by Judith S. Wallerstein, Julia M. Lewis, and Sandra Blakeslee

### Fighting for your marriage; by Howard J. Markman, Scott M. Stanley, and Susan L. Blumberg

# Friendship and romance

### How couples keep their friendship alive

### Dating Rocks!: The 21 Smartest Moves Women Make for Love by Steve Nakamoto

### Courtship After Marriage: Romance Can Last a Lifetime by Zig Ziglar

* Discovering your couple sexual style by Barry and Emily Mc Carthy

### Understanding your partner’s most important love buttons

### The Five Love Languages: How to Express Heartfelt Commitment to Your Mate by Gary Chapman

### Busy Couple syndrome - balancing work and family life

### The Ten Minute Sexual Solution: A Busy Couple's Guide to Having More Fun, Intimacy, and Sex by Darcy Luadzers

* Mating in Captivity by Esther Perel (looks at how couples can keep their sexuality alive over the years)

# Other

### What can couples do when it’s not working

### The Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage by Michele Weiner Davis

### Ten Lessons to Transform Your Marriage; by John M. Gottman, Julie Schwartz Gottman, and Joan Declaire

### The Relationship Cure; by John Gottman

### Before you commit

### Before You Say 'I Do'; by H. Norman Wright and Wes Roberts

### 101 Things I Wish I Knew When I Got Married; by Linda Bloom and Charlie Bloom

### 1001 Questions to Ask Before You Get Married; by Monica Mendez Leahy

### The Ten Commandments of Dating: Student Edition; by Ben Young and Samuel Adams

### Boy Meets Girl: Say Hello to Courtship; by Joshua Harris

### I Promise You: Preparing for a Marriage That Will Last a Lifetime by Willard Harley

### Women Men Love, Women Men Leave: What Makes Men Want to Commit? by Connell Cowan and Melvyn Kinder

16. Healthy divorce

* How to Have a Healthy Divorce; by Paula Hall

The Effects of Divorce on Adults and Children: <http://unitedfamilies.org/default.asp?contentID=18> Cohabitation research: <http://unitedfamilies.org/default.asp?contentID=18>

Research on the benefits that come with marriage: <http://unitedfamilies.org/downloads/Marriage_Guide.pdf>