

# Marriage Resources

## ***The Seven Principles for Making Marriage Work***

Dr. John Gottman and Nan Silver

<http://www.amazon.com/Seven-Principles-Making-Marriage-Work/dp/0553447718/>

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.

## ***The 5 Love Languages: The Secret to Love that Lasts***

Dr. Gary Chapman

<https://www.amazon.com/Love-Languages-Secret-that-Lasts/dp/080241270X>

### **Simple ideas, lasting love**

Falling in love is easy. Staying in love—that's the challenge. How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life?

In the #1 *New York Times* bestseller *The 5 Love Languages*, you'll discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today.

*The 5 Love Languages* is as practical as it is insightful. Updated to reflect the complexities of relationships today, this new edition reveals intrinsic truths and applies relevant, actionable wisdom in ways that work.

*Includes the Couple's Personal Profile assessment so you can discover your love language and that of your loved one. Acts of Service, Words of Affirmation, Gifts, Physical Touch, Quality Time*

## ***Why Marriages Succeed or Fail: And How You Can Make Yours Last***

Dr. John Gottman PhD

<https://www.amazon.com/Why-Marriages-Succeed-Fail-Yours/dp/0684802414>

Psychologist John Gottman has spent twenty years studying what makes a marriage last. Now you can use his tested methods to evaluate, strengthen, and maintain your own long-term relationship.

This breakthrough book guides you through a series of self-tests designed to help you determine what kind of marriage you have, where your strengths and weaknesses are, and what specific actions you can take to help your marriage.

## ***His Needs, Her Needs: Building an Affair-Proof Marriage***

Willard F. Harley, Jr.

<https://www.amazon.com/His-Needs-Her-Building-Affair-Proof/dp/0800719387>

In the classic bestseller *His Needs, Her Needs*, Willard F. Harley, Jr., identifies the ten most vital needs of men and women and shows husbands and wives how to satisfy those needs in their spouses. He provides guidance for becoming irresistible to your spouse and for loving more creatively and sensitively, thereby eliminating the problems that often lead to extramarital affairs.

This revised and expanded edition has been updated throughout and includes new writing that highlights the special significance of intimate emotional needs in marriage.

## ***I Do, Now What?: Secrets, Stories and Advice from a Madly-in-Love Couple***

Bill and Giuliana Rancic

<http://www.amazon.com/Do-Now-What-Madly---Love/dp/0345524993>

Five million viewers tuned in to The Style Network for Giuliana DePandi and Bill Rancic's fairy tale wedding in Italy, as the passions, tears, and champagne flowed. But what happened once the honeymoon was over? After all, she's been stationed in Los Angeles as one of E! Entertainment's most popular personalities, and he's kept his home in Chicago, where this handsome winner of *The Apprentice* has been busy running an empire of his own. How, we've wondered, is this marriage *really* working out?

With all the funny, frank, and characteristically down-to-earth personality that fans of their hit reality show, *Giuliana & Bill*, have come to adore, this glamorous couple takes you behind the scenes of their real-life marriage. Like all newlyweds, they've faced the *big* issues that wedlock manages to invite, including money (to merge or not?), household chores (she's disorganized, he's a neat freak), arguments (without staying mad), and trying to have a baby (it's not as easy as they thought!). Sharing their newfound and sometimes hard-won insights, they offer suggestions on such topics as communication, giving and receiving support, trust and jealousy, quality time, friends and in-laws, fighting fair, and sex and romance.

A must-read for newly married couples, or those about to take the plunge, or anyone who wants to know the secrets of everlasting love, *I Do, Now What?* is an upbeat real-world resource for the most ambitious journey of a couple's life: marriage!

### ***Apps:***

<https://www.gottman.com/couples/apps/>