

MAKING THE MOST OF

OF IVORY *Marriage*

*Building a Relationship
that Will Last a Lifetime*

WORKBOOK

DR. KEVIN LEMAN

Making The Most Of Marriage Workbook

Luciano L'Abate



Making The Most Of Marriage Workbook:

Making the Most of Marriage Workbook Kevin Leman, 2003-07-01 The Making the Most of Marriage workbook is one of the most critical elements of the study Using the video lesson as a foundation the workbook has been written specifically to involve participants in healthy discussion and interaction while emphasizing practical application of marriage principles that work True to life case studies add interest and challenge married couples to think and problem solve together Every participant should have a workbook

Getting Ready for Marriage Workbook Jim Burns, Doug Fields, 2015-02-01 Pulling off a successful wedding is one thing but fortifying a lifelong relationship is an entirely different endeavor Relationship experts Jim Burns and Doug Fields invite couples to take a proactive approach to their marriage union one that doesn't shy away from sticky areas and tough topics in order to develop a solid course from the very beginning Jim and Doug apply decades of frontline experience working with couples into this fresh and practical resource Organized in nine highly relevant sessions each centered on key biblical and relational touchstones Burns and Fields equip participants to confront big issues including communication finances spirituality and intimacy prior to their wedding day Great as a stand alone resource or partnered with the *Getting Ready for Marriage A Practical Road Map for Your Journey Together* book and companion video package

Getting Ready for Marriage Workbook Dianne C. Sloan, Jerry Hardin, 2016-10-11 The saying goes When you marry you don't just marry an individual you marry a whole family But more specifically you are marrying the influences that family has had on your spouse Our families have shaped our views on everything from religion to finances to sex and whether helpful or harmful these views are brought to our marriage and can unknowingly affect it *Getting Ready for Marriage Workbook* helps engaged couples and newlyweds learn what ghosts they bring to marriage examine their family backgrounds determine guidelines for their own marriage Through interactive exercises couples discover the roots of their beliefs sight potential problem areas and learn how to successfully work through problems Couples are then encouraged to make their own covenants in specific areas such as financial matters resolving conflict religious orientation and family planning children essential in building a strong marriage partnership

Getting Ready for Marriage Jim Burns, Doug Fields, 2014-09-01 Jim Burns and Doug Fields wish you the very best for your wedding but sadly they won't be able to make it What they are here for is your marriage Jim and Doug have seen it all They have worked with many couples and have studied extensively to uncover the essential elements for making marriages thrive This book is their early wedding gift to you a comprehensive easy to navigate road map for beginning your union Filled with premium fuel for the journey including meaningful exercises hard truths and conversations starters this book will nourish and guide your relationship for the long haul

Making the Most of Marriage Paul Henry Landis, 1965

Grounds for Marriage, Book and Study Guide Jade G. Stone, 2011-02-17 Your marriage is in crisis and you've read countless books on how to make it work but to no avail You haven't seen sustainable change in your relationship and you're ready to give up hope that counseling will be effective You're weary of striving and

you may have even considered having an affair doing violence to yourself or to your partner or indulging in an addiction Perhaps you already have You cannot stomach another false promise or simplistic solution to the complex problems in your marriage and you wonder is there any other way Grounds for Marriage speaks into the wreckage of broken covenants with a fresh perspective on relationship refusing to apply flimsy bandages to fractured relationships and insisting that the core brokenness be addressed and genuinely repaired This material helps couples and their counselors to honestly evaluate troubled marriages providing a much needed compassionate sensible hopeful sound and sometimes unexpected understanding of the scriptures and of relationship Synchronizing personal story anecdotes from her work as a Licensed Professional Counselor and a review of literature in psychology and theology Jade G Stone helps couples in crisis to study the scriptures to determine what they say constitutes a marriage covenant recognize how both partners contribute to failure in their marriage heal from old wounds so they can be in covenantal relationship with God and with a covenant companion With no nonsense directness and high definition clarity Stone helps you envision how human covenantal commitments must function in order to mirror intimacy with God She presents the criteria of wholehearted covenant as a measuring stick for relational intimacy grounds for marriage without which you cannot determine what comprises broken intimacy grounds for divorce From a covenantal relational perspective you can maintain scriptural integrity understanding and wisdom as you evaluate a marriage in crisis Grounds for Marriage includes a study guide to help readers personalize the concepts presented

The Marriage Book Nicky Lee, Sila Lee, 2019-06-04 Full of practical advice this bestselling book by Nicky and Sila Lee is easy to read and designed to prepare build and even mend marriages The Marriage Book is essential reading for any married or engaged couple This resource addresses questions like How can we be happily married to one person for our entire life How do we resolve conflict How can we discover and rediscover sexual intimacy The Marriage Course is a series of seven sessions designed to help couples invest in their relationship and build a strong marriage It serves as a bridge between the church and local community by recognizing the need to go beyond the social as well as physical walls of the church to help couples with their relationships Marriage Course is easy to run the talks are available on DVD sold separately and each guest and leader receives a manual If you enjoy hosting people and have a passion for strengthening family life you could run a course

Making Marriage Beautiful Dorothy Littell Greco, Christopher Greco, 2017-01-01 What makes a marriage beautiful Honesty Compatibility Physical and emotional intimacy All of these are important but there s one component that determines the quality and longevity of a marriage more than anything else a willingness to grow Because a wedding joins together two imperfect people all couples experience disappointment conflict and pain How husbands and wives respond to these challenges determines the kind of people they will become and the kind of marriage they will have Making Marriage Beautiful reveals how the pursuit of Christ results in profound transformation for both the individual and the marriage Rather than offering clich s and formulas Greco relies on candor humor and real life stories to bring encouragement and wisdom to

all couples regardless of whether they have been married four weeks or forty years

A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers Luciano L'Abate, 2014-01-14 Never has the need for a compendium of self help workbooks been so great From the founder of the world's first PhD program in Family Psychology comes an extensive guide to nearly all of the mental health workbooks published through 2002 Placed together in one volume for the first time A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers includes reviews and evaluates the complexity of each workbook in regards to its form content and usability by the client From abuse to women's issues this annotated bibliography is alphabetized by author but can also be researched by subject While self help workbooks are currently not as popular or as mainstream as self help books and video that could soon change Self help workbooks are versatile cost effective and can be mass produced The workbook user is active rather than passive and the mental healthcare worker can analyze a more personal response from the user whether in the office or via the Internet A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers brings these workbooks together into one sourcebook to suit anyone's needs Each self help workbook is reviewed according to specific criteria contents structure specificity goal level of abstraction a subjective evaluation usually concludes the review of the workbook A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers also includes an in depth introduction discussing the need for workbooks in mental health practices indices for subject as well as author an address list of the publishing houses for the workbooks annotated in the bibliography an Informed Consent Form to verify compliance with ethical and professional regulations before administering a workbook to a client A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers offers you a complete resource to self help workbooks for all mental health subjects Dr L Abate's highly selective review process helps you find exactly what you need This unique sourcebook is vital for mental health clinicians counselors schoolteachers and college and graduate students

Your Time-Starved Marriage Les and Leslie Parrott, 2009-05-18 Feeling overscheduled and underconnected as a couple Relationship experts Drs Les and Leslie Parrott help you connect your time styles and your hearts so you can better manage your time This is not a book about being more productive but a book about being more connected with your spouse and maximizing the moments you have together After resolving communication meltdowns finding time together is the number one relational need of most couples Where does it go We try to make it Save it Seize it Buy it And borrow it And yet time continues to elude too many couples At the heart of this book is the renowned Better Love Assessment which helps you uncover your unique time style Accommodator Processor Dreamer or Planner Once you know your time style and that of your spouse this book will show you how to leverage them for powerful results Your Time Starved Marriage helps you Dispel the two lies every time starved couple believes Maximize the minutes that matter most in your marriage Recoup the time you've been leaving on the table Understand why loving on borrowed time is lethal to your love life And discover how to get a grip on the time of your life Your Time Starved Marriage gives you tools to feed your time starved relationship enjoying time

with each other more than you ever imagined Workbooks also available **Healing the Wounded Heart Workbook** Dan B. Allender, Traci Mullins, 2017-06-06 First published in 1989 Dan Allender's *The Wounded Heart* has helped hundreds of thousands of people come to terms with sexual abuse in their past Now more than twenty five years later Allender has written a brand new book on the subject that takes into account recent discoveries about the lasting physical emotional relational and spiritual ramifications of sexual abuse With great compassion Allender offers hope for victims of rape date rape incest molestation sexting sexual bullying unwanted advances pornography and more exposing the raw wounds that are left behind and clearing the path toward wholeness and healing Never minimizing victims pain or offering pat spiritual answers that don't truly address the problem he instead calls evil evil and lights the way to renewed joy Counselors pastors and friends of those who have suffered sexual harm will find in this book the deep spiritual guidance they need to effectively minister to the sexually broken around them Victims themselves will find here a sympathetic friend to walk alongside them on the road to healing **Doing Life with Your Adult Children** Jim Burns, Ph.D, 2019-03-26 Are you struggling to connect with your child now that they've left the nest Are you feeling the tension and heartache as your relationship dynamic begins to change In *Doing Life with Your Adult Children* bestselling author and parenting expert Jim Burns provides practical advice and hopeful encouragement for navigating this tough yet rewarding transition If you've raised a child you know that parenting doesn't stop when they turn eighteen In many ways your relationship gets even more complicated your heart and your head are as involved as ever but you can feel things shifting whether your child lives under your roof or rarely stays in contact *Doing Life with Your Adult Children* helps you navigate this rich and challenging season of parenting Speaking from his own personal and professional experience Burns offers practical answers to the most common questions he's received over the years including My child's choices are breaking my heart where did I go wrong Is it OK to give advice to my grown child What's the difference between enabling and helping What boundaries should I have if my child moves back home What do I do when my child doesn't seem to be maturing into adulthood How do I relate to my grown child's significant other What does it mean to have healthy financial boundaries How can I support my grown children when I don't support their values Including positive principles on bringing kids back to faith ideas on how to leave a legacy as a grandparent and encouragement for every changing season *Doing Life with Your Adult Children* is a unique book on your changing role in a calling that never ends **Mindfulness-based Strategic Awareness Training Comprehensive Workbook** Juan Humberto Young, 2023-07-05 A comprehensive training program to navigate skillfully in this disruptive uncertain time This comprehensive workbook provides a mind training based on new findings in neuroscience that will enhance your decision making skills Skillful strategically aware decisions in professional and private life are key for sustainable well being and flourishing in life Part 1 provides a conceptual introduction into understanding the brain as a predicting organ actively inferring and constantly trying to optimize energy Part 2 leads you through a systematic training program of 8 sessions to

enhance strategic awareness and improve decision making skills by increasing the precision of our perception and mental processing The practices are designed to fit in a busy schedule with a focus on the challenges we all grapple with in daily life While thorough and well grounded in scientific research this workbook is also pleasant and inspiring to read It is filled with practical examples and the author s own life experience Numerous hand drawn illustrations inspire also visually The MBSAT methodology has been tested by practitioners for over 10 years and is widely acclaimed The government of Singapore known for its outstanding commitment to education and investment in the human resources of its population has included MBSAT in its official skill building program and heavily subsidizes participation in MBSAT training It is one of the testimonials to the efficacy of MBSAT **CU Love & Respect Book & Workbook 2 in 1** Emerson Eggerichs,2010-09-28 Based upon

Ephesians 5:33 and extensive biblical and psychological research Dr Emerson Eggerichs reveals the power of unconditional love and unconditional respect and how husbands and wives can reap the benefits of marriage that God intended Also includes the Workbook The Marriage Book Newly Revised Edition Nicky Lee,Sila Lee,2022-03-08 Today we are facing a global crisis when it comes to families Marriages are under more pressure than ever Many children are growing up without experiencing the security of their parents love and commitment and as a result are finding it harder to receive God s unconditional love There is an urgent need to invest in marriage and family life for strong societies are built on strong families and strong families are built on strong marriages The Marriage Book developed by Nicky and Sila Lee of Alpha has been revised and updated to address these needs and provides practical tools to help couples at every stage of their relationship Along with the companion seven session Marriage Course this resource will help couples Better understand each other s needs Communicate more effectively Grow closer by learning methods to resolve conflicts Recover from the way they may have hurt each other Recognize how their upbringing has affected their relationship Improve relationships with parents and in laws The Marriage Book is based on a Christian understanding of love and serves to strengthen marriages within the church while at the same time being accessible for all couples from any cultural background Full of practical advice it will help couples prepare build and even mend their marriages *The Remarriage Book* Peter K. Gerlach, MSW,Peter K.

Msw,2003-04-14 Note links below will take you articles and resources in the nonprofit Break the Cycle Web site formerly Stepfamily inFormation Use your browser s back button to return to Xlibris.com Love is not enough Typical new stepparents and bioparents co parents usually find that building a multi home stepfamily is unexpectedly confusing and conflictual Most recent stepfamily literature estimates that over half of American co parents who attempt re marriage after divorce or mate death ultimately re divorce psychologically or legally despite their love maturity commitment and experience The notes that it may be a stepparent s first union This unique guidebook results from 27 years research into why so many U S couples re divorce It appears that there are five factors that combine to often defeat love s brightest dreams unseen psychological wounds from childhood in stepfamily adults and kids and blocked grief from two or three major sets of losses in some co

parents and or stepkids and co parent unawareness of a their inner family of subselves and related psychological wounds b healthy grieving basics c vital parenting and relationship skills and d stepfamily realities and These factors and high neediness causing one or both partners to commit to wounded unaware people mate ex mate stepkids for the wrong reasons at the wrong time and Little informed co parent support available in the media and their community My work as a stepfamily therapist since 1981 suggests that courting and re married partners can work patiently at 12 Projects together to overcome these five re marital hazards and forge a strong nourishing re marriage I Know You Love Me but Do You Like Me? Joey O'Connor,2023-03-21 A humorous take on all too common couple conflicts and a helpful guide to restoring affection and joy in your marriage In I Know You Love Me but Do You Like Me Joey O Connor takes a humorous look at how couples can build strong marriages by developing what he calls a like minded love for one another From the mystery of a woman s wardrobe to the perils of the Brownie Point system decorating for the sexes to reading each other s minds O Connor pokes fun at many of the inevitable conflicts that erupt in every marriage He also offers helpful biblical insights to help husbands and wives learn to lighten up laugh at themselves and become more likeable spouses in the process **The Foreign Mission Journal** ,1904

The Good Housekeeping Marriage Book Various,2019-11-26 The Good Housekeeping Marriage Book is a comprehensive guide that delves into the nuanced and multifaceted nature of marital relationships offering practical advice insights and strategies for couples seeking to strengthen their bonds Through a blend of informative prose and accessible language the book addresses various aspects of marriage including communication conflict resolution intimacy and shared responsibilities It reflects the mid 20th century perspective on gender roles family dynamics and societal expectations making it an invaluable resource for understanding the evolution of marital norms and practices in contemporary society The authoring collective behind this work known for their editorial expertise with Good Housekeeping magazine draws from decades of experience in addressing domestic issues and women s rights Their insight into the marital experience is enriched by their understanding of the historical context in which they write as it seeks to empower couples with knowledge and skills to navigate the complexities of married life while promoting mutual respect and partnership This book is highly recommended for newlyweds long married couples and those contemplating marriage who wish to cultivate resilient relationships It offers timeless wisdom that transcends generational shifts making it a must read for anyone invested in the health and longevity of their marriage His Needs, Her Needs Willard F. Harley, Jr.,2022-02-08 OVER 2 MILLION COPIES SOLD Make your marriage sizzle Time after time His Needs Her Needs has topped the charts as the best marriage book available More than any other this book helps husbands and wives give each other what they need most in marriage This revised and updated edition of the classic bestseller will help you understand the ten most vital needs of men and women learn how to identify and satisfy those needs in your spouse become irresistible to your spouse love more creatively and sensitively Millions of couples have learned to keep the romance alive by reading His Needs Her Needs Join those who have

seen spectacular changes in their marriage by following Dr Harley s tried and proven counsel with emphasis on building romantic love and extraordinary care for each other You will discover that an outstanding marriage can be more than a dream it can be your reality

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Birmingham Bombing Survivor ... Carolyn Maull McKinstry is a survivor of the Civil Rights struggle and an eyewitness to the Sept. 15, 1963 Sixteenth Street Baptist Church bombing. Book Review: While the World Watched May 22, 2018 — Carolyn's story, told matter-of-factly, invites the reader into her world and we get a better appreciation for the struggle faced by black ... Feeling Good: The New Mood Therapy: David D. Burns This book focuses on the cognitive side of things, teaching you how to improve your mood by learning how to think more clearly and more realistically about your ... Feeling Good: The New Mood Therapy by David D. Burns This book focuses on the cognitive side of things, teaching you how to improve your mood by learning how to think more clearly and more realistically about your ... Feeling Good | The website of David D. Burns, MD You owe it ... Feeling Great includes all the new TEAM-CBT techniques that can melt away therapeutic resistance and open the door to ultra-rapid recovery from depression and ... Feeling Good: The New Mood Therapy by David D. Burns The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured without drugs. Feeling Good: The New Mood Therapy Feeling Good, by Dr. David Burns M.D., is the best self-help book I have ever read. #1. This book spans all the relevant information that can produce happiness ... Feeling Good: The New Mood Therapy Feeling Good: The New Mood Therapy is a book written by David D. Burns, first published in 1980, that popularized cognitive behavioral therapy (CBT). Books | Feeling Good Feeling Good - The New Mood Therapy Dr. Burns describes how to combat feelings of depression so you can develop greater self-esteem. This best-selling book ... Feeling Good: The New Mood Therapy Handle hostility and criticism. Overcome addiction to love and approval. Build self-esteem. Feel good everyday. Feeling Good The New Mood Therapy by David D. Burns ... Description: In clear, simple language, Feeling Good outlines a drug-free cure for anxiety, guilt, pessimism, procrastination, low self-esteem and other ... Feeling Good Podcast | TEAM-CBT - The New Mood ... This podcast features David D. Burns MD, author of "Feeling Good, The New Mood Therapy," describing powerful new techniques to overcome depression and ...