

Wyoming Healthy Marriage Initiative Listing of Available Resources for Couples and Families

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MARRIAGE ENRICHMENT or ASSISTANCE

Item# ME&A- 005	Title: ½ Price Living: Secrets of Living Well on One Income Author: Ellie Kay	Soft Cover Book
Description: Ellie Kay America's Family Financial Expert, will show you how to cut you stress in half—and that just a side benefit!! With the wit and wisdom of someone who has lived the half price lifestyle, Ellie empowers you to cut the cord to the second income. This easy to read guide gives practical steps, creative suggestions, and valuable resources to help you and your family: Cut your food bill, vacation, clothing, debt, and housing expenses in half AND double your giving!!!!		
Item# ME&A- 010	Title: 5 Love Languages Author: Gary Chapman	Soft Cover Book and DVD
Description: DVD presentation by Dr. Gary Chapman on his best selling book The Five Love Languages. Learn to speak and understand your mate's love language, and in no time you will be able to effectively love and truly feel loved in return. Skillful communication is within your grasp. Are you and your spouse speaking the same language? While love is a many splendored thing, it is sometimes a very confusing thing, too. And as people come in all varieties, shapes, and sizes, so do their choices of personal expressions of love. But more often than not, the giver and the receiver express love in two different ways. This can lead to misunderstanding, quarrels, and even divorce. Quality Time Words of Affirmation Gifts Acts of Service Physical Touch Dr. Gary Chapman identifies five basic languages of love and then guides couples towards a better understanding of their unique languages of love. Learn to speak and understand your mate's		

love language, and in no time you will be able to effectively love and truly feel loved in return. Skillful communication is within your grasp! THIS CAN ALSO BE USED IN SMALL GROUP SETTING.		
Item# ME&A- 015	Title: The 5 Sex Needs Of Men & Women: Discover the Secrets to Great Sex In A Godly Marriage Author: Dr. Gary & Barbra Roseberg	Hard Cover Book
Description: From the authors of the groundbreaking, best-selling, The 5 Love Needs of Men and Women. . . Great sex isn't just a grope, a grab, and a romp in the sack. Truly great, deeply satisfying sex happens only when husbands and wives aspire to meet one another's deepest, most intimate needs. That's when sex is at its best, when it strengthens a relationship, and when it elicits its most ecstatic responses! So . . . are you meeting your spouse's most intimate sex needs? Do you even know what they are? You might be surprised. Following up on their best-selling The 5 Love Needs of Men and Women, Dr. Gary and Barbara Rosberg surveyed more than seven hundred married couples across the country to discover the top five sex needs of men and women, what men and women love and hate about sex, and what spouses can do outside the bedroom to elicit the greatest results inside the bedroom. You won't believe the results . . .		
Item# ME&A- 020	Title: The 7 Best Things (Happy) Couples Do Author: John C. Friel, Ph. D. and Linda D. Friel, M.A.	Soft Cover Book
Description: "It is through connecting one heart top another, around seemingly small things, that love grows." Thus begins the remarkable new book for couples by the New York Times bestselling authors and practicing psychologists. John C. Friel and Linda D. Friel. In their eighth and most powerful book. Friels bring to you the seven (plus one) most compelling factors that make up a truly great relationship. Drawing on twenty-five years of clinical practice, decades of scientific research in relationships, and threads of enchantment that they have encountered in their own and their clients' relationships over the years, they explain complex science and paint wondrous pictures that, taken together, will lead you into the depth, excitement and magic that we all seek in our romantic relationships. This book takes you in a journey of growing up, in which you are asked to look at your life and yourself from an ever-so-slightly different angle—"that subtle six-or seven-degree change"—that marks the distance between unhappy and happy, unsuccessful and successful, mediocre and truly great. In order to have a truly great relationship, you need to 1. Be Old Enough to Date 2. Be Sexual 3. Be Willing to Divorce 4. Know How You Chose Each Other 5. Let Yourself Be Astonished 6. Manage Your Fear, Hurt, Shame and loneliness 7. Own Your Part. Plus...Let Disappointment Enrich You		
Item# ME&A- 025	Title: 10 Great Dates to Energize your Marriage Author: David and Claudia Arp	Soft Cover Book DVD Video
Description: Remember back to your dating days—the excitement you felt? Now you can reclaim that same spark, connection, and creativity in your marriage through ten intentional memory making dates. This proven approach to relationship growth is low—key, purposeful, effective, easy, and fun, and will help you: Communicate better; Put the sizzle back into sex; Process anger and resolve conflicts; Develop spiritual intimacy; Appreciate your differences; Balance busy lifestyles. . . and much more! You'll receive huge returns for the time you spend together. Thanks to 10 Great Dates to Energize Your Marriage, you're about to discover just how much strengthening your relationship can be! THIS CAN ALSO BE USED IN SMALL GROUP SETTING.		
Item# ME&A- 030	Title: 10 Lessons to Transform Your Marriage Author: John M. Gottman and Julie Schwartz Gottman	Hard Cover Book
Description: From inside the famed Gottman Institute, the "Love Lab": ten scientifically proven,		

<p>practical ways to strengthen your marriage.</p> <p>“We don’t feel close anymore.”</p> <p>“You never talk to me.”</p> <p>“We only have time for the kids.”</p> <p>“All you do is work.”</p> <p>“You don’t care about my dreams.”</p> <p>Do you recognize yourself, or your spouse, in any of these statements? If so, Dr. John Gottman and his wife, Dr. Julie Schwartz Gottman, say you shouldn’t be surprised. In fact, their decades of scientific research have shown that most couples face these and other serious problems—but what the Gottmans have proven is that such difficulties don’t have to lead to a broken relationship, or even divorce.</p> <p>In <i>Ten Lessons to Transform Your Marriage</i>, the Gottmans provide vital tools—scientifically based and empirically verified—that you can use to regain affection and romance lost through years of ineffective communication. You’ll strengthen your relationship and make it the most fulfilling it can be.</p>		
Item# ME&A- 040	Title: After the Affair Author: Janis Abrahms Spring, Ph. D.	Soft Cover Book
<p>Description: <i>After the Affair</i> is the first book that explains to partners how they can help themselves through the shattering crisis of an infidelity. Drawing on close to three decades as a clinical psychologist, Janis Abrahms Springs, Ph. D., offers a series of original and proven strategies that address such crucial questions as, Why did the affair happen? Once love and trust are gone, can we ever get them back? Can I- should I- recommit when I feel so ambivalent? How do we become sexually intimate again? Is forgiveness possible?</p>		
Item# ME&A- 045	Title: Babyproofing Your Marriage Author: Stacie Cockrell, Cathy O’Neill, and Julia Stone	Hard Cover Book
<p>Description: <i>Babyproofing Your Marriage</i> is the warts-and-all truth about how having children can affect your relationship. The authors explore the transition to parenthood in light of their own experiences, with input from their husbands and commentary from men and women across the county. Their evenhanded approach to both sides of the marital equation allows spouses to understand each other in a whole new way. With loads of humor and practical advice, the <i>Babyproofer</i> will guide first-time parents and veterans alike around the rocky shores of the early parenting years. Don’t fall prey to common relationship pitfalls: <i>Babyproof Your Marriage!</i></p>		
Item# ME&A- 050	Title: Big Picture Partnering Author: Dr. Jan Hoistad	Soft Cover Book
<p>Description: Are you serious about falling in love, staying in love, and staying together? <i>Big Picture Partnering</i> is the step by step guide that will take your relationship to the next level. After 16 weeks, you’ll have all the skills you need to deal with conflict, align your individual values and priorities, and create a deeper, long lasting connection with each other. You’ll also have everything you need to create and fulfill your biggest, wildest dreams together. Couples at any age or stage of relating. Weather you’re single and want to create a long lasting relationship considering a long life union for the first time, or giving it another try (and trying to do it right this time), this is your toolkit for building a rock solid relationship and discovering your true calling as a couple.</p>		
Item# MPRE- 035	Title: Chicken Soup for the Couple’s Soul Author: Jack Canfield, Mark Victor Hansen, Mark & Chrissy Donnelly and Barbara De Angelis, Ph.D.	Soft Cover Book
<p>Description: <i>Inspiration Stories About Love and Relationships.</i></p>		

Item# ME&A- 055	Title: Choose to Make Your Marriage a Lighthouse Author: David and Claudia Arp	Soft Cover Book
Description: A Bible Study guide for building a loving, Christian marriage and for the book 10 Dates to Energize Your Marriage In the sessions of the book, we will consider ten choices you can make to have a successful loving Christian marriage. Making a significant change in your relationship starts with one step, but that step involves doing not just knowing.		
Item# ME&A- 060	Title: Choosing Wisely Before You Divorce Author: Church Initiative	Soft Cover Book
Description: Don't let the emotional intensity of a marriage crisis drive your decision. Before deciding whether to divorce or stay together, you need information—LOTS of information. Choosing Wisely: Before You Divorce will help you step back from the emotional turmoil you now face to take an objective view of how divorce (if you select that path) will affect your life.		
Item# ME&A- 065	Title: Closing the Marriage Gap Author: Wade Horn	Soft Cover Book
Description: Article discussing the benefits of marriage education programs and marriage on society. The article also addresses the different marriage education programs: Prevention and Relationship Enhancement Program, Relationship Enhancement, Couples Communication, Engaged Encounter, Practical Application of Intimate Relationship Skills, Transitions to Parenthood, and Becoming a Family. Besides addressing the individual couples programs, it discusses the two community strategies Marriage Savers and First Things First.		
Item# ME&A- 070	Title: Cracking the Communication Code: The Secrets to Speaking Your Mates Language Author: Dr. Emerson Eggerichs	Hard Cover Book
Description: Communication between couples has been dissected in thousands of books and articles, so why does it remain the number one marriage problem? "Because," says Dr. Emerson Eggerichs, "most spouses don't know that they speak two different languages. They are sending each other messages in 'code,' but they won't crack that code until they see that she listens to hear the language of love and he listens to hear the language of respect. In Cracking the Communication Code he shows couples how to speak each other's distinctly different language-respect for him, love for her. The result is mutual understanding and a successful, marriage.		
Item# ME&A- 075	Title: Emotional Fitness for Couples Author: Barton Goldsmith, Ph.D.	Soft Cover Book
Description: Peak athletic performance requires regular exercise, and a great relationship depends on regular emotional practice to stay in top form. Don't wait for a crisis to make you scramble to save your relationship. Start building emotional fitness today! This collection of simple tips will energize your emotional fitness program and hone your relationship skills to championship levels-in just ten minutes a day.		
Item# MPRE- 040	Title: Empowering Couples Program Building on Your Strengths Author: David H. Olson, May K. Olson	Soft Cover Book
Description: The ultimate goal of Empowering Couples is to help a couple build on their strengths and empower their relationship to be more mutually satisfying. Built on over 20 years of research and clinical work with couples and based upon the Prepare/Enrich Program. The six goals of the program are achieved by having couples complete six couple exercises designed to achieve the following: Identifying couples strengths; Building communication skills; Developing conflict resolution skills; Focusing on family of origin; Dealing with financial issues		

and developing goals		
Item# ME&A- 080	Title: Fearless Loving Author: Rhonda Britten	Soft Cover Book
Description: The 8 Simple Truths about Fearless Love 1)Love is up to you. 2) Everyone is innocent. 3) Feelings lie. 4) Chemistry is between your ears. 5) Dating is where you practice being yourself. 6)'Yes" means nothing if you can't say 'non'. 7) Loss is a fact of love. 8) Love is a risk you must take. The acclaimed author of Fearless Loving continues to share her wisdom on achieving our full potential-by ridding ourselves of the fear and doubts that just get in the way. Shattering many of the conventional myths about relationships, Rhonda Britten illuminates eight basic truths of fulfilling love, and her step-by-step advice-and renowned "fearbuster" exercises-will show you how to use those truths to transform your love and your life.		
Item# ME&A- 085	Title: Fighting for Your Marriage Author: Howard J. MarkmanScott M. Stanley Susan L. Blumberg	Soft Cover Book
Description: This new and revised edition of Fighting for Your Marriage is based on the widely acclaimed PREP (Prevention and Relationship Enhancement Program) approach. Groundbreaking studies have found that couples can use the strategies of this approach to handle conflict more constructively, protect their happiness, and reduce the odds of breaking up. Based on twenty years of university research, this popular book will show you how to: Talk more and fight less; Deepen and protect your friendship; Have a more intimate, sensual relationship; Keep the fun alive; Clarify and act on your priorities; Develop a vision for your future together		
Item# MPRE- 045	Title: The First 90 Days of Marriage: Building the Foundation of a Lifetime Author: Eric & Leslie Ludy	Soft Cover
Description: Most married couples look back on their first few months of marriage as a roller-coaster time of surprises, awakenings, and lots of ups and downs. The Ludys teach men and women readers how to use those crucial first 90 days to develop all the necessary habits for a happy, satisfying marriage-habits of kindness, forgiveness, fun, warmth, reconciliation, and patience. Filled with down-to-earth advice and questions for reflection, The First 90 Days of Marriage is destined to become a classic for newlyweds and engaged couples. And even if your marriage is well past those first 90 days, it's never too late to put these principles to work. You'll love the results.		
Item# MPRE- 050	Title: The First Five Years of Marriage: Launching a Successful Relationship. Author: Phillip J. Swihart Ph. D. & Wilford Wooten L.M.F.T.	Hard Cover Book
Description: Introducing the most helpful new resource available for newly married couples It's finally here: a comprehensive source of practical, trustworthy, biblically based answers to the tough questions commonly asked by recently married couples—all in one accessible volume. Designed to help spouses build a strong foundation for a lifetime partnership that's filled with genuine love and joy. This rich, in-depth resource covers vital areas such as: making decisions, resolving conflicts, dealing with the past, planning for the future; how to handle surprises and struggles, holidays and in-laws; financial issues: budget, home buying, debt, saving, spending, giving, and investments; individual goals, outside friendships, unresolved problems, improved communication; specific advice for blended families; personality differences, selfishness, honesty, irritating habits, and adjusting to life together; sexual intimacy and the roles God has		

<p>given husband and wife; forgiveness, humility, openness, sensitivity, and spiritual growth; building a home of joy, grace, service, peace, and promise; pregnancy, childbirth, adoption, and how to raise godly children; The Complete Guide to the First Five Years of Marriage can be read from beginning to end or pulled down from the shelf for quick, practical answers to a specific dilemma. And couples can use it knowing they are getting wise Christian counsel, because the authors are qualified licensed therapists who've helped thousands of couples keep their marriages burning bright with love, romance, and lasting commitment.</p>		
<p>Item# ME&A- 090</p>	<p>Title: Five Essentials For Lifelong Intimacy Author: Dr. James Dobson</p>	<p>Hard Cover Book</p>
<p>Description: In 5 Essentials for Lifelong Intimacy, Dr. Dobson speaks directly to the greatest concerns and questions of modern couples: Will we grow together or apart? What can we do to keep romance fresh? With marriages crumbling all around us, how can we cultivate an intimate relationship? Principles understood by previous generations often seem foreign to today's husbands and wives, yet they are the essential ingredients for building a close, long-term relationship in any age: Unswerving commitment to one another; Mutual respect and trust; A sense of romance; Effective communication; For the young couple just starting out or in the early years of marriage, 5 Essentials will combine a concise message of hope with practical tools for developing a thriving, intimate union, and more mature husbands and wives will discover a fresh look at marriage, pointing the way to renewed closeness and a fulfilling, lifelong love.</p>		
<p>Item# ME&A- 095</p>	<p>Title: Five Languages of Apology Author: Gary Chapman and Jennifer Thomas</p>	<p>Hard Cover Book</p>
<p>Description: Just as you have a different love language, you also hear and express the words and gestures of apology in a different language. New York Times best-selling author Gary Chapman has teamed with counselor Jennifer Thomas on this groundbreaking study of the way we apologize, discovering that it's not just a matter of will—it's a matter of how. By helping people identify the languages of apology, this book clears the way toward healing and sustaining vital relationships. The authors detail proven techniques for giving and receiving effective apologies.</p>		
<p>Item# ME&A- 100</p>	<p>Title: Forgiving the Unforgivable: Overcoming the bitter legacy of intimate wounds Author: Beverly Flanigan, M.S.S.W.</p>	<p>Soft Cover Book</p>
<p>Description: Women and men who have been deeply hurt by someone they love often experience a pain that spirals out to undermine their work, relationships, self-esteem, and even their sense of reality. In Forgiving the Unforgivable, author Beverly Flanigan, a leading authority on forgiveness, defines such unforgivable injuries, explains their poisonous effects, and then guides readers out of the paralyzing anger and resentment. As a Fellow of the Kellogg Foundation, Flanigan conducted a pioneering study of forgiveness, and from that study, from her clinical practice, and from her many years of teaching, researching, and conducting professional workshops and seminars, she devised a unique six-stage programs, presented here. Filled with inspiring real-life examples, Forgiving the Unforgivable is both a practical and a comforting guide to recovery and healing.</p>		
<p>Item# ME&A- 105</p>	<p>Title: Getting Back Together Author: Bettie Youngs, Ph.D., Ed.D., and Masa Goetz, Ph.D.</p>	<p>Soft Covers Book</p>
<p>Description: The Divorce courts are littered with broken marriages-and broken lives. Yet most people would save their marriages-if they only knew how. Getting Back Together is the solid, comprehensive guide you can count on to get your relationship back on track. No matter what issues you may face, this step-by-step program shows you how to take the initiative, reconcile your differences, and remake your relationship-from the ground up. In this completely revised</p>		

and updated edition, Drs Youngs and Goets provide the most current studies and relationship evaluation tools available. They also include numerous inspiring real-life stories of couples that have resurrected and renewed their relationships.		
Item# ME&A- 110	Title: The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart Author: Constance Ahrons, Ph.D.	Soft Cover Book
Description: It's never too late to have a Good Divorce: Based on two decades of groundbreaking research, The Good Divorce presents the surprising finding that in more than 50 percent of divorces, couples end their marriages yet preserve their families. Dr. Ahrons shows how they can move beyond the confusing, even terrifying early stages of breakup and learn to deal with the transition from a nuclear to a "binuclear" family-one that spans two households and continues to meet the needs of children. The Good Divorce makes an important contribution to the ongoing "family vales" debate by dispelling the myth that divorce inevitably leaves emotionally troubled children in its wake. It is a powerful tonic for the millions of divorcing and long-divorced parents who are tired of hearing only the damage reports. It will makes us change the way we think about divorce and the way we divorce, reconfirming our commitment to children and families.		
Item# ME&A- 115	Title: Good Husband, Great Marriage Author: Robert Mark Alter	Soft Cover Book
Description: This is not just wishful thinking. Robert Mark Alter can show you how to turn your marriage into a win-win relationship where all members of the family, including your children, get what they need and want. If you thought happily-ever-after just happened in fairy tales, and that a so-so marriage was the best you could expect, this book has some very welcome-and surprising-good news.		
Item# ME&A- 120	Title: Gracious Living In A New World Author: Alexandra Stoddard	Soft Cover Book
Description: In today's fast-paced world, as we juggle responsibilities, jobs, and social obligations, we seem to be missing out on what we fundamentally crave: a calmer, gentler, sweeter, and more gracious life. In Gracious Living in a New World, Alexandra Stoddard offers a rich assortment of ideas for achieving a gracious lifestyle. As a busy professional and dedicated wife, mother, and grandmother who revels in the energy of the city and basks in the tranquility of the village, Alexandra is uniquely poised to help us smooth the frayed edges of our lives. Positive and practical, her path toward gracious living does not require money or "extra hands" around the house. When we give ourselves and others positive time and space, our life expands to gracious proportions: "We are surrounded by opportunities for living with grace-our own hands and our own hearts are all the tools we'll ever need."		
Item# ME&A- 125	Title: Great Couple Conversation Tool Kit Author: Dick Wulf	Game Kit
Description: This toolkit can help partners about very important things to help them be more sensitive to one another's needs as well as to enjoy each other more. With 600 dialogue questions to help you both to understand one another and grow closer with every roll of the dice. This toolkit can: Increase love, communication, dialogue, acceptance, appreciation, cooperation, problem-solving, and understanding between husband and wife, boyfriend and girl friend; Decrease disharmony, arguing, conflict, criticism, and divorce; Help marriage and relationships greatly.		
Item# ME&A-	Title: Great Family Conversation Tool Kit Author: Dick Wulf	Game Kit

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Description: On those family fun nights that all families have why not start it with a great conversation chosen by dice. Just a roll of the die and you'll know what to talk about! With 600 dialogue questions to help the whole family understand one another and grow closer with every roll of the dice.		
Item# ME&A- 140	Title: How One of You Can Bring the Two of You Together Author: Susan Page	Soft Cover Book
Description: Are you unable to communicate with your spouse? Are unresolved issues discouraging you? Are you frustrated that your partner won't participate in solving your problems? Stop! Get ready for an extraordinary concept that will change the way you solve problems in your relationship. As bestselling author Susan Page explains in this breakthrough book, one motivated partner can change a relationship for the better-single-handedly, without ever engaging the cooperation of the other partner. Based on the premise that what you do in a relationship makes changes faster than anything you discuss, Page introduces the concept of "Loving Leadership" and offers fourteen simple, empowering strategies for recapturing the positive feelings in your relationship. Learn how to: Overcome resentment; Solve major problems-one at a time; Recapture lost intimacy; Discover how working alone on your relationship gives you enormous power, not power over your partner, but inner power and personal strength.		
Item# ME&A- 145	Title: How To Have A Happy Marriage Author: David & Vera Mace	Soft Cover Book
Description: This book teaches couples a way to have a happy marriage by: A growth plan for your marriage; An honest look at your relationship; Learning to communicate effectively; Resolving conflicts creatively; Where do we go from here?		
Item# ME&A- 150	Title: How To Improve Your Marriage Without Talking About It Author: Patricia Love, Ed.D. and Steven Stosny, Ph. D	Hard Cover Book
Description: Men are right. The "relationship talk" does not help. Dr. Patricia Love and Dr. Steven Stosny's How to Improve Your Marriage Without Talking About It reveals the stunning truth about marital happiness: Love is not about better communication. It's about connection. You'll never get a closer relationship with your man by talking to him like you talk to one of your girlfriends. Male emotions are like women's sexuality: you can't be too direct too quickly. There are four ways to connect with a man: touch, activity, sex, routines. Men want closer marriages just as much as women do, but not if they have to act like women. The secret of the silent male is this: his wife supplies the meaning in his life. Talking makes women move closer; it makes men move away.		
Item# ME&A- 155	Title: How To Survive Your Marriage Author: Yadin Kaufmann and Lori Banow Kaufmann	Soft Cover Book
Description: Ever want to ask that happily married couple how they manage to stay so...happy? Look no further. We've collected hundreds of pieces of advice on marriage-the ups, the downs, the in-betweens. Now you can benefit from them on your way to marital bliss. Read enlightening and entertaining stories on: Honeymooning-enjoy those first few months of wedded bliss; Learning to communicate-do's and don't's with your spouse Money matters- stop arguing and start saving; Dealing with in-laws-pick your battles and keep the peace; Sex and romance-they don't die with "I Do"; Kids-how to have fun with the whole family; Balancing work and play-make it all come together.		
Item#	Title: How To Talk To Any One	3 CDs Listen and

ME&A-160	Author: Leil Lowndes	Live Audio
<p>Description: Have you ever admired those successful people who seem to have it all? They chat confidently at parties, speaks well in business meeting, and have the best jobs, nicest parties, and most interesting friends. But they're not necessarily smarter than you or even better looking. What it comes down to is their more skillful way of communicating with other people. With Leil Lowndes' easy and effective techniques, you will discover how to become a master communicator in life, love, and business.</p>		
Item# ME&A-165	Title: Infidelity: A Survival Guide Author: Don-David Lusterman, Ph. D.	Soft Cover Book
<p>Description: Psychologist Don-David Lusterman has spent thousands of hours counseling clients who needed help coping with infidelity. In this book, he shares what he has learned in a step-by-step format that's helps readers cope with the emotional impact of the affair, decide what it tells then about their marriage, and either choose to break up or begin to rebuild their relationship.</p>		
Item# ME&A-170	Title: Insuring Marriage: 25 Proven ways to Prevent Divorce Author: Michael McManus	Soft Cover Book
<p>Description: You can be a marriage-savor for your own marriage or for the marriage of someone else. There are answers in this book for: - Seriously dating couples - Engaged couples - Married couples - Someone in a troubled marriage - Couples with stale or boring marriages - Unmarried couples living together - Parents of teenagers - Mentor couples - Pastors and church staff - Church lay leaders</p>		
Item# ME&A-175	Title: I Promise: How 5 Commitments Determine the Destiny of Your Marriage Author: Dr. Gary Smalley	Hard Cover Book
<p>Description: Great marriages are built on a foundation of trust, not behavioral skills. So not only is a harmonious, long-lasting relationship within every couple's grasp, but emotional security is the cornerstone for the relationship you've always wanted. That means you don't have to be a relationship guru to connect deeply with your spouse after all! You simply need to feel secure in your marriage-and to help your spouse do the same. Then the best relationship possible will happen naturally. Creating security is easier than you think. It takes only five simple promises to each other. Promises you can most certainly make-promises this book will equip you to keep. Writing in his trademark style, Dr. Smalley delivers a lifetime of information, true experiences, encouragement and wisdom for anyone who wants their marriage to be not just safe, but the safest place on earth.</p>		
Item# ME&A-180	Title: Lies at the Altar Author: Dr. Robin L. Smith	Hard Cover Book
<p>Description: In her bestselling book, Dr. Robin L. Smith reveals how to turn vows made at the altar into realistic plans for a long and happy marriage ! For those who are about to walk down the aisle, for those who are already married, and for those contemplating a deeper commitment, Dr. Robin Smith's Lies at the Altar addresses the unspoken needs, unasked questions, outrageous expectations, and hidden agendas that damage relationships. By examining traditional, nondenominational wedding vows, Dr. Robin shows how to use them to build a happy, healthy, satisfying, and long-lasting marriage—the kind of marriage many of us have never even imagined. With moving stories and personal anecdotes, Dr. Robin reveals why it's vital to keep one's eyes wide open in a marriage; how to write rules to live by; and why it's never too late to rewrite wedding vows. Especially useful are her 276 Questions to Ask Before You Marry, which will open new lines of communication and help</p>		

couples to create their own Truth—the secret ingredient to any great marriage.		
Item# ME&A- 185	Title: Living Your Dreams Together Author: Dr. Jan Hoistad	Conversation Cards for Couples
Description: Do you ever wish your partner really understood what makes you happy—and what drives you crazy? Now both of you can stop wishing and start getting more out of your life together! These 117 simple, fun Conversation Cards will help you learn what your partner most likes, dislikes, and cares about—and will help them discover the same about you. By asking each other these easy to answer questions about work, family, money, home, travel, caring, and spirit, the two of you will quickly discover how to get more of what you want in life—and from each other.		
Item# ME&A- 195	Title: Making Love Last a Lifetime Author: Adam Hamilton	Soft Cover Book
Description: In this thoughtful, inspiring book, Adam Hamilton offers some keys to helping you develop a healthy, satisfying, and successful marriage. He draws on insights from surveys of over two thousand single and married persons, from experiences shared by couples he interviewed, from reflections based on fifteen years of counseling individuals and couples, and from his own experiences in marriage. If you are single, this book can prepare you to have a successful relationship.		
Item# ME&A- 200	Title: Making Your Second Marriage A First-Class Success Author: Doug and Naomi Moseley	Soft Cover Book
Description: Happily Ever After The Second Time Around! Are the scars from an unsuccessful first marriage keeping you from marrying a second time? Are you afraid of committing again—even if you think you're found the right person? Then this book is meant for you. Here, husband-and-wife therapists Doug and Naomi Moseley show you how to get past the disappointment of a broken marriage and take positive control of your romantic life. You'll learn to identify what went wrong the first time, overcome any lingering doubts or insecurities, and embrace the joys and rewards that only a successful marriage can offer. The second time around also brings with it the complications of your past histories. Here you'll learn the best way to deal with: ex-spouses and in-laws, stepchildren, finances, prenuptial agreement, and much more! With the help of this book, you can let go of the past and enter into your marriage of a lifetime!		
Item# ME&A- 205	Title: Married for Life: Growing Together Through the Differenced and Surprises of Life Author: Jill and Stuart Brisco	Soft Cover Book
Description: The old adage of "opposites attract" is certainly true of Jill and Stuart Briscoe. He is a pragmatic, nuts-and-bolts man; she a visionary, with a heart for people. From the beginning, these two personalities have had much to learn about each other. Married for Life brims with delightfully funny and poignant stories of everything from the first time they met to the heart-to-heart talks of their engagement and the celebrations of the honeymoon. But that didn't end the surprises. Throughout the seasons of changing ministries, jobs, and raising three children.		
Item# ME&A- 215	Title: Men are from Mars, Women are from Venus Author: John Gray, Ph .D.	Soft Cover Book
Description: Once upon a time Martians and Venusians met, fell in love, and had happy relationships together because they respected and accepted their differences. Then they came to Earth and amnesia set in: they forgot they were from different planets. Based on years of successful counseling of couples and individuals, Men are from Mars, Women are from Venus		

<p>has helped millions of couples transform their relationships. Now viewed as a modern classic, this phenomenal book has helped men and women realize how different they really are and how to communicate their needs in such a way that conflict doesn't arise and intimacy is given every chance to grow.</p>		
<p>Item# ME&A- 225</p>	<p>Title: Mr. & Mrs. Happy Handbook Author: Steve Doocy</p>	<p>Hard Cover Book</p>
<p>Description: Ever since Eve asked Adam, "Do I look fat in this fig leaf?" it has been apparent that husbands don't know how to relate to their wives. Men believe they understand women and vice versa, but really men know as much about women as a cocker spaniel knows about assembling a Weber grill. Welcome to The Mr. & Mrs. Happy Handbook, Steve Doocy's laugh-out-loud perspective on love, marriage, and family. The book can be used for its hilarious husband and wife wisdom or, if things aren't going well, as a projectile to get somebody's attention. This is not an advice book. It is a Don't Even Think of Trying This book. The author, his family, and his collection of friends (some very famous in the worlds of entertainment, business, and politics) have already discreetly made almost every conceivable marriage mistake, and it is their hope that this irreverent manual can save you the trouble of being an idiot on your own. There is also a handy troubleshooting section for when things go haywire, like during the eye-opening experiment undertaken especially for this book, wherein the author wanted to prove to his wife that they were perfect for each other, so he had them join an on-line dating service. Out of a database of several hundred thousand guys, he was not in her top 532 local men. Despite the fact that their one-month experiment ended a year ago, she's still getting photographs of single men whose head shots appear to have been taken at a recent skinhead convention. Luckily for him, she still prefers "bonehead to skinhead." This book is a celebration of the pageantry that is wedlock, which starts with an "I do" and sometimes ends with a boiled rabbit. Let's face it, marriage isn't always as smooth as a forty-year-old's forehead after six months of Botox. In fact, marriage is ridiculously hard, but laughing about it is now incredibly easy with The Mr. & Mrs. Happy Handbook</p>		
<p>Item# ME&A- 230</p>	<p>Title: The New Rules of Marriage Author: Terrence Real</p>	<p>Hard Cover Book</p>
<p>Description: In his extraordinary new book, Terrence Real, distinguished therapist and bestselling author, presents a long overdue message that women need to hear: You aren't crazy-you're right! Women have changed in the last twenty-five years-they have become powerful, independent, self-confident, and happy. Yet many men remain irresponsible and emotionally detached. They don't know how to respond to frustrated partners who just want their mates to show up and grow up. Enter the good news: In this revolutionary book, Real shows women how to master the new rules of twenty-first-century marriage by offering them a set of effective tools with which they can create the truly intimate relationship that they desire and deserve. He identifies five non-starters to avoid and shares practical strategies for bringing honesty, passion, and joy back to even the most difficult relationship. Using his experience helping thousands of couples shift from despair to profound emotional closeness, Real guides you through the process of relationship repair with exercises that you can do alone or with your partner. With this program you'll discover how to: identify and articulate your wants and needs; - listen well and respond generously; set limits, and stand up for yourself; embrace and appreciate what you have; know when to seek outside help; The New Rules of Marriage will introduce you to a radically new kind of relationship, one based on the idea that every woman has the power to transform her marriage, while men, given the right support, have it in them to rise to the occasion. We have never wanted so much from our relationships as we do today. More than any other generation, we yearn for our mates to be lifelong friends and lovers. The New Rules of</p>		

Marriage shows us how to fulfill this courageous and uncompromising new vision.		
Item# ME&A- 235	Title: Not “Just Friends” Author: Shirley P. Glass, Ph. D.	Soft Cover Book
Description: Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for “friendships” that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.		
Item# ME&A- 240	Title: The Complete Idiot’s Guide to Perfect Marriage Author: Hilary Rich and Helaina Laks Kravitz, M.D.	Soft Cover Book
Description: You’re no idiot, of course. You know it takes respect, trust, and compromise to keep your marriage going strong. But when it comes to things like fighting fair and splitting chores, you feel like a couple of amateurs... Don’t lose heart! The Complete Idiot’s Guide to Perfect Marriage, gives you commonsense advice on making your love last. In this revised and updated Complete Idiot’s Guide, you get: Romantic and wonderful ways to get your marriage off to a great start.; Empowering advice on keeping the lines of communication open-and your bond going strong; A male perspective on marriage-with tips and quips from married men and their families; Levelheaded advice on resolving conflicts and working out your differences.		
Item# ME&A- 245	Title: The Power of Commitment: A Guide to Active, Lifelong Love Author: Scott M. Stanley	Soft Cover Book
Description: What is commitment and what's so scary about it? How can we better understand and appreciate the value of commitment and make it last—for a lifetime? In his new book, Scott Stanley, best-selling marriage expert, reveals that the secret ingredient for finding lasting love is understanding commitment. Too often, men and women find themselves in half-committed, Maybe I Do, relationships that lead to frustration, sadness, and, in many cases, divorce. But it doesn't have to be this way. Scott Stanley offers a five-step plan—based on his groundbreaking marital research and uniquely spiritual approach—for understanding commitment, including learning to handle the pressures of everyday life, moving through the pain of unfulfilled dreams and hopes, overcoming attraction to others that might endanger a marriage, transforming your thinking from "me versus you" to "we" and "us," and capturing the beauty and mystery of lifelong devotion, loyalty, teamwork, and building a lasting vision for the future.		
Item# ME&A- 250	Title: The Power of Two: Secrets to a Strong and Loving Marriage Author: Susan Heitler, Ph.D	Soft Cover Book
Description: Dr. Heitler teaches the skills that make marriages successful. With easy-to-remember guidelines and entertaining examples, she shows us how to deepen intimacy, resolve conflicts, and satisfying dialogues to joyful and lasting marriage.		
Item# MPRE- 080	Title: The Proper Care & Feeding of Marriage Author: Dr. Laura Schlessinger	Hard Cover Book
Description: In the long-awaited follow-up to her groundbreaking, million-copy bestseller The Proper Care and Feeding of Husbands, Dr. Laura now focuses on how men and women need to understand and appreciate the uniqueness of masculinity and femininity; what the best ways to relate, caretake, and nurture each other are; and how to bring a marriage back from the brink of disaster. Dr. Laura asserts that in order to produce and sustain a wonderfully satisfying marriage, spouses		

<p>must recognize and appreciate the polarity between the masculine and the feminine. Both husband and wife have power in the relationship, and each needs to realize this in order to ensure personal satisfaction. Using real-life examples from her call-in radio show, and giving real-life solutions, Dr. Laura focuses on the typical mistakes made by men and women in their relationships and shows how marriages can not only survive but thrive.</p>		
Item# MPRE-085	Title: Real Love Author: Greg Baer, M.D.	Soft Cover Book
<p>Description: With Real Love, nothing else matters; without it, nothing else is enough. Why do most people spend their whole lives searching for loving and happy relationships but rarely find them? What is the “secret something” that all relationships need in order to thrive? Dr. Greg Baer found the answers to these questions while working with hundreds of individuals and couples. In Real Love, he shares his enlightening and practical blueprint for creating successful relationships and reveals the secret to finding and keeping what he calls “Real Love.”</p>		
Item# MPRE-090	Title: Reasons to Save and Improve Your Marriage Author: Dick Wulf	Pamphlet Cassette Tape
<p>Description: Spouses and partners can gain a lot through the process of making the relationship work. The parts include: Reasons to Save Your Marriage; Reasons to Improve Your Marriage; How to Get Counseling Help The pamphlet contains a checklist to use as a guide to evaluate and discuss your relationship.</p>		
Item# MPRE-095	Title: Relationships Author: Dr. Les & Leslie Parrott	Hard Cover Book; Participant’s Guide; Leader’s Guide Video
<p>Description: An Open & Honest Guild to Making Bad Relationships Better and Good Relationships Great! Groundbreaking book filled with the latest findings and contemporary strategies for understanding: Who we are and what we bring to our relationships; How our families of origin shape the way we relate to others; How to bridge the gender gap and learn the language of the opposite sex; Building friendships that last; Secrets to finding the love we long for and handling sexual issues; What to do with friends fail; How to related to God without feeling phony THIS CAN ALSO BE USED IN SMALL GROUP SETTING.</p>		
Item# ME&A-255	Title: Relationship Rescue Author: Phillip C. McGraw, Ph. D.	Soft Cover Book
<p>Description: A seven-step strategy for reconnecting with your partner.</p>		
Item# ME&A-260	Title: The Seven Principles For Making Marriage Work Author: John M. Gottman, Ph.D. and Nan Silver	Soft Cover Book
<p>Description: John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years. Here is the culmination of his life’s work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Packed with practical questionnaires and exercises, The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.</p>		
Item# ME&A-265	Title: The Sex-Starved Marriage Author: Michele Weiner Davis	Soft Cover Book
<p>Description: Bring the spark back into your bedroom and your relationship with gutsy and effective advice from bestselling author Michele Weiner Davis. It is estimated that one of every</p>		

<p>three married couples struggles with problems associated with mismatched sexual desire. Do you? If you want to stop fighting about sex and revitalize your intimate connection with your spouse, then you need this book. In <i>The Sex-Starved Marriage</i>, bestselling author Michele Weiner Davis will help you understand why being complacent or bitter about ho-hum sex might cost you your relationship. Full of moving firsthand accounts from couples who have struggled with the erosion of sexual desire and rebuilt their passionate connection.</p>		
Item# ME&A- 270	Title: The Ten Commandments of Marriage: The Do's and Don'ts for a lifelong covenant Author: Ed Young	Soft Cover Book
<p>Description: Ed Young draws from decades of counseling couples to provide ten commandments for a lifelong marriage that sizzles.</p>		
Item# MPRE- 125	Title: Time, Sex, and Money Author: Creighton University	Soft Cover Book
<p>Description: <i>The First Five Years of Marriage</i>. This national study provides a profile of couples married five years or less and reports on a wide range of behaviors, attitudes, experiences, as well as marital adjustment, religiosity, and problematic issues relevant to the early years of marriage. Data included in this study are useful to both married couples and practitioners who work with them.</p>		
Item# ME&A- 275	Title: When Bad Things Happen to Good Marriages Author: Dr. Les Parrott III & Dr. Leslie Parrott	Hard Cover Book Workbook for Her Workbook for Him
<p>Description: What happens when bad things happen to good marriages? In this book, the Parrotts talk about how every marriage begins well but eventually bumps into a few "bad things." So, how can a good marriage survive when bad things are bound to happen to it? The Parrotts present six basic principles -- responsibility, hope, forgiveness, empathy, honor, and commitment--that help couples overcome the bad things while strengthening their marriages. <i>When Bad Things Happen to Good Marriages Workbook for Husband</i> <i>When Bad Things Happen to Good Marriages Workbook for Wives</i> These workbooks--one for the husband and one for the wife--accompany Les and Leslie Parrott's hardcover book <i>When Bad Things Happen to Good Marriages</i>. Twenty exercises help each husband and wife work through the book. In the main book, the Parrott's talk about how every marriage begins well but bumps into bad things. They outline how marriage can survive bad things happening with five basic things--responsibility, hope, forgiveness, empathy, and commitment. THIS CAN ALSO BE USED IN SMALL GROUP SETTING.</p>		
Item# MPRE- 130	Title: When the Cake is Gone Author: Dr. James Healy	CD Audio Set
<p>Description: Jim Healy has spoken to couples across America. Now you can hear him reveal the three types of intimacy your new marriage needs to flourish.</p>		
Item# ME&A- 280	Title: Wise Choices Author: Rick & Barb Wise	CD's Audio Sets
<p>Description: Every time you make a choice, you are writing your life story. Rick and Barb share the pages of their life story. Because they want you to write pages that you won't regret. Let them take you to a better way to write your life story in marriage, sex, and love.</p>		

MARRIAGE PREPARATION

Item#	Title: 10 Great Dates Before You Say "I Do"	Soft Cover Book
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MPRE-005	Author: David & Claudia Arp and Curt & Natelle Brown	DVD
<p>Description: A unique approach featuring fun-filled dates to help seriously dating and engaged couples strengthen their relationship. Couples will soon discover whether or not to go to the next level of commitment, and will spend quality time together now while preparing for a great marriage in the future. 10 Fun, Innovative Relationship-Building Dates for Seriously Dating and Engaged Couples! 10 Great Dates Before You Say "I Do" combines the best of marriage preparation research with a fun, easy-to-follow format. Couples will love growing together while going out together. Share your hopes and dreams; Appreciate your differences; Communicate and connect; Develop spiritual intimacy; Evaluate your relationship; Celebrate romance; And more! THIS CAN ALSO BE USED IN SMALL GROUP SETTING.</p>		
Item# MPRE-010	Title: 101 Things I Wish I Know When I Got Married Author: Linda and Charlie Bloom	Soft Cover Book
<p>Description: Great relationships don't just happen they are created! Topics: Vulnerability is disarming; If your job gets your best energy, your marriage will wither; One of the greatest gift you can give your partner is your own happiness; There's a difference between judging and being judgmental; It's possible to hate and love someone at the same time; When you complain about your partner to your friends remember that their feedback is based upon distorted information; The only rules in a marriage are those to which you both agree; Commitment isn't a prison; it's a means to greater freedom; It isn't conflict that destroys marriages; it's the cold smoldering resentment that is bred by withholding; Even good marriages have recurring seasons, and there can be some hard winters; Your primary relationship is with your partner not your children. If you think you're too good for your partner think again</p>		
Item# MPRE-015	Title: Redbook 500 Great Dates: Creative Fun and Sexy Ways to Spend Time Together Author: Lisa Sussman	Soft Cover Book
<p>Description: Make Tonight Date Night: Whether you've been together for three weeks or three decades, every couple needs memorable just-for-two experiences to stay close and connected, now and for years to come. Here's how Redbook can help: Inside this book you'll find 500 great ideas for spending time together, some romantic and sexy, some grand, and others pure fun. (Still single? Try out some of these hot dates with someone new and you won't be for long!)</p>		
Item# MPRE-020	Title: 2002 Things To Do On A Date: From Fun, Sometimes Silly, Romantic, To The Unique. Author: Cyndi Haynes and Dale Edwards	Soft Cover Book
<p>Description: You've visited every restaurant in town-and you're tired of going to the movies. What are you supposed to do when you go out on a date these days? Well, how about hosting a co-ed volleyball party; Getting to know each other better by playing Twenty Questions; Catching some local scenery by renting a moped for a day; Sharing the cooking for a luxurious gourmet meal; Or test-driving a luxury car you know full well neither of you can afford. From the purely romantic to the unusual and exotic, the adventurous suggestions will add up to plenty of fun for people who want to try something new.</p>		
Item# MPRE-025	Title: The Art Of Loving Author: Erich Fromm	Soft Cover Book
<p>Description: Most people are unable to love on the only level that truly matters: love that is compounded of maturity, self-knowledge, and courage. As with every art, love demands practice and concentration, as well as genuine insight and understanding. In his classic work, The Art of Loving, renowned psychoanalyst and social philosopher Erich Fromm explores love in all its aspects-not only romantic love, steeped in false conception and lofty expectations, but also</p>		

brotherly love, erotic love, self-love, the love of God, and the love of parents for their children.		
Item# MPRE- 030	Title: Before You Say ‘I DO’ Author: Todd Outcalt	Soft Cover Book
Description: Before You Say “I DO” will help every bride and groom discover what they need to know about themselves, each other, and their marriage-before the wedding. Featuring questions designed to inspire in-death conversations between you and your future spouse, this book also invites parents, friends, future in-laws, clergy, children from previous marriages into the discussions to offer their own perspectives. Together, couples are encouraged to explore their life histories and experiences, their hopes and dreams, and their views on love, children, religion, work, and politics, to find both common and uncommon ground on which to strengthen the foundation of their relationship.		
Item# MPRE- 055	Title: Getting The Love You Want Author: Harville Hendrix, Ph. D.	Soft Cover Book
Description: The bestselling guide to transforming an intimate relationship into a lasting source of love and companionship., with a new foreword and chapter from the author <p>In Getting the Love You Want, Dr. Harville Hendrix presents the relationship skills that have already helped hundreds of thousands of couples to replace confrontation and criticism with a healing process of mutual growth and support. This extraordinary practical guide describes the revolutionary technique of Imago Relationship Therapy, which combines a number of disciplines--including the behavioral sciences, depth psychology, cognitive therapy, and Gestalt therapy, among others-- to create a program to resolve conflict and renew communication and passion. Getting the Love You Want describes the three stages of intimate relationships, provides illustrative case studies and gives helpful recommendations to overcome the obstacles in those stages to create a stronger bond between couples. First, he chronicles the stages of most relationships-attraction, romantic love and the power struggle-and suggests ways for partners to identify the conflicts associated with each of them. Then, he explores methods for achieving a "Conscious Marriage," where the early phases of romance are rekindled and confrontation is slowly replaced by growth and support. Finally, Dr. Hendrix incorporates these ideas into a unique therapeutic course, offering a series of proven exercises that lead to insight, resolution and revitalization. Step by step, he describes how to communicate with greater accuracy and sensitivity, how to let go of self-defeating behaviors, and how to focus energy on meeting each partners' needs. With Getting the Love You Want couples in any stage of a relationship can resolve their conflicts and achieve mutual emotional satisfaction.</p>		
Item# MPRE- 060	Title: Getting To “I DO” Author: Dr. Patricia Allen	Hard Cover Book
Description: Dr. Patricia Allen’s jam-packed seminars in Los Angeles have resulted in over two thousand marriages. Now you too can take advantage of this proven step-by-step program. Here is what you will learn: How to attract the right man; When you should make the first move...and when you should not. Why equality in a relationship may not be what you’re looking for; Why sex before commitment is a bad deal; how to have sensational sex; What makes a man run away from a relationship; How to know when you’re giving to much; How to get what you want without asking.		
Item# ME&A- 220	Title: More Than A Match: How to Turn The Dating Game into Lasting Love Author: Michael & Amy Smalley	Hard Cover Book
Description: You’ve searched a lifetime for that special person, but how can you be absolutely certain that you’ve found “The One”? And more important, how can you hold on to that love for		

<p>the rest of your life? More Than a Match explores the “compatibility factor,” demystifying the science behind matchmaking and giving you the tools you need to find the love you want. You’ll learn how to apply the specifics of good compatibility to a prospective date or mate, as well as how to break things off when you find yourself in the wrong relationship.</p> <p>But since great relationships aren’t built on compatibility alone, marriage experts Michael and Amy Smalley also delve into the “forever factor,” giving you the skills you need to turn your romance into a lifelong love affair. You’ll learn how to deal with conflict, how to develop a healthy sex life, and how to recover when you inevitably hurt one another. Fantastic marriages begin long before the exchange of the rings; they start when two people in search of love commit themselves to learning to how to love well...and forever. Because finding and keeping the love of your life is about much More Than a Match.</p>		
Item# MPRE- 070	Title: Preparing to Marry Again Author: Dick Dunn	Soft Cover Book
<p>Description: Statistics indicate a higher rate of divorce among divorced and widowed people who remarry than among people who marry for the first time . Why? Because marrying again is complicated. Without wisdom and experience to draw upon, well-intentioned people will make poor decisions. In this practical resource, Dick Dunn, gives clear evidence of his understanding and insight into the difficulties of most subsequent marriages. Full of helpful ideas, this workbook format lets readers apply the material to their own situation. This approach allows readers to again a better understanding of what they are experiencing, as well as to realize a clearer direction for their future</p>		
Item# MPRE- 075	Title: The PREP Couples’ Manual Author: David H. Olson, Ph.D., Peter J. Larson, PhD	Soft Cover Book
<p>Description: When it comes to loving the most important people in our lives there’s always more to learn. I workbook wanting to teach couples: How to handle conflict constructively—to talk without fighting; How to maintain and deepen fun and friendship; How to act on the commitment you have to one another</p>		
Item# MPRE- 100	Title: Saving your Marriage Before it Starts: 7 Questions To Ask Before and After You Marry Author: Dr. Les Parrott III & Dr. Leslie Parrott	Books Leaders Guide Workbooks for Women Workbooks for Men
<p>Description: Meeting the needs of a generation overwhelmed by divorce odds, relationship experts Les and Leslie parrot share seven key and questions to help couples identify and overcome stumbling blocks to a building a healthy, lifelong marriage. THIS CAN ALSO BE USED IN SMALL GROUP SETTING.</p>		
Item# MPRE- 105	Title: Saving Your Marriage Before It Starts Author: Dr. Les Parrott III & Dr. Leslie Parrott	Mentor Manual Workbook for Her Workbook for Him Hard Cover Leader’s Guide Video Tapes
<p>Description: A marriage curriculum for Engaged, about-to-be engaged, and the newly married. To build a marriage that will last a lifetime, you must start with a solid foundation. Well-known marriage counselors Les and Leslie Parrott know from experience, however, that many couples spend more time preparing for the wedding than they do for their marriage. A powerful 8-</p>		

<p>session video curriculum based on the best selling book by the same title. Use it to lead your group of engaged or newly married couples, or those contemplating marriage into happy and whole marriages that have: Healthy expectations; A realistic concept of love; A positive attitude and outlook toward life; Clear communication of each other's feelings; An understanding and acceptance of each other's gender differences; Good decision-making and argument-settling practices; A common spiritual foundation and goal</p>		
Item# MPRE-120	Title: Stumbling on Happiness Author: Daniel Gilbert	Audio CD
<p>Description: Why Are Lovers quicker to forgive their partners for infidelity than for leaving dirty dishes in the sink? Why will sighted people pay more to avoid going blind than blind people will pay to regain their sight? Why do dining companions insist on ordering different meals instead of getting what they really want? Why do patients remember long medical procedures as being painful than short ones? Why do home sellers demand prices they wouldn't dream of paying if they were home buyers? Why are shoppers happier when they can't get refunds? Why do pigeons seem to have such excellent aim; why can't we remember one song while listening to another; and why does the line at the grocery store always slow down the moment we join it? In this brilliant, witty, and accessible audio book, renowned Harvard psychologist Daniel Gilbert describes the foibles of imagination and illusions of foresight that causes each of us to misconceive our tomorrows and misestimate our satisfactions. Vividly bringing life the latest scientific research in psychology, cognitive neuroscience, philosophy, and behavioral economics, Gilbert reveals what scientists have discovered about the uniquely human ability to imagine the future, and about our capacity to predict how much we will like it when we get here. With penetrating insight and sparkling prose, Gilbert explains why we seem to know so little about the hearts and minds of the people we are about to become.</p>		

STEP-FAMILY AND STEPPARENTING

Item# SF&ST-05	Title: 7 Steps to Stepfamily Success Author: Ron L. Deal, M. MFT	1 DVD Set
<p>Description: Based on his amazing book <i>The Smart Step-Family: Seven Steps to a Healthy Family</i>, in this DVD, Ron Deal explodes the myth of the "blended" family as he provides practical, realistic solutions to the issues that stepfamilies face. He helps remarried and soon-to-be married couples; Recognize the unique personality and place of each family member; Solve the everyday puzzles of step-parenting and stepchildren relationships; Learn communication skills to deal with ex-spouses; Honor families of origin while developing new traditions Invest the time to grow their stepfamily slowly rather than look for instant results THIS CAN ALSO BE USED IN SMALL GROUP SETTING.</p>		
Item# SF&ST-010	Title: Active Parenting for Stepfamilies Author: Michael H. Popkin, PhD and Elizabeth Einstein, MA, LMFT	DVD Leader's Guild Soft Cover Book
<p>Description: Getting Married was the easy part! Now, as a parent in a stepfamily, you face a whole new set of challenges as well as all of the old ones. Sure, you still need to provide effective discipline and guidance while helping your children develop the skills and character they need for success. But parents in a stepfamily also face issues of: Coping with loss and healing. Blending two family histories. Merging values and traditions. Setting boundaries. Building new relationship. Transferring authority... and a host of other challenges! THIS CAN ALSO BE USED IN SMALL GROUP SETTING.</p>		
Item# PNTG-	Title: Blending Families Author: Elain Fantle Shimberg	Soft Cover Book

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<p>Description: Today more Americans are part of a second-marriage family than a first. Inevitably, these newly blended "stepfamilies" will be confronted by their own special problems and needs. This insightful problem-solving guide offers solid solutions--and includes real-life stories from families who've been through the adjustment process. Written by an award-winning author who specializes in health and family care, the book covers a wide range of issues--emotional, financial, disciplinary, and interpersonal. Naturally, there is no "one-size-fits-all" solution for second-marriage families. Each is unique, with its own composition, personalities, and problems. But with patience and understanding, this new family can work, live, and eventually love--together. Includes special sections on: Family communication; Former spouses; Grandparents and step-grandparents; Juggling households; Commuting children; Discipline; School issues; Family customs and rituals; Religious differences; Reducing stress; Adult time; Money issues; Holiday planning; Vacations; Curfews and other rules</p>		
Item# SF&ST-020	Title: Blended Families: Creating Harmony as You Build a New Home Life Author: Maxine Marsolini	Soft Copy Book
<p>Description: : HAPPILY EVER AFTER CAN BE YOURS!! Blended families-those formed as the result of divorce and remarriage, with children to nurture were once a novelty. Today this model is widely recognized as the "new American family." More than half of Americans today have been, are now, or will eventually be in one or more step-situations. Studies by the National Institute of Child and Human Development indicate that in the new millennium, more of us will be living in stepfamilies than in nuclear family structures. Yet the blended family is more that just one of fastest-growing forms of family life; it may also be the most difficult. Research shows that nearly 60% of these unions do not survive, and a startling number fail to make it past the first two years Why? Find out what causes blended families to fail--- or succeed Put and end to the "revolving door" of marriage Learn to deal with unexpected emotions, such as rejection, blame, rage and jealousy. Gain insights on how adults and kids can process difficult transition</p>		
Item# SF&ST-025	Title: The Enlightened Stepmother Author: Perdita Kirkness Norwood, Teri Wingender	Soft Cover Book
<p>Description: Becoming a stepmother is a life-altering event in any woman's life. The issues are extraordinarily complex and women are overwhelmingly unprepared. Yet concerns usually focus on the effect remarriage has on the children. The Enlightened Stepmother approaches the subject from a totally new perspective – that of the stepmother. Based on information – sometimes controversial – from stepmoms of all ages, occupations and lifestyles, who know from experience what works, what doesn't and why -- What you need to know about your new family before you become part of it. How to get off to the right start. What you need to recognize about your relationship with your husband's children. How to handle relationships between your kids and his. Why you need to give your marriage top priority. Why you need to develop a working relationship with your stepchildren's mother. How to overcome the guilt of not loving – or even liking – your stepchildren. Why a successful stepfamily is as unique as every step mom. AND MUCH MORE</p>		
Item# SF&ST-040	Title: Mom's House, Dad's House Author: Isolina Ricci, Ph.D.	Soft Cover Book
<p>Description: Can children flourish in any custody situation? If their parents read Mom's House, Dad's House, the answer is a resounding "yes." This unique groundbreaking classic, which has become the standard for two generations of parents, is again breaking new ground - revised, updated, and expanded - with examples, self-tests, checklists, and guidelines. This comprehensive guide looks anew at the needs of all</p>		

<p>concerned with even more creative options and commonsense advice in the legal, emotional, and practical realities of creating two happy and stable homes for your children. Features: The map to a "decent divorce" and two happy homes; healing yourself and your children; the New Family Bill of Rights after separation. Helping your children with age-specific advice; explaining change, giving them continuity and security; restabilizing their sense of home and family; danger signals; five ways to evaluate your children's time. Negotiating Parenting Agreements; legal do's and don'ts; time arrangements, custody types; attorneys; how to get ready for negotiations; when to use mediation; using "HIRT" test when an agreement is broken.</p>		
Item# SF&ST-045	Title: The Smart Step-Family Author: Ron L. Deal	Hard Cover Book
<p>Description: Ron Deal explodes the myth of the "blended" family as he provides practical, realistic solutions to the issues that stepfamilies face. He helps remarried and soon-to-be married couples: Recognize the unique personality and place of each family member; Solve the everyday puzzles of step-parenting and stepchildren relationships; Learn communication skills to deal with ex-spouses; Honor families of origin while developing new traditions Invest the time to grow their stepfamily slowly rather than look for instant results</p>		
Item# SF&ST-050	Title: Step-By Step-Parenting Author: James D. Eckler	Soft Cover Book
<p>Description: Being a successful stepparent-helping nurture and sustain a step family-can be a challenge. In cases where husband and wife are of different races or religions, the adjustment can be even more difficult, more complex. Children can prove to be one of the most complicating factors in a stepfamily. As a minister and marriage counselor, James Eckler has been helping step-parents raise successful families for years. In this book he examines every aspect of step parenting: the power struggles between the natural parents and stepparents, name changes, the pros and cons of adoption, the role of grandparents and much more. Anyone involved in a stepfamily or contemplating forming one through a second marriage will benefit from his far ranging counsel.</p>		
Item# MPRE- 110	Title: Step Families: Bringing the Pieces to Peace Author: Gordon and Carrie Taylor	Soft Cover Book DVD Need Both
<p>Description: Educational and Inspirational journey in successfully designing a step family. Are you divorced with children, remarried with children, considering remarriage, grandparents with step-grandchildren, a professional working with stepfamilies? Then this is for you! In this one of a kind series, you will laugh, cry, and relate as Gordon and Carri Taylor, seasoned stepfamily professionals since 1986, take you on an educational and inspirational journey, culminating in a process for designing a successful step family. Includes interviews with step-couples and step kids.</p>		
Item# SF&ST-055	Title: Step-Family Survival Guide Author: Natalie Nichols Gillespie	Soft Cover Book
<p>Description: One in three Americans is a member of a stepfamily. If that includes you, you know the struggles that come with combining previously separate households under one roof -- helping children connect with stepparents and new siblings, keeping your marriage intact, and braving the court system. What's more, stepfamily resources are few and far between. Until now. This innovative handbook will show you how to alleviate areas of stepfamily stress, apply a united front in discipline styles, approach co-parenting with grace, appreciate the gift of your stepfamily, and much more. A mom and step mom (of six!), Natalie Nichols Gillespie gives you and your stepfamily encouragement and practical advice to guide you through the journey.</p>		
Item# SF&ST-060	Title: Step-families Author: Dr. James H. Bray and John Kelly	Soft Cover Book
<p>Description: There are more than twenty million stepfamilies in America. For most of them, the</p>		

<p>simple, daily issues that challenge every family are even more anxiety-provoking. After conducting a comprehensive nine-year-long study funded by the National Institutes of Health, Dr. James H. Bray has written an invaluable book that explains why over half of all stepfamilies fail and reveals the strategies that help the others succeed. A stepfamily is assaulted on all sides by difficult and often divisive questions. How much control should a stepparent have over a stepchild? How much authority should a nonresidential parent exert over a child? How should a difficult former spouse be handled? How does an "ours" baby change the emotional dynamic in a stepfamily? Why is there a lack of "honeymoon effect" during the first years of stepfamily life? The purpose of <i>Stepfamilies</i> is to answer all the important questions of stepfamily life—to fill in the knowledge gaps that undermine so many stepfamilies today and, crucially, to learn the effect of stepfamily life on children. Based on one of the largest and longest studies of stepfamily life ever conducted, <i>Stepfamilies</i> interweaves the stories of real families to illustrate such study findings as how: a stepfamily has its own natural life cycle; a stepfamily takes several years to develop into a family unit; a stepfamily is at greatest risk during the first two years; a stepfamily ultimately coalesces into one of three forms; a stepfamily must solve four basic tasks in order to succeed; a stepfamily can help heal the scars of divorce.</p>		
Item# SF&ST-065	Title: Stepfamilies Bringing the Pieces to Peace Author: Gordon & Carri Tarlor	Soft Cover Book DVD
<p>Description: Are you divorced with children, remarried with children, considering remarriage, grandparents with step-grandchildren, a professional working with stepfamilies? Than this is for you! In this one of a kind series, you will laugh, cry, and relate as Gordon and Carri Taylor, seasoned stepfamily professionals since 1986, take you on an educational and inspirational journey, culminating in a process for designing a successful step family. Includes interviews with step-couples and step kids.</p>		
Item# MPRE-115	Title: The Stepkin Stories: Helping Children Cope with Divorce and Adjust to Stepfamilies Author: Peggy Lumpkin	Soft Cover Book
<p>Description: The Stepkins will help you understand: Why parents divorce and what to do; Meeting your parents new friends; How to live with a new stepparent; Getting along with new step brothers and step sisters; Visiting your other parent and stepfamily; Having two different homes</p>		
Item# SF&ST-070	Title: Will to Try Again Author: Dick Dunn	Soft Cover Book
<p>Description: Whether you are preparing to re-marry, already trying to build a stepfamily, or seeking to counsel families, <i>Willing to Try Again</i> is an invaluable tool. More than half of this book is dedicated to real-life situations that illustrate the successes and difficulties of stepfamilies as they deal with such issues as the differing roles of stepparents and biological parents; how former spouses, in-laws, and grandparents affect the stepfamily; and children's reactions to stepfamily life.</p>		

Other Resources:

ABSTINENCE

Item# ABS-005	Title: Abstinence 101 Author: Abstinence Clearinghouse	Soft Cover Book
<p>Description: Everything you need to know about abstinence education. This is a crucial book for every parent, teacher, health worker, and health education provider to read and to</p>		

<p>understand. Contains the truth about abstinence education and debunks the myths of so called “comprehensive” sex education programs. Also contains a section of practical tips for incorporating a success full abstinence education program in your area. Our children deserve the best we can give them. When it comes to their sexual health, only abstinence education ensures happy and healthy futures.</p>		
Item# ABS-015	Title: Fearless Love Author: David L. Scherrer and Linda M. Klepacki	Soft Cover Book
<p>Description: Making sexual choices that honor God. Teens hear—and see-- a lot about sex these day. Now you can give them the real truth about sexuality and challenge them to make sexual choices. This eight session study for high school aged students exposes the lies about sexuality that are so prevalent in our culture and gives students a solid foundation. Each candid lesson equips leaders to answer the tough-and sometimes delicate-questions that youth have about sex. Equipping parents, pastors, and youth workers to address the growing concerns of sexuality among high school students in a safe environment and in culturally relevant ways.</p>		
Item# ABS-020	Title: How & When to Tell Your Kids About Sex Author: Stanton L. and Brenna B Jones	Hard Cover Book
<p>Description: MORE THAN A NERVOUS DISCUSSION OF THE BIRDS AND THE BEES: Our children are bombarded with messages and information about sex—in our neighborhoods, schools, and media—with discussions, stories, jokes, mixed messages, and debates. Stan and Brenna Jones suggest that sex education is really not so much a matter of providing information as it is a matter of deliberate character formation. <i>How and When to Tell Your Kids About Sex</i> will help you to move beyond the "sweaty palms and lump-in-the-throat" moment.</p>		
Item# ABS-025	Title: How to talk to your kids about sexuality Author: David L Scherrer & Linda Kelapacki	Soft Cover Book
<p>Description: Whether parents want to believe it or not, their teens are thinking about sex. Because kids are thinking about it, parents need to be ready to talk about it. This book offers practical advice for approaching the subject of sex in a way that is comfortable for both kids and parents. Biblical perspectives provide the foundation for a healthy view on sexuality, while social perspectives help parents understand the many influences impacting kids today.</p>		
Item# ABS-035	Title: I’m Just a Kid Author: Abstinence Clearinghouse	Article
<p>Description: Discusses the psychological dynamics that influence teen abstinence as well as the psychological dynamics of teenagers who become sexually active after interviewing 40 teens in the Chicago area. Also discusses the psychosexual development of teens , what influences teen decision to become or abstain from sex, the predictors of sexual activity, and recommendations based upon the study.</p>		
Item# ABS-055	Title: It Takes Courage Author: Marcia Ball and Jennie Curello	Soft Cover Book
<p>Description: Over 150 activities, illustrations, stories, quotes and poems. A one of a kind resource guide designed for any caring adult who is interested in making a difference in the lives of youth. Through its interactive learning strategies, to this guide will enable you to help youth to discover a vision for their lives, improve their communication skills, build healthy relationships, make wise decisions, and avoid the dangerous consequences of early sexual involvement and drug use. Its unique approach is easily adaptable to any setting, and will help adolescents to develop essential character traits, practical life skills, and the courage to make healthy choices in today’s challenging world.</p>		

GRANDPARENTING

Item#	Title: Empowering Grandparents Raising Grandchildren	Soft Cover Book
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GRAND-005	Author: Carole B. Cox	
Description: This manual is a 14-session workshop designed to help grandparents who are raising their grandchildren alone. Group leaders can revise and expand upon themes in the manual to fit the needs of their particular work groups. Topics include: useful tips for grandparents on how to communicate effectively with grandchildren on issues ranging from drugs to sex and sexually transmitted diseases; helping grandchildren to learn how to deal with loss and abandonment; helping them develop and maintain self-esteem; dealing with special behavioral problems; and appropriate ways of instilling and maintaining rules in the home. Designed to complement 'To Grandmother's House We Go And Stay' this manual is easy to understand. It can be read by anyone who has assumed a parenting role and hopes to raise a happy and healthy child.		
Item# GRAND-010	Title: The Extra Parent Author: Elaine Denholtz	Soft Cover Book
Description: How Grandparents Are Helping Out, Pitching In, and Raising Their Grandchildren		
Item# GRAND-015	Title: Grandmothers Raising Grandchildren Author: Linda H. Hollies	Soft Cover Book
Description: Author Linda H. Hollies has created a book dedicated to the ever-increasing and contemporary phenomenon of grandmothers raising their grandchildren. Currently raising a grandson, Hollies has firsthand experience with parenting the second time around, and enthusiastically shares her journey and insights, offering comfort, inspiration, and ways to turn a predicament into the opportunity of a lifetime.		
Item# GRAND-020	Title: Ticklebelly Hill Author: Hilda Osborne	Soft Cover Book
Description: My husband and I are among the thousands of grandparents who are raising grandchildren. When the children first came to live with us, I was filled with mixed emotions. I was thrilled to have my grandchildren near me, and happy that I was able to provide a safe, stable home for them. At the same time, I was heart-broken that my daughter could not provide a home for her children. The shadow of guilt hung over me, asking what I had done wrong, how should I have done things differently. As a parent, I know I made mistakes. All parents do. Our children, However, are also influenced by the acts of others, acts that we as parents may not become aware of until it is too late. This book was written for all those grandparents who are raising the children of their children. It is meant to be a light-hearted, yet serious look at life after the grandchildren move in. It is not, however, meant to identify any member of my family. Therefore, all names have been changed.		

FATHERHOOD

Item# FATH-010	Title: 101 Secrets A Good Dad Knows Author: Walter Browder and Sue Ellin Browder	Hard Cover Book
Description: Dads have a special way of relating to children. They tend to rough-house and tease children more than moms do. It is usually a father who teaches a child how to shoot a free throw, catch a frog, or fix a broken bicycle chain. Knowing how to do these things raises a child's self-esteem, increases self-confidence, and fosters self-reliance because they expand a child's ability to cope with and understand the world. Each of the 101 secrets in this wonderful gift book is explained in short descriptions accompanied by a drawing and a fact or tip. Many of		

these skills involve a simple secret to do them successfully.		
Item# FATH- 001	Title: Always Dad Author: Paul Mandelstein	Soft Cover Book
Description: More and more, divorced fathers are finding out that, rather than being one half of a "broken" home, they can continue to play a crucial role in their children's lives. You can, too. Turn to Always Dad and discover how to work with your ex to create a fulfilling extended family, one that can help ensure that your kids grow up in an enriching, loving environment.		
Item# FATH- 015	Title: The Expectant Father: Facts, Tips, and Advice for Dads-to-Be Author: Armin A. Brott and Jennifer Ash	Soft Cover Book
Description: An information-packed, month-by-month guide to all the emotional, financial, and yes, even physical changes the father-to-be may experience during the course of his partner's pregnancy—now fully updated and expanded. Incorporating the wisdom of top experts in the field, from obstetricians and birth-class instructors to psychologists and sociologists, the Second Edition of The Expectant Father includes the latest research and is filled with sound advice and practical tips for men, such as: How to afford a pregnancy; Special ways to prepare if you're adopting a baby; How to juggle your work and family roles; How to make sense of your conflicting emotions; What childbirth classes don't teach you; How to manage if you are expecting twins-or more; Ways to support and encourage partner throughout the pregnancy; How to deal with the obstacles society places in the way of involved fathers.		
Item# FATH- 005	Title: The Father's Almanac Revised Author: S. Adam Sullivan	Soft Cover Book
Description: Offers fathers—both experienced dads and fathers-to-be—practical, down to earth advice on the richly rewarding but often perplexing world of infants, toddlers, and preschoolers. The original edition an indispensable sourcebook on fatherhood, from diapering and discipline to roughhouse play and things to make and do. All the ideas are family tested and have worked for young kids and their dads around the country. The new edition takes an expanded look at father's deepening involvement in the lives of their young children, beginning with pregnancy and birth itself. The growths of the two career family and the interest in equal parenting have changed the way many fathers view child care and their job situation. Whether you are a full time father, and equal partner, or a nighttime and weekend dad, the concerns and joys of sharing parenting responsibilities are fully explored.		

PARENTING

Item# PNTG- 005	Title: 5 Love Languages Of Children Author: Gray Chapman	DVD
Description: Does your child speak a different language? Sometimes they waver for your attention, and other times they ignore you completely. Sometimes they are filled with gratitude and affection, and other times they seem totally indifferent. Attitude. Behavior. Development. Everything depends on the love relationship between you and your child. When children feel loved, they do their best. But how can you make sure your child feels loved? Each child, too, expresses and receives love through one of five different communication styles. And your love language may be totally different from that of your child. While you are doing all you can to show your child love, he may be hearing it as something completely opposite. Discover your child's primary language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in your child's emotions and behavior.		

THIS CAN ALSO BE USED IN SMALL GROUP SETTING.		
Item# PNTG- 010	Title: 5 Love Languages Of Teenager Author: Gary Chapman	Soft Cover Book
Description: Are you equipped to love your teenager effectively? Never before has the task of parenting teenagers been more perplexing. Despite the peer pressure that teenagers face, it is still parents who influence is love. Love is the most functional building blocks of parent-teen relationships. According to Dr. Gary Chapman parents must learn to express their love in a language that makes sense to their teenager. Some teens long for tender words; others desire a gentle touch, a thoughtful gift, a kind deed or quality time spent together. Find out which one of these love languages your child speaks: Quality Time, Words of Affirmation, Gifts, Acts of Service, and Physical Touch.		
Item# PNTG- 015	Title: The 7 Habits of Highly Effective Families Author: Stephen R. Covey	Soft Cover Book
Description: With the same profound insight, simplicity, and practical wisdom that have already reached tens of millions of readers, Stephen R. Covey demonstrates how the principals he introduced in The 7Habits of Highly Effective People can be used to build the kind of strong, loving family that lasts for generations. As Covey says, “When you raise your children, you are also raising your grand children.” Covey explains that strong families don’t just happen, but need combined energy, talent, desire, vision, and dedication of all of their members. Sharing insightful, often humorous experiences from his own life and from the lives of other families, he imparts practical advice on solving common family dilemmas, such as finding quality time to spend together, dealing with family disputes, healing a broken relationship, and changing a negative family atmosphere. He shows how families can learn to incorporate principals into their daily lives through activities, meeting and games that involve all family members and help to create a spirit of understanding, support and enthusiasm.		
Item# PNTG- 020	Title: 20 Surprisingly Simple Rules And Tools For A Great Family Author: Dr. Steve Shephens	Soft Cover Book
Description: You’ll be surprised how simple it is to have a great family life! Developing a great family life doesn’t have to be difficult or require a lot of hard work. It’s really about making little changes that can produce big results. With practical, easy-to-apply principles, Dr. Stephens packs each chapter with ideas anyone can use to strengthen the family. These simple rules and tools will help you build closer relationships with your kids, improve communication with your mate, and create lasting family memories. Just a few simple changes can make a good family better . . . or keep a struggling family from falling apart. So learn the rules—and get ready for a really great family!		
Item# PNTG- 025	Title: Active Parenting Now Author: Michael H. Popkin, PhD.	4 set Audio Book
Description: Dr. Michael Popkin, one of the nation’s foremost experts on parent education, shows you how to develop happier, more successful children while improving your own satisfaction and feelings of joy in your family. You’ll also learn how to use effective discipline and communication skills to help your family run more smoothly. Millions of parents have used his “active” approach to raise cooperative, responsible children of good character and self-esteem. This Parent’s Guide will show you: How to build courage and character in your child. Effective, non-violent discipline skills. Why children misbehave and how to redirect them. How to deal with the issues of drugs, sexuality, and violence. Natural and logical consequences. Problem-solving in families. How to hold family meetings. . . .and much more!		

Item# PNTG- 030	Title: And Baby Makes Three Author: John M. Gottman Ph. D & Julie Schwartz Gottman	Hard Cover Book
Description: Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. Lack of sleep, never-ending housework, and new fiscal concerns often lead to conflict, disappointment, and hurt feelings. In <i>And Baby Makes Three</i> Love Lab™ experts John Gottman and Julie Schwartz Gottman teach couples the skills from their successful workshops, so partners can avoid the pitfalls of parenthood by: maintaining intimacy and romance; replacing a culture of criticism and irritability with one of appreciation; preventing post-partum depression; creating a home environment that nurtures physical, emotional, and mental health, as well as cognitive and behavioral development for your baby; Complete with exercises that separate the “master” from the “disaster” couples, <i>And Baby Makes Three</i> helps new parents positively manage the strain that comes along with their bundle of joy.		
Item# PNTG- 035	Title: Blending Families Author: Elain Fantle Shimberg	Soft Cover Book
Description: Today more Americans are part of a second-marriage family than a first. Inevitably, these newly blended "stepfamilies" will be confronted by their own special problems and needs. This insightful problem-solving guide offers solid solutions--and includes real-life stories from families who've been through the adjustment process. Written by an award-winning author who specializes in health and family care, the book covers a wide range of issues--emotional, financial, disciplinary, and interpersonal. Naturally, there is no "one-size-fits-all" solution for second-marriage families. Each is unique, with its own composition, personalities, and problems. But with patience and understanding, this new family can work, live, and eventually love--together. Includes special sections on: Family communication; Former spouses; Grandparents and step-grandparents; Juggling households; Commuting children; Discipline; School issues; Family customs and rituals; Religious differences; Reducing stress; Adult time; Money issues; Holiday planning; Vacations; Curfews and other rules		
Item# PNTG- 040	Title: Boundaries With Kids Author: Dr. Henry Cloud & Dr. John Townsend	Soft Cover Book
Description: Here is the help you need for raising your kids to take responsibility for their actions, attitudes, and emotions. Drs. Henry Cloud and John Townsend take you through the ins and outs of establishing boundaries in your parenting and of instilling the kind of character in your children that will help them lead balanced, productive, and fulfilling lives. Learn how to: Set limits and still be a loving parent; Bring control to an out of control family life; Apply the ten laws of boundaries to parenting; Define appropriate boundaries and consequences with kids...and much more!		
Item# PNTG- 045	Title: Boundaries With Teens Author: Dr. John Townsend	Audio CD
Description: TEENAGERS! You love them to pieces... but sometimes you feel like the pieces are falling apart! RELAX! Your sanity will survive these rocky teenage years and so will your teens—provided you set healthy boundaries that work to their benefit and yours. <i>Boundaries with Teens</i> shows you how. From bestselling author and psychologist Dr. John Townsend, here is the expert insight and guidance you need to help your teens take responsibility for their actions, attitudes, and emotions and gain a deeper appreciation and respect for both you and for their own lives. Discover how your teenager thinks. Learn how to apply spiritual principals to specific problems. <i>Boundaries with Teens</i> can help you establish wise and loving limits that		

make a positive difference in you adolescent, in the rest of your family, and in you.		
Item# PNTG- 050	Title: The Connected Family Author: David and Claudia Arp	Book
Description: Dedicated to moms and dads who long to bring their families together, this delightful book is a smorgasbord of fun, easy, practical ways to connect with your kids. Each Chapter is chock full of action oriented, you can do it tips and projects. Drawing from twenty years of research on the characteristics of strong families, David and Claudia Arp offer a wide variety of activities that enable real moms and dads to build strong families		
Item# PNTG- 055	Title: Creative Correction Author: Lisa Whelchel	Book
Description: Can't get your child to behave? Don't get frustrated. . . Get Creative! You've tried timeout, grounding, and spanking. But still Junior won't change. Maybe it's time for a new strategy. When correction is done creatively, it's more rewarding—both for the child and for the parents—and it can be more effective at producing long-term results! Has your child been: Acting disrespectfully? Lying? Whining? Leaving a mess? For these and many other situations you face as a parent, Lisa Whelchel offers refreshing ideas to help you win the discipline battle. This fun, easy-to-use book has sold over 150,000 copies. It now includes a new chapter specifically on toddlers and small group study questions. <i>Creative Correction</i> is still laid out in a user-friendly manner with toolbox sections full of creative, practical ideas and a topical index.		
Item# PNTG- 060	Title: Discipline That Lasts A Lifetime Author: Dr. Ray Guarendi	Soft Cover Book
Description: Author, counselor, broadcaster and dad, Dr. Ray Guarendi, offers parents fresh and practical advice about disciplining children. Although contemporary culture has given discipline it remains an important, tool for parents to form their children's character and to teach them the basics of living, moral responsibility, and respect.		
Item# PNTG- 065	Title: Doc Pop's 52 Weeks of Active Parenting Author: Michael H. Popkin, PhD.	Hard Cover Book
Description: Did you know that you are brining up the most important children in the world? Well, you are! That means that you're doing the most important job in the world, and Doc Pop is here to guide you along the way. In this fun and easy-to-use book, Dr.Michael Popkin shares his tried-and-true techniques for rearing happy and healthy children in today's often challenging society. Each week, read a short "active parenting" idea, then put it into action with the suggested activity. Before you know it, you'll be parenting like a pro-and your family life will show it!Start today, and discover how Doc Pop's valuable insights mixed with a dash of humor can help you make the most important job in the world more satisfying and rewarding... one week at a time.		
Item# PNTG- 070	Title: Family Success Master Plan Author: Dick Wulf	3-Ring Binders
Description: A professional system for leading your family especially in communication, so that a lot of wonderful, important valuable things happen. Designed for use over years not months. With its many toolkits and resources should help: Your children reach their potential in ways where their school can't be of much help; You try your best to avoid drug abuse; Grow in love, understanding, and cooperation; Grow in support of one another and be a better team; Your kids can make more money as adults from learning critical communication skills, people skills,		

<p>values, wisdom, responsibility, and problems solving skills; You want to decide what you want to teach your kids it should be approximately 100 important things; Help your kids think about many of the important things in life; Get your kids to think about how to do chores and other very important tasks of life; Stimulates greater and greater family contributions by everyone in your family, especially kids; Your kids to encourage one another to “do good”; your kids to solve problems rather than complain and moan; Your kids to consider wise things and value with you</p>		
Item# ME&A- 130	Title: Great Family Conversation Tool Kit Author: Dick Wulf	Game Kit
<p>Description: On those family fun nights that all families have why not start it with a great conversation chosen by dice. Just a roll of the die and you’ll know what to talk about! With 600 dialogue questions to help the whole family understand one another and grow closer with every roll of the dice.</p>		
Item# PNTG- 075	Title: How To Get Your Teens To Talk To You Author: Connie Grigsby and Kent Julian	Soft Cover Book
<p>Description: Communication between parents and teens is at an all-time low. Besides marriage, this is the area where adults seem to struggle most. This user-friendly book will help readers get inside their teen's mind, showing them what turns today's teen on and off in terms of communication. Topics include: Ten Best Ways to Kill a Conversation, Language Barriers, Don't Be Afraid to Say No, and Gender Differences and Communication. How to Get Your Teen to Talk to You is chock-full of fresh ideas and simple techniques that will encourage teens to open up!</p>		
Item# SF&ST-035	Title: How to Parent With Your Ex Working Together For Your Child’s Best Interest Author: Brette McWhorter Sember	Soft Cover Book
<p>Description: This manual is the only book designed for both residential and non-residential parents. Formatted and printed in a back-to-back manner, the book encourages both sides to understand the other’s point of view, and so enables both parents to make the most of time spent with the children. How To Parent with Your Ex provides support for the difficult situation the non-residential parent is in and practical, to-the-point advice about how to reap the most benefits from the visitation time available. Conversely, it addresses the role of the residential parent and the need to understand the changing relationships the child is going through. By focusing on the child, both parents are able to solidify a special relationship with the child and maintain necessary, positive communication with the ex-spouse.</p>		
Item# PNTG- 080	Title: How To Talk So Kids Will Listen & Listen So Kids Will Talk Author: Adele Faber & Elaine Mazlish	Soft Cover Book
<p>Description: Here is the bestselling book that will give you the know-how you need to be more effective with your children and more supportive of yourself. Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes relationships with children of all ages less stressful and more rewarding. Their methods of communication, illustrated with delightful cartoons showing the skills in action, offer innovative ways to solve common problems. You’ll learn how to: Cope with your child’s negative feelings—frustration, disappointment, anger, etc.; Express your anger without being hurtful; Engage your child’s willing cooperation; Set firm limits and still maintain goodwill; Use alternatives to punishment. Resolve family conflicts peacefully</p>		
Item# PNTG-	Title: The New Dare To Discipline Author: Dr. James Dobson	Soft Cover Book

085		
Description: Millions of parents have learned how to raise responsible, well-behaved children with the help of Dr. James Dobson. The New Dare to Discipline is Dobson's classic parenting best seller — now thoroughly revised and updated. It will show you how to apply consistent, loving discipline — resulting in mutual respect and self-control.		
Item# PNTG- 090	Title: On Becoming Child Wise Author: Gray Ezzo & Robert Bucknam	Soft Cover Book
Description: You become a parent overnight...but it takes much longer to become Childwise. Just when you master the baby stage, greater challenges arise. Intellect, self-awareness, curiosity, and social roles are emerging—requiring consistent, caring guidance from you. Equip your self with more than fifteen Childwise Principals for training kids in the art of living happily among family and friends. Foster the safe, secure growth of your child's self concept and world view. On Becoming Childwise shows you how to raise emotionally balanced intellectually assertive and morally sensible children. It's the essential guidebook for the adventurous years from toddler to grade school.		
Item# PNTG- 095	Title: Parenting for Dummies Author: Sandra Hardin Gookin and Dan Gookin	Soft Cover Book
Description: Be a netter parent weather your child is a newborn, a preteen, or somewhere in-between. Being a parent is a tough yet rewarding job that doesn't come with an instruction manual. The help you need is here- get the up-to-date scoop on parenting basics for dealing with everyday issues from discipline and potty training to food allergies, finding good day care, and building selfesteem.		
Item# PNTG- 100	Title: Parenting Isn't For Cowards Author: Dr. James Dobson	Soft Cover Book
Description: A DOSE OF CONFIDENCE FROM A SOURCE YOU TRUST This proven confidence builder will help parents of even the most difficult children find the fulfillment parenthood was intended to bring. Speaking both as a therapist and as a parent— and drawing on a landmark study of 35,000 patients—Dr. James Dobson helps parents... Banish their guilt when kids are hard to raise; Trouble proof their days when children are young; Protect their sanity during a child's adolescence; Restore their energy when they're facing burnout		
Item# PNTG- 105	Title: Parenting With Love and Logic: Teaching Children Responsibility Author: Jim Fray & Foster Cline	Hard Copy Book
Description: As parents you only have a few years to prepare your children for a world that requires responsibility and maturity for survival that thought alone can send shivers down your parental spine! So what do you do? Hover over your kids so they'll never make mistakes? Drill them so they'll remember the important principals when their out on their own? Tear your hair out wondering if teaching them responsibility is anything but a battle of wills? According to Jim Fay, one of America's top educational consultants, and Dr. Foster Cline, a tren setting child and adult psychiatrist, parents who try to ensure their children's success often raise unsuccessful kids. Because responsibility is like anything else---it has to be learned through practice. So if you want to raise kids who are self confident, motivated, and ready for the real world, take advantage of this win-win approach to parenting. Your kids will win because they'll learn establish healthy control—with out resorting to anger, threats, nagging or exhaustive power struggles.		
Item# PNTG-	Title: Positive Discipline A-Z Author: Jane Nelsen, Lynn Lott, and Stephen Glenn	Soft Cover Book

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<p>Description: A Positive, Proven Approach to Parenting! As a parent, you face one of the most challenging—and rewarding—roles of your life. No matter how much you love your child there will still be moments filled with anger, frustration, and, at times, desperation. What do you do? Over the years, millions of parents just like you have come to trust the classic Positive Discipline series for its consistent, commonsense approach to child rearing. In the completely updated edition of Positive Discipline A-Z, you will learn how to use kind but firm support to raise a child who is responsible, respectful, and resourceful. You'll find practical solutions to such parenting challenges as: Sibling Rivalry · Bedtime Hassles · The Angry Child; School Problems · Getting Chores Done · ADD; Eating Problems · Getting Through a Divorce; Procrastination · Whining · Tattling and Lying; Homework · And Dozens More!</p>		
Item# MPRE- 065	Title: Practical Tools for Foster Parents Author: Boys Town Press	Soft Cover Book
<p>Description: Bases on Girls and Boy's Town common sense Parenting. More than half a million children today live in out-of-home care, and many have special problems. The need for well trained, loving foster parents, has never been greater. With this book, Girls and Boy's Town offers these committed people the professional tools they need to not only care for foster children but to actually help them get better. Our approach to foster care focuses on building relationships with children, teaching them skills, and empowering them by them by teaching self discipline and self-control. Inside, foster parents will find effective, research-based solutions for these common concerns: Building a warm, trusting relationship with your foster child who may still have a strong attachment to his or her original family; Working with foster child's parents who may be uncooperative or even hostile; Creating a safe environment for your foster child, you, and your family; Respecting your foster child's ethnic and cultural background while teaching the child skills to help him or her succeed in the larger world; Learning how to handle "blow ups" and prevent and correct misbehavior while you stay calm; Teaching your foster child how to stay under control, solve problems, and make good decisions even when he or she is angry or frustrated. Handling transitions when a foster child moves to another placement or returns home.</p>		
Item# PNTG- 115	Title: Raising Adopted Children Author: Lois Ruskai Melina	Soft Cover Book
<p>Description: In this completely revised and updated edition of Raising Adopted Children, Lois Melina, editor of Adopted Children newsletter and the mother of two children by adoption, draws on the latest research in psychology, sociology, and medicine to guide parents through all stages of their child's development. Melina addresses the pressing adoption issues of today, such as open adoption, international adoption, and transracial adoption, and answers parents' most frequently asked questions, such as: How will my child "bond" or form attachments to me?; When and how should I tell my child that he was adopted?; What should schools be told about my child?; Will adoption make adolescent upheavals more complicated?; Up-to-date, sensitive, and clear, Raising Adopted Children is the definitive resource for all adoptive parents and concerned professionals.</p>		
Item# PNTG- 120	Title: Shalom In The Home Author: Rabbi Shmuley Boteach	Soft Cover Book
<p>Description: If you long for peace in your home and harmony in your family, Rabbi Shmuley offers you the opportunity for profound and last change, all based on the riveting real-life experiences of Shalom in the Home.</p>		

