

## Books

[101 Tips for a Happier Marriage](#) - Jennifer Roback Morse & Betsy Kerekes

This book offers Catholic couples concise, practical, and at times humorous suggestions for creating and sustaining a more joyful, peace-filled marriage that is steeped in the beauty and mystery of Catholic faith.

[Boundaries in Marriage](#) - Henry Cloud and Dr. John Townsend

Only when a husband and wife know and respect each other's needs, choices, and freedom can they give themselves freely and lovingly to one another. *Boundaries in Marriage* gives the couples in your group the tools they need. By applying the powerful biblical and relational principles presented in this DVD, couples can make a good marriage better and even save one that's headed for disaster. Exercises and activities in each of the eight sessions help partners connect principles with marriage-strengthening application.

[Chosen and Cherished: Biblical Wisdom for your Marriage](#) - Kimberly Hahn

Kimberly Hahn applies Scripture, Church teaching and pastoral wisdom to such practical matters as conflict resolution, communication skills, setting financial goals, healing the wounds of unfaithfulness and cultivating a spirit of generosity toward your spouse.

[Family Matters: A Bible Study on Marriage and Family](#) by Curtis and Michaelann Martin

In this book, Curtis and Michaelann present ideas for how to build a happy and holy marriage while drawing upon their own family experiences.

[The Five Love Languages: How to Express Heartfelt Commitment to Your Mate](#) - Gary Chapman

By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with specific, simple steps to express a specific language to your spouse and guide your marriage in the right direction.

[For Women Only](#) - Shaunti Feldhahn

What's going on in a man's mind? From their early days, every woman has struggled to understand why males behave the way they do. Even long-married women who think they understand men have only scratched the surface. Beneath a man's rugged exterior is an even more rugged, unmapped terrain.

[Good Families Don't Just Happen](#) - Catherin Musco Garcia-Prats & Joseph A. Garcia-Prats

The authors, parents of 10 boys, share their program for creating a happy, organized family - despite the inevitable conflicts, crises, and sacrifices that all families encounter.

[Good News About Sex & Marriage](#) - Christopher West

Christopher West provides thoughtful responses that present Catholic Church teaching in a fresh, thoroughly appealing, and convincing manner.

[His Needs Her Needs](#) by Willard F. Harley, Jr. and Joyce Harley

This couple explains the important concept of the Love Bank and how to meet each other's emotional needs for affection, sex, intimate conversation, companionship, family commitment, physical attractiveness, honesty and openness, and admiration.

[Just Married: Catholic Guide to Surviving & Thriving in the 5 Five Years of Marriage](#) - Greg Popcak

Nationally syndicated radio hosts and international family life speakers Greg and Lisa Popcak combine decades of counseling, the latest findings in marriage research, twenty-three years of marriage, and the wisdom of Catholic teaching to offer newlyweds a master plan for creating a strong bond in the first five years of marriage.

[Love and Responsibility](#) - Karol Wojtyla

Drawing from his own pastoral experience as a priest and bishop before he became Pope John Paul II, Karol Wojtyla has produced an eloquent and resourceful defense of Catholic tradition in the sphere of family life and sexual morality. He contends that biology, psychology, and sociology provide valuable information on particular aspects of relations between men and women, but that a full understanding can be obtained only by study of the human person as a whole.

[Love in the Little Things: Tales of Family Life](#) - Mike Aquilina

In this book, Mike Aquilina offers anecdotes from his own life while reflecting on Biblical principles about what makes marriages strong and happy, including sacrificing for one another.

[The Marriage You've Always Wanted](#) - Gary Chapman

Marriage is God's answer for our deepest human need--companionship. And that, according to counselor and relationship expert Dr. Gary Chapman, is to have deep and lasting union with another, and to truly become one.

[Men are From Mars and Women Are from Venus](#) by John Gray

Provides a practical and proven way for men and women to improve their communication by acknowledging the differences between their needs, desires, and behaviors. No other relationship guide on the market will give you the same level of evidence-based insight sure to help you strengthen and nurture your relationships for years to come.

[The Power of a Praying Wife](#), [The Power of a Praying Husband](#) – Stormie Omartian

You'll find the excitement and hope that come from inviting the God who hears and answers prayer into your marriage. Packed with real-life examples and refreshing honesty regarding her own marriage,

Stormie encourages you to lovingly intercede for your spouse in every area of life, including priorities, emotions, parenthood, fears, and sexuality. Each chapter features comments from well-known Christians, biblical wisdom, and prayer ideas.

[Sacred Marriage: What if God Designed Marriage to Make Us Holy More Than to Make Us Happy?](#) -

Gary Thomas

Your marriage is much more than a union between you and your spouse. It is a spiritual discipline ideally suited to help you know God more fully and intimately. Sacred Marriage shifts the focus from marital enrichment to spiritual enrichment in ways that can help you love your mate more. Whether it is delightful or difficult, your marriage can become a doorway to a closer walk with God. Everything about your marriage---from the history you and your spouse create, to the love you share, to the forgiveness you both offer and seek by turn---is filled with the capacity to help you grow in Christ's character.

[The Seven Principles for Making Marriage Work](#) - John Gottman and Nan Silver

The seven principles that guide couples on the path toward a harmonious and long-lasting relationship are straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work.

[Sex and the Marriage Covenant: A Basis for Morality](#) - John Kippley

Marriage comes into being by a couple unreservedly entering God's covenant of marriage; contraceptive intercourse contradicts the very essence of the marriage covenant. From these considerations, Kippley developed the covenant theology of sexuality described in this book.

[The Temperament God Gave Your Spouse](#) - Art & Laraine Bennett

In no other kind of human relationship is knowledge of the temperaments -- the fundamental personality traits, hard-wired into us at birth, that affect the way we respond to the world around us -- so critical, and so fruitful, as in a Christian marriage.

[Wired for Love](#) by Stan Tatkin

**Wired for Love** is a complete insider's guide to understanding your partner's brain and enjoying a romantic relationship built on love and trust.