



Couples Book List

The Truth about Love by Patricia Love. A realistic and practical book about falling in love and the joys of learning how to stay in love.

The Dance of Intimacy by Harriet Lerner. A look at the ways in which our families of origin impact our marriages. Clear and simple without being simplistic, this book is a great place to begin a study of relationships.

The Five Love Languages: How to Express Heartfelt Commitment to your Mate by Gary Chapman. Partners often offer and receive love in different ways. An important way to look at expression of caring.

Getting the Love You Want by Harville Hendrix. Complex concepts, sound advice. Incisive, persuasive. A sophisticated approach to looking at intimate relationships.

The Good Marriage : How and Why Love Lasts by Judith Wallerstein. Lists the nine psychological tasks of a good marriage.

Married People: Staying Together in the Age of Divorce by Francine Klagsbrun. Looks at the common reasons why people choose to end marriages and the underlying unconscious reasons behind the decisions.

The Seven Principles of Making Marriage Work by John Gottman. Helps couples focus on each other by paying attention to the small moments that, strung together, make up the heart and soul of relationship.

How to Improve Your Marriage without Talking About It by Patricia Love and Steven Stosny. Here's a concept! Counterintuitive to some of us --- to others it makes a lot of sense. Worth a look.

Why Marriages Succeed or Fail by John Gottman. Discusses the threats to a lasting relationship: Criticism, Contempt, Defensiveness, and Stonewalling.

Hot Monogamy by Patricia Love. Discusses the essential elements of a good sexual relationship---talk, desire, intimacy, technique, variety, romance, body image and sensuousness. Truly a treasure.