



Saving Your Marriage Before It Starts Workbook for Men

By *Les Parrott, Leslie Parrott*

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Saving Your Marriage Before It Starts Workbook for Men By Les Parrott, Leslie Parrott

This workbook is designed to help you -- the man -- explore the issues and practice the skills presented in the book Saving Your Marriage Before it Starts. It is full of lively exercises and enlightening self-tests that will help you and your partner apply what you are learning directly to your relationship. - This version of the workbook approaches the issues from a man's perspective, taking into account your unique psychology, needs, and approach to life. - Each exercise includes an estimate of how long it will take, so you can easily fit the program into your busy schedule. - Call-outs in the book let you know the best times to do the exercises as you read. - Activities to practice throughout your married life are included to help you keep your love alive. These exercises are designed to help you uncover potential problems and deal with them before they emerge. They will help you and your partner communicate better. They will help you see your differences and practice positive methods for resolving conflict. Best of all, they are designed to help you cultivate intimacy and help you on your way to a rich, lifelong love.

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Bibliography

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Editorial Review

From the Back Cover

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About the Author

Drs. Les and Leslie Parrott are founders of RealRelationships.com and the Center for Relationship Development at Seattle Pacific University. Their bestselling books include Love Talk, Your Time Starved Marriage, and the award-winning Saving Your Marriage Before It Starts. Their work has been featured in the New York Times and USA Today, and they have appeared on CNN, Good Morning America, and Oprah. Les y Leslie forman un equipo como marido y mujer, y son expertos avanzados en los asuntos concernientes a las relaciones personales. Muestran sus experiencias como padres con el objetivo de ayudarte a cumplir la vocacion mas grande de u vida.

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Exercise One: Your Personal Ten Commandments This exercise is designed to help you uncover some of your unspoken rules. It will take about fifteen to twenty minutes. Try to articulate some of the unspoken rules you grew up with. Take your time to think it over. These unspoken rules are generally so ingrained that we are rarely aware of them. Once both of you have articulated your "personal ten commandments," share them with each other. Are there rules you would like to change? Take a moment to discuss how unspoken rules might affect your marriage.

1. _____ 2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

Anytime you have a fight or disagreement, ask yourself: "Is this fight a result of one of us breaking an unspoken rule?" If so, add that rule to your list, and discuss with your wife how you will handle that situation in the future. EXERCISE TWO: Making Your Roles Conscious Listed below are a number of chores or life tasks that will need to be handled by you or your wife. To make your unconscious understanding of roles conscious, first indicate how your parents handled these tasks. Then write down how you would like to divide up the tasks, according to your understanding of your own and your wife's interests, time, and abilities. Finally, compare your list with your wife's list and discuss the results. Put your final decision of who will do what in the last column, and be prepared to renegotiate when your circumstances change. This exercise will take about thirty minutes.

Users Review

From reader reviews:

James Connell:

In this 21st hundred years, people become competitive in each way. By being competitive currently, people have to do something to make these survive, being in the middle of the particular crowded place and notice by surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Yes, by reading a book your ability to survive increase then having chance to stand up than other is high. For you who want to start reading some sort of book, we give you that Saving Your Marriage Before It Starts Workbook for Men book as nice and daily reading publication. Why, because this book is usually more than just a book.

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Devin Glass:

Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Saving Your Marriage Before It Starts Workbook for Men, you could enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't have it, oh come on its identified as reading friends.

Clara Brownfield:

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