



# RETROUVAILLE®

## Hope for a Better Marriage

HelpOurMarriage.org

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### Recommended Reading

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#### General

Friends and Lovers: Cultivating Companionship and Intimacy In Marriage

*Joel R. Beeke*

Feeling Good Together: The Secret to Making Troubled Relationships Work

*Dr. David D. Burns*

Love After Marriage: A Journey into Deeper Spiritual, Emotional and Physical Oneness

*Barry & Lori Byrne*

The 5 Love Languages: The Secret to Love that Lasts

*Gary Chapman*

The Five Languages of Apology: How to Experience Healing in All Your Relationships

*Gary Chapman*

Covenant Marriage: Building Communication and Intimacy  
*Gary Chapman*

Desperate Marriages: Moving Toward Hope and Healing in Your Relationship  
*Gary Chapman*

The Marriage You've Always Wanted  
*Gary Chapman*

Things I Wish I'd Known before We Got Married  
*Gary Chapman*

Boundaries in Marriage: Understanding the Choices that Make or Break Loving Relationships  
*Henry Cloud & John Townsend*

Loveology: God. Love. Marriage. Sex. And the Never-Ending Story of Male and Female  
*John Mark Comer*

Love & Respect: The Love She Most Desires; The Respect He Desperately Needs  
*Dr. Emerson Eggerichs*

The Language of Love & Respect: Cracking the Communication Code with Your Mate  
*Dr. Emerson Eggerichs*

Men Are Like Waffles, Women Are Like Spaghetti: Understanding and Delighting in Your Differences  
*Bill & Pam Farrel*

Courage to Love...when Your Marriage Hurts  
*Gerald Foley*

The 7 Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert

*John M. Gottman & Nan Silver*

Men, Women and Relationships: Making Peace with the Opposite Sex

*John Gray*

Laugh Your Way to a Better Marriage: Unlocking the Secrets to Life, Love, and Marriage

*Mark Gungor*

His Needs, Her Needs: Making Romantic Love Last

*Willard F. Harley, Jr.*

His Needs, Her Needs for Parents: Keeping Romance Alive

*Willard F. Harley, Jr.*

Making Marriage Simple: 10 Relationship-Saving Truths

*Harville Hendrix and Helen LaKelly Hunt*

The 21 Undeniable Secrets of Marriage: Taking Your Relationship to the Next Level

*Dr. Allen Hunt*

Hedges: Loving Your Marriage Enough to Protect It

*Jerry Jenkins*

Before the Last Resort: 3 Simple Questions to Rescue Your Marriage

*George Kenworthy*

The Love Dare

*Alex Kendrick & Stephen Kendrick*

Defensiveness: 10 Ways to Make Sure You Never Stop Being  
Defensive: Rules to Be Broken (or Followed at Your Own Expense)  
*C. Kruse*

The Truth About Love: The Highs, the Lows, and How You Can Make It  
Last Forever  
*Pat Love*

Putting Your Past Behind You: Finding Hope for Life's Deepest Hurts  
*Erwin Lutzer*

Couple Skills: Making Your Relationship Work  
*Matthew McKay, Patrick Fanning, and Kim Paleg*

Created to Be His Help Meet  
*Debi Pearl*

Created to Need a Help Meet: A Marriage Guide for Men  
*Michael Pearl*

For Better Forever: A Catholic Guide to Lifelong Marriage  
*Dr. Greg & Lisa Popcak*

The Exceptional Seven Percent: The Nine Secrets of the World's  
Happiest Couples  
*Gregory K. Popcak*

The New Science of Love: How Understanding Your Brain's Wiring Can  
Help Rekindle Your Relationship  
*Dr. Fran Cohen Praver*

Fair Play: A Game-Changing Solution for When You Have Too Much to  
Do (and More Life to Live)  
*Eve Rodsky*

Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships

*David Schnarch*

Love Is a Decision: Thirteen Proven Principles to Energize Your Marriage and Family

*Gary Smalley*

I Hear You: The Surprisingly Simple Skill Behind Extraordinary Relationships

*Michael S. Sorenson*

What Did You Expect? : Redeeming the Realities of Marriage

*Paul David Tripp*

The Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage

*Michelle Weiner-Davis*

Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again

*Michelle Weiner-Davis*

The Magnetic Marriage: 8 Characteristics of Irresistible Marriages

*Eric Wooten*

## Abuse

Why Does He Do That? Inside the Minds of Angry and Controlling Men

*Lundy Bancroft*

## Addiction

The Addicted Brain: Why We Abuse Drugs, Alcohol, and Nicotine

*Michael J. Kuhar*

The Heart of Addiction: A Biblical Perspective  
*Mark E. Shaw*

5 Steps to Breaking Free from Porn  
*Joe Dallas*

## Anger Management

Anger: Handling a Powerful Emotion in a Healthy Way  
*Gary Chapman*

## Blended Families

Becoming One Family: Bringing Blended Families Together  
*Steve & Donna Houpe*

The Smart Stepfamily: 7 Steps to a Healthy Family  
*Ron Deal*

## Communication

The Lost Art of Listening: How Learning to Listen Can Improve Relationships  
*Michael P. Nichols & Martha B. Straus*

## Divorce

The Unexpected Legacy of Divorce: The 25 Year Landmark Study  
*Judith S. Wallerstein, Julia M. Lewis, and Sandra Blakeslee*

## Forgiveness

Forgive and Get Your Life Back  
*Dennis Maynard*

Forgive for Good: A Proven Prescription for Health and Happiness  
*Frederic Luskin*

Forgiveness is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope

*Robert D. Enright*

Forgiving as Unity with Christ: A Journey for Healing Resentment and Relationships

*Robert D. Enright*

Forgiveness: A Bold Choice for a Peaceful Heart

*Robin Casarjian*

From Anger to Intimacy: How Forgiveness Can Transform Your Marriage

*Dr. Gary Smalley & Ted Cunningham*

The New Freedom of Forgiveness

*David Augsberger*

Total Forgiveness: When Everything in You Wants to Hold a Grudge, Point a Finger, and Remember the Pain -- God Wants You to Lay it all Aside

*R.T. Kendall*

## Infidelity

Adultery: The Snare of an Affair

*June Hunt*

After the Affair: Healing the Pain and Rebuilding Trust when a Partner Has Been Unfaithful

*Janis A. Spring*

Every Heart Restored: A Wife's Guide to Healing in the Wake of a Husband's Sexual Sin

*Fred & Brenda Stoker*

Not Just Friends: Rebuilding Trust and Recovering Your Sanity After Infidelity

*Shirley P. Glass & Jean Coppock Staeheli*

Healing from Infidelity: The Divorce Busting Guide to Rebuilding Your Marriage after an Affair

*Michelle Weiner-Davis*

Surviving an Affair

*Dr. Willard F. Harley & Dr. Jennifer Harley Chalmers*

Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time

*Stephen Arterburn*

The Courage to Stay: How to Heal from an Affair and Save Your Marriage

*Kathy Nickerson*

How to Help Your Spouse Heal from Your Affair: A Compact Manual for the Unfaithful

*Linda J. MacDonald*

## Intimacy

The Seven Levels of Intimacy: The Art of Loving and the Joy of Being Loved

*Matthew Kelly*

## Mental Illness

Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness

*Matthew S. Stanford*

## Sex

Holy Sex!: A Catholic Guide to Toe-curling, Mind-blowing, Infallible Loving

*Gregory K. Popcak*

Stop Calling Him Honey and Start Having Sex: How Changing Your Everyday Habits Will Make You Hot for Each Other All Over Again

*Julienne Davis and Maggie Arana*

Sheet Music: Uncovering the Secrets of Sexual Intimacy in Marriage

*Kevin Leman*

## Trust

I Love You But I Don't Trust You: The Complete Guide to Rebuilding Trust in Your Relationship

*Mira Kirshenbaum*

Healing Your Marriage when Trust Is Broken: Finding Forgiveness and Restoration

*Cindy Beall*

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