

Couples That Work How To Thrive In Love And At Wor

From Success to Significance Lloyd Reeb.2009-05-26 Success Is Great. But Significance Is Lasting.You've achieved a measure of success in the first half of life, and it's been a thrill. But deep in your heart, you want your second half to count for something far more. Something bigger than you. Significance. You're not alone; you're in "Halftime." You want to discover where your deepest passions intersect with your greatest abilities and harness them to help change the world. But what does significance look like? How do you attain it? What will it cost you? What if you are not yet financially independent? Who can help you make sense out of this stage of life?Lloyd Reeb knows how it is. He's wrestled with the same questions—and found answers. In *From Success to Significance*, he unfolds a blueprint that has helped thousands of men and women redefine success and infuse their lives with eternal significance. Adapt Reeb's approach to your circumstances and, with God's help, put it in motion. It works, and it will work for you.Discover God's unique purpose for your life. Your talents, your drives, and everything you are will make sense in a new way and have an impact you've never dreamed of. Go ahead, start dreaming. Because significance is within your reach, and it starts by finding the freedom to dream."Many people measure their success by wealth, recognition, power, and status. There's nothing wrong with those, but if that's all you're focused on, you're missing the boat. Lloyd Reeb shows that if you focus on significance—using your time and talent to serve others—that's when truly meaningful success can come your way."

Thriving in Love and Money Shaunti Feldhahn,Jeff Feldhahn.2020-03-03 Over 90 percent of couples experience some level of tension around money. In fact, money issues are the number one stressor in relationships. So many books try to fix the surface problems, such as how to budget and what to prioritize when it comes to finances, but the issues go much deeper than just a simple spreadsheet. How do men and women view money differently? What do most couples fight about? How can they get on the same page? What questions should men/women ask their significant others before marriage? There are emotional and spiritual components to finances that most couples ignore. How can you agree on a budget if you disagree with each other on the basic purpose of money? *Thriving in Love and Money* is based on original research Shaunti and Jeff Feldhahn have conducted to get to the heart of these issues. And just as they did with their bestselling books *For Women Only* and *For Men Only*, they will use this research to provide the answers and insights you need to break the tension and provide the unity you're looking for. Let this book deepen your understanding of each other, leading to clear communication, peace as a couple, and better financial decision-making. Also available: video curriculum and workbook.

The State of Affairs Esther Perel.2017-10-10 A fresh look at infidelity, broadening the focus from the havoc it wreaks within a committed relationship to consider also why people do it, what it means to them, and why breaking up is the expected response to duplicity — but not necessarily the wisest one." — LA Review of Books From iconic couples' therapist and bestselling author of *Mating in Captivity* comes a provocative and controversial look at infidelity with practical, honest, and empathetic advice for how to move beyond it. An affair: it can rob a couple of their relationship, their happiness, their very identity. And yet, this extremely common human experience is so poorly understood. What are we to make of this time-honored taboo—universally forbidden yet universally practiced? Why do people cheat—even those in happy marriages? Why does an affair hurt so much? When we say infidelity, what exactly do we mean? Do our romantic expectations of marriage set us up for betrayal? Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Can an affair ever help a marriage? Perel weaves real-life case stories with incisive psychological and cultural analysis in this fast-paced and compelling book. For the past ten years, Perel has traveled the globe and worked

with hundreds of couples who have grappled with infidelity. Betrayal hurts, she writes, but it can be healed. An affair can even be the doorway to a new marriage—with the same person. With the right approach, couples can grow and learn from these tumultuous experiences, together or apart. Affairs, she argues, have a lot to teach us about modern relationships—what we expect, what we think we want, and what we feel entitled to. They offer a unique window into our personal and cultural attitudes about love, lust, and commitment. Through examining illicit love from multiple angles, Perel invites readers into an honest, enlightened, and entertaining exploration of modern marriage in its many variations. Fiercely intelligent, *The State of Affairs* provides a daring framework for understanding the intricacies of love and desire. As Perel observes, “Love is messy; infidelity more so. But it is also a window, like no other, into the crevices of the human heart.”

Disrupt Yourself Whitney Johnson. 2016-11-03 Thinkers50 Management Thinker of 2015 Whitney Johnson wants you to consider this simple, yet powerful, idea: disruptive companies and ideas upend markets by doing something truly different--they see a need, an empty space waiting to be filled, and they dare to create something for which a market may not yet exist. As president and cofounder of Rose Park Advisors' Disruptive Innovation Fund with Clayton Christensen, Johnson used the theory of disruptive innovation to invest in publicly traded stocks and private early-stage companies. In *Disrupt Yourself*, she helps you understand how the frameworks of disruptive innovation can apply to your particular path, whether you are: a self-starter ready to make a disruptive pivot in your business a high-potential individual charting your career trajectory a manager looking to instill innovative thinking amongst your team a leader facing industry changes that make for an uncertain future We are living in an era of accelerating disruption; no one is immune. Johnson makes the compelling case that managing the S-curve waves of learning and mastery is a requisite skill for the future. If you want to be successful in unexpected ways, follow your own disruptive path. Dare to innovate. Do something astonishing. Disrupt yourself.

Fair Play Eve Rodsky. 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

Becoming a Couple of Destiny Joseph W. Walker, III, Stephanie Hale Walker. 2011 It takes two. Even if men aren't from Mars and women aren't from Venus, they still have different takes on what makes a relationship work. In this he says—she says book, Bishop Joseph Walker and his wife Dr. Stephanie Walker tell you how to know when you're in love and ready to take that next step of commitment. This dynamic and successful couple will also dialogue about the place of intimacy, carving out time for each other, and the importance of creating a spiritual life together in order to make significant and lasting decisions. They will also talk about the values necessary to keep couples together in this temptation-laden culture.

Fierce Love Susan Scott.2022-01-11 New York Times bestselling author Susan Scott guides couples through eight must-have conversations to create a fierce love that stands the test of time and grows stronger over the years. Often in our romantic relationships, we long for deep connection, but we don't know how to communicate well and sometimes withhold what we're really thinking and feeling. This can lead to fighting, resentment, or, worse, complacency--where you are just going through the motions, more like roommates than two people in love. As Susan writes, It's as if we've pulled off our own wings. As couples, we don't stop to think how important our conversations are. And we certainly don't understand that what we talk about and how we talk about it determine whether our relationships will thrive, flatline, or fail. In *Fierce Love*, New York Times bestselling author Susan Scott guides couples through eight must-have conversations that lead to deep connection and lasting commitment. Through the use of true stories and hands-on exercises, Susan helps us understand that the conversation is the relationship; identify and dispel five relationship myths that mislead and derail us; learn eight conversations that are critical to enriching relationships; and stop fighting or ignoring issues and start connecting in a deep and meaningful way. After a season where many relationships were tested and tried, where some relationships thrived and others have exposed cracks couples didn't even realize were there, or realized but didn't acknowledge, now is the best time to learn to communicate well. By having honest, compelling conversations with our partners, we can foster true connection and a fierce love that will withstand the test of time and grow stronger over the years.

Authentic Happiness Martin E. P. Seligman.2004 Argues that happiness can be a learned and cultivated behavior, explaining how every person possesses at least five of twenty-four profiled strengths that can be built on in order to improve life.

Make It Work Tony A. Gaskins.2020-01-21 Celebrity coach and speaker Tony A. Gaskins shares proven principles—gleaned from real life failures and successes—for building and sustaining a healthy relationship in today's times. Tony A. Gaskin's appearance on *The Oprah Winfrey Show* launched his career as a life coach and relationship counselor. After speaking about domestic violence, he felt empowered to speak his truth. Since then, Gaskin has been a faithful and committed husband for over a decade, and has counseled thousands, leading to millions following him online and making him one of America's foremost experts on love and relationships. Practical and accessible, *Make It Work* walks you through a series of lessons on how to maintain a healthy and long-lasting relationship. Drawing inspiration from the Bible and using his own successes and failures, Gaskins offers a framework for how you can identify the right person to settle down with, set standards which prompt longevity in love, and know what to avoid in a relationship. All this is told in his empowering and empathetic tone that his loyal and devoted following has come to love and trust. In a hopeful response to culture where breakups and divorces are all too common, *Make It Work* is as an essential resource to help your relationship thrive in this day and age.

How to Make Your Long-Distance Relationship Work and Flourish Tamsen Butler.2014 Relationships are tough, and putting states or even oceans between two people does not make things any easier. Although some long-distance relationships won't work, that doesn't mean you can't make yours successful and fulfilling. This guide will give your relationship the chance it deserves. You will learn how to establish the terms of your relationship, including how to know if you are ready to make this commitment, when to schedule phone calls, and how often you should visit. You will discover the essential relationship-building skills you need, including open communication, realistic expectations, and balanced emotional and physical intimacy. You will learn the best ways to share travel costs and what to do when visiting in order to make the most out of your limited time together. Long-distance relationships cannot be compared to other relationships, and this book gives couples who are living apart dozens of tips to keep that special spark alive.--From publisher description.

House of Earth and Blood Sarah J. Maas.2020-03-03 A #1 New York Times bestseller! Sarah J. Maas's brand-new CRESCENT CITY series begins with

House of Earth and Blood: the story of half-Fae and half-human Bryce Quinlan as she seeks revenge in a contemporary fantasy world of magic, danger, and searing romance. Bryce Quinlan had the perfect life-working hard all day and partying all night-until a demon murdered her closest friends, leaving her bereft, wounded, and alone. When the accused is behind bars but the crimes start up again, Bryce finds herself at the heart of the investigation. She'll do whatever it takes to avenge their deaths. Hunt Athalar is a notorious Fallen angel, now enslaved to the Archangels he once attempted to overthrow. His brutal skills and incredible strength have been set to one purpose-to assassinate his boss's enemies, no questions asked. But with a demon wreaking havoc in the city, he's offered an irresistible deal: help Bryce find the murderer, and his freedom will be within reach. As Bryce and Hunt dig deep into Crescent City's underbelly, they discover a dark power that threatens everything and everyone they hold dear, and they find, in each other, a blazing passion-one that could set them both free, if they'd only let it. With unforgettable characters, sizzling romance, and page-turning suspense, this richly inventive new fantasy series by #1 New York Times bestselling author Sarah J. Maas delves into the heartache of loss, the price of freedom-and the power of love.

Getting Relationships Right Melanie Joy.2020-02-11 The award-winning author helps you build relational literacy by giving you the principles and tools to understand and practice healthy ways of relating. Relationships are complicated. Yet it's an unfortunate reality that while most of us have to learn complex geometry that we'll probably never use, we don't get a single formal lesson in how to relate to others. In this comprehensive guidebook, Joy reveals the common psychological dynamics that underlie all kinds of relationships: with a romantic partner, friends, family members, colleagues—in short, with anyone in any situation. Understanding these dynamics can enable you to make all your relationships healthier and more resilient, and help you contribute to creating a better world. Drawing on the most relevant research as well as on her own extensive experience as a psychologist, Joy explains how to strengthen your “relational immune system” to resist not only interpersonal stressors but also largely invisible yet potentially devastating societal stressors like racism and sexism. With this understanding, you can cultivate relationships that consistently reflect core moral values and honor the dignity of everyone involved. Resilient relationships are a source of joy and fulfillment for those who are in them—and they also support the thriving of the organizations and communities of which we all are a part. “A wise, practical, and well-researched template for creating healthy relationships of any kind . . . I recommend this book to anyone wishing to expand their social-emotional intelligence!” —Susan Campbell, PhD, author of *Five-Minute Relationship Repair*

Ask a Manager Alison Green.2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing

big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

The Seven Principles for Making Marriage Work John Gottman, Ph.D..2002-02-04 Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential. The Seven Principles for Making Marriage Work is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

Navigating Career Crossroads Jane Jackson.2020-05-04 *Navigating Career Crossroads* shows you how to confidently take a new direction. This book delivers practical, actionable advice to help you land your dream position. You'll learn how to craft an attention-grabbing resume, how to expand your career network, the best way to really work with recruiters, and how to dazzle your new employer through the interview process. Follow these 7 essential steps for career success: Confidently manage change? Assess what makes you tick? Resumes and your marketing communication? Express Your Personal Brand? Explore job search strategies? Relate your value and impress at interviews? Strategies for career success Confidently conduct an effective job search and successfully transition into your new role. With these 7 steps it will be sooner than you think

Eight Dates John Gottman, Julie Schwartz Gottman, Doug Abrams, Rachel Carlton Abrams.2019-02-05 Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, *Eight Dates* offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. “Happily ever after” is not by chance, it's by choice— the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, *Eight Dates* offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not

about having a certain feeling—it's about both of you being active and involved.

Here We Are Paul Vanderbroeck, Jannie Aasted Skov-Hansen. 2020-12-15 *HERE WE ARE* provides a new way to approach internationally mobile talent. It offers real-life insights into the challenges and opportunities for International Career Couples (ICC) and the organisations that deploy them.

Lucky in Love Catherine Johnson. 1993 According to conventional wisdom, 50 percent of today's marriages end in divorce, and the other half would seem to be characterized by diminished expectations. But *Lucky in Love* delivers good news, showing real couples who have not only stayed together but stayed in love, and it tells readers how they have managed to do it.

10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology) Julie Schwartz Gottman, John M.

Gottman. 2015-10-26 From the country's leading couple therapist duo, a practical guide to what makes it all work. In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling. Topics addressed include: • You know that you need to "treat the relationship," but how are you supposed to get at something as elusive as "a relationship"? • How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you've failed? Are you only successful if you keep couples together? • Compared to an individual client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you believe? • What are you supposed to do with all the emotional and personal history that your clients stir up in you? • How can you make your work research-based? No one who works with couples will want to be without the insight, guidance, and strategies offered in this book.

Be the Boss of Your Stuff Allie Casazza. 2022-03-08 Give your kids the decluttering guide that will encourage their independence and create a more peaceful home for your family. Allie Casazza has created a resource for you to show kids how to create and design their own space, offering practical ideas on organization and productivity, kid-friendly inspiration for mindfulness, and interactive pages for creativity. Allie has encouraged women to simplify and unburden their lives as the host of *The Purpose Show* podcast and through her first book *Declutter Like a Mother*. Now she's helping you equip your kids and tweens to discover the same joy of decluttering as they design and create a space that supports their interests and goals, make more room in their lives for playtime and creativity, increase productivity and find renewed focus for schoolwork, learn valuable life skills, and cut down on cleaning time, reduce stress, and feel more peaceful. Your kids will start to understand that the less they own, the more time they have for what's important. Written in Allie's fun, motivational voice, *Be the Boss of Your Stuff* is ideal for boys and girls ages 8 to 12, includes photography and interactive activities with space to write, draw, imagine, and plan, shares step-by-step instructions for decluttering, offers added practical, personalized instruction from Allie's children, Bella and Leeland, and is a great gift for coming-of-age celebrations, the first day of spring, New Year's, Easter, birthdays, back-to-school, or school milestones. As your kids become more proactive in taking care of their stuff, you'll find your whole family has more time and space for creativity and fun. After all, less clutter, less stress, and less chaos in your kids' lives means more peace, more independence, and more opportunity to grow into who they're meant to be. Read Allie's first book, *Declutter Like a Mother*, to further equip yourself in decluttering while you empower your kids to embrace their space.

The Five Core Conversations for Couples David Bulitt, Julie Bulitt. 2020-02-04 A Top Divorce Lawyer and a Family Therapist Show You How to Really Talk—for Better or for Worse Married for 33 years, David, a divorce lawyer, and Julie, a family therapist, have both been witness to families

struggling with life's most difficult challenges. At the same time, they have weathered their own challenges at home: raising four daughters, two biological and two adopted, and dealing with one child's mental health and behavioral issues. What they've learned about saving a marriage or knowing when to call it quits, when to turn to professionals or when to try tough love, could fill a book—and it does. The Five Core Conversations for Couples tackles every corner of relationships with the wisdom, knowledge, and best advice culled from David and Julie's unique personal and professional experiences, organized topically into the five core reasons that people come to their offices. Topics include: Disability Abuse Serious illness Estrangement And much, much more Take a look inside the hearts and minds of two marriage professionals to gain a fresh perspective into your own relationships and to have valuable and more frequent conversations with those you love.

Couples That Work Jennifer Petriglieri.2019-10-10 Every couple wants a happy relationship and a meaningful career but how do we balance both? In *Couples that Work*, Professor Jennifer Petriglieri shifts away from the language of sacrifice and trade-offs and focuses on how couples can successfully tackle the challenges they will face throughout their lives—together. The book explores key questions like: - Can you and your partner have equally important careers or must you prioritise one over the other? - How can you juggle children or family commitments without sacrificing your work? - Does every decision require compromise or can you find solutions that benefit you both? Identifying common triggers and traps, and presenting engaging exercises to help you avoid and overcome them, this book will help every couple design their own unique way to combine love and work at every stage of their journey. 'Hugely insightful. All couples must read this now' Susan David, author of *Emotional Agility* 'Managing one career is hard enough; two often seems impossible. In this book, Jennifer shares what she's learned about how couples can not only survive but thrive' Adam Grant, author of *Originals*

Getting to 50/50 Sharon Meers,Joanna Strober.2013-09-10 Sharon Meers and Joanna Strober are professionals, wives, and mothers. They understand the challenges and rewards of two-career households. They also know that families thrive not in spite of working mothers but because of them. You can have a great career, a great marriage, and be a great mother. The key is tapping into your best resource and most powerful ally—the man you married. After interviewing hundreds of parents and employers, surveying more than a thousand working mothers, and combing through the latest government and social science research, the authors have discovered that kids, husbands, and wives all reap huge benefits when couples commit to share equally as breadwinners and caregivers. Mothers work without guilt, fathers bond with their kids, and children blossom with the attention of two involved parents. The starting point? An attitude shift that puts you on the road to 50/50—plus the positive step-by-step advice in this book. From “baby boot camp” for new dads to exactly what to say when negotiating a leave with the boss, this savvy book offers fresh ideas to today's families offering encouragement, hope, and confidence to any woman who has ever questioned her choices regarding work and family.

Questions for Couples Journal Maggie Reyes.2020-04-21 Spark conversation and grow closer with these 400 questions for couples. Having fun together is a paramount part of a strong and happy relationship.This book of questions is full of insightful and revealing topics, so you and your partner can connect and have a blast discovering what makes each of you unique and a great match for each other. Go beyond other relationship books for couples with: ALL KINDS OF CONVERSATIONS: Discuss a variety of questions, from your favorite movies and meals to your most important memories and feelings about intimacy. NO PRESSURE: The flexible format means you can tackle these questions in any order, whenever you have the time. Answer a whole bunch at once, or once in a blue moon—it's up to you. QUESTIONS FOR COUPLES AT EVERY STAGE: Stay connected and show you care, whether you're newly dating, long-distance, or a longtime couple just looking to spice things up. Discover more about yourself, your partner, and your relationship with these fun and meaningful questions.

Love Or Work André Shinabarger,Jeff Shinabarger.2020 The research is in: modern couples want to have it all. The harm that comes from

prioritizing one important thing over another is clear, so why do most modern couples still do it? What is the secret to living at peak fulfillment in every area that matters? The popular podcast hosts and founders of Plywood People, André and Jeff Shinabarger, synthesize their national research, personal insights, and the responses of over one hundred influential couples to cast a new and compelling vision for the modern working family. Book jacket.

Couples That Work Jennifer Petriglieri.2019-10-10 It's quite easy to get distracted from your career when you're happy in love or devote all your time to securing a promotion at work only to find your relationship is on the rocks. Balancing the demands of your career and your partner's while trying to nourish a relationship and family can be tough - but it doesn't have to be. In *Couples That Work*, Professor Jennifer Petriglieri reveals how all couples can thrive in work and love at the same time. Petriglieri has spent the last five years studying over a hundred couples in a variety of roles and types of relationships from all over the world. Drawing on this research, Petriglieri highlights the three distinct yet predictable developmental stages that all couples go through and offers practical guidance in the form of questions, exercises and activities that couples can use to overcome the most pressing challenges they face. From couples in their mid-20s to those in their mid-60s, from heterosexual couples to same-sex couples, from high flyers to steady careerists, and from those based in the US, to those in Asia, Europe and the Middle East, *Couples That Work* holds something of interest to all couples in which both members are committed to their careers and to each other. *Couples That Work* provides two-career couples with all the insight and tools they need to have it all and thrive in work and love.

The Energies of Love Donna Eden,David Feinstein.2014-09-04 The bestselling authors of *Energy Medicine* and *Energy Medicine for Women* present a complete program for using energy medicine to heal and strengthen romantic relationships. A relationship begins with the meeting of two unique energies. This union of energies, though invisible, determines the way you communicate, fight, love, and want to be loved. In this groundbreaking book, the bestselling authors of *Energy Medicine* draw on the real-life experiences of couples who have attended their popular "Energies of Love" workshops, as well as their own experience as husband and wife, to show how an understanding of your energy system and that of your partner can help you build a more harmonious and loving bond. We all have different ways of making sense of the world around us, but when faced with conflict, especially with those we care most about, we tend to revert to one of four "Energetic Stress Styles": - Visuals are extremely passionate and inspire others to care about the things they care about, but in moments of conflict, their take on the situation can overshadow what is actually occurring, undermining their ability to empathize with their partner. - Kinesthetics are generous, compassionate, and accepting of other people, but their caring nature pulls them in too many directions. They try to meet others' needs at the expense of their own, which can cause mounting resentment. - Digitals are rational and principled and have a gift for quickly understanding complex situations, but they can become closed to others' perspectives and feelings. - Tonals have a gift for understanding others and their dilemmas, but during moments of conflict, their ability to read between the lines can morph into hearing what was never said, felt, or thought. According to the authors, the strongest relationships are those in which the two parties feel that they are partners on a shared spiritual journey. By helping you better understand your own unique energy system, as well as that of your partner, you will be able to recognize your strengths as a couple—and avoid the pitfalls. *The Energies of Love* serves as a powerful resource for anyone who wishes to build a rich partnership while maintaining the spark that keeps a relationship exciting.

Drop the Ball Tiffany Dufu.2017-02-14 A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals

was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women’s leadership movement has stalled, and packed with actionable advice, Tiffany Dufu’s *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

The Seven Principles for Making Marriage Work John Gottman, PhD, Nan Silver. 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of *Emotional Intelligence* *The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

Beyond Order Jordan B. Peterson. 2021-03-02 The inspirational sequel to *12 RULES FOR LIFE*, which has sold over 5 million copies around the world - now in paperback In *12 Rules for Life*, acclaimed public thinker and clinical psychologist Jordan B. Peterson offered an antidote to the chaos in our lives: eternal truths applied to modern anxieties. His insights have helped millions of readers and resonated powerfully around the world. Now in this long-awaited sequel, Peterson goes further, showing that part of life's meaning comes from reaching out into the domain beyond what we know, and adapting to an ever-transforming world. While an excess of chaos threatens us with uncertainty, an excess of order leads to a lack of curiosity and creative vitality. *Beyond Order* therefore calls on us to balance the two fundamental principles of reality - order and chaos - and reveals the profound meaning that can be found on the path that divides them. In times of instability and suffering, Peterson reminds us that there are sources of strength on which we can all draw: insights borrowed from psychology, philosophy, and humanity's greatest myths and stories. Drawing on the hard-won truths of ancient wisdom, as well as deeply personal lessons from his own life and clinical practice, Peterson offers twelve new principles to guide readers towards a more courageous, truthful and meaningful life.

Marriage After God Aaron Smith, Jennifer Smith. 2019-06-04 What if God has purposed your marriage for something so much more than happily ever after? Since the very beginning, God's design for marriage has been for husbands and wives to be ambassadors of holy love to a hurting world. Still, too many couples stop short at happy and wonder why they feel unsatisfied. Rather than you and me against the world, God calls each couple to the rich and meaningful mission of you and me for the world. In *Marriage After God*, Aaron and Jennifer Smith, popular marriage bloggers at HusbandRevolution.com and UnveiledWife.com, transparently share their own journey of turning a marriage in crisis into a marriage built on Christ's redemptive love. With fresh biblical insight and intimate stories of their own struggles and victories, this book will guide you toward a God-centered,

ministry-minded, and thriving marriage. Throughout *Marriage After God*, you'll learn to: Discover the signature marks of a marriage after God Find principles for building an unshakable marriage foundation Let God's story take the lead in your love story Recognize the tools God has already equipped you with for a missional life together Filled with timeless wisdom, this thorough and practical book will empower you and your spouse to dream, decide, and do as you step hand in hand into God's ultimate purpose for your marriage. God has created your remarkable, romantic, and redemptive relationship to be a powerful light to a dark and hurting world. Let *Marriage After God* be your invitation to marriage as God intended--a life-saving, hope-inspiring, and transforming force of God's love. Praise for *Marriage After God*: This book is an incredible resource for anyone trying to grow or step into a healthier and more life-giving marriage. Aaron and Jen pull no punches; are honest, raw, and authentic; and show that a marriage in pursuit of Jesus can change the world. --Jefferson Bethke, New York Times bestselling author of *Jesus > Religion* There is a short list of books I'm stashing away for my three small kiddos to read when they are older--*Marriage After God* is one of them. Dear couples of the world, you have picked up a treasure! This book will give you clear direction to live out God's will for your marriage. There is no greater gift you can give yourselves than to run after Him together. *Marriage After God* will show you how! --Lara Casey, author of *Cultivate and Make It Happen*

The Long-Distance Relationship Survival Guide Chris Bell, Kate Brauer-Bell. 2012-01-04 Skyrocketing phone bills. Layovers and missed flights. Countless hours spent pining, worrying, and wondering, Why do we do this to ourselves? Long-distance love can be one challenge after another, but as most committed couples will tell you, the rewards well outweigh the stresses. In this sensitive yet sensible guide, long-distance veterans Chris and Kate provide strategies for making the distance seem shorter and outline eight essential skills for relationship success: Communicating effectively Establishing mutual goals and expectations Dealing with issues of trust, fidelity, and independence Having fun in spite of the distance Managing time, schedules, and stress Keeping the relationship real Balancing sex and emotional intimacy Making the transition to same-city living Based on interviews with more than 100 couples and packed with knowledgeable tips and honest advice, *THE LONG-DISTANCE RELATIONSHIP SURVIVAL GUIDE* proves that, with patience and dedication, a loving relationship can not only survive but also thrive across the miles.

I Want This to Work Elizabeth Earnshaw. 2023-06-13 A contemporary, culturally inclusive, and easy-to-digest relationship book for the modern age Today's generation is changing the rules about committed relationships—and looking to create more meaning within their lives. We are more selective before getting married, with more diverse families and family structures, and we've seen a significant drop in divorce rates. In this new environment, what couples need more than ever are effective, flexible tools to communicate, navigate hard times, and create deeper connections with each other. Renowned Gottman therapist Elizabeth Earnshaw has helped to transform countless relationships. With *I Want This to Work*, she presents her most timely and proven steps for relationship success. "We're in a cultural moment," she says, "where people are hungry to absorb the principles for healthy relationships. This book answers that call." Here, couples will learn how to work with the three challenges they must tackle to repair and strengthen their relationships: conflict, healing, and connection. In a supportive and relatable voice, Elizabeth simplifies complex concepts and provides core insights, exercises, and reflections to take these tested principles from the page and into real life. Culturally tuned in, LGBTQIA+ friendly, and written for both married and unmarried couples, this new paperback edition of *I Want This to Work* brings us an accessible guide to relationship healing and creating enduring intimacy.

The Five Love Languages Gary Chapman. 2009-12-17 Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language—quality time, words of affirmation, gifts, acts of service, or physical touch. 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 simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on fivelovelanguages.com. The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

Conscious Loving Ever After Gay Hendricks, Kathlyn Hendricks. 2015-10-20 Are you passionately dedicated to experiencing your full capacity for love? If so, you are in for a thrilling ride on the greatest journey imaginable. If that sounds like a tempting invitation, keep reading, and prepare to take in some life-altering truths: That as you get older, your love life can get better. That instead of fading, your relationships can flourish. That you can have more exquisite love and more passionate sex in the second half of life than you ever had before. Kathlyn and Gay Hendricks, the pioneering authors of the original best-selling book *Conscious Loving*, show you how in this guide to creating vibrant and joyful connections from your mid-40s onward. Midlife is a time when we all face a choice: to settle into fixed routines and beliefs or to expand toward new horizons. With candor, compassion, and plenty of humor, drawing on experiments in the living laboratory of their own marriage as well as stories from their clients and colleagues, Katie and Gay offer insights and practices to help you:

- Expand and enrich love by making your own creative essence your top priority
- Take blame and criticism out of your communication with those you love
- Attract new love into your life
- Enjoy the best sex ever

Whether you're partnered or single, *Conscious Loving Ever After* can light your way through the layers of unconscious relating that so many of us get caught in. From a Ten-Minute Stuff Talk and a Ten-Minute Heart Talk to a range of whole-body learning processes designed to translate ideas into action, here are the tools you need to transform your romantic life so you can thrive in your full capacity for love.

Raising a Secure Child Kent Hoffman, Glen Cooper, Bert Powell. 2017-02-03 Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful Circle of Security parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time. You will learn:

- How to balance nurturing and protectiveness with promoting your child's independence.
- What emotional needs a toddler or older child may be expressing through difficult behavior.
- How your own upbringing affects your parenting style--and what you can do about it.

Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

Couples That Work Jennifer Petriglieri. 2019-10-08 Finding fulfillment in both love and work isn't easy--but it's possible. The majority of couples today are dual-career couples. As anyone who's part of such a relationship knows, this presents big challenges: trying to raise kids and achieve career goals while caring for and supporting your partner can seem impossible. Yet most advice for dual-career couples fails, framing the challenges as a zero-sum game in which one partner's gain is the other's loss and solutions feel like sacrifices or unsatisfactory trade-offs. This book is different. In *Couples That Work*, INSEAD professor Jennifer Petriglieri rejects conventional, one-size-fits-all solutions and instead focuses on how dual-career couples can tackle and resolve the challenges they face throughout their lives--together. She identifies three key phases of exploration and personal growth in every couple's work-life journey, showing how partners must navigate these together to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in ways that allow each partner to

continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms--and uncertainties. Based on a five-year research project, the book includes interviews with couples from over thirty countries--from executives to entrepreneurs and from twentysomething newlyweds to dual-career grandparents. Filled with vivid real-life stories, keen insights, and engaging exercises, *Couples That Work* will help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

Happy Together Sharon Scales Rostosky, Ellen D. B. Riggle. 2015-03-16 Many same-sex couples are stigmatized because of their relationship and experience significant stress. In every life context—family, work, neighborhood, religious communities, and in social and legal contexts—same-sex couples have to make decisions about disclosure, how to respond to prejudice, and how to cope with negative feelings about themselves and their experiences. This book helps couples work together to identify, develop, and use their strengths and skills to successfully navigate these issues and flourish. Tough tasks like confronting prejudice will never be easy, but thanks to the stories, tools, and resources presented in this book, readers will learn to manage such situations in a positive way. Learning activities in each chapter guide couples to become more aware of the causes of stress in their relationship, and to take positive actions to strengthen their commitment. Readers will learn how to cultivate the strengths of their LGBTQ identities, assert appropriate boundaries, create supportive relationships with others, and contribute authentically to their families and communities.

The Couple's Guide to Thriving with ADHD Melissa Orlov, Nancie Kohlenberger. 2014 More and more often, adults are realizing that the reason they are struggling so much in their relationship is that they are impacted by previously undiagnosed adult ADHD. *The Couple's Guide to Thriving with ADHD* gives concrete answers and strategies to those suffering from adult ADHD that couples can immediately use to improve their relationships. This book addresses questions from both ADHD and non-ADHD partners and provides straightforward advice arranged in a way that makes it easy to find the specific answers couples seek. It covers topics that include diagnosing adult ADHD, how to begin bringing about changes, communication techniques, dealing with anger and frustration, and rebuilding intimacy in a relationship. Part reference manual and part cheerleader, this is the go-to book for couples struggling with ADHD who want to actively work to improve their relationships--

Taking Sexy Back Alexandra H. Solomon. 2020-02-02 "Taking Sexy Back is going directly on my top list of recommended sexuality readings." —Esther Perel, author of *Mating in Captivity* and *The State of Affairs* It is time for a new sexual revolution. It's time to take sexy back. As women, we're expected to be sexy, but not sexual. We're bombarded with conflicting, shame-inducing, and disempowering messages about sex, instead of being encouraged to connect with our true sexual selves. Sexy gets reduced to a performance, leaving us with little to no space to reckon with the complexities of sexuality. In a culture intent on telling you who and how to be, standing in your truth is revolutionary. From relationship expert Alexandra Solomon—author of *Loving Bravely*—*Taking Sexy Back* is a groundbreaking guide to deepening your connection to yourself, honoring your desires, and cultivating authentic intimate connections. On these pages, you'll discover how to deepen your sexual self-awareness, and use that awareness to create experiences that not only pleasure, but elevate, expand, and heal you. You'll learn to understand your boundaries, communicate what feels good, and bring mindfulness and self-compassion to sex. Most importantly, you'll embrace your sexuality as an evolving, essential, and beautiful part of your life. Sex is about more than what your partner enjoys or finds sexy. It's about more than having an orgasm or finding the "right" positions. It's about you. It's time to take your sexy back! Named one of *Cosmopolitan's* Best Nonfiction Books of 2020! 2020 Consumer Book Honorable Mention from The Society for Sex Therapy and Research (SSTAR) As featured on *The Morning Show*—Australia's top-rated morning program

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