

The Wholehearted MARRIAGE

Fully Engaging Your Most Important Relationship



Dr. Greg Smalley and
Dr. Shawn Stoeber

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The Wholehearted Marriage Fully Engaging Your Most Important Relationship

Robert S. Paul, Tara Lalonde



The Wholehearted Marriage Fully Engaging Your Most Important Relationship:

The Wholehearted Marriage Greg Smalley, Shawn Stoever, 2009-06-02 The Wholehearted Marriage offers practical tools for helping couples keep a passionate connection with one another and understand the role their hearts play in their lives Drs Smalley and Stoever maintain that circumstances such as busy lifestyles differences between spouses personal baggage the loss of a loved one childhood trauma etc trigger reactions that condition us to close up our hearts for protection blocking the flow of love A disengaged protected heart makes it impossible to experience an intimate connected marriage As a result couples drift apart trying to find some version of contentment or they give up altogether and look for love somewhere else Through their experiences in marriage counseling Drs Smalley and Stoever discovered that the commonly heard phrase I don't love him/her anymore is merely a camouflaged misunderstanding about what true love is and God's design for it They affirm that love is more than just a feeling and that to have true lasting intimacy couples need to learn to love wholeheartedly

Fight Your Way to a Better Marriage Greg Smalley, 2012-11-06 In this counterintuitive book author Dr Greg Smalley maintains that fighting is actually good for a marriage When couples fight they have the opportunity to get to the real issue lurking below the surface about money sex in laws kids etc And that real issue Dr Smalley says is fear fear of rejection inadequacy or powerlessness to name a few What assuages these fears are things like intimacy respect validation love and connection Learning to take advantage of the opportunity that conflict provides is what this book is all about The good news of Fight Your Way to a Better Marriage is that conflict when handled correctly is the doorway to intimacy and understanding As Dr Smalley leads readers through the many faces of conflict he is open and candid about his own marriage and the unproductive fights he and his wife have had He uses his fears and emotional triggers as examples to help readers discover their own Couples will learn how to fight their way to a better marriage using the skills concepts and exercises shared in this remarkable book Typical marriage fights money sex in laws and kids But what if fights could trust respect intimacy and understanding WHAT IF CONFLICT IN MARRIAGE COULD BE A GOOD THING The truth is that marriages and spouses can't grow without conflict Some of the many values of conflict include An opportunity to break old ineffective patterns A way to guard against being too comfortable or too complacent which breeds mediocrity and boredom Insight into your own personal issues A window for viewing each other's deepest feelings and needs Reduction of tension as emotions are vented and stress is released Greater trust and intimacy after pushing through difficult and heated conversations Higher levels of marital satisfaction every time you manage the conflict well The sole reason we have the amazing experience of marriage sex

Your Fortune-telling Birthday Song-book Irving Caesar, Gerald Marks, 1940 **The Wholehearted Wife** Erin Smalley, Greg Smalley, Gary Smalley, 2014-06-20 Although it takes two to have a great marriage an important truth for any marriage partner to realize is that he or she can really change no one other than him or herself Nevertheless changes in just one person can have an amazing impact on a marriage relationship Instead of focusing on How do I have a better marriage

this book embraces that truth and helps women ponder the question How can I be the best wife I can be It provides every woman with skills information and encouragement to make a positive difference to this and future generations by wholeheartedly investing in her marriage and her relationship with her husband today The Wholehearted Wife is written by Erin and Greg Smalley along with Gary Smalley the creator and presenter of Keys to a Loving Relationship one of the best selling video series of all time Recognizing that most if not all married women have either experienced a time when her marriage felt lifeless or sat with another female friend or family member who was experiencing that situation this book is also a wonderful resource for those times Wholehearted Love Ronald Hammond, Stephanie Hammond, 2020-11-07 Guard your heart above all else for it determines the course of your life Proverbs 4 23 NLT If we desire to live peaceably with our spouses and others the first thing we must take care of is our heart In this book we draw the parallel between the condition of our physical heart and our spiritual heart to arrive at some fundamental marital truths The New Testament uses the Greek term kardia to denote the heart as the center of both physical and spiritual life In the physical sense the heart is the primary organ and regulator of our blood circulation to all parts of our body Its pace and vigor are important indicators of our general well being The spiritual heart is the center and of all our beliefs attitudes and impulses thoughts passions desires appetites affections purposes and endeavors It is the seat of our understanding of our intelligence of our will and character The responses of our spiritual heart are an indicator of our relationship with God and man This powerful book shows you how to maintain a healthy spiritual heart a joy filled marriage and shows you ways to remove any heart blockages that prevent life giving resources unconditional love and forgiveness from flowing in your marriage *Happily* Kevin A. Thompson, 2018-10-16 In the beginning marriage doesn't seem as though it should be all that difficult But it doesn't take long for trouble to seep in and for bad habits to become entrenched Before long many married couples may be wondering when the worse part ends and the better part starts Pastor and author Kevin A Thompson has good news for couples the better part is always within reach when they practice eight specific commitments to each other These commitments have the power to solve almost any problem a marriage faces and to prevent new ones from occurring With biblical insights and engaging personal stories Thompson shows couples how to see their marriage as bigger than themselves avoid both apathy and aggression release the desire for power make and maintain peace endure difficult times and more Perfect for newlyweds and for married couples at any stage of life **Happily is the gateway to a more loving more joy filled marriage** **101 Ways to Build a Stronger, More Exciting Marriage** H. Norman Wright, 2014-09-01 A growing marriage is a healthy marriage and communication is the key Noted Christian counselor Norm Wright draws on his years of counseling couples to provide 101 insightful conversation starters to encourage you and your partner to spend time together and deepen your relationship From time management to children and from finances to items you may not have considered you'll find questions that provide innovative ideas to spark your creativity observations on romance to open up new levels of intimacy topics to

strengthen your relationship conversation starters to enhance communication nonthreatening openings to bring up sensitive topics If you want more from your marriage 101 Ways to Build a Stronger More Exciting Marriage invites you to learn more about each other through engaging and fun interactions The Emotionally Healthy Marriage Dr. David Stoop, Dr. Jan Stoop, 2020-05-19 When it comes to a successful satisfying marriage it's not about how many workshops you've attended how many counseling sessions you've experienced together or which conflict resolution tools you've been taught What it really all comes down to is emotions understanding your own and your partner's and then walking hand in hand through those inevitable situations where emotions run high In The Emotionally Healthy Marriage Drs David and Jan Stoop take you and your spouse through a 5 step process of developing the emotional intelligence you need to stay strong and stay together With personal inventories that help you discover where you are doing well and where you need improvement as well as practical action steps you can take now to implement what you've learned this book is perfect for couples counselors and pastors

The Practically Divine Marriage Buckley, 2023-08-05 A Simple Guide for a Better Marriage Gary Chapman, John Hinkley, 2025-02-04 1 New York Times bestselling author Gary Chapman brings us A Simple Guide for a Better Marriage Marriage is beautiful It's meant to be a picture of Jesus and his love for the church But it's tough to live up to that Every relationship comes with challenges Whether you're in your first or 51st year you can grow in your marriage Dr Gary Chapman shares stories and insights inspired by decades of counseling couples With grace and humor Gary shares time tested wisdom and practical advice on Love and Intimacy Communication Changes and Decisions Apologies and Forgiveness Anger and Conflict Management Attitudes Differences Expectations Money Responsibilities In Laws A Simple Guide for a Better Marriage is for all couples who desire a joy filled marriage marked by understanding humor and love This book also makes the perfect gift *Marriage Made Sweet* Lamar McIntyre, 2016-01-19 A relationship with a significant other can be one of the most rewarding parts of our lives but we often find ourselves putting each other on the back burner if and when life's distractions get in the way It is essential that we make the effort to understand the needs of our partner which will in turn make the relationship stronger and our lives that much better *Marriage Made Sweet* discusses ways to achieve a successful marriage and gives tips for making your marriage or relationship sweeter for a long life of happiness Lamar McIntyre shares his bright and upbeat voice while relating the seven ingredients used to bake a cake to the aspects every marriage should have love submission commitment communication honesty sex and foreplay and fun This book reminds us that little things can go a long way and the most important thing is to have fun in your relationship Empowered to Love Robert S. Paul, Tara Lalonde, 2024-07-02 Discover how to build a fulfilling God honoring marriage that you both love When life throws us non stop challenges and curveballs how can we have any hope of building a fulfilling and intimate marriage How do we move from stressed and stretched to energized and inspired finding the strength to transform both our lives and relationship Robert Paul and Tara Lalonde equip husbands and wives with practical biblically based tools to transform their

personal lives and grow their marriage into something they'll both love. Instead of just passively hoping and praying for something better, couples will actively embark on a journey of caring for themselves and their most important relationship. In *Empowered to Love*, you will discover practical strategies for better self-care, enabling you to bring the best, healthiest and most whole version of you to your marriage. Thought-provoking exercises designed to empower you as an individual while fostering deeper connections with your spouse. Ways to pursue and significantly increase the romance in your marriage. Stories about marriage that will help you identify what relationship strategies work best. Insights on forgiveness, your responsibility as a spouse and caring for your emotions. Invest in your future both as an individual and as a spouse. Embark on a transformative journey that will help both you and your marriage thrive.

5 Simple Steps to Take Your Marriage from Good to Great Terri L. Orbuch, 2009-10-27 What makes marriages last? What makes couples happy? Is it possible for a so-so marriage to become a great one? From Dr. Terri Orbuch, the renowned therapist and nationally recognized relationship expert known as The Love Doctor, comes a book that breaks new ground in marital relationships. The head researcher in a large-scale, unprecedented study funded by the National Institutes of Health, which has followed 373 couples for more than twenty-two years and is ongoing, Dr. Orbuch made some remarkable discoveries about happiness, sexuality, human mating patterns, and relationship longevity. In *5 Simple Steps to Take Your Marriage from Good to Great*, she releases the study's findings to the public in a book for the first time, sharing her insights and never-before-revealed strategies for improving and enhancing your marriage at every stage. Do you remember the feeling of first being in love? Based on the latest research about what works in happy marriages, Dr. Orbuch offers an accessible, step-by-step roadmap for reconnecting with those feelings and gaining a deeper appreciation for the things you and your spouse share. She defines the five simple strategies to help couples navigate the daily minefield of marriage: from defusing frustrations that erode your relationship to the simple things that will keep your partner happy; from the 10-minute rule to help you really get to know your spouse to reducing boredom and weeding out unprofitable behaviors. Filled with exercises, checklists, and some surprising statistics, *5 Simple Steps to Take Your Marriage from Good to Great* will help you bring happiness, joy, and fulfillment to the most important relationship of your life. From the Hardcover edition.

Now That You're Engaged H. Norman Wright, 2006-02-27 Now that you're engaged, how do you build a strong, lasting relationship? Trusted Christian counselor and marriage therapist Dr. H. Norman Wright offers straight talk to couples of all ages about this important step they are taking. As Wright knows and counsels, your level of commitment is the most vital factor in determining the success or failure of your relationship. Backed with biblical wisdom and providing the tools for a rock-solid plan, this practical book asks the right questions and helps you build on a strong foundation of commitment that can stand the test of time. Make your marriage the best it can be, starting with *Now That You're Engaged*.

A Couple's Guide to a Growing Marriage Gary Chapman, 2014-07-28 From 1 New York Times bestselling author Gary Chapman, every marriage is a growing marriage. The real question is: are you growing closer together or further

apart If you re content with the latter don t change a thing However if you desire the kind of marriage that keeps getting better then you ll need to be intentional This book will start you in the right direction A Couple s Guide to a Growing Marriage teaches you how to Invite God into the details of your life and marriage Listen in ways that deepen intimacy and friendship Understand your spouse and be understood Keep your love fresh and mutually engaging Manage conflict constructively not destructively In both private and shared time exercises you ll explore Bible study prayer and Scripture memory You will learn how to have a brief daily sharing time with your spouse and you will cultivate deeper friendships with others through group activities So much more than a personal and group study A Couple s Guide to a Growing Marriage Bible Study will teach you to share your life more fully with God and as your relationship with God deepens so will your relationship as a couple

The Surprising Secrets of Highly Happy Marriages Shaunti Feldhahn,2013-12-31 Where does highly happy come from and can we have some too Have you ever looked at a blissfully married couple and thought I wish I could know their secret Now you can After years of investigative research Shaunti reveals twelve powerful habits that the happiest marriages have in common Best news of all Anyone can learn the secrets of a highly happy marriage In The Surprising Secrets of Highly Happy Marriages Shaunti Feldhahn shares her findings about little very unexpected often overlooked actions that make a huge difference You re about to discover that highly happy couples Go to bed mad Keep score just not in the way you think Boss their feelings around Have factual fantasies Get in over their heads Don t tell it like it is Don t look to marriage to make them happy Packed with eye opening research and practical helps this book delivers relationship insights that will take your marriage from just fine to just the marriage we ve always wanted ￼￼￼￼ ￼￼￼ 2009, ￼￼￼￼￼ ￼￼￼ ￼￼￼￼

Making Marriage Simple Harville Hendrix,Helen LaKelly Hunt,2014-04-01 Change the relationship you have into the one you want Welcome to the Relationship Revolution Making Marriage Simple is the accessible essential road map to building a strong marriage in the modern world Bestselling authors Harville Hendrix and Helen LaKelly Hunt distill into ten essential truths what they ve learned about how to create a successful and satisfying relationship both from their decades of R D in the marriage lab of their workshops and from their own relationship journey In each chapter Harville and Helen introduce a simple truth such as a frustration is a wish in disguise incompatibility is grounds for marriage or conflict is growth trying to happen and then walk couples through easy yet effective exercises to help them apply each truth in real life every day Harville and Helen have spent their careers helping couples transform their marriages through research workshops and counseling But marriage even for marriage experts is never easy and a number of years ago they found themselves on the brink of divorce Harville and Helen put themselves back through the exercises they d coached so many other couples through saving their marriage and helping them achieve a true partnership This book is for all couples It offers the practical tools needed to transform one s relationship into a rewarding and joyous marriage Written with humor compassion and honesty and illustrated throughout with engaging line drawings Making Marriage Simple is a strategic

blueprint for creating a stronger more satisfying partnership in today s world **21 Days to a Great Marriage** Henry Cloud,John Townsend,2006-10-01 In a mad dash world filled with long to do lists and too many commitments it s easy for one to lose perspective of what matters most even with the most important person in one s life It gets even more complicated with all of the distractions that seem to keep our attention away from sources of help and renewal That s why Cloud Townsend have teamed up to pack their very best relationship principles in a powerful 21 day program designed for today s busy couples Each short chapter has to the point wisdom and do it today action steps on issues like committing to personal growth breaking the pattern of trying to change one s spouse building and restoring trust cultivating healthy intimacy establishing realistic expectations learning to handle conflict without damaging the relationship and much more **Think & Grow Your Marriage** Sheryl Gipson,2019-08-04 This book is for couples that are looking for ways to communicate without Killing each other or winding up in court for a divorce Are you looking for a way to have a conversation with your spouse without making each other feel bad or have regrets for the words you might have said Or the one that they said to you Do you miss being able to share with your partner on an intimate level Or do you feel like you are walking on eggshells every time you try to have a conversation or say a word to your partner so you just don t say anything at all for fear that it will make things worse between you Wouldn t it be wonderful to be able to have a conversation that actually led to true communication understanding and connection with your partner Wouldn t you like to be able to talk to your partner and know you could walk away feeling stronger confident and encouraged Trust me I have been where you are now and it causes my husband and me a lot of agony and pain before we figured this out I remembered my husband use to actually accuse me of not liking him even though I had married him and I have to admit I had begun to dislike him even though I was in love with him Yeah the Love hate Thing but with the constant arguing and disagreement I never thought we were going to make it Until I decided I will never be a two time divorcee and that we were going to figure this out before we head to divorce court The thing is whenever you argue you both feel you have a side instead of being on the same side After making fixing the issue my mission I then discovered the teachings of Napoleon Hill Bob Proctor Tony Robbins and Gary Chapman They talked about different aspects the positive difference came not from one but the combination of all After we discovered it we knew we wanted to share it with our friends family and other Married Couples that were facing the same struggles in their relationships The most valuable thing we learned and that we now share with other couples is how to communicate with each other How to really listen and be heard in a way that both partners are left feeling satisfied and taken care of and safe We learned how to connect on an even deeper level in our intimate relationship so that we both feel fulfilled and have discovered a passion for each other more now than we had when we were younger and first met We truly learned each other s Love Languages to keep us both stimulated inside and outside the bedroom We learned how to address and conquer our conflicts together as well as nurturing ourselves individually so that we have more to give to the relationship and much more This book is meant

to bring you together and deepen the connection in a relationship and be a solution to many issues that couples face today It is meant as a guide to be implemented not only read and discussed but you must practice the techniques in this book not just one or two but I highly recommend practicing at least a handful to strengthen the relationship and marital bond so that you are both happier and fulfilled

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The Wholehearted Marriage Fully Engaging Your Most Important Relationship Introduction

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