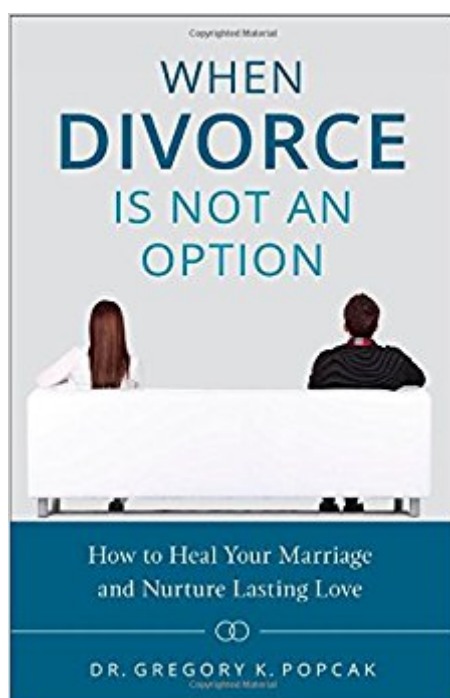


The book was found

When Divorce Is Not An Option: How To Heal Your Marriage And Nurture Lasting Love



Synopsis

God has put you and your spouse together for a reason and it's not to argue. You are bonded together to cultivate in each other those virtues that lead to sanctification. That's why this book isn't just about saving your marriage it's about transforming it into a joyful, loving relationship. In these pages, acclaimed author and psychotherapist Gregory Popcak shows you how to heal the hurt in your marriage and develop the crucial habits necessary to resolve conflicts, renew the love you once had, and discover the passion you always wanted. Dr. Popcak's clinical experience and recent research show that the difference between happy and unhappy marriages lays in the habits both good and bad that are practiced in the home. Here you'll discover the simple steps needed to root out behavior that leaves you resentful and demoralized, and to begin practicing positive habits that facilitate mutual respect and cultivate admiration. Even if you feel lonely and abandoned in your marriage, Dr. Popcak offers sensible ways you can work alone at resolving conflict, repairing damage, building rapport, and maintaining intimacy. Because of the graces given to husbands and wives, you have tremendous untapped power to be a catalyst for change even if your spouse is not participating. By following the wise advice in this book, you will take the guesswork out of building a stable, healthy marriage. You will also learn: -Eight marriage-friendly habits that couples in healthy relationships exhibit -How to identify those areas of your marriage that require the most attention -What to do when you feel your spouse is out to get you -Simple ways to integrate prayer into the life of your marriage -How to make God part of healing your marriage -How your mind handles feelings and emotions and what you can do about it -Tips for keeping your conversations focused on solutions instead of emotions -How to see each your spouse's faults as opportunities for you to grow in holiness.

Book Information

Paperback: 336 pages

Publisher: Sophia Institute Press (September 23, 2014)

Language: English

ISBN-10: 1622821882

ISBN-13: 978-1622821884

Product Dimensions: 6.1 x 1 x 8.5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 25 customer reviews

Best Sellers Rank: #227,055 in Books (See Top 100 in Books) #57 in [Books > Christian Books](#)

& Bibles > Catholicism > Self Help #735 in [Books > Christian Books & Bibles > Christian Living > Marriage](#) #3469 in [Books > Christian Books & Bibles > Christian Denominations & Sects](#)

Customer Reviews

Christopher West, author *Fill These Hearts: God, Sex, & the Universal Longing* Dr. Greg offers practical wisdom rooted in a profound understanding of human nature and divine grace. Read it yourself and share it with couples who need it! Rev. Francis J. Hoffman, JCD, Ex. Director of Relevant Radio, Author of *Marriage Insurance: 12 Rules to Live By* I heartily recommend this book to all who hope that marriage can last forever. Dr. Popcak provides practical advice -- distilled from decades of counseling experience -- to help couples deepen their love for each other. But this book is more than a list of practical tips: it is permeated with faith in Christ and the realization that His cross is the pathway to our redemption and happiness on earth. --Personal Endorsements

God has put you and your spouse together for a reason and it's not to argue. You are bonded together to cultivate in each other those virtues that lead to sanctification. That's why this book isn't just about saving your marriage it's about transforming it into a joyful, loving relationship. In these pages, acclaimed author and psychotherapist Gregory Popcak shows you how to heal the hurt in your marriage and develop the crucial habits necessary to resolve conflicts, renew the love you once had, and discover the passion you always wanted. Dr. Popcak's clinical experience and recent research show that the difference between happy and unhappy marriages lays in the habits both good and bad that are practiced in the home. Here you'll discover the simple steps needed to root out behavior that leaves you resentful and demoralized, and to begin practicing positive habits that facilitate mutual respect and cultivate admiration. Even if you feel lonely and abandoned in your marriage, Dr. Popcak offers sensible ways you can work alone at resolving conflict, repairing damage, building rapport, and maintaining intimacy. Because of the graces given to husbands and wives, you have tremendous untapped power to be a catalyst for change even if your spouse isn't participating. By following the wise advice in this book, you'll take the guesswork out of building a stable, healthy marriage. You'll also learn:

- *Eight marriage-friendly habits that couples in healthy relationships exhibit
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- *How your mind handles feelings and emotions and what you can do about it
- *Tips for keeping your conversations focused on solutions instead of emotions
- *How to see each your spouse's faults as opportunities for you to

grow in holiness.

This book takes the science of psychology as well as the power of the faith right to the areas in our marriages that need them the most. It leaves you with tools in your hands and hope for your marriage.

This was an exceptional well written book. The information was easy to read and very clear cut. I would recommend this book to anyone that is starting to sense issues in their marriage. I wish I had read this book even 2 weeks earlier than I did. It quite possibly could have saved my marriage.

Love it. This is a much needed resource for couples in a troubled marriage and those trying to avoid getting to that point

An excellent book! It told me exactly where I was in my marriage, and what can be done to make it better. I highly recommend this book!

I'm taking my time reading this absorbing EVERYTHING in it so that I can not only be a better wife, but a better person altogether. I highly recommend everyone read this book to strengthen the marriage bond.

Good book if your planning on working through your issues and gives you hope for the rough ride.

have already passed it to several good friends who definitely need this information.

Life changing! Thank you Dr. Popcak for writing this book.

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