



Saving Your Marriage Before It Starts Workbook for Men

Les Parrott, Leslie Parrott

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

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