

## Couples Resources:

**Below is a list of books I often recommend for couples. Review the books on amazon.com and on the website address following the title.**

Borcherdt, Bill. (1996). **Head over heart in love: 25 guides to rational passion.** Sarasota, FL: Professional Resource Press.

Burns, David, MD. (2008). **Feeling good together: The secret to making troubled relationships work.** NY: Broadway Books. <http://www.feelinggood.com/>

Burns, David, MD. (1985). **Intimate connections: The clinically proven program for making close friends and finding a loving partner.** NY: Penguin Books. <http://www.feelinggood.com/>

Goldbart, Stephen, PhD, & Wallin, David. (2001). **Mapping the terrain of the heart: Passion, tenderness and the capacity to love.** Jason Aronson, Inc.: Northvale, NJ

Gottman, John M., PhD, & DeClaire, Joan. (2001). **The relationship cure: A 5 step guide to strengthening your marriage, family and friendships.** NY: Three Rivers Press. <http://www.gottman.com/>

Gottman, John M., PhD, & Silver, Nan. (1999). **The seven principles for making marriage work: A practical guide from the country's foremost relationship expert.** NY: Three Rivers Press. <http://www.gottman.com/>

Gungor, Mark. (2008). **Laugh your way to a better marriage.** New York: Atria Paperback. <http://www.laughyourway.com/about/mark-gungor/> (Christian based)

Hendricks, Harville, Ph.D. (1988) **Getting the love you want.** NY: Harper & Row Publishers. <http://www.harvillehendrix.org/>

Johnson, Sue. (2008). **Hold me tight: Seven conversations for a lifetime of love.** NY: Little Brown & Company. <http://www.holdmetight.net/>

McKay, Matthew, PhD, Fanning, Patrick, & Paleg, Kim, PhD. (2006). **You can build a better relationship** (2<sup>nd</sup> ed.). Oakland, CA: New Harbinger Publications, Inc. <http://www.drmattmckay.com/>

Notarius, Clifford PhD, & Markman, Howard, PhD. (1993). **We can work it out: How to solve conflicts, save your marriage, and strengthen your love for each other.** NY: Penguin Books.

O'Hanlon, Bill, & Hudson, Pat. (1995). **Love is a verb: How to stop analyzing your relationship and start making it great.** NY: W W Norton & Company. <http://www.billohanlon.com/>

Paul, Jordan, PhD & Paul, Margaret (1983). **Do I have to give up me to be loved by you?** Minneapolis, MN: Compcare Publications. <http://www.drjordanpaul.com/>

Real, Terrance. (2007). **The new rules of marriage: A breakthrough program for 21<sup>st</sup>-century relationships: What you need to know to make love work.** NY: Ballantine Books. <http://www.terryreal.com/>

Schnarch, David, MD. (2009). **Intimacy and desire: Awaken the passion in your relationship.** NY: Beaufort Books. <http://crucibletherapy.com/>

Schnarch, David, MD (2002). **Resurrecting sex: Solving sexual problems and revolutionizing your relationship.** NY: Harper Publishing. <http://crucibletherapy.com/>

Schnarch, David, MD. (1997). **Passionate marriage: Sex, love and intimacy in emotionally committed relationships.** NY: W. W. Norton & Company. <http://crucibletherapy.com/>

Stone, Hal, PhD, & Stone, Sidra, Phd. (1989). **Embracing each other: How to make all your relationships work for you.** Albion, CA: Delos, Inc. <http://delos-inc.com/>

Weiner-Davis, Michelle. (1993). **Divorce Busting.** A Fireside Book. (<http://www.divorcebusting.com/>)