



## Fighting for Your Marriage: The Bestselling Book on Marriage Enhancement and Divorce Prevention

*By Howard J. Markman, Scott M. Stanley, Susan L. Blumberg*

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A new and updated edition of the all-time bestselling book on marriage enhancement and divorce prevention. Since it was first published in 1994, *Fighting for Your Marriage* has been the bestselling book in its field. As in the original edition, the book offers invaluable advice on achieving better communication and problem-solving skills, using structured techniques to resolve conflicts, sharing a core belief system, understanding commitment and forgiveness, restoring intimacy, increasing fun, and improving your sex life. The authors show that conflict in intimate relationships is as normal and essential as love-but it's how you fight and resolve conflicts that determines the difference between a sustained healthy marriage or a painful divorce.

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### **Editorial Review**

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The two essentials of a lasting marriage, according to these articulate Ph.D.'s, are preventing problems and enhancing satisfaction. Moving beyond the obvious, they spell out the four main challenges of marriage--being safe at home, keeping the doors to intimacy open, doing one's part and being responsible, and nurturing security and your future together. These principles and the examples offered are among the most cogent and powerful on audio, especially in the voice of narrator C.M. Herbert, who provides a silky intellectual quality. When couples correct the four danger patterns--escalation, invalidation, negative interpretations, and withdrawal/avoidance--they can attain enough security and peace to focus on what's positive and build on it. T.W. © AudioFile 2006, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

### **Users Review**

**From reader reviews:**

**Robert Young:**

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**Coleman Jones:**

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