



When Divorce Is Not an Option: How to Heal Your Marriage and Nurture Lasting Love

Greg Popcak

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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.

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From reader reviews:

Sharon Hall:

Have you spare time for the day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a wander, shopping, or went to typically the Mall. How about open or maybe read a book eligible When Divorce Is Not an Option: How to Heal Your Marriage and Nurture Lasting Love? Maybe it is to get best activity for you. You know beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with their opinion or you have additional opinion?

James Dungan:

Spent a free time to be fun activity to perform! A lot of people spent their sparettime with their family, or their particular friends. Usually they performing activity like watching television, gonna beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the e-book untitled When Divorce Is Not an Option: How to Heal Your Marriage and Nurture Lasting Love can be very good book to read. May be it could be best activity to you.

Nancy Lowery:

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Joseph Russell:

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