Resource List:
Marital Challenges

The resources listed below align with Focus on the Family’s philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at focusonthefamily.com.

Included
Books
Broadcasts
Websites, Q&As, and Resource Lists
Referrals

Books

6 Secrets to a Lasting Love: Recapturing Your Dream Marriage by Dr. Gary and Mrs. Barbara Rosberg (2007) • 9781414312101 • Perhaps your dream for a perfect marriage has faded with the passing of time and the stresses of life. But the Rosbergs share insights that can help you and your spouse re-create the marriage you dreamed of.

Alone in Marriage: Encouragement for the Times When It’s All Up to You by Susie Larson (2007) • 9780802452788 • You may be experiencing a season of intense loneliness in your marriage. But as you allow the Lord to be the husband He promises to be, He can use your anger and disappointment to challenge, refine, and strengthen your spiritual walk.

Becoming a Family That Heals by Drs. Tom and Beverly Rodgers (2009) • 9781589975750 • As counselors, the Rodgers offer a healing process based on research and scriptural truth that can help you discover negative family patterns and learn how to resolve harmful problems.

Before the Last Resort: 3 Simple Questions to Rescue Your Marriage by George Kenworthy (2014) • 9781602007215 • If you’re about to give up on your marriage or know someone who is, learn how God can heal the deepest hurts and restore your marriage—whether you’re dealing with deceit, adultery, or abuse.

Beyond Ordinary: When a Good Marriage Just Isn’t Good Enough by Justin and Trisha Davis (2012) • 9781414372273 • Not recognizing the warning signs, the Davises’ marriage and ministry were nearly destroyed. With vulnerable transparency, they share what happened—and how God restored their marriage and strengthened their relationship.

Boundaries in Marriage by Dr. Henry Cloud and Dr. John Townsend (2002) • 9780310243144 • Learn to respect each other’s needs, choices, and freedoms by understanding and working through the friction points, hurts, and betrayals that can occur in a marriage relationship.

Close Calls! What Adulterers Want You to Know About Protecting Your Marriage by Dave Carder (2008) • 9780802442116 • Filled with real-life stories and clinical insights, this guide reveals what too many couples have learned the hard way — and provides practical safe-guarding principles to help you protect your marriage.

Dancing With the One You Love: Living Out Submission in the Real World by Cindy Easley (2010) • 9780802441645 • Easley shares interviews with women from different backgrounds and circumstances to illustrate that submission is not repressed servanthood — it’s a voluntary desire to empower a husband’s leadership.

Desperate Marriages: Moving Toward Hope and Healing in Your Relationship by Gary Chapman (2008) • 9780802475527 • Chapman provides positive steps and principles to help couples practice healthy communication and restore trust, love, and hope in their relationship.
Fight Your Way to a Better Marriage: How Healthy Conflict Can Take You to Deeper Levels of Intimacy by Dr. Greg Smalley (2013) • 9781451669190 •
Fighting can actually be good for a marriage when it helps couples get down to the real issues. Sharing stories from his own marriage and offering practical suggestions for healthy conflict, Smalley brings clarity to the emotions that can spark trouble.

Healing the Hurt in Your Marriage by Dr. Gary and Mrs. Barbara Rosberg (2004) • 9781589971042 •
The Rosbergs examine conflict and offer a practical, step-by-step process for resolving it in a healthy manner. Learn to heal hurts, improve communication, foster forgiveness, promote trust, and build a sound marriage.

How to Act Right When Your Spouse Acts Wrong by Leslie Vernick (2009) • 9780307458490 •
Even in the best of marriages, conflict happens—and we don’t always know what love should look like in those situations. Learn how to see your spouse and your marriage from an eternal perspective, and find valuable tools to help you respond wisely when you’ve been wronged.

I Don’t Love You Anymore by David Clarke (2002) • 9780785265153 •
Clarke discards popular advice about using romance to draw a wandering spouse back into marriage and instead lays out a biblically based action plan that can create the best chance of saving and rebuilding a marriage.

The Imperfect Marriage: Help for Those Who Think It’s Over by Darryl and Tracy Strawberry (2015) • 9781414317458 •
The Strawberries vulnerably share their struggles to point to the hope and healing found only in Christ.

Intimate Allies by Dan Allender, Ph.D., and Tremper Longman (1999) • 9780842318242 •
Allender and Longman discuss how to address unresolved conflict, challenging husbands and wives to move their relationship out of the mundane and into the fulfilling experience God intends.

Find biblical wisdom and practical tips to help you improve all aspects of your relationship.

Love Must Be Tough: New Hope for Marriages in Crisis by Dr. James Dobson (2007) • 9781414317458 •
Dobson addresses the phenomenon of disrespect in marital relationships, offering hope for troubled or abusive marriages, victims of infidelity, and others on the brink of divorce.

The Marriage Builder: Creating True Oneness to Transform Your Marriage by Larry Crabb (2013) • 9780310336877 •
Crabb explores the biblical principle of oneness in marriage and the foundations necessary to build a joyful, lasting marriage: the grace of God, true commitment, and accepting our spouse.

Married but Lonely by David Clarke, Ph.D. (2013) • 9781616386986 •
Many wives are confident of their husband’s love and commitment, but they long for true intimacy. Learn to understand God’s design for oneness in marriage.

The Meaning of Marriage: Facing the Complexities of Commitment With the Wisdom of God by Timothy Keller (2011) • 9781594631870 •
Drawing from his sermons, Keller discusses difficulties couples often experience and shows how God’s Word can provide a blueprint for a healthy, loving, lifelong relationship.

Men and Women: Enjoying the Difference by Larry Crabb (2013) • 9780310336884 •
Crabb points out that we’re all prone to selfishness. But as husbands and wives learn to honor their differences and consider how they complement each other, they can become “other-centered” and find deeper fulfillment.

Nothing to Hide: Hope for Marriages Hurt by Pornography and Infidelity by Joann Condie • Focus on the Family online booklet
This booklet provides suggestions, guidelines, and hope for those whose spouse has violated marital vows through pornography, strip clubs, sexual chat rooms, phone sex, or affairs.

One More Try: What to Do When Your Marriage Is Falling Apart by Gary Chapman (2014) • 9780802411518 •
Chapman compassionately offers biblical wisdom and practical insights for working through heartache to reach healing.

The Surprising Way to a Stronger Marriage: How the Power of One Changes Everything by Michael and Amy Smalley (2010) • 9781589975606 •
The Smalleys show you how to stop the blame game and have realistic expectations—even when your spouse doesn’t.

Surviving a Spiritual Mismatch in Marriage by Lee and Leslie Strobel (2002) • 9780310220145 •
The Strobes discuss how to make the most of a mismatched marriage. They offer principles for reaching out to your partner, advice for raising children, and a 30-day guide to get started.
Uncommon Marriage: Learning About Lasting Love and Overcoming Life’s Obstacles Together by Tony and Lauren Dungy (2014) • 9781414383699
The Dungys share how to strengthen the marriage bond and find joy together—during good and hard times.

Unfaithful: Hope and Healing After Infidelity by Gary and Mona Shriver (2009) • 9781434765338
The Shrivers vulnerably share firsthand insights and open their hearts to couples in the midst of unfaithfulness—pointing out where to find strength, hope, and faith to renew trust and rebuild a solid marriage.

The Wholehearted Marriage: Fully Engaging Your Most Important Relationship by Dr. Greg Smalley and Dr. Shawn Stoever (2009) • 9781416544821
Has a busy lifestyle, personal baggage, or loss of a loved one come between you and your spouse? Offering advice and encouragement, Smalley and Stoever help you overcome a loveless marriage and rebuild a fulfilling partnership.

Winning Him Without Words: 10 Keys to Thriving in Your Spiritually Mismatched Marriage by Dineen A. Miller and Lynn Donovan (2011) • 9780800724924
If your husband doesn’t share your faith, you may feel torn between guarding your belief in Christ and being unable to share it with the person you love most. Learn 10 scriptural principles that can help you release God’s love into your marriage.

Yes, Your Marriage Can Be Saved: 12 Truths for Rescuing Your Relationship by Joe and Michelle Williams (2007) • 9781589973817
Perhaps you believe there’s no chance of your marriage surviving. Or perhaps you want to restore your marriage but your spouse doesn’t. The Williamses discuss how a marriage can be pulled from the brink to a successful lifelong relationship.

Your Time-Starved Marriage by Drs. Les and Leslie Parrott (2006) • 9780310267294
The Parrots share how to reclaim and manage the priceless gift of time. It’s not about being more productive—it’s about being more connected.

Addressing Heartache in Marriage – I, II (Dr. Dan Allender) • 9781624714436
Sharing thoughts from his book Intimate Allies, Allender encourages husbands and wives to address relational struggles head on and to draw strength, nourishment, and courage from each other.

Arguing Well in Your Marriage (Dr. Scott Stanley) • 9781624719530
A research professor and co-director of the Center of Marital and Family Studies at the University of Denver, Stanley looks at disagreements—what to steer clear of (such as stonewalling) and what healthy arguing looks like (such as scheduling a later time to discuss concerns when you’re both rested and level-headed).

Asking God to Save Your Marriage – I, II (Dr. George Kenworthy) • 9781624710896
Learn the difference between the world’s view of happiness in marriage (that it’s “all about me”) and God’s view of unselfish love. Kenworthy encourages husbands and wives to work through conflict and keep the Lord at the center of their relationship.

Avoiding the Chore War (Dr. Greg and Mrs. Erin Smalley) • 9781624716751
The Smalley share their experience handling household chores. When each spouse owns 100 percent of the responsibility in creating a positive home environment—and their expectations are understood by each other—both will feel they have reached a win-win situation.

Building a Marriage That Lasts – I, II (Tony and Lauren Dungy) • 9781624716379
The Dungys share a candid glimpse of their personal life and how their marriage of 30-plus years survived Tony’s NFL career, as well as parenting, adoption, and all the joys and hardships along the way.

Building a Marriage That Will Go the Distance – I, II (Dr. Gary and Mrs. Barbara Rosberg) • 9781624717284
The Rosbergs offer biblically based insights from their book 6 Secrets to a Lasting Love. They discuss how couples can work through times of conflict and find hope as they pray and read God’s Word together.

Building True Oneness in Marriage – I, II (Dr. Larry Crabb) • 9781624716348
Many Christian couples become disillusioned and disappointed—but they don’t have to remain that way. Crabb helps husbands and wives get to the root of the problem, and he points to God’s desire for joy and true oneness in marriage.
Changing Your Marriage Through the Power of One (Michael and Amy Smalley) • 9781624717611
Admitting your mistakes can go a long way toward stemming unhealthy conflict, perhaps even avoiding it altogether. The Smalleys offer insight from their book The Surprising Way to a Stronger Marriage: How the Power of One Changes Everything.

Energizing Your Marriage With Love and Respect (Dr. Emerson and Sarah Eggerichs) • 9781624715730
One of a wife’s deepest needs is love, and one of a husband’s deepest needs is respect. When these aren’t met, couples often enter what Eggerichs calls the “crazy cycle” of conflict. Learn how to break the cycle—and avoid it in the first place.

Engaging Wholeheartedly in Your Marriage – I, II (Dr. Greg and Mrs. Erin Smalley, Dr. Shawn and Mrs. Christina Stoever) • 9781624713187
In times of conflict, couples might find their hearts shutting down. Learn how you and your spouse can love and trust each other wholeheartedly—even in the midst of struggles.

Establishing Healthy Boundaries in Your Marriage (Dr. John Townsend, Dr. Henry Cloud) • 9781624711824
Using biblically based principles, Cloud and Townsend talk about boundaries in marriage that will benefit both spouses in the long run—including tips for dealing with conflict, adultery, forgiveness, and how to know if you can trust your spouse again.

Examining Your Part in a Difficult Marriage (Darryl and Tracy Strawberry) • 9781624719554
Darryl recounts his successful days as a major league baseball player and his subsequent problems with substance abuse and bad habits. He had two failed marriages, as well as several stints in rehab. He met Tracy at Narcotics Anonymous; they’ve been married since 2006 and speak about redemption through Christ.

Experiencing a Fulfilled Marriage – I, II (Patricia Ashley) • 9781624712777
Ashley shares a dynamic message of how God restored her marriage and how marital fulfillment can be found when husbands and wives seek the Lord together and follow His design for marriage.

Fighting for a Stronger Marriage – I, II (Dr. Greg Smalley) • 9781683320128
Sharing from his book Fight Your Way to a Better Marriage, Smalley explains why conflict in marriage can be a good thing. Poorly managed conflict tends to bury the real issues—but when handled well, it can lead to deeper levels of intimacy.

Fighting As a Team in Marriage (Dr. Greg Smalley) • 9781624712715
Smalley helps husbands and wives learn to handle disagreements—fighting as a team for a stronger marriage—by choosing your battles carefully, communicating accurately, and being slow to anger but quick to listen and forgive.

Finding Restoration When Love Is Gone – I, II (Dr. David Clarke) • 9781624719240
Clarke discusses how couples can navigate marital crises and restore lost love. He explores some of the reasons husbands and wives drift apart, how to regain lost self-worth if your spouse says they don’t love you, and more.

God Used Our Friends and Family to Save Our Marriage – I, II (Jeremy and Tiffany Lee) • 9781624719615
The Lees (Tiffany goes by “Plumb” in the music world) share about their early years of marriage and building a family—and about the circumstances that led to their separation. But God worked in both their hearts, and with the help of Christian counseling and the support of Christian friends, they renewed their marriage vows.

Guarding Your Married Heart – I, II (Dr. Gary Smalley, Dr. Greg Smalley) • 9781624711589
Father and son discuss common problems in marriage such as past wounds, misunderstandings, and different expectations about sexual intimacy. Learn how God’s Word can replace lies that harm your marriage.

Harnessing Your Strength to Transform Your Marriage – I, II (LeRoy and Kimberly Wagner) • 235000007751
The Wagners share how God transformed their broken marriage as they addressed Kim’s fierceness. They mention ways women unknowingly emasculate their husbands and how to change that behavior.

Healing Our Hurting Marriage – I, II (Pastor Paul and Mrs. Melody Westbrook) • 9781624719059
The Westbrooks talk about their marriage, which was almost destroyed by his addiction to work and her suppressed feelings of loneliness and anger. They talk about the intensive counseling provided by the Focus on the Family Marriage Institute, and they encourage other couples who might be struggling.

Healing Marriages One Couple at a Time (Mark and Angie Pyatt) • 9781624718564
The Pyatts had a family and full lives. Then, in 1989, Angie admitted she didn’t love Mark anymore. They found help and counseling at the Focus on the Family Marriage Institute, which transformed their lives and marriage.

Healing the Wounds in Your Family – I, II (Drs. Tom and Beverly Rodgers) • 9781624715051
The Rodgers discuss their book Becoming a Family That Heals. They share from their own struggles in the early years of marriage, and their desire to help couples and families overcome wounds from the past.
Owning Your Faults and Loving Your Spouse

Overcoming Selfishness in Marriage

Navigating the Common Challenges of Marriage – I, II

Moving Beyond Ordinary in Your Marriage

Managing Expectations in Marriage

Improving Marriage

How Our Marriage Survived Cancer

How Mentoring Saved Our Marriage – I, II

How to Fight Fair

Marital Challenges

The Power of Unconditional Respect in Marriage

Hope for Every Marriage – I, II

Keeping Priorities Straight in Your Marriage

Making Marriage Work in a Social Media World

Making Your Marriage a High Priority – I, II

Social Media has its place, but it can also have a negative impact on marriage. Learn where to draw the line on how much time you spend with these tools—and how to define online relationships—so you can safeguard your marriage.

Making Your Marriage a High Priority – I, II

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Making Your Marriage a High Priority – I, II

The empty-nest season brings joys and challenges. The Reccords advise husbands and wives how to draw closer together during this time so they can move forward with renewed fulfillment and purpose.

Managing Expectations in Marriage

Smalley relates stories from his own marriage and answers questions about marital expectations and the frequent disillusionment that often follows. He shares wisdom about developing and maintaining strong communication, and he delves into some of the deeper issues behind potential conflicts.

Moving Beyond Ordinary in Your Marriage – I, II

The Davises met in a Christian college and ministered together. But their marriage spiraled, and Justin had an affair. Eventually, Justin revealed that he had been sexually abused as a boy and was addicted to pornography. The Davises left the ministry, worked on their marriage, and now equip churches and pastors to build healthy marriages and families.

Moving From Loneliness to Intimacy in Your Marriage – I, II

Clarke addresses the pain and frustration caused by loneliness in marriage, and he offers practical things husbands and wives can each do to heal this problem.

Navigating the Common Challenges of Marriage – I, II

Learn how to request change after first taking responsibility for your own behavior, how to deepen your relationship through acts of love that specifically speak to your spouse, how to make sense of frantic schedules once kids come along, and how to live out a covenant marriage that pleases God.

Overcoming Selfishness in Marriage

Based on their book Rescue Your Love Life, Cloud and Townsend explain how God’s design for marriage is more about our spiritual growth than our happiness—about teaching us to put the needs of others before our own.

Owning Your Faults and Loving Your Spouse

Chapman discusses the importance of taking ownership of your faults within marriage. Learn how daily actions can make a big difference over time, and understand the importance of speaking your spouse’s love language.

The Power of Unconditional Respect in Marriage – I, II

Roesner describes how she stopped fixating on her husband’s perceived failures and instead focused on her relationship with God, learning how to respect her husband according to God’s Word.
When Your Spouse Says...Page 6

Practical Advice for Strong-Willed Wives – I, II (Dr. Debbie Cherry) • 9781624712937 •
Cherry shares her journey of working through her strong-willed personality in a way that honors both God and her husband. She talks about common myths surrounding submission, and offers practical and spiritual insights for living it.

Practical Help for Stressed-Out Marriages (Jim Daly, Dr. Juli Slattery, John Fuller) • 9781624711015 •
Marriages face numerous pressures—marriage, parenting, careers, friends, ministry, etc. But there are practical ways you can keep your traditional marriage vows in a non-traditional world.

Reclaiming Hope and Safety in a Destructive Marriage – I, II (Leslie Vernick) • 9781624715273 •
Sharing from her own life experience and years of counseling, Vernick explains how to identify various types of abusive relationships that women, in particular, may experience—and how to find safety and healing.

Rediscovering the Marriage of Your Dreams – I, II (Dr. Greg and Erin Smalley) • 9781624717161 •
The Smalleys explain how they found renewed joy and fulfillment after being “stuck” in a seemingly endless cycle of unhealthy conflict.

Re-Evaluating the Health of Your Marriage – I, II (Bob and Dannah Gresh) • 9781624710827 •
The Greshe’s share the story of their marriage, the challenges they’ve faced, and how they’ve dealt with past sexual baggage. They also discuss how they’ve learned to limit busyness and fix unhealthy boundaries between ministry and personal time.

Re-Investing in Your Marriage: The Key to a Stronger Family – I, II (Dr. Gary Smalley, Pastor Ted Cunningham) • 9781624713347 •
Based on their book Great Parents, Lousy Lovers, Smalley and Cunningham offer advice on re-building intimacy when couples have let their kids become a higher priority than their marriage.

Resolving Anger in Your Marriage – I, II (Pastor Ted Cunningham) • 9781624718076 •
Cunningham explores anger and its causes. He notes that expectation is often tied to anger—so we should strive to serve without the expectation of return. He also shares how best to offer apologies rooted in word and action.

Responding Well in Marital Conflict – I, II (Leslie Vernick) • 9781624712531 •
Nobody’s perfect, and no marriage is perfect. But even in times of hurt, anger, or irritation, it’s possible to react in ways that are loving and godly.

Restoring Your Marriage Through Healthy Conflict – I, II (Gary and Barbara Rosberg) • 9781624713828 •
Based on their book Healing the Hurt in Your Marriage, the Rosbergs talk about the inevitable conflict that arises in marriage, the various styles of conflict, and how to approach conflict in a positive way.

Thriving in an Unequally Yoked Marriage – I, II (Lynn Donovan, Dineen Miller) • 9781624710933 •
Being married to an unbelieving spouse doesn’t mean your marriage can’t thrive. Donovan and Miller share from their own experiences, and they encourage wives to honor and respect their husbands, trusting God to work as He deems best.

Weathering the Stormy Seasons of Marriage (Jill Savage) • 9781624712296 •
Sharing stories from difficult seasons in their relationship, Savage offers what helped her and her husband nurture, protect, and restore their love. She encourages listeners not to give up with things get tough.

When Your Spouse Says “I Don’t Love You Anymore” – I, II (Dr. David Clarke) • 9781624711473 •
Using tough love and a Matthew 18 model, Clarke believes that confronting sin in a wandering spouse’s life is the only way to change their behavior or thinking. By confronting the sin first and the marriage second, couples can do the hard work of repentance—and then move toward healing and a relationship that can be stronger than it was before.

Focus on the Family
Websites, Q&As, and Resource Lists

Marriage
• focusonthefamily.com/marriage
This area of our website offers articles and resources related to building a strong marriage.

Q&As
• focusonthefamily.com/family-q-and-a
Browse our Q&As for advice and encouragement.
Resource Lists

- focusonthefamily.com/family-q-and-a/resources-and-referrals
  Find recommended resources and referrals listed by topic, including:

  Chronic or Terminal Illness • RL059 •
  Family & Personal Finances • RL004 •
  Marital Intimacy • RL039 •
  Marriage in the Second Half of Life • RL037 •
  Marriage Materials • RL016 •
  Separation & Divorce • RL041 •
  Special Needs & Disabilities • RL007 •

Focus on the Family Counseling Consultation Line

If you’re struggling and need someone to talk to, Focus on the Family offers a free phone counseling consultation with a licensed counselor. Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they’d love to speak with you. You can also search our directory for a licensed Christian counselor in your area [https://ccn.thedirectorywidget.com].

Hope Restored® Marriage Intensives—A Ministry of Focus on the Family

2175 Sunset Inn Road
Branson, MO 65616
866/875-2915
hoperestored.com

- Hope Restored offers marriage intensive programs in a retreat setting. The intensives are designed to rebuild and restore marriages experiencing significant hurt.

Cloud-Townsend Resources

18092 Sky Park South, Suite A
Irvine, CA 92614
800/676-4673
cloudtownsend.com

- Drs. Henry Cloud and John Townsend offer insight and solutions for life’s challenges.

Love and Respect Ministries

770 Kenmoor Avenue Southeast, Suite 101
Grand Rapids, MI 49546
616/949-9790
loveandrespect.com

- This ministry offers materials, articles, and conferences to help you strengthen your marriage.

PREPARE/ENRICH

Life Innovations
2660 Arthur Street
Roseville, MN 55113
800/331-1661
prepare-enrich.com

- This online relationship inventory and skill-building program is uniquely tailored to each couple.