RESOURCE LIST: MARRIAGE MATERIALS

The resources listed below are in alignment 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, simply call our toll free number 1-800-A-FAMILY or visit our Family Store at www.family.christianbook.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family may now be unavailable.) You may also be interested in the content posted on our website at www.focusonthefamily.com.

FOCUS ON THE FAMILY
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www.focusonthefamily.com • www.focusonthefamily.ca
RL016 • REVISED 2-25-2015

THE ANTELOPE IN THE LIVING ROOM: THE REAL STORY OF TWO PEOPLE SHARING ONE LIFE by Melanie Shankle • 385549
Shankle offers an inspiring and humor-filled look at the joys and challenges of marriage.

AS LONG AS WE BOTH SHALL LIVE: EXPERIENCE THE MARRIAGE YOU’VE ALWAYS WANTED by Dr. Gary Smalley and Pastor Ted Cunningham • 66735EB
Whether you’re newlyweds or long-married, this resource offers help to establish a lasting relationship. Smalley and Cunningham teach you how to understand each other’s needs, express yourself honestly, and increase intimacy.

THE BEST ADVICE I EVER GOT ON MARRIAGE compiled by Jim Daly • 034499
Les and Leslie Parrott, Phil and Heather Joel, Frank Pastore, Joni Eareckson Tada, and other well-known Christians share their joys, fears, triumphs, and failures in marriage — all to help you and your spouse deepen your relationship and embrace your lifelong commitment with renewed love and hope.

THE BEST YEAR OF YOUR MARRIAGE: 52 DEVOTIONS TO BRING YOU CLOSER edited by Jim and Jean Daly • 051364
Find scriptural encouragement, personal stories, and insights from Focus on the Family counselors to help you talk about and practice communicating, showing affection, resolving conflict, praying together, and more.

BOUNDARIES IN MARRIAGE by Dr. Henry Cloud and Dr. John Townsend • 43149
Cloud and Townsend address the complex balance between becoming one in marriage and retaining healthy individual boundaries. Learn to respect each other’s needs, choices, and freedoms.

CAPTURE THE HEART OF YOUR SPOUSE by Lysa TerKeurst • 40413 • Two-book Set

CAPTURE HER HEART: BECOMING THE GODLY HUSBAND YOUR WIFE DESIRES • 40413
TerKeurst elaborates on eight needs of women and the need for men to take time, creativity, and determination to invest in a great marriage.

CAPTURE HIS HEART: BECOMING THE GODLY WIFE YOUR HUSBAND DESIRES • 0401X
TerKeurst encourages wives to lay aside their frustrations and disappointments in order to embark on a new adventure of understanding, acceptance, and love. She lays out eight suggestions for a wife to capture her husband’s heart.

COMPLETE MARRIAGE AND FAMILY HOME REFERENCE GUIDE by Dr. James Dobson • 52079
This collection of hundreds of marriage- and family-related issues is categorized in a question-and-answer format.

A COUPLE’S JOURNEY WITH GOD by Bill Farrel and Pam Farrel • 94542
The Farrels offer practical, meaningful ways to join your love with God’s wisdom in order to strengthen your marriage. Learn to build a strong foundation for your lifelong journey as husband and wife.

THE DNA OF RELATIONSHIPS: DISCOVER HOW YOU ARE DESIGNED FOR SATISFYING RELATIONSHIPS by Dr. Gary Smalley • 55327
Smalley shares five biblically based ways to enhance your relationships and multiply that knowledge in others’ lives.

EACH FOR THE OTHER by Bryan and Kathy Chapell • 6601X
The Chapells provide insights on marriage and unconditional love. Using foundational truths, couples can learn to equip themselves for sacrificial, selfless harmony.
THE FIVE LOVE LANGUAGES:  THE SECRET TO LOVE THAT LASTS by Gary Chapman  473158
Healthy communication is fostered by quality time, acts of service, affirming words, physical touch, and gifts. Chapman explains how to discover your primary personal style and use it to strengthen the bond with your spouse.

FOCUS ON THE FAMILY COMPLETE GUIDE TO THE FIRST FIVE YEARS OF MARRIAGE  General Editors: Wilford Wooten and Phillip Swihart  970411
Focus on the Family’s counseling staff answers your marriage questions.

FOCUS ON THE FAMILY MARRIAGE SERIES
This Bible study series gives couples a better understanding of God’s plan for marriage. The flexibility of each study allows for small group settings, Sunday school, and more.

THE ABUNDANT MARRIAGE  216589
THE BLENDED MARRIAGE  770764
THE COVENANT MARRIAGE  770791
THE FIGHTING MARRIAGE  770809
THE GIVING MARRIAGE  216794
THE MASTERPIECE MARRIAGE  216824
THE MODEL MARRIAGE  216848
THE PASSIONATE MARRIAGE  770851
THE SURPRISING MARRIAGE  770862

FUN LOVING YOU:  ENJOYING YOUR MARRIAGE IN THE MIDST OF THE GRIND by Ted Cunningham  704566
Cunningham shows you how to breathe new joy into your relationship — to laugh more often, to enjoy richer physical and emotional intimacy, to learn to fight for instead of against each other, and more!

HAPPILY EVER LAUGHTER:  DISCOVERING THE LIGHTER SIDE OF MARRIAGE edited by Ken Davis  975804
Christian humorists share their real-life stories about marriage — and how the grace of God can become all the more real as we learn to joyfully embrace the ups and downs of living as one.

HEDGES:  LOVING YOUR MARRIAGE ENOUGH TO PROTECT IT by Jerry B. Jenkins  46641
In a culture that minimizes infidelity and its devastating effects, Jenkins gives strong and practical advice to stay faithful for life: Plant preventative hedges around your marriage to deal with temptation before it occurs.

HIS BRAIN, HER BRAIN:  HOW DIVINELY DESIGNED DIFFERENCES CAN STRENGTHEN YOUR MARRIAGE by Walt Larimore, M.D., and Barb Larimore  240280
Society tries to convince us that men and women are equal in every way, but we know it isn’t true. The Larimores combine brain research and their experiences in marriage and counseling to help explain why God’s design is best.

THE LANGUAGE OF LOVE AND RESPECT:  CRACKING THE COMMUNICATION CODE WITH YOUR MATE by Dr. Emerson Eggerichs  948077
Communication is one of the main stress points of marriage. Decipher the confusion with this follow-up to Love & Respect. You’ll begin to understand your spouse’s unique language and build strong, godly bonds.

A LIFELONG LOVE:  WHAT IF MARRIAGE IS ABOUT MORE THAN JUST STAYING TOGETHER by Gary Thomas  704903
Find practical ways to intentionally build a marriage that reflects God’s glory — to draw closer as husband and wife and to impact others around you.

LOVE AND RESPECT by Dr. Emerson Eggerichs  451876
Eggerichs introduces the message of biblical respect from Ephesians 5:33 that can help revive and energize your marriage.

THE LOVE DARE by Stephen Kendrick and Alex Kendrick  679599
This 40-day challenge helps husbands and wives understand and practice unconditional love. Learn the keys to developing true intimacy and a dynamic marriage.

THE LOVE LIST:  EIGHT LITTLE THINGS THAT MAKE A BIG DIFFERENCE IN YOUR MARRIAGE by Drs. Les and Leslie Parrott  48507
Certain behaviors can increase marital satisfaction and revolutionize relationships. With a little thought and intention, couples can cultivate a set of habits that can work wonders for their relationship.
MAKING HAPPY: THE ART AND SCIENCE OF A HAPPY MARRIAGE by Drs. Les and Leslie Parrott • 951206
The Parrotts share six keys to increase your joy as husband and wife: count your blessings, try new things, dream a dream, celebrate each other, attune your spirits, and add value to others.

THE MARRIAGE CODE: DISCOVERING YOUR OWN SECRET LANGUAGE OF LOVE by Bill and Pam Farrel • 916417
Laced with humor and packed with ideas, this book helps husbands and wives identify the words, actions, and attitudes that can make marriage strong.

MARRIAGE MATTERS by Tony Evans (Moody) • 411541
Evans explores Scripture to help couples understand the marriage covenant: its origin (who came up with it), its order (what’s the chain of command), and its operation (how it’s supposed to function).

THE MEANING OF MARRIAGE: FACING THE COMPLEXITIES OF COMMITMENT WITH THE WISDOM OF GOD by Timothy Keller • 952473
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.

PRAY BIG FOR YOUR MARRIAGE by Will Davis • 732455
Davis shows men and women how to pray for their mate — for emotional and spiritual intimacy, for the spiritual growth of their spouse, for protection from temptation, and more.

RICK AND BUBBA’S GUIDE TO THE ALMOST NEARLY PERFECT MARRIAGE by Bill “Bubba” Bussey and Rick Burgess • 603991
With over 30 years of marriage between them, radio personalities Rick and Bubba have had their share of misunderstandings and all the better and worse you can imagine. No marriage is perfect, but if yours could use some laughter, biblical wisdom, and insight from others who’ve been there, this is the book for you.

SACRED MARRIAGE: WHAT IF GOD DESIGNED MARRIAGE TO MAKE US HOLY MORE THAN TO MAKE US HAPPY? by Gary Thomas • 42827
Chapter by chapter, discover how marriage works to develop Christ-like character — forgiveness, love, respect, perseverance — in each of you.

THE SECRET LANGUAGE OF SUCCESSFUL COUPLES by Bill Farrel and Pam Farrel • 955874
The Farrels offer scriptural principles, practical ideas, and plenty of humor to help you and your spouse connect heart-to-heart — to have more fun together, solve problems more efficiently, and more.

SIMPLY ROMANTIC: DATES ON A DIME by Amy Bradford, Janel Breitenstein, and Margie Clark • 9906X
You don’t need to spend a fortune to have a great date! Learn to make memories and strengthen your relationship with dozens of ideas for free and low-cost dates and getaways.

SURPRISING SECRETS OF HIGHLY HAPPY MARRIAGES: THE LITTLE THINGS THAT MAKE A BIG DIFFERENCE by Shaunti Feldhahn • 241210
Feldhahn offers research and helpful tips to help you develop a strong, joyful marriage.

TAKE THE DATE NIGHT CHALLENGE: 52 CREATIVE IDEAS TO MAKE YOUR MARRIAGE FUN by Dr. Greg Smalley and Erin Smalley • 888243
For couples of all ages and stages, including a chapter for engaged couples, the Smalleys help you use everyday activities to intentionally and proactively strengthen your marriage.

TEACH YOUR CHILDREN ABOUT MARRIAGE — Part I and Part II • Focus on the Family Online Booklet
This guide provides biblical foundations and tangible suggestions to help you understand marriage from God’s perspective, and it offers creative ideas for talking about marriage to children at different ages.

UNCOMMON MARRIAGE: LEARNING ABOUT LASTING LOVE AND OVERCOMING LIFE’S OBSTACLES TOGETHER by Tony Dungy and Lauren Dungy • 383699
The Dungys share how to strengthen the marriage bond and find joy together — during the good and hard times.
“Building a Marriage that Lasts” I, II (Tony Dungy, Lauren Dungy) ● 1002620 ●
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 Your Marriage to Last a Lifetime” (Dr. Gary Smalley, Pastor Ted Cunningham) ● 1000682 ●
If marriage is to last a lifetime, commitment alone isn’t enough. Smalley and Cunningham discuss the need to rediscover and nurture the passionate love and close companionship couples enjoyed in the early days of their relationship.

“Cherishing the Differences in Your Spouse” (Dr. Greg and Mrs. Erin Smalley) ● 1002691 ●
The Smalleys offer a light-hearted look at common gender differences — and how those have played out in their marriage. They urge husbands and wives to focus on what’s good about their spouse and embrace differences.

“The Christian Family” (Dr. Tony Evans) ● 50143630 ●
Using Psalm 128:1-4, Evans discusses a husband’s expectations, the attitude of servanthood needed by husbands, a wife’s responsibility to make family a priority, the importance of raising children in a good atmosphere, the man’s responsibility to take his family to church, and the blessing of the Lord.

“Connecting As a Couple Despite Your Differences” (Jim and Jean Daly) ● 1002686 ●
The Dalys share the differences they experienced early in their relationship. They offer how they’ve learned to make time for one another — and the importance of praying and studying Scripture as a couple.

“Cracking the Code to Your Spouse’s Heart” I, II (Bill and Pam Farrel) ● 1000904 ●
The Farrels help couples understand two basic needs: success for husbands and security for wives. Learning to live selflessly and look out for the other’s best interests can lead to the true oneness God designed for marriage.

“Dating Your Mate: Overcoming the Challenges” (Dr. Greg and Mrs. Erin Smalley) ● 1002538 ●
The Smalleys offer helpful suggestions and encouragement for couples to regularly reconnect away from home and kids in order to revitalize their marriage.

“Drawing Closer to God and Each Other” I, II (Gary Thomas) ● 1002678 ●
Thomas discusses how couples can intentionally put away selfishness and pursue oneness in marriage by finding confidence in God and seeking first His Kingdom.

“Energizing Your Marriage with Love and Respect” (Dr. Emerson and Sarah Eggerichs) ● 1000664 ●
One of a wife’s deepest needs is love, and one of a husband’s deepest needs is respect. Eggerichs and his wife offer insight and practical advice in a discussion based on his book Love & Respect.

“Establishing Healthy Boundaries with Your In-Laws” I, II (Dr. Henry Cloud, Dr. John Townsend) ● 1002517 ●
Cloud and Townsend offer insights to help couples value their in-laws and build strong relationships with them, while also establishing their own family identity.

“Filling Your Love Tanks” (Dr. Dennis Swanberg) ● 5008975 ●
With his trademark mix of impressions, stories, and homespun wisdom, Swanberg delivers a touching and humorous message about recognizing what encourages our family so we can love them better.

“For Better or Worse, In Laughter and In Loss” I, II (Rick Burgess and Bill “Bubba” Bussey) ● 1000885 ●
Marriage isn’t perfect. But with humor and vulnerability, Rick and Bubba encourage husbands to remember God’s calling: love their wives, be the spiritual leaders of their homes — and always rinse the dishes before putting them in the dishwasher!

“Friendship or Flirtation: Danger Signs for Couples” I, II (Pastor Dave Carder) ● 1000779 ●
Learn the danger signs of friendships that could easily blossom into affairs — a particular problem given the increasing use of online social media. Carder shares how to become aware of inappropriate intimacy in “close-call” friendships.

“God’s Blueprint for a Healthy Marriage” I, II (Dr. Timothy Keller, Mrs. Kathy Keller) ● 1000855 ●
Keller and his wife outline God’s design for marriage. They offer stories from their marriage and remind listeners that marriage is intended to shape and mold each spouse and bring about their sanctification.
“God’s Sacred Design for Marriage” I, II (Gary Thomas) ● 1000786 ●
Learn how loving and serving your spouse as an act of worship to the Lord can strengthen your relationship and bring increasing joy.

“His and Her Brains: The Humorous Side of Marriage” I, II (Mark Gungor, Yvette Maher) ● 1000735 ●
Gungor humorously illustrates how men and women think differently, and he encourages husbands and wives to strengthen their marriage by accepting their differences.

“How Your Differences Strengthen Your Marriage” (Dr. Walt and Mrs. Barb Larimore) ● 1002501 ●
With anecdotes of how their own idiosyncrasies have caused some frustrations, the Larimores emphasize that learning to understand how men and women think and communicate can help you appreciate the unique design of your spouse.

“Improving the Climate of Your Marriage” (Dr. Tim Muehlhoff) ● 1000785 ●
Muehlhoff talks about four areas of marriage as they relate to the communication climate of marriage — acknowledgement, trust, expectations, and commitment — so couples can work through conflict and love each other and God better.

“Injecting Fun into Your Marriage” (Dr. Greg Smalley) ● 1000890 ●
Smalley encourages husbands and wives to be aware of differing expectations in marriage, and he offers ideas to help them maintain a strong connection by prioritizing their relationship through date nights.

“The Joys and Challenges of Marrying Your Opposite” (Melanie Shankle) ● 1002648 ●
With humor and compassion, Shankle discusses the differences between men and women — and how she and her husband have worked through issues like in-law relationships and illness.

“Learning Your Spouse’s Love Language” (Dr. Gary Chapman) ● 1000720 ●
Chapman describes the five “love languages”: words of affirmation, gifts, physical touch, quality time, and acts of service.

“Listeners Share Their Best Advice on Marriage” (Call-In) ● 1002481 ●
Listeners share their stories and offer advice about how to build and maintain a strong marriage. Hear practical tips for communication, conflict management, spiritual growth, intimacy, and more.

“Making Marriage a Joyful Journey” (Dr. Adrian Rogers) ● 1000668 ●
Rogers talks about the 3 C’s of a lifelong marriage: lasting commitment, loving communication, and loyal confrontation.

“Making Win-Win Decisions in Marriage” (Dr. Greg and Mrs. Erin Smalley) ● 1002602 ●
The Smalleys have learned in their marriage to reach decisions they both feel good about. They share their methods and how to work as a team to agree on decisions affecting their marriage and family.

“Making Your Marriage Happy Now and Later” I, II (Drs. Les and Leslie Parrott) ● 1002680 ●
The Parrotts offer practical, simple suggestions to help listeners draw closer to their spouse and increase their level of happiness, no matter how long they’ve been married.

“Practical Advice for Protecting Your Marriage” I, II (Jerry B. Jenkins) ● 1000599 ●
Jenkins explains how couples can guard against infidelity in a discussion based on his book Hedges: Loving Your Marriage Enough to Protect It.

“Promoting a Positive View of Marriage” (Pastor Ted Cunningham) ● 1002516 ●
Cunningham talks about why Christians need to present marriage as a positive, God-designed relationship that’s normative for most people. We must acknowledge that marriage can be challenging — but with the Lord’s loving guidance, we can build a joyful, lifelong relationship with our spouse.

“Reclaiming Time to Connect with Your Mate” (Dr. Greg Smalley) ● 1000898 ●
One of the most important ways to maintain a strong marriage is to make time to connect with your spouse. Just a few intentional minutes throughout the day — have coffee, go on a date, express gratitude, and pray for each other — can reawaken the passion in your relationship.

“Rediscovering the Marriage of Your Dreams” I, II (Dr. Greg and Erin Smalley) ● 1000628 ●
The Smalleys explain how they found renewed joy and fulfillment after being “stuck” in a seemingly endless cycle of unhealthy conflict.

“Saving Marriages Before They Start” (Roger and Diane Ingolia) ● 1002666 ●
The Ingolias pass along wisdom they’ve learned from 37 years of marriage, and they talk about the value of helping other marriages thrive by investing in young couples.
“Twenty-Five Years and Still in Love” I, II (Reverend Bob Kraning) ● 5008340 ●
Kraning shares from Ephesians 4:25-32 to underscore principles that have helped him and his wife develop a strong marriage: speak the truth, work through anger, agree to disagree, give time to your spouse and family, allow your spouse to be an individual, be sensitive in handling money, be trustworthy, guard your tongue, and be kind and forgiving.

“Uncovering the Secrets to a Happy Marriage” I, II (Shaunti Feldhahn) ● 1002638 ●
Feldhahn researched the secrets to a happy marriage, and she outlines practical ways to move toward a more Christ-like relationship with your spouse.

“As Long As We Both Shall Live: Experiencing the Marriage You’ve Always Wanted” (Regal) ● 752379 ● 120 minutes
Designed as a companion to Dr. Gary Smalley and Pastor Ted Cunningham’s book, six sessions offer biblical teaching, personal stories, and insights on successful relationships. Discover the beauty of a life-giving marriage as you meet each other’s needs, communicate honestly, and increase intimacy.

“Essentials of Marriage” Series (Focus on the Family)
This series features relationship experts who share practical wisdom, honest confessions, and decades of experience. Each study stands independently: “Handle with Care,” “Higher Love,” and “Who Did You Really Marry?”

“The Family Project” (Focus on the Family) ● 977862 ● DVD Kit ● 6 hours
This small group curriculum explores the theological, philosophical, and cultural foundation for the family through 12 sessions with topics ranging from marriage and sexuality, to family relationships and how families can serve God. Visit The Family Project website to learn more.
Focus on the Family’s National Institute of Marriage
2175 Sunset Inn Road
Branson, MO  65616
866/875-2915 — Phone
info@nationalmarriage.com — Email
www.nationalmarriage.com — Website
• NIM’s comprehensive programs include private counseling in a retreat setting to help save marriages and inspire husbands and wives toward greatness.

Love and Respect Ministries
770 Kenmoor Avenue Southeast, Suite 101
Grand Rapids, MI  49546
616/949-9790 — Phone
www.loveandrespect.com — Website
• This ministry offers materials, articles, and conferences designed to help those already married to enrich their relationship and to prepare those considering marriage for the journey.

PREPARE/ENRICH
Life Innovations
2660 Arthur Street
Roseville, MN  55113
800/331-1661 — Phone
www.prepare-enrich.com — Website
• This online relationship inventory and skill-building program is uniquely tailored to each couple, whether dating, engaged, or married.