

## RETROUVAILLE RECOMMENDED READING LIST

([www.HelpOurMarriage.com](http://www.HelpOurMarriage.com))

THE UNEXPECTED LEGACY OF DIVORCE, A 25 Year Landmark Study, by Wallerstein, Lewis, & Blakeslee  
*25 year study reveals the lasting effect of divorce on children. Children of divorce often believe their relationships are doomed, seek to avoid conflict, and fear commitment. Excellent for seeing long-term effects on children if considering divorce and a good reference for adult children of divorce. (CHILDREN, FAMILY)*

REFRESH YOUR MARRIAGE WITH SELF TALK, by Stoop/Stoop  
*Deal with anger by recognizing our self-talk. What we tell ourselves can determine our emotion and behavior. Ways we understand, deal with and avoid anger in ourselves and others. (ANGER, PERSONAL GROWTH)*

OPEN HEART, OPEN MIND, The Contemplative Dimension of the Gospel, by Keating  
*Learn to quiet the mind and open it to hear God. Key to controlling anger and accepting God's peace in our lives. This is a step-by-step manual for learning the contemplative prayer of the mystics. Move beyond meditation to growth and transformation. This is the How To Guide for learning to meditate. (ANGER, FAITH)*

THE SECRET OF STAYING IN LOVE, Loving Relationships Through Communication, by Powell  
*Understand needs vs. addictions and how to love ourselves. Identify emotions and communicate them through safe dialogue. Counterfeit vs. genuine love. (COMMUNICATION)*

THE LANGUAGE OF LOVE, A Powerful Way to Maximize Insight, Intimacy and Understanding, by Smalley/Trent  
*Learn what a word picture is and how to create one using nature, everyday objects, imaginary stories and shared memories. Improve communication with spouse, children, friends and co-workers. (COMMUNICATION)*

THE FIVE LOVE LANGUAGES, How to Express Heartfelt Commitment To Your Mate, by Chapman  
*We all give and receive love differently. Learn our own and our spouse's love languages so we can express our needs to be able to speak their language. Quality Time, Words of Affirmation, Gifts, Acts of Service, Physical Touch (COMMUNICATION, RELATIONSHIP)*

THE FIVE LANGUAGES OF APOLOGY, How To Experience Healing In All Your Relationships, by Chapman  
*Ever wonder if an apology is sincere? Learn what we and our spouse need in an apology to believe it's sincere. Expressing Regret ("I am sorry"), Accepting Responsibility ("I was wrong"), Making Restitution ("What can I do to make it right?"), Genuinely Repenting ("I'll try not to do that again"), Requesting Forgiveness (Will you please forgive me?) (COMMUNICATION, RELATIONSHIP)*

WHY AM I AFRAID TO TELL YOU WHO I AM?, Insights Into Personal Growth, by Powell  
*"If I tell you who I am, you may not like who I am and that is all I have." Learn what masks people wear and what roles they play and why we don't want to share the "real" us with others. How to accept ourselves and our emotions and learn how to share ourselves with those closest to us. (PERSONAL GROWTH)*

FORGIVENESS, How to Make Peace With Your Past and Get On With Your Life, by Simon & Simon  
*What forgiveness is and what forgiveness is not. Describes the stages of healing – denial, self blame, victim, indignation, survivor, and integration. Offers practical exercises so we don't get stuck in any stage too long. (PERSONAL GROWTH, FORGIVENESS)*

Audio Tape: FORGIVENESS IS THE KEY TO HAPPINESS, by Jampolsky/Cirincione  
*Learn how forgiveness allows us to let go of a painful past and promote inner healing. Recognize physical ailments that occur as a result of unforgiveness. (PERSONAL GROWTH, FORGIVENESS)*

FREEDOM OF FORGIVENESS, by David Augsburger  
*Gives five steps to interpersonal forgiveness and restored relationships. 1)Restoring the attitude of love, 2)Releasing the painful past, 3)Reconstructing the relationship, 4)Reopening the future, 5)Reaffirming the relationship. (PERSONAL GROWTH, FORGIVENESS)*

GETTING THE LOVE YOU WANT, A Guide for Couples, by Hendrix  
*Learn to create a safety zone where we can express our feelings. Come to grips with the lies and myths we believe about ourselves. How to change our behavior. (PERSONAL GROWTH, RELATIONSHIP)*

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FULLY HUMAN, FULLY ALIVE, A New Life Through A New Vision, by Powell

*Learn how personal perception of reality determines happiness and affects living a full life. How we see ourselves, others, life, the world and God become the frame of reference within which we act and react. Learn to change our basic perception of reality to improve our relationships. (PERSONAL GROWTH)*

HOPE FOR THE SEPARATED, Wounded Marriages Can Be Healed, by Chapman

*Looks at separation as an opportunity to grow in both self-discovery and in a better marriage relationship. Discusses developing relationship with God, dealing with hurtful behaviors, handling bitterness and loneliness. Offers steps for reconciliation as well as legal considerations. (PERSONAL GROWTH, RELATIONSHIP)*

WHY AM I AFRAID TO LOVE, Overcoming Rejection and Indifference, by Powell

*Learn how emotional pain makes us think only of ourselves. Find out how to move beyond the three basic emotional problems of anxiety, guilt and inferiority to free ourselves to love others. Vulnerability fosters trust and helps others show their real selves. Understand God's love for us and our response. (RELATIONSHIP)*

COURAGE TO LOVE...WHEN YOUR MARRIAGE HURTS, by Foley

*This is Retrouvaille in a book. Reviews the concepts introduced on the weekend and the post sessions. Learn to share our feelings safely through dialogue. Choices to love, trust and forgive. (RELATIONSHIP)*

THE GOOD MARRIAGE, How and Why Love Lasts, by Wallerstin/Blakeslee

*The natural stages of marriage and the nine tasks to undertake to make a good one, from newly married on into old age. Includes Separating from family of origin, Coping with crisis, Safe conflict, and more. (RELATIONSHIP)*

DIVORCE BUSTING, A Step by Step Approach to Making Your Marriage Loving Again, by Weiner-Davis

*Uses case histories to avoid divorce even if only one spouse participates. Leave the past behind. Identifies problem-solving behavior and make lasting changes. How to break unproductive patters. (RELATIONSHIP)*

THE DIVORCE REMEDY, The Proven 7-step Program for Saving Your Marriage, by Davis

*Seven steps teach relationship skills and revitalize damaged marriages. Contains strategies to cope with infidelity, Internet obsessions, depression, sexual problems and midlife crisis. Touches on effects of divorce on children and extended family. Gives specific ideas on rebuilding emotional closeness. (RELATIONSHIP)*

JOY OF MARRIAGE, by Barbeau

*Defines meaning of commitment and freedom in a marriage. How to enhance a sense of oneness with our spouse. New and creative uses of conflict over the same futile arguments. Moving to new levels of awareness addresses sexuality in mid-life. Learn how the "gift of self" can make a marriage. (RELATIONSHIP)*

MARRIAGE, A Spiritual Journey, by Heskin

*Connecting our story to HIS story. Learning what love is and how to show it. Learn to make decisions together and find common ground. Addresses conflict and reconciliation. Learn to forgive. (RELATIONSHIP, FAITH)*

UNCONDITIONAL LOVE, Love without Limits, by Powell

*Learn to change from judging to understanding. Understand what "commitment to love" is and how important unconditional love is in our relationships. See how Christ's love is the example for us. (RELATIONSHIP, FAITH)*

THE ROAD LESS TRAVELED, A New Psychology of Love, Traditional Values and Spiritual Growth, by Peck

*Learn the difference between dependency and love; how to become a more sensitive parent; and discard the masks we wear and roles we play to become more authentic to the people around us. Approaches spirituality from a logical perspective. (RELATIONSHIP, PERSONAL GROWTH, FAITH)*

WHEN BAD THINGS HAPPEN TO GOOD PEOPLE, by Kushner

*Learn to discard the belief bad things are God's punishment. Find out how we blame ourselves, create guilt with no basis, hate God and ourselves. Discover how suffering can be beneficial in making necessary changes. (FAITH)*

YOUR GOD IS TOO SMALL, A Guide for Believers and Skeptics Alike, by Phillips

*Learn to look beyond the God of our childhood (Judge, Policeman, Meek/Mild), to the reality of a God big enough to command our highest admiration and respect. (FAITH)*