

Table of Contents



Acknowledgments / 9

Preface / 11

PART 1 / WHAT ARE WE DOING HERE ANYWAY?

1 / What's in It for You? / 15

2 / The Secret of Marital Bliss — Revealed! / 19

3 / Why Are You Married?

Moving Along “The Relationship Pathway” / 39

4 / What You Can Do to Maintain the Woo!

The Secrets of Lifelong Love Exposed / 97

5 / On the Road to “Happily Ever After”:

The Stages of Married Life / 117

PART 2 / THE ROAD TO INTIMACY

6 / The Road Trip (or “Der Intimacy Ist Goot, Ja?”) / 139

7 / The Princess, the Frog Prince, and Freud / 151

8 / The Secrets of Red-hot Loving

(How to Be Loving When Conflict Heats Things Up) / 173

9 / “Holy Sex, Batman!”

(or Why Catholics Do It . . . Infallibly) / 199

10 / What If My Spouse Doesn't Share My Spiritual Life? / 215

11 / The Little Way of Marriage:

A Testimonial and an Invitation / 219

Appendix 1 • Marriage: An Owner's Manual / 225

Appendix 2 • Pastoral Solutions / 229

Appendix 3 • Where to Turn: Resources for Couples / 233

Bibliography / 237

Index / 239