

Contents

Introduction	1
1 Living a Married Spirituality	5
2 Growing in Intimacy	13
3 Communicating Well	23
4 Managing Anger Constructively	33
5 Negotiating Conflict	43
6 Accepting One Another	51
7 Recognizing the Power of the Past	61
8 Keeping Expectations Reasonable	71
9 Working on Personal Growth	81
10 Dealing with Male/Female Issues	89
11 Deepening Sexual Intimacy	99
12 Growing Together While Parenting	107
13 Balancing Family and Work	117
14 Sharing Your Faith	123
15 Weathering Life's Tragedies	133
16 Surviving an Affair	141
17 Caring for the Larger Community	149
18 Adapting to the Stages of Marriage: I	157
19 Adapting to the Stages of Marriage: II	167
20 Aging Together	175