

## READING MATERIALS in O.R.E.

### MARRIAGE

#### **Becoming Family**

Christian Family Movement, 1986

How do we "become family?" How do we create a loving, caring bond between all of the persons whom God has chosen for us? How do we create an environment where each family member can become a strong, Christ-centered person? How do we grow and build up at a time when much of society is tearing apart and breaking down? In 1978, the Christian Family Movement conducted a survey among its membership to try to determine what makes a good marriage work. From this survey certain qualities emerged that are characteristics of happy families. Some of these are good communication skills both with husband and wife, and parents and children; a sense of family spirituality; good use of time; good conflict resolutions; and for couples, a good sexual relationship. This program attempts to define the qualities of happy families and helps bring these qualities to your own homes. **BOOK#: 28.CHRI**

#### **Enriching Faith Through Family Celebrations**

DeGidio, S.

**PUBLISHER:** Twenty Third Publications, 1989

You'll find enlivening, encouraging and enjoyable ways to turn simple family gatherings into occasions for deepening faith. Traditional holidays are given a fresh perspective with new and updated ways to celebrate them. Interesting explanations of various customs and symbols add depth to our need to commemorate important - and seemingly unimportant - feasts, holidays and events within our households. And when you want to create and build your own special celebrations, this book will help you to do so. **BOOK#: 28.DEGI**

#### **Love is a Couple**

Gallagher, C.

**PUBLISHER:** Image Books, 1976

In his characteristically popular approach, Fr. Chuck Gallagher here offers compelling insights on achieving an open, creative and fulfilling love relationship. This book focuses on the everyday happenings - problems and joys - in the lives of married couples. It is a must reading for all married Christians, whether newlyweds or middle-aged couples, who seek to transform their union into a dynamic, joyful and lasting commitment. **BOOK#: 28.GALL**

#### **The First Two Years of Marriage**

Kathleen Fischer Hart and Thomas N. Hart

**PUBLISHER:** Paulist Press, 1983

The Harts provide some down-to-earth, unpretentious guidelines to help recently married couples handle predictable changes and adjustments. The thesis of this book is simple, yet true: the first two years are crucial and fundamental.... Though couples who wish to improve their marriage, or make a good marriage better, will find this book a good read. This book comes out of the Harts counselling work, their facilitation of marriage enrichment events and the lived experience of their own marriage. This book is a clear, insightful and practical commentary on the challenges young married couples must respond to if they are to succeed in marriage today. **BOOK#: 28.HART**

#### **Marriage: An Interfaith Guide For All Couples**

Rev. William H. Genne/Rabbi Mordecai Brill

**PUBLISHER:** Association Press, 1970

This book brings together in a single place the traditions, insights, values and goals for marriage of the Catholic, Protestant and Jewish faiths. The book does not gloss over the differences of attitude and outlook on marriage and family living, as taught by these differing traditions. But for those who live within them it explores their common central convictions that God is the author of marriage and that marriage is a continuing, living contact with God, a way of life that is at once a vocation, a covenant and a sacrament.

This is a fresh, reliable guide illustrated with facts, statistics, cases and examples. It deals with such basic concerns as budgets, babies, the child and school, family and community childlessness, interfaith marriage, sex and marriage and the broken marriage, etc. **BOOK#: 28.HATH**

### **Happily Ever After/Why Men and Women Think Differently**

Helmering, D.

**PUBLISHER:** Warner Books, Inc., 1987

Your marriage can be better - today, tomorrow, and forever! Marriage counsellor Doris Wild Helmering shows you how - step by step - with the same practical, proven techniques she uses in her successful practice. In this book, you'll see how one person can transform a marriage into a partnership that's more supportive, fulfilling, and fun. **BOOK#: 28.HELM**

### **God Knows Marriage Isn't Always Easy**

Maureen Rogers Law & Lanny Law

**PUBLISHER:** Sorin Books, 2002

Straight from the minds of two very experienced therapists, this warm, wise, hopeful book advocates 12 effective ways to enhance the marriage relationship, heal the scars, and re-ignite the flame. **BOOK#: 28.LAW**

### **The Secret of Staying in Love**

Powell, J.

**PUBLISHER:** Argus Communications 1974

The secret of staying in love is communication. A growing relationship requires commitment to that open and genuine expression which can occur only in a climate of love. And, more than simply a feeling, love is a decision-commitment, made forever and unconditionally. The author shows us how an awareness of our feelings can tell us a great deal about ourselves and includes some practical exercises which have been used successfully by partners in dialogue to deepen their own communication and sharing. **BOOK#: 28.POWE**

### **Velvet & Steel**

John K. Ream

**PUBLISHER:** Resource Publications, Inc., 1997

John Ream explains what it means to be a man in this day and age - and how you can strengthen your family by compassion (velvet) with moral backbone (steel). With this book, you'll discover how putting your faith first can pay great dividends for you and your family. **BOOK#: 28.REAM**

### **Family Rituals and Celebrations**

Roberto, J.

**PUBLISHER:** Don Bosco Multimedia, 1992

Through the rituals of family life, the rituals of Catholic tradition, and the rituals of ethnic traditions, faith is nourished and celebrated in our families. This book provides over 100 ideas and rituals that you can use at home. This book is designed to help you enrich your family's faith life and sense of togetherness in simple practical ways, giving sound, easy to follow direction. **BOOK#: 28.ROBE**

### **Soul-Healing Love**

Beverly and Tom Rodgers

**PUBLISHER:** Resource Publications, Inc., 1998

Don't give up on your most important relationship until you read this book. It will restore your faith in monogamy. Try the 10 basic techniques with your partner - and discover that mending your wounded heart is the key to your spiritual growth. **BOOK#: 28.RODG**

### **Marriage, Divorce & Nullity**

Robinson, G.

**PUBLISHER:** Novalis, 1987

This book is not directed only at those considering annulment. It also addresses Catholics who believe that marriage blessed by the Church is for ever, those who believe that the Church should recognize civil divorce, and those divorced Catholics who wish to remarry. **BOOK#: 28.ROBI**

**Reflections on Marriage****PUBLISHER:** The Cana Conference of Chicago, 1984

Rev. William P. Steinhauer, D.Min. and Laurie A. Boyce

This book a reflection on what marriage is, has been and could be. It is a book that invites couples to tell their own story, those tales of struggle and celebration, to each other. The purpose of this book is not only to dwell on pleasant memories and hardships overcome, but also to deepen the richness of the relationship and to renew the communication that happens between the two. **BOOK#: 28.STEI**

**Love Happens in Families**

Various

**PUBLISHER:** Christian Family Movement

This book was written for families who want to hold weekly "family nights" in their homes for the twofold purpose of establishing closer family ties and of fostering Christian values within their families. **BOOK#: 28.VARI**

**COUPLE SKILLS: Making Your Relationship Work**

Various

**PUBLISHER:** New Harbinger Publications, Inc., 1994

This is a book that can change your relationship. It will change how you communicate, how you think about your partner, how you behave, and how you cope with problems and conflicts. Each chapter helps you polish an essential couple skill: listening. **BOOK#: 28.VARI**

**Prayers for Married Couples**

Renee Bartkowski

**PUBLISHER:** Liguori Publications, 1989

Discover the joys of praying together! Couples marry intending to share everything. But what about prayer? Do you share your conversations with God? This book will help you do just that. It contains over seventy-five prayers that express the hopes, concerns and the dreams of today's married couple. With this book as your guide, the two of you can share, aloud, prayers reflecting a rainbow of circumstances. **BOOK#: 39.BART**

**Prayers, Activities, Celebrations for Catholic Families**

Meehan, B.

**PUBLISHER:** Twenty-Third Publications, 1995

Here is a book that will challenge families to find God right where they are - in the events and relationships of everyday life. It offers tested, workable strategies for better family communication and sharing. The practical, easy-to-use activities and exercises enhance family prayer, clarify family values, foster harmony, and help families experience God's presence in their daily routines. Chapter topics include communication, family strengths, prayer, discovering God, social concerns, healing and forgiveness. **BOOK#: 39.MEEH**

**Family Prayer for Family Times**

Kathleen Chesto

**PUBLISHER:** Twenty-Third Publications, 1995

In a perfect blend of traditional and the contemporary, Kathleen Chesto shows Catholic families how to begin prayer habits that can enrich their lives and yet be passed on for generations. Chesto believes in celebrating the spiritual aspects of everyday events. She also offers prayers for celebrating the great feasts of the church year. Woven throughout are familiar prayers like the rosary, the stations, the Angelus and novenas - prayers that parents remember from childhood and want to share now with their families. **BOOK#: 39.CHE**

**Marriage Enrichment: Living the Beatitudes in Married Life**

Anthony Bellagamba, IMC

**PUBLISHER:** St. Paul Publications, Africa, 1993

*Marriage Enrichment* reflects Fr. Bellagamba's concern for married people and their place in their own family, in the Church and in the world. He calls spouses to live the Beatitudes in their married life, and to grow spiritually by the way they love one another, by the way they fulfil their duties, especially in the education of their children, and by their commitment to some activity of social concern outside the family. His message is that married life is a path of holiness for those who live it deeply and who allow themselves

to be enriched by the Spirit of God. **BOOK#: SEITZ**

### **Keys to a Loving Lasting Marriage**

Gary Smalley

**PUBLISHER:** Zondervan Publishing House

This book is a combination of Smalley's earlier published works, *If Only He Knew* and *For Better or For Best*. The first half of the book discusses the husband's part of building a successful relationship. The second half of the book shows how wives can nurture their marriages. Good marriages don't just happen. They take both husband and wife working together to understand, appreciate, and honour one another. This book shows couples how to do just that. **BOOK#: 28.SMAL**

### **Love is a Decision**

Gary Smalley/John Trent

**PUBLISHER:** Word Publishing, 1989

If your marriage relationship doesn't have a destination, how will you know when you arrive? And why wait for love to materialize out of stardust, when you could choose excitement and romance - now? In this practical book, Gary Smalley reveals a simple yet profound plan for a marriage of depth and warmth and excitement.

Smalley acknowledges that tough times can strike any family relationship. But deciding to love - in the practical ways outlined here - can result in relationships that are tougher than tough times.

**BOOK#: 28.SMAL**

### **The Hidden Value of A Man**

Gary Smalley/John Trent

**PUBLISHER:** Focus on the Family Publishing, 1994

**If you're a man, you need to read this book.** Often men are ridiculed for being men. The media portray them as sitcom buffoons, heartless, money-hungry corporate raiders, and angry criminals. Many feel powerless and frustrated, unsure of their role in the family and beyond.

**If you're a women, you need to read this book, too.** The truth is that a man has great value and incredible impact on his family - and his world. In **The Hidden Value of a Man**, Gary Smalley and John Trent explore that influence and show men how to use their God-given power to build strength, love, and unity in their families and the world. **BOOK#: 28.SMAL**

### **Joy That Lasts**

Gary Smalley/Al Janssen

**PUBLISHER:** Zondervan Publishing House, 1988

"Trials can be our greatest experience for they can lead to the source of lasting joy." "Reaching bottom is the first step up." These words of advice come easily, except to those who are hurting. Gary Smalley learned the pain of rejection from a friend so dear, one he considered a near brother. He recovered from his emotional devastation to become a best-selling author, respected marriage counsellor, and sought-after public speaker. But it took him two years and a career change to heal from his hurt and turn back to God. It was then he discovered the secret to a life so fulfilling, it would be virtually impossible for circumstances to rob him of his joy. **BOOK#: 28.SMALL**

### **The Two Sides of Love**

Gary Smalley/John Trent

**PUBLISHER:** Focus on the Family Publishing, 1992

Do you and your loved ones sometimes seem poles apart? Do you long for greater affection in your most important relationships? Do you wonder what makes commitments last in an age of throwaway marriages and friendships? The key to all these concerns is finding a healthy balance between love's hard and soft sides. **The Two Sides of Love** shows you how balanced you are now, how you got that way, and how to move towards a wholehearted love that will enrich all your relationships.

**BOOK#: 28.SMALL**

### **The Language of Love**

Gary Smalley/John Trent

**PUBLISHER:** Focus on the Family Publishing, 1991

"Why can't he understand how I feel?" a wife asks herself in desperation after another failed attempt to communicate with her husband. The frustration of mission out on meaningful communication affects not only our marriages, but also our friendships, parent-child and professional relationships. **The Language of Love** explores, "emotional word pictures," a time-tested method that enables us to bridge those communication gaps. Word pictures are a language of love we can all learn to speak. They don't require special creativity or intelligence, just a willing heart. The authors explain how word pictures help us capture people's attention, make our messages memorable, open the door to greater intimacy and bring about lasting change. **BOOK#: 28.SMAL**

### **Better Communication in Marriage/Intimacy In Marriage/Challenges in Marriage**

Brennan & Marie Hill

**PUBLISHER:** Twenty-Third Publications

These booklets were written for the sole purpose of strengthening marriages. They offer a time for married couples to share their insights and experiences on how to keep married life fulfilling and happy. They offer an opportunity to take a break from our commitments to work, parenting, housekeeping, and other activities to focus on the most important commitment in our lives: the commitment to share ourselves in marriage, faithfully and permanently. Working with these booklets should be enjoyable, even fun.

These booklets can be used individually by couples, or in a group setting with other couples. **BOOK#: 28.HILL**

### **How to survive being married to a CATHOLIC**

Redemptorists

**PUBLISHER:** Liguori Publications

Why do Catholics go to Mass on Sundays? What do they really think about sex and marriage? Are they forbidden to plan their families? Do their partners have to make promises about the way their children should be brought up?

This book gives clear and honest answers to these and many other questions. Using a lively cartoon format, the central beliefs of Catholics are illustrated and explained in a highly original and entertaining way. You'll also find frank and straightforward answers to over eighty of the questions people most commonly ask about Catholics and the Catholic Church. Get the low-down on Catholics. Read this book. **BOOK#: 28.REDE**

### **The Seasons in a Couple's Life**

Genevieve Hone/Julien Mercure

Written from the point of view of the values that characterize the life of a couple in its various phases of development, this book will be greeted with joy by partners who wonder what new skills they need to better their relationship. *The Seasons in a Couple's Life* provides ways to help couples translate their good intentions into human, moral and spiritual realities.

With their simple and humorous style, the authors' solid theoretical basis is evident. They use their considerable clinical experience to reveal the potential in a couple's relationship. What a refreshing reading in a discipline which too often dwells, as moral theology used to do, on the pathologies of the couple.

**BOOK#: 28.HONE**

### **Courage to Love (When Your Marriage Hurts)**

Gerald Foley

In a social climate that actually encourages divorce rather than reconciliation, *Courage to Love...* offers help and hope instead. Building on the experience of Retroville, a successful church-sponsored ministry that is rapidly gaining notice and taking root across North America, it focuses on relationship building. It invites couples to reconciliation, to rebuilding trust, to learning the skills necessary for healthy communication, and to growing spiritually through the lived reality of married life. *Courage to Love* emphasizes ways to counter cultural trends that are detrimental to permanent marriage and a strong family life while covering such crucial

topics as self-awareness, conflict resolution, forgiveness, the stages of a relationship, and intimacy. Each chapter concludes with reflection and sharing questions that encourage dialogue and discussion between spouses. **BOOK#: 28.FOLE**

### **Marriage & the Spirituality of Intimacy**

Leif Kehrwald

The essence of spirituality, according to Leif Kehrwald, is presence, recognizing and responding to the real but unseen presence of God. *Marriage & the Spirituality of Intimacy* seeks to open the possibility of a unique spirituality for any couple seeking to respond to God's presence in their lives. Marriage can be deeply spiritual simply because its ingredients - intimacy, conflict, personality, friendship, play, work, health, love, nurturing, sex, faith and so on - go to the core of one's being. These are the arenas in which spirituality can emerge and flourish. The entire book is illuminated by the experience of married couples who are also consciously on a spiritual journey, seeking to connect the daily reality of marriage with God's gracious presence. **BOOK#: 28.KEHR**

### **Saving Your Marriage Before It Starts (and after you marry)**

Dr. Les Parrott III & Dr. Leslie Parrott

Are you tired of marriage books that wound like they were written thirty years ago? Do you want real, honest advice from a couple who knows the hopes and struggles of today's couples? Do you want to build a marriage that will last a lifetime? This is the first program for couples developed by a couple. You can learn how to uncover and deal with problems before they emerge. You'll discover how to communicate, not just talk and you'll learn the importance of becoming "soul mates" - a couple committed to growing together spiritually. **BOOK#: 28.PARR**

### **On Life and Love: A Guide to Catholic Teaching on Marriage and Family**

William Urbine and William Seifert

This concise reference work summarizes the key documents of the Roman Catholic Church on marriage and family life, from the time of Leo XIII to John Paul II. It includes statements by the popes, the USCC, canon law, and Vatican congregations. This revised and expanded edition offers outlines from eight additional documents including the *Catechism of the Catholic Church* and Pope John Paul II's *Evangelium Vitae*, the *Gospel of Life*. **BOOK#: 28.URBI**

## VIDEOS AVAILABLE AT THE DIOCESAN RESOURCE CENTRE

### **THE FIRST TWO YEARS OF MARRIAGE**

**PUBLISHED:** Paulist Press (1984)

**SPEAKER:** Thomas Hart & Kathleen Fischer

This video offers practical advice for young couples on how to build a life together. Based on the best-selling book of the same title, the authors show couples how their relationship can improve and grow in love by understanding the basic truths that make a marriage work. The program contains three twenty-minute segments:

- 1) Expectations & Communications
- 2) Intimacy & Autonomy
- 3) Christian Loving

Each segment contains scenes by professional actors portraying the struggles and joys of the newly married. 1 hr. **VID#:** 14.600

### **THE CHANGING CHURCH: TODAY'S CATHOLIC MARRIAGE**

**PUBLISHED:** Sheed & Ward (1988)

This video focuses on overcoming obstacles in preserving a marriage as well as modern marriage preparation. An educational approach for group purposes. 30 min. **VID#:** 14.601

### **MARRIAGE: A CO-OPERATIVE VENTURE**

**SPEAKER:** Dr. Dale Olen

**PUBLISHED:** Franciscan Communications

A unique four part program dealing with four of the most important dimensions of marriage:

- 1) Communication
- 2) Conflict
- 3) Sexuality
- 4) Friendship

Designed for viewing by husbands and wives or engaged couples, this video uses a combination of lecture and dramatized situations to stimulate discussion. **GUIDE.** 2 hrs. **VID#:** 14.602

### **YOUR MARRIAGE**

**SPEAKER:** Judy & Chuck Neff

**PUBLISHED:** Liguori Publications (1989)

A series of four video tapes:

- 1) As Christ Loves the Church - deals with friends and interests, the extended family and sacramentality
- 2) Two Becoming as One - deals with personality match, personal issues, communication and problem solving
- 3) Can Love Conquer All? - addresses the issues of readiness, sexuality, family finances and parenting
- 4) Areas of Special Concern - examines issues such as cohabitation, religion and values, interfaith marriages and second marriages **GUIDE.** 2½ hrs **VID#:** 14.604-1-14.604-4

### **PREPARING FOR MARRIAGE**

**PUBLISHED:** Daughters of St. Paul, 1995

An excellent practical preparation for couples getting ready to say, "I DO."

#### **1 - Getting to Know You**

In the first part, Father Miles, a marriage counsellor for over twenty years, raises thought-provoking questions on such issues as: marriage expectations, children, religion, sexuality, and the sacrament itself, to help the couple get to know each other on a deeper level. A questionnaire is included so that the couple can

sit down and discuss their answers to the questions after viewing the program.

## **2 - I Do! I Do! for Heaven's Sake**

In the second part, Father Miles gives practical advice to guide the couple from the engagement to the wedding reception. Focussing on the wedding ceremony itself, Fr. Miles explains how to make it a sacred family event for everyone involved. An outline for a wedding planner is included. **GUIDE. LENGTH:** Two 1/2 hr. programs **VID#:** 14.605

## **TOGETHER FOR LIFE**

**PUBLISHED:** Tabor Publishing

The primary audience for *Together for Life* is the engaged couple preparing for marriage in co-operation with a parish priest, deacon, or pastoral minister. The detailed suggestions in this guide have been created with that situation in mind. Nevertheless, this videocassette can also be used effectively in Catholic school religion courses on the sacrament of matrimony, adult religious education, and in any of the various marriage preparation programs that are available in every diocese.

**Segment 1:** Prayerfully Preparing for a Day and for Life (31 min)

**Segment 2:** Your Future Together: love, communication, intimacy, parenting, relatives and friends, finances, church support, interfaith marriages, forgiveness, faith (46 min)

**Segment 3:** Tips for Designing Your Wedding Celebration (22 min)

**GUIDE.** 1 hr/40 min **VID#:** 14.606

## **KEYS TO LOVING RELATIONSHIPS by Gary Smalley**

**PUBLISHER:** Today's Family, 1998

As advertised on television, over 700,000 homes and churches have watched this award winning series. "Hidden Keys" covers 18 topics on building relationships taught by Gary Smalley - each about 50 minutes in length. This series has no biblical references. Many churches and families have used the series as an outreach tool to attract the unchurched or seeker audiences. Approx. 50 min. each **VID#:** 14.000-14.017

## **HOMES OF HONOR - PARENTING SERIES - Gary Smalley**

**PUBLISHER:** Today's Family, 1998

Hidden Keys to Successful Parenting teaches parents how to discover their child's personality type, their strengths and weaknesses, and how to build on those strengths and minimize those weaknesses. Gary teaches you how to move out of the two parenting styles that can produce devastating, long-range consequences, and move into the parenting style that produces the most stable and fulfilled children. Parents will learn: how to motivate their children; how to remove walls between them and their children; and how to keep the lines of meaningful communication and love flowing both ways. These are just a few of the areas covered in this seminar. **GUIDE.** Approx. 40 min. each **VID#:** 14.607

## **HOMES OF HONOR - RELATIONSHIP SERIES - Gary Smalley**

**PUBLISHER:** Today's Family, 1998

This nine-session video series has been recorded from live presentations of the Love Is A Decision seminar taught by Gary Smalley. Presented in over 60 major cities and seen by over 200,000 people, this small group study is designed to present practical and Biblical principles in order to enrich any relationship, whether you are married or single. Each session is followed by powerful discussion questions and assignments. **GUIDE.** Approx. 40 min. each **VID#:** 14.607

## **PARENTING AS A TEAM SPORT**

**PUBLISHED:** Second Panamerican Conference on Family & Education, 1996

Successful parents of 10 children, Christopher & Anne Wolfe give challenging and inspiring advice for moms and dads. Cheaper than counselling, this video is worth re-viewing from time to time. It is chock full of good ideas for turning families into building blocks for the Civilization of Love. Prov. Wolfe teaches at Marquette U. Mrs. Wolfe, a full-time mom, has home-schooled eight of their children at various times and has addressed many parents' groups. 57 min. **VID#:** 14.609

### **LOVING YOUR MARRIAGE (Sustaining A Good Marriage)**

**PUBLISHED:** Archdiocese of Omaha

Like every living entity, marriage has its seasons. It is a life of change. Marriage is a series of choices and changes with a series of re-commitments to the same person. *Loving Your Marriage* examines intimacy, communication, compatibility, and commitment as key elements in making a good marriage even better. 27 min. **VID#:** 14.611

### **TO LAST A LIFETIME**

**PUBLISHED:** USCC

Although statistics show that first marriages in the U.S. face a high risk of divorce, most Americans still say “I do” at least once in their lifetimes. Through the experiences of four couples, *To Last a Lifetime* examines the challenge of making a marriage work in spite of the odds and shows how faith-based marriage preparation, marriage mentoring and marriage mending are helping couples to grow in love and understanding for each other. Featured in the program are an engaged couple preparing for their big day, a newly married couple adjusting to their life together, a couple who is working to strengthen their relationship, and another married 36 years who use their experience to help others build marriages that will last a lifetime. 58 min. **VID#:** 14.614

### **GROWING TOGETHER**

**PUBLISHER:** Paraclete Video Productions

Whether newly married or celebrating a fiftieth wedding anniversary, couples often question whether their relationship is strong, lasting and fulfilling. *Growing Together* gives a practical and thought-provoking perspective on marriage. Through sharing honestly from his own marital journey, Walter Wangerin, Jr. enlightens and challenges married couples and gives them ways to achieve a relationship that grows and lasts. 75 min. **VID#:** 14.619

### **THE SACRAMENT OF MATRIMONY: PAST, PRESENT, FUTURE**

Dr. Kathleen Chesto

Twenty-Third Publications

Dr. Chesto leads viewers through the development and history of each sacrament, starting from biblical times to post-Vatican II. Chesto offers an engaging presentation in language that is comprehensible and clear. Guide materials and the video presentation present Catholic adults with a better understanding of the valuable place of these sacraments in their lives today. 26 min. **VID#:** 14.620

## **HIDDEN KEYS TO LOVING RELATIONSHIPS - SERIES TAPES 1-18**

- Tape 1** - Recognize and value your mate's differences (14.000)
- Tape 2** - Four essential qualities every marriage needs to survive (14.001)
- Tape 3** - Overcoming the major destroyer of relationships (14.002)
- Tape 4** - Using emotional word pictures to increase intimacy and understanding (14.003)
- Tape 5** - Becoming best friends with your family and freedom from negative emotions (14.004)
- Tape 6** - Discovering your personality type (14.005)
- Tape 7** - Recognizing and transforming unhealthy relationships (14.006)
- Tape 8** - Using effective communication to move into intimacy (14.007)
- Tape 9** - Transforming trials and hurts into life-changing benefits (14.008)
- Tape 10** - Mutually fulfilling sexual intimacy (14.0009)
- Tape 11** - Keys to changing behaviour & habits (14.010)
- Tape 12** - Keys to reducing and overcoming conflicts (14.011)
- Tape 13** - Building boundaries in your relationships (14.012)
- Tape 14** - Discovering the barrier to intimacy - anger (14.013)
- Tape 15** - Destroying the barrier to intimacy - forgiveness (14.014)
- Tape 16** - Divorce-proofing your marriage (14.015)
- Tape 17** - How to energize your mate (14.016)
- Tape 18** - Stages of life: understanding key changes in life (14.017)