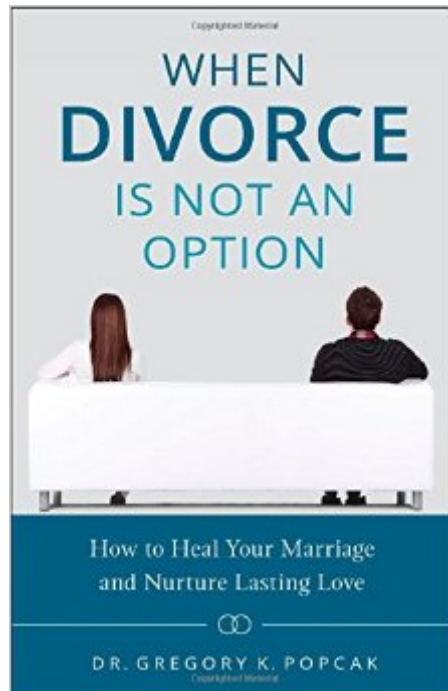


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# When Divorce Is Not An Option: How To Heal Your Marriage And Nurture Lasting Love



## Synopsis

God has put you and your spouse together for a reason and it's not to argue. You are bonded together to cultivate in each other those virtues that lead to sanctification. That's why this book isn't just about saving your marriage it's about transforming it into a joyful, loving relationship. In these pages, acclaimed author and psychotherapist Gregory Popcak shows you how to heal the hurt in your marriage and develop the crucial habits necessary to resolve conflicts, renew the love you once had, and discover the passion you always wanted. Dr. Popcak's clinical experience and recent research show that the difference between happy and unhappy marriages lays in the habits both good and bad that are practiced in the home. Here you'll discover the simple steps needed to root out behavior that leaves you resentful and demoralized, and to begin practicing positive habits that facilitate mutual respect and cultivate admiration. Even if you feel lonely and abandoned in your marriage, Dr. Popcak offers sensible ways you can work alone at resolving conflict, repairing damage, building rapport, and maintaining intimacy. Because of the graces given to husbands and wives, you have tremendous untapped power to be a catalyst for change even if your spouse is not participating. By following the wise advice in this book, you will take the guesswork out of building a stable, healthy marriage. You will also learn: -Eight marriage-friendly habits that couples in healthy relationships exhibit -How to identify those areas of your marriage that require the most attention -What to do when you feel your spouse is out to get you -Simple ways to integrate prayer into the life of your marriage -How to make God part of healing your marriage -How your mind handles feelings and emotions and what you can do about it -Tips for keeping your conversations focused on solutions instead of emotions -How to see each your spouse's faults as opportunities for you to grow in holiness.

## Book Information

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## Customer Reviews

This book may not be easy to do, but itâ™s simple, practical, and profoundly powerful to either turn your troubled marriage around or to take a good marriage it to new heights. Dr. Popcak takes some of the best marriage, brain, and attachment research and translates it into usable concepts and exercises. Do you have a Solutions-Focused Brain or Misery-Making Mindset? If you have trouble in your marriage, you likely have the latter. This in my favorite chapter on âœWhat âˆlâ™ve Tried Everythingâ™ Really Means.â • Popcak ties in how the brain operates and creates these states. Later on in the âœSelf-Regulationâ • chapter, he teaches you how to manage your emotional states to help your marriage and stay in the Solution-Focused Brain. In the chapter on Rituals of Connections, he points out the importance of rituals in attachment (read love). Rituals in the Catholic life are the way God forms us into a communion of personsâ ”go to mass every Sunday or pray this prayer or that one. We have a sacramental view of life and I would add that it is liturgical. So it is important to have family liturgy (rituals and routines) at home. The family liturgy is the way we engage our spouses and children in the school of love. Popcak points out four crucial areas of connections: work, play, talk, and pray. Itâ™s simple, though it may not be easy! Those are just a few of the chaptersâ [This is a very readable book with quizzes throughout and a series of exercises at the end. These are the hallmarks of Popcakâ™s other works as well. I can highly recommend this book for all who are married.

This book takes the science of psychology as well as the power of the faith right to the areas in our marriages that need them the most. It leaves you with tools in your hands and hope for your marriage.

Very good! The chapters, "What I've tried everything really means" or something like that, and the chapter on "self-regulation" especially good and also the list of why you should not get divorced. Very practical advice and how to get into problem solving instead of just doing the same dumb things over and over.

Excellent Book. It really helps you to realize that you and your spouse were created by God to do something special in this world. He brought you and your spouse together to be challenged, to

come out of your comfort zone, and be self donative to each other.

Every page is worth reading. Highly recommend it to ANY couple struggling in their marriage big or small. Thank you Dr. Popcak for writing such an incredible book!

Reading this book gave me insight into some of the problems that I struggle with. While it did not promise any quick fix, it did give me some very practical advice on how I can seek to improve my marriage (even when I question the hope of having any possibility of experiencing a fulfilling and satisfying marriage in my own life) and, yet, still grow closer to God in the midst of marital difficulty. I got a lot out of the book and would readily recommend it to both those who are married and those considering getting married.

Love it. This is a much needed resource for couples in a troubled marriage and those trying to avoid getting to that point

This was an exceptional well written book. The information was easy to read and very clear cut. I would recommend this book to anyone that is starting to sense issues in their marriage. I wish I had read this book even 2 weeks earlier than I did. It quite possibly could have saved my marriage.

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