

MARRIAGE MATTERS

Additional Resources*

*(See page 6 for sites to obtain books and additional counseling services)

MARRIAGE

GENERAL INFORMATION

Marriage (magazine) 1-800-627-7424

One Family At a Time: Restoring the Soul of America Through God's Plan for Your Marriage and Family, Dennis Rainey

The Seven Principles for Making Marriage Work, John Gottman

Getting the Love You Want, Harville Hendrix

The First Five Years of Marriage, Phillip Swihart

Breaking the Cycle of Divorce: How Your Marriage Can Succeed Even If Your Parents Didn't, John Trent and Larry Weedon

Love and Respect, by Emerson Eggerichs

The Five Love Languages: How to Express Heartfelt Commitment to Your Mate, Gary Chapman

Too Close to the Flame: Recognizing and Avoiding Sexualized Relationships, Dr. Gregg Jantz

Making Love Last Forever, Gary Smalley

Boundaries in Marriage, Drs. Henry Cloud and John Townsend

Covenant Marriage, Dr. Fred Lowery

The Two Sides of Love; Using Personality Strengths to Greatly Improve Your Relationships, Gary Smalley and John Trent

As For Me and My House: Crafting Your Marriage to Last, Walter Wangerin

His Needs, Her Needs, Willard F. Harley, Jr.

Loving Your Marriage Enough to Protect It, Jerry Jenkins

Hidden Keys of a Loving Lasting Marriage, Gary Smalley

Magnificent Marriage, Nick and Nancy Stinnet and Donnie Hilliard

Becoming One, Joe Beam

Love Busters, Willard Harley

The Love List: Eight Things That Make a Big Difference in Your Marriage, Drs. Les and Leslie Parrott

Sex Begins in the Kitchen, Kevin Leman

Sixty-Minute Marriage Builder, Rob Parsons

Surviving a Spiritual Mismatch in Marriage, Lee and Leslie Strobel

Saving Your Marriage Before It Starts, Drs. Les and Leslie Parrott

New Baby Stress, David and Claudia Arp

Your Marriage Can Survive a Newborn, Glen and Natalie Williams

LATER YEARS

See also resources under **Coping with Aging Parents**

How to Survive and Thrive In An Empty Nest, Janette and Robert Lauer

The Second Half of Marriage, David and Claudia Arp

Men in Midlife Crisis, Jim Conway

Respecting Your Limits When Caring for Aging Parents, Vivian Greenberg

Empty Nesting: Revisiting Your Marriage When Kids Leave Home, David and Claudia Arp

Complete Guide to Caring for Aging Loved Ones, Betty Free

A Caregivers Survival Guide, Marshall Strom

The Final Mile: A wife's Response to Her Husband's Terminal Illness, Faye Landrum

MARRIAGE IN CRISIS

See also resources under **Sexuality**

www.troubledwith.com (Focus on the Family sponsored resource)

Torn Asunder Workbook: Recovering from Extramarital Affairs, Dave Carder

Surviving an Affair, Willard Harley

When Bad Things Happen to Good Marriages; How to Stay Together When Life Pulls You Apart,

Drs. Les and Leslie Parrott

Angry Men and the Women Who Love Them: Breaking the Cycle of Physical and Emotional Abuse,

Paul Hegstrom

Love Must Be Tough; New Hope for Marriages in Crisis, Dr. James Dobson

Hope for the Separated; Wounded Marriages Can Be Healed, Gary Chapman
Healing the Hurt in Your Marriage; Beyond discouragement, anger, and resentment to forgiveness, Dr. Gary and Barbara Rosberg
Surviving a Spiritual Mismatch, Les and Leslie Strobel
Spiritual Warfare in Marriage, Bill Stonebraker
Empty Arms: Emotional Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy, Pam Vredevelt
When the Cradle is Empty: Answering Tough Questions About Infertility, John and Sylvia Van Regenmorter
The Infertility Companion, Sandra Glahn and Dr. William Cutrer
Adopting After Infertility, Patricia Johnson

FAMILY FINANCES

Five Steps to Successful Money Management, Lee Davis
Financial Peace, Dave Ramsey
Storm Shelter, Protecting Your Personal Finances, Ron Blue
Taming the Money Monster, Ron Blue
No Debt No Sweat, Steve Diggs, www.nodebtnosweat.com, (615) 834-3063
Debt-Proof Your Marriage and *Debt-Proof Your Marriage Workbook* by Mary Hunt

SEXUALITY

GENERAL INFORMATION

Too Close to the Flame: Recognizing and Avoiding Sexualized Relationships, Dr. Gregg Jantz
Sheet Music, Kevin Leman
The Book of Romance, What Solomon Says About Love, Sex and Intimacy, Tommy Nelson
The Sexual Man, Dr. Archibald Hart
Secrets of Eve, Understanding the Mystery of Female Sexuality, Dr. Archibald Hart, Dr. Catherine Hart Weber and Debra Taylor
Sex Begins in the Kitchen, Dr. Kevin Leman

SEXUAL ABUSE IN CHILDHOOD

The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse, Dr. Dan Allender
Allies In Healing: When the Person You Love Was Sexually Abused as a Child, Laura Davis
 (See also resources under *Special Problems*)

HOMOSEXUALITY

A Parent's Guide to Preventing Homosexuality, Joseph Nicolosi
Coming Out of Homosexuality, Bob Davies and Lori Rentzel
Setting the Record Straight, Dr. Larry Burtoff
You Don't Have to Be Gay, Jeff Konrad
LOVE WON OUT, workshops and materials from *Focus on the Family*, 1-800-232-6459, www.family.org
EXODUS INTERNATIONAL, www.exodusglobalalliance.org 1-888-246-0877
When Homosexuality Hits Home: What to do When A Loved One Says They're Gay, by Joe Dallas
Helping People Step Out of Homosexuality, Frank Worthen
NATIONAL ASSOCIATION FOR RESEARCH AND THERAPY OF HOMOSEXUALITY (NARTH), www.narth.com 1-818-789-4440

PORNOGRAPHY

(See also resources under Sex Addicts)
Don't Call it Love: Recovery From Sexual Addiction, Patrick Carnes
The DRUG of the New Millennium, Mark Kastleman
Pure Desire, Ted Roberts
An Affair of the Mind, Laurie Hall
False Intimacy, Harry Schaumburg
Kids Online, Donna Rice Hughes
Faithful and True: Sexual Integrity in a Fallen World, Mark Laaser
Men Confront Pornography, Michael S. Kimmel
Every Man's Battle and *Every Young Man's Battle*, Stephen Arterburn
Every Woman's Battle and *Every Young Woman's Battle*, Shannon Ethridge

www.settingcaptivesfree.com (330) 620-8448 (free 12 step internet interactive program for sexual and other addictions)
<http://dl.esu13.org/internetsafety.htm> (lists internet safety guidelines and sites for children)
www.cyber-snoop.com (800) 732-7596 (provides internet monitoring and filtering)
www.filterreview.com (directory of internet servers that filter questionable material)
www.afafilter.com (850) 362-4311 (internet server provided by American Family Association)
www.integrityonline.com or 1-866-449-1736 (provides an internet server, or a filter on other servers)
www.safekids.com (801) 596-3119 (provides rules and contracts for parents with children online)
www.familyconnect.com (918) 524-1010 (internet protected server)
www.covenanteyes.com (877) 479-1119 (provides internet accountability)
www.zemericks.com (provides a variety of programs for internet protection and accountability)

FOR SEX ADDICTS AND THEIR SPOUSES

(See also resources under Pornography)

Out of the Shadows, Patrick Carnes

Don't Call it Love: Recovery From Sexual Addiction, Patrick Carnes

Breaking Free: Understanding Sexual Addiction and The Healing Power Of Jesus, Russell Willingham and Bob Davies

Addicted to Love: Understanding Dependencies of the Heart, Romance, Relationships and Sex, Stephen Arterburn

Every Heart Restored, Stephen Arterburn

www.pureintimacy.org (**Focus on the Family**-sponsored resource for pornography addiction)

National Counsel on Sexual Addiction (770) 989-9754.

www.faithfulandtrueministries.com (866) 408-5433, Mark Laaser and Life Ministries International (resources for recovery)

www.helpandhope.org (888) 891-4673, Rob Jackson, (affiliated with Christian Alliance)

www.saa-recovery.org Sex Addicts Anonymous

www.sa.org (866) 424-8777 Sexaholics Anonymous

For a list of Christian Counselors on file in your area with the following organizations contact:

"Every Man's Battle" workshops and resources from the New Life Ministries (800) 639-5433

www.newlife.com and FOCUS ON THE FAMILY COUNSELING CENTER (719) 531-3400,

www.family.org

PARENTING

GENERAL INFORMATION

www.focusonyourchild.com (800) 232-6459 resources from **Focus on the Family**

Parent's Guide to the Spiritual Growth of Children, Focus on the Family

Money Matters (teaching children money management), Jim Weimann and Larry Burkett

A Parent's Guide to Preventing Homosexuality, Joseph Nicolosi

Protecting Your Child in An X-Rated World, Frank York and Jan LaRue

How and When to Tell Your Kids About Sex, Stanton and Brenner James

Movie Nights for Kids: 25 Flicks to Inspire, Entertain and Teach Your Children, John Fornof

Keeping Your Kids Afloat When it Feels Like You're Sinking, Cyndi Lamb Curry

Boundaries With Kids, Drs. Henry Cloud and John Townsend

Answering the 8 Cries of the Spirited Child, David and Claudia Arp

Dare to Discipline, James Dobson

Hide or Seek, James Dobson

The Strong-willed Child, James Dobson

Bringing Up Boys, James Dobson

Setting Limits, Robert MacKenzie

Parenting with Love and Logic, Foster Cline and Jim Fay

Parenting Teens with Love and Logic, Foster Cline and Jim Fay

Bringing Kids Up without Tearing Them Down, Kevin Leman

Behavior Management At Home: A Token Economy Program for Children and Teens, Harvy Parker

A Parent's Guide to Preventing Homosexuality, Joseph Nicolosi

The Key to Your Child's Heart, Gary Smalley

www.screenit.com (provides reviews and content of movies)

www.pluggedinmag.com (provides a lyrical breakdown of CDs released since 1998)

PARENTING CHILDREN WITH SPECIAL NEEDS

You and Your ADD Child: How to Understand and Help Kids with Attention Deficient Disorder, Paul Warren

ADD Hyperactivity Workbook for Parents, Teachers, and Kids, Harvey Parker

The Attention Deficit Child, Grant Martin

Driven to Distraction (ADHD resource for children and adults), Edward Hallowell and John Riley

Why ADHD Doesn't Mean Disaster, Dennis Swanberg, Dr. Walt Larimore, and Diane Passno

CHADD (resources and support for children and adults with attention deficit disorder) 1-800-233-4050

A Special Kind of Love: For Those Who Love Children With Special Needs, Susan Osborn and Janet Mitchell

Chronic Kids, Constant Hope: Help and Encouragement for Parents of Children with Chronic Conditions, Elizabeth Hoekstra and Mary Bradford

Facing Autism, Lynn M. Hamilton

PARENTING TEENS

(see also *General Information* under *PARENTING*)

Adolescence Isn't Terminal, Dr. Kevin Leman

The Disconnected Generation: Saving Our Youth from Self-Destruction, Josh McDowell

Parenting Adolescents, by Kevin Huggins

Parenting Teens With Love and Logic, Cline and Foster

Parents, Teens and Boundaries, Jane Bulestein

Movie Nights: 25 Movies to Spark Spiritual Discussions with Your Teen, Bob Smithouser

SINGLE PARENTING

(see also *General Information* under *PARENTING*)

Financial Guide for the Single Parent, Larry Burkett

365 Strategies for Positive Single Parenting, Susan Brown

Parenting Alone: Single Parents, Ramona Warren

Successful Single Parenting, Gary Richmond

The Single Dad's Survival Guide, Mike Klumpp

Going It Alone: Meeting the Challenges of Being a Single Mom, Michelle Ho

From One Single Mother to Another, Sandra Aldrich

101 Ways to Be a Long-Distance Super Dad...Or Mom, too! George Newman

Resource: Focus on the Family, Colorado Springs, CO. (800) 232-6459

GRANDPARENTS AS PARENTS

(see also *General Information* under *PARENTING*)

Grandparents as Parents: A Survival Guide for Raising a Second Family, DeToledo and Brown

DEALING WITH TROUBLED CHILDREN

(see also *General Information* under *PARENTING*)

Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger, Meg Eastman

Parents in Pain: Overcoming the Hurt and Frustration of Problem Children, John White

Relief for Hurting Parents, Buddy Scott

Pills for Parents in Pain, Lee Ezell

Get Out of My Life, Anthony Wolf

Why Christian Kids Rebel: Trading Heartache for Hope, Tim Rimmel

You Can't Make Me, Cynthia Tobias

When Your Child Has Been Molested: A Parent's Guide to Healing and Recovery, Kathryn Brohl and Joyce Case Potter

What Children Need to Know When Parents Divorce, William Coleman

Helping Children Survive Divorce: What to Expect, How to Help, Archibald Hart

Growing Up With Divorce, Helping Your Child Avoid Immediate and Later Emotional Problems, Neil Kalter

STEP-PARENTING

(see also *General Information* under *PARENTING*)

Resource: www.successfulstepfamilies.com

The Smart Stepfamily, Ron Deal

Resource: Step Family Association of America, (800) 735-0329

Step by Step-Parenting, James Eckler
Making it as a Stepparent, Claire Berman
52 Ways to be a Better Step-parent, O'Conner & Flowers
You're a Stepparent...Now What? Joseph Cerquone
Winning the Heart of Your Stepchild, Bob Barnes
God Sets the Lonely in Families, www.godblendsfamilies.org

ADDITIONAL CHALLENGES

ADULT ADD/ADHD

Driven to Distraction, (ADHD for children and adults) Edward Hallowell and John Riley
Healing ADD: Simple Exercises That Will Change Your Daily Life, Thorn Hartman
 CHADD (resources and support for children and adults with attention deficit disorder) 1-800-233-4050

ANGER

Angry Men and the Women Who Love Them: Breaking the Cycle of Physical and Emotional Abuse, Paul Hegstrom
Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger, Meg Eastman
Getting the Best of Your Anger, Les Carter
The Anger Workbook (to accompany the above book), Les Carter
Make Anger Your Ally, Neil Clark Warren

COPING WITH AGING PARENTS

As Parents Age: A Psychological and Practical Guide, Joseph Ilardo
How to Care for Aging Parents, Virginia Morris and Robert Butler
Caring for Your Aging Parents: A Sourcebook of Options and Solutions for Both Generations, Helene MacLean
Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive, Claire Berman
Are Your Parents Driving You Crazy? Joseph Ilardo and Carole Rothman
Complete Guide to Caring for Aging Loved Ones, Betty Free

DEPRESSION

New Light on Depression: Help, Hope, & Answers for the Depressed & Those Who Love Them, David Biebel and Harold Koenig
The Freedom from Depression Workbook, Dr. Les Carter, Dr. Frank Minirth
The Feeling Good Handbook (self help for depression), David Burns
Mood Swings, Dr. Paul Meier, Dr. Frank Minirth, Stephen Arterburn
Unmasking Male Depression: Recognizing the Root Cause to Many Problems Behaviors Such As Anger, Resentment, Abusiveness, Silence, Addictions and Sexual Compulsiveness, Dr. Archibald Hart
Unveiling Depression in Women: A Practical Guide to Understanding and Overcoming Depression, Drs. Archibald Hart and Catherine Hart Weber
 Resources for 'Attacking Anxiety and Depression' Midwest Center, www.stresscenter.com (800) 611-5485

DIVORCE

When the Vow Breaks, Warren Kniskern
Growing Through Divorce, Jim Smoke
When He Leaves, Kari West and Noelle Quinn
The Divorce Recovery Guide, A. Treeson, Mary Hollingsworth, Michael Washburn,
Single Again, The Uncertain Journey, Jim Smoke
The Unexpected Legacy of Divorce: A 25-year Landmark Study, Judith Wallerstein
Helping Children Survive Divorce: What to Expect, How to Help, Archibald Hart
Growing Up With Divorce, Helping Your Child Avoid Immediate and Later Emotional Problems, Neil Kalter
What Children Need to Know When Parents Divorce, William Coleman

FOR SOMEONE TERMINALLY ILL

The Journey Home: Finishing With Joy, Bill Bright
Living Fully in the Shadow of Death, Susan Zonnebelt-Smeenge and Robert DeVries

When Your World Falls Apart, David Jeremiah
A Bend in the Road, David Jeremiah
Packing for the Big Trip, Charlie Walton

GRIEF

A Grace Disguised: How the Soul Grows Through Loss, Gerald Sittser
Yet Will I Trust Him: Understanding God in a Suffering World, John Mark Hicks
Beyond the Storm, Dr. Jerry Jones
When there are no Words, Charlie Walton
A Grief Observed, C. S. Lewis
Hiding From Love: Learning to Feel and Serve Again, Dr. John Townsend
When Children Grieve, John James and Russell Friedman
www.griefshare.org

IN-LAWS

The Mother-in-Law Dance: Can Two Women Love the Same Man and Still Get Along? Annie Chapman
Toxic In-Laws: Loving Strategies for Protecting Your Marriage, Susan Forward
Loving Your Relatives: Even When You Don't See Eye to Eye, David and Claudia Arp, John and Margaret Bell.
Inlaws, Outlaws and the Functional Family: A Real-World Guide to Resolving Family Issues, Harry Jackson

ISSUES FROM YOUTH

Addicted to Love: Understanding Dependencies of the Heart, Romance, Relationships and Sex, Stephen Arterburn
Released From Shame: Recovery for Adult Children of Dysfunctional Families, Sandra Wilson
Adult Children: The Secrets of Dysfunctional Families, John and Linda Friel
The Healing Journey for Adult Children of Alcoholics, by Daryl Quick
Changes That Heal: How to Understand Your Past to a Healthier Future, Dr. Henry Cloud
Broken Children, Grown-up Pain; Understanding the Effects of Your Wounded Past, Paul Hegstrom
Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships, Drs. Frank Minirth, Paul Meier, and Robert Hemfelt
The Freedom from Depression Workbook, Dr. Les Carter, Dr. Frank Minirth
The Feeling Good Handbook (self help for depression), David Burns
Love Hunger, Weight Loss Workbook, Dr. Frank Minirth and Dr. Paul Meier
 Resources for 'Attacking Anxiety and Depression' Midwest Center, www.stresscenter.com (800) 611-5485

PERSONALITY DISORDERS

Fatal Flaws: Navigating Destructive Relationships with People with Disorders of Personality and Character, Dr. Stuart Yodofsky

SINGLENES

God's Call to the Single Adult, Mike Cavanaugh
Your Single Treasure: The Good News About Singles and Sexuality, Rick Stedman
No Sex Please (Until We're Married): The No-Compromise Search for the Love of Your Life, Ian Gregory
Believing God For His Best: How to Marry Contentment and Singleness, Bill Thrasher
Living Single: The Different Faces of Singleness, Kevin Smith
Singleness: A Strategy for Emotional Peace

*The above books can be ordered online from www.bestbookbuys.com, www.christianbooks.com or from a Christian bookstore in your area.

For a list of Christian counselors in your area on file with FOCUS ON THE FAMILY, contact 1-719-531-3400. For a topical listing of articles, resources and referrals concerning specific family and individual issues, visit www.troubledwith.com, a website sponsored by FOCUS ON THE FAMILY. For a list of Christian counselors in your area on file with the MEIER CLINICS, contact 1-888-725-4642 or on the web at www.meierclinics.com. For a list of Christian counselors on file with the NEW LIFE CLINICS contact 1-800-NEWLIFE.. For a list of Christian counselors on file with the AMERICAN ASSOCIATION OF CHRISTIAN COUNSELORS, visit them on the web at www.aacc.net.