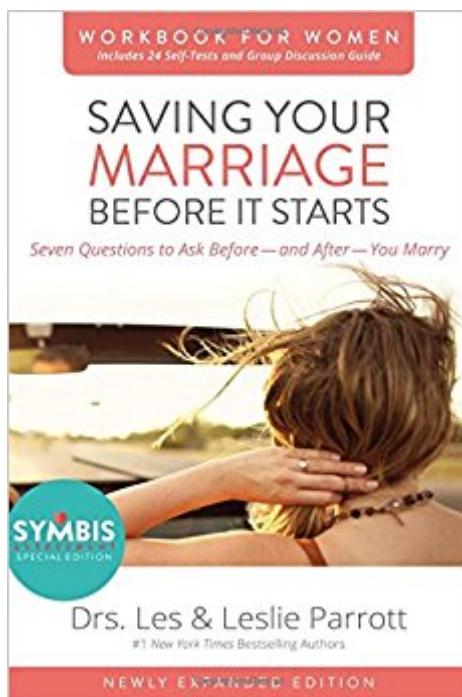


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# Saving Your Marriage Before It Starts Workbook For Women Updated: Seven Questions To Ask Before---and After---You Marry



## Synopsis

The Saving Your Marriage Before It Starts Workbook for Women will help you uncover and understand the unique shaping factors you bring into your marriage both as a woman/man and as an individual. Prepare for some surprising and helpful insights, for honest, intimate, and enjoyable relationship-strengthening conversations with you and your fianc , and for engaging discussions with a small group.

**EXERCISES AND ASSESSMENTSTwenty-four exercises will shed amazing new light on the way you are put together, how that affects specific aspects of how you and your loved one relate, and how you can improve those areas to build a better relationship. You will gain unprecedented insights intoâ¢ your personal âœTen Commandmentsâ•â¢ making your roles consciousâ¢ getting your sex life off to a great startâ¢ identifying your âœhot topicsâ•â¢ your spiritual journey â| and much, much more**

**DISCUSSION GUIDE** Les and Leslie will help both of you enjoy lively and eye-opening interaction through seven sessions and bonus sessions on the DVD. For small groups, individual couples, and pastors and marriage counselors, each session links with the workbook exercises and concludes with an exercise each couple can do together over the next week.

<http://www.symbisassessment.com>

## Book Information

Paperback: 128 pages

Publisher: Zondervan; Enlarged ed. edition (November 24, 2015)

Language: English

ISBN-10: 0310875471

ISBN-13: 978-0310875475

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 123 customer reviews

Best Sellers Rank: #10,642 in Books (See Top 100 in Books) #36 in Books > Christian Books & Bibles > Bible Study & Reference > Bible Study > Guides #40 in Books > Christian Books & Bibles > Christian Living > Family #50 in Books > Christian Books & Bibles > Christian Living > Marriage

## Customer Reviews

A psychologist and a marriage and family therapist, Drs. Les and Leslie Parrott are founders of the Center for Relationship Development at Seattle Pacific University. Their bestselling books include Love Talk, Crazy Good Sex The Complete Guide to Marriage Mentoring, and the award-winning

Saving Your Marriage Before It Starts. Their work has been featured in The New York Times and USA Today, and they have appeared on CNN, O'Reilly Factor, Good Morning America, Today Show, The View, and Oprah. They live with their two sons in Seattle. Visit [LesandLeslie.com](http://LesandLeslie.com).

Very practical advice and information. My fiance each have our own book and workbook. Get the workbook. That's where the real growth takes place, whereas this gives information. I've done the first 20 or so activities in the workbook so far and only 1 of them was a waste of time. The information is not watered down at all. The chapters are all concise and worth the read. It includes chapters on listening, gender roles (and misconceptions), how to stay in love, etc. I would recommend this book because it is extremely practical, unlike other premarital books that are more vague. I am a Christian, and this book does not mention the bible very often. The writers are definitely believers, but they did not include a lot of biblical information in the book. I, for one, welcome that because I have already heard plenty of sermons on marriage. This was exactly what I wanted. Anyone can use this book, regardless of religion. The book is also meant for engaged and married alike. The information is useful regardless of relationship status

My boyfriend and I have found this a great resource to use as we move towards our engagement. It has caused us to talk about a lot of the issues we are encountering and handle them in a positive way. It is amazing how many arguments start by unspoken expectations. Once we started considering disagreements that way, it made us open up to one another more. What a fantastic book.

My fiance and I are walking through this book/workbook. Even though we have talked through so much, we still find things to discuss that this book begins up.

Good, practical advice here. Nothing ground breaking or earth shattering, but this book is filled with some very good reminders that will help you and your partner to build a solid foundation and learn more about each other's wants and needs. This book teaches from a biblical perspective, but the content is a blend of Christian teachings and lessons that would be relatable for non-religious couples, as well. We used these books in conjunction with pre-marital counseling we completed at an area church, and the books had accompanying videos that were awesomely 90's-tastic; though the content was still good.

I think this has a lot of practical information, that every couple should hear. Me and my wife used this through our church for pre-marital counseling. It makes you think, and understand your partner's perspective. I like that! I would recommend this book to any couple, but only if you are serious. No book, or counseling is going to change the will of the close minded. That being said, this is a great companion to counseling, or just to further your love of your partner.

Anyone who is engaged or discussing engagement should read this book and do the workbook that follows. There is a workbook for him and her. It has been a great help and inspiration for my fiance and I. Although we have not run into any red flags, it has opened our eyes more to the fact that we are different people that think differently about some things. It has been nice to be able to discuss these things now rather than wait until after we are married and be shocked.

My wife and I read through the books and the study guide while we were engaged. SOOOOOO good!! Even if you aren't a Christian, the principles in communication are amazingly helpful. For us, as believers, perhaps even more so. I highly recommend it with the study guide. The exercises are really good to help you understand how the other person thinks, what's important to them, and to get a head start - from a married perspective anyway - on who the other person is. I haven't been married that long, but ask your other married friends - you may think you know all about the other person before you get married, but you learn a ton more once you're married. You also learn a lot about yourself. The reason this book and study guide are so good is they help you think through things & issues that are common in marriage, common differences between men and women, etc. And there are some great tools, like "Temperature Check". The book/guide go into more detail, but it provides a really beneficial communication tool to share things you like, don't like, don't understand, or would like to see changed. I'm making all of my future kids go through when they get engaged. I can't recommend it highly enough! If you're getting married, get it. If you are married and know you could use some communication help, get it. Cheers! :)

I love this workbook. It covers everything you should discuss with your partner before marriage. Often without some sort of prompting these conversations would remain unsaid. The book is written with a nondenominational Christian bent which will make it appeal to many people. The exercises were quick and easy to follow. I highly recommend this workbook and the accompanying textbook.

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