

RECOMMENDED RESOURCES

Marriage

1. *For Better Forever: A Catholic Guide To Lifelong Marriage* by Dr. Gregory Popcak
- *2. *Marriage: Small Steps, Big Rewards* by Dr. Ray Guarendi
3. *The Seven Principles For Making Marriage Work* by John Gottman
4. *One Body* by John and Claire Grabowski
- *5. *Jesus the Bridegroom* by Brant Pitre

Communication

- *1. *The Five Love Languages* by Dr. Gary Chapman
- *2. *The Temperament God Gave You* by Art & Laraine Bennett
- *3. *The Relationship Cure* by John Gottman
- *4. *Crucial Conversations* by Kerry Patterson and Joseph Grenny
- *5. Habit 5 in *The 7 Habits of Highly Effective People* by R. Stephen Covey
- *6. *I Hear You* by Michael S. Sorensen
- *7. *The Lost Art Of Listening* by Michael P. Nichols
8. *Anger: Taming A Powerful Emotion* by Gary Chapman

Male & Female Understanding

- *1. *For Men Only* by Shaunti & Jeff Feldhahn
- *2. *For Women Only* by Shaunti & Jeff Feldhahn
- *3. *Men Are From Mars, Women Are From Venus* by John Gray
- *4. *Captivating* by John & Stasi Eldredge
- *5. *Wild At Heart* by John Eldredge
- *6. *The Man's Guide To Women* by John & Julie Gottman and Douglas and Rachel Abrams
- *7-8. *The Female Brain* and *The Male Brain* by Louann Brizendine

Sexuality

- *1. *The Good News About Sex And Marriage* by Christopher West
2. *Holy Sex!* by Dr. Gregory Popcak
3. *Men And Women Are From Eden* by Mary Healy
- *4. *The Porn Myth* by Matt Fradd

Parenting

1. *Raising Good Kids: Back to Basics* by Dr. Ray Guarendi
- *2. *Discipline That Lasts A Lifetime* by Dr. Ray Guarendi
3. *Parenting With Grace* by Dr. Gregory Popcak
- *4. *For Parents Only* by Jeff and Shaunti Feldhahn (for parenting teens)
- *5. *Parenting* by Paul David Tripp
- *6. *The 5 Love Languages of Children* by Gary Chapman
- *7. *And Baby Makes Three* by John and Julie Gottman
8. *Beyond the Birds and Bees: Raising Sexually Whole and Holy Kids* by Gregory & Lisa Popcack

Finances

- *1. *You Need A Budget* by Jesse Mecham
2. Compass Catholic Ministries (see compasscatholic.org / look also for their podcasts*)
3. Dave Ramsey's Books and Resources

* = audio version available (see amazon.com)