

Book Resource List

TOPICS:

Developing Healthy Relationships

Developing A Stronger Relationship With God

Overcoming Hurts From The Past

Personal Growth

Growth In Our Christian Walk

Overcoming Difficult Times

Marriage

Stress

Sexuality

Christian Care Ministry does not necessarily agree with the resources listed here in their entirety, but suggests that there may be some helpful thoughts in each resource listed.

We invite you to consider each thoughtfully, analyzing the content from a Biblical perspective.

Developing healthy relationships



Relationships

Les Parrott / Paperback / Zondervan / April 2002

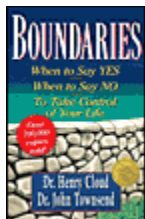
Designed for college students, young adults, singles, and dating couples, this book teaches the basics of healthy relationships, including friendship, dating, sexuality, and relating to God; it is accompanied by a 48-page workbook



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

Stephen Arterburn / Paperback / Servant Publications / June 2003

Stephen Arterburn examines this addiction--who it afflicts and what you can do if you suspect that your spouse, friend, or family member may be suffering from it. With compassion and wisdom, Arterburn points the way to psychological and spiritual healing that can enable men and women to enjoy real and lasting intimacy.

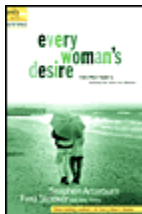


Boundaries

Henry Cloud / Paperback / Zondervan / March 2002

Usually ships within 24 hours

This book presents a biblical treatment of boundaries, identifies how boundaries are developed, and how they become injured. It also shows Christian misconceptions of the function and purpose of boundaries, and provides a program for developing and maintaining healthy limits.



Every Woman's Desire: An Every Man's Guide to Winning the Heart of a Woman

Stephen Arterburn / Paperback / WaterBrook Press / October 2001

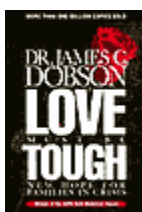
Review from a reader: There are many books out there geared toward restoring that special union God intended for Man and Women. But this book WORKS. It crosses cultural lines and speaks to the "Heart" of a man, not just to his "Head". My wife has been blown away at the changes that have taken place in my life and our marriage, since I started reading this book. I strongly recommend it to all men. Jerry



Be There!: Making Deep Lasting Connections in a Disconnected World

John Trent / Hardcover / WaterBrook Press / September 2000

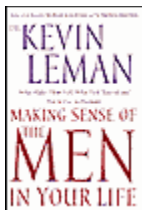
Far too many Americans-of all ages-are being sentenced to a life of loneliness and isolation, and our society is paying a tremendous price as a result. Despite our longing for intimacy, most of us are failing to connect with those around us in deep, meaningful ways-and are thus missing out on the greater health, happiness, and well-being we long for. Yet there is still tremendous reason for hope. You can make a difference in your life, and in the lives of others, by "being there."



Love Must Be Tough

James C. Dobson / Hardcover / Thomas Nelson / June 1996

Love Must Be Tough offers realistic hope for troubled marriages. The principle of "tough love" is discussed in response to the most serious indicator of potential family breakup—a lack of respect. With over 1 million copied sold this book presents God's plan to restore and maintain love.



[Making Sense Of The Men In Your Life: What Makes Them Tick, What Ticks You Off, and How to Live in Harmony](#)

Kevin Leman / Hardcover / Thomas Nelson / March 2001

What really goes on in a man's mind? How does he perceive the world, and how does that perception differ from a woman's view of reality? And how can knowing what a husband, son, father, or male colleague is really like help a woman succeed in her relationships with the male half of the species? Dr. Kevin Leman gives women an up-close and personal look at how the "other half" thinks, feels, and behaves.



[Attachments: Why You Love, Feel and Act the Way You Do](#)

Tim E. Clinton / Hardcover / Integrity Publishers / October 2002

Reader's Review: Attachments is a wonderful tool for anyone and everyone who is planning on getting married. I recommend that everyone whether you're getting married or not because this book will help you find out who you are and not only that but it will also help you figure out how you react in different types of relationships. It will prepare you for marriage and parenting as well.



[Becoming the Parent God Wants You to Be](#)

Kevin Leman / Paperback / NavPress Publishing Group / September 1998

FINALLY, A PARENTING CURRICULUM THAT MAKES SENSE! If you're tired of second-guessing your parenting skills as you hear conflicting advice from a variety of sources, you need Becoming the Parent God Wants You to Be.

Developing a stronger relationship with God



Loving God With All Your Mind

Elizabeth George / Paperback / Harvest House Publishers / February 1998
In a fresh, friendly manner, George explores what it means to think Godly by learning how to focus the mind on what is true, pure, lovely, and good. Honestly sharing episodes from her own past struggles as a frustrated, unhappy woman, George demonstrates how to develop a scriptural and healthy view of God, the past, the future, problems, others, and self.



The Pursuit of God

A.W. Tozer / Paperback / Christian Publications, Incorporated / September 1996
During a train trip from Chicago to Texas in the late 1940s, A.W. Tozer began to write *The Pursuit of God*. He wrote all night, and when the train arrived at his destination, the rough draft was done. The depth of this book has made it an enduring favorite.



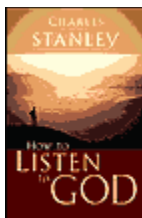
Hinds' Feet on High Places

Hannah Hurnard / Mass Market Paperback / Tyndale House Publishers / February
Hinds' Feet on High Places is one of Hannah Hurnard's best known and best loved books. This book is a beautiful allegory dramatizing the yearning of God's children to be led to new heights of love, joy, and victory. Follow Much-Afraid on her spiritual journey through difficult places with her two companions, Sorrow and Suffering. Learn how Much-Afraid overcomes her tormenting fears as she passes through many dangers and mounts at last to the High Places. There she gains a new name and returns to her valley of service, transformed by her union with the loving Shepherd.



Knowledge of the Holy - Reissue

Aiden W. Tozer / Paperback / HarperCollins Publishers / September 1975
What is the nature of God? How can we recapture a real sense of God's majesty and truly live in the Spirit? This beloved book, a modern classic of Christian testimony and devotion, addresses these and other vital questions, showing us how we can rejuvenate our prayer life, meditate more reverently, understand God more deeply, and experience God's presence in our daily lives.



How To Listen To God

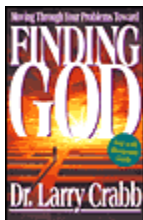
Charles F. Stanley / Paperback / Thomas Nelson / August 2002

After becoming a Christian, believers discover the joy of God's voice, but often the purity and freshness of that initial experience becomes clouded by the daily routine of life. In *How to Listen to God* Dr. Charles Stanley helps readers rediscover how to distinguish God's voice from all other voices around them, and how to joyfully and obediently respond. Dr. Stanley uses personal experiences from his life and ministry to discuss: why God wants to communicate with us, how God gets our attention, how God communicates with us, and how to listen to God and enjoy His presence.



Perfect Trust

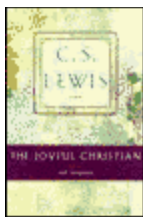
Charles R. Swindoll / Hardcover / Thomas Nelson / January 2000
Beloved Bible teacher and best-selling author Chuck Swindoll offers fresh, original insights in this wonderful sequel to *Intimacy With the Almighty*. He encourages readers to discover a more meaningful, intimate relationship with God by learning to trust Him more completely. With his unique, uplifting writing style, Swindoll helps those navigating life's most difficult obstacles to pursue the path that leads to power, blessing, and peace.



[Finding God](#)

Lawrence J. Crabb / Paperback / Zondervan / November 1995

From the bestselling author of Men & Women and The Marriage Builder comes guide that shows how to use problems to find God rather than use God to solve problems. Offering a new perspective, Dr. Crabb shows how life can become richer and more meaningful with a joy rooted in something deeper than merely feeling good about ourselves.



[The Joyful Christian: 127 Readings](#)

C. S. Lewis / Paperback / Simon & Schuster Adult Publishing Group / April 1996

C.S. Lewis, himself a convert, wrote of being "surprised by joy" when he discovered his belief in Jesus Christ. In these 127 devotional readings, selected from Lewis's many works on faith and spirituality, Christians everywhere can share in the joy of this master theologian as he discusses topics ranging from the nature of prayer and good works to psychoanalysis and fascism. In "The Joyful Christian", Lewis offers inspiration for all those who hunger and thirst after joy.



[Grace Awakening](#)

Charles R. Swindoll / Paperback / Gale Group / July 1992A book of hope that leads readers beyond the frustration and guilt of trying to please others to the charming, liberating grace of God. For the growing number of people who feel that life should be more than grim-faced religion, this book offers a glorious alternative--the truth that sets us free. Swindoll is the bestselling author of Growing Strong in the Seasons of Life.

[Finding God at Harvard](#)

Kelly K. Monroe



Paperback, 1997

Publisher: Zondervan

Place of Pub: Grand Rapids, MI, U. S. A. This fascinating book challenges the assumption that really smart people--the intellectuals from places like Harvard and MIT--are secularists who view God and Christian faith merely as curious, cultural phenomena. Readers will find these writings to be fresh, moving, vibrant testimonials of faith.

Overcoming hurts from the past



[Toxic Faith: Experiencing Healing Over Painful Spiritual Abuse](#)

Stephen Arterburn / Paperback / WaterBrook Press / February 2001

Toxic Faith distinguishes between a healthy faith and a misguided religiosity that traps believers in an addictive practice of religion. It shows how unbalanced ministries, misguided churches, and unscrupulous leaders can lead their followers away from God and into a desolate experience of religion that drives many to despair. *Toxic Faith* shows readers how to find hope for a return to genuine, healthy faith that can add meaning to life. In the words of the author, "I want to help you throw out that toxic faith and bring you back to the real thing."



[The Art of Forgiving: When you need to forgive and don't know how](#)

Lewis B. Smedes / Hardcover / Ballantine Books, Inc. / April 1996

A wiser and seasoned Smedes offers hope and direction for all those seeking to understand and practice forgiveness. With compassion, insight, and illuminating example, he explains the three stages of forgiveness, shows why we should forgive and whom we should forgive, explains how faith can help us find the strength to forgive, and demonstrates the steps we must take in order to forgive.



[Forgive and Forget: Healing the Hurts We Don't Deserve](#)

Lewis B. Smedes / Paperback / HarperCollins Publishers / April 1996

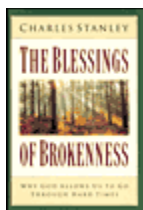
Unique and very complete examination of hurts and forgiveness.



[Changes That Heal](#)

Henry Cloud / Mass Market Paperback / Zondervan / January 1997

Filled with fascinating case studies and helpful, easy-to-adopt techniques, this book offers sound advice that helps you get the most out of your life, heal the wounds of your past and build lasting, loving relationships.



[Blessings of Brokenness](#)

Charles F. Stanley / Hardcover / HarperCollins Publishers / September 1997 This book will inspire you to look past hardships by trusting the love and the power of God, and finding freedom, peace and strength

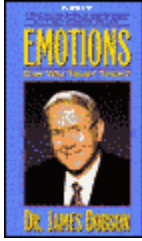


[The Blessing](#)

Gary Smalley / Mass Market Paperback / Simon & Schuster Adult Publishing Group / March 1991

Now family counselors Gary Smalley and John Trent, Ph.D., show us how we can transform our lives-even when it is no longer possible to receive our parents' blessing, and offer practical, effective methods to heal broken hearts and families.

Personal Growth



Emotions: Can You Trust Them?

James C. Dobson / Paperback / Gospel Light Publications / May 1994
America's family advocate, Dr. James Dobson, often teaches about the "critical decade"—those between the ages of 16 and 26 who are making major life decisions. Adapted from his best-selling book, *Life on the Edge*, these seven pocket-sized booklets offer insight and advice for a generation searching for significance. Dobson addresses topics such as emotions and love, money, compatibility, God's will, and the ironies of life. These booklets provide invaluable, practical advice for teaching youth that the right decisions during this critical decade can be the grand beginning to a life that will never end.



Shame and Grace: Healing the Shame We Don't Deserve

Lewis B. Smedes / Mass Market Paperback / HarperCollins Publishers / April 1994
This examination of shame in all its forms, causes, and effects goes beyond Bradshaw and the family to the spiritual possibility of healing.



The Search For Significance

Robert S. McGee
The Search for Significance, Robert McGee shows readers how to find true self-worth, based on the love, acceptance and forgiveness of Christ, and how to get off the performance treadmill. This classic best-selling book has changed the lives of millions of people by showing them the key to lasting significance.



Hiding from Love

Zondervan, 1996

Dr. John Townsend helps you to explore the hiding patterns you've developed in dealing with your emotions and guides you toward the healing grace and truth that God has built into safe, connected relationships



Inside Out

Larry J. Crabb / Paperback / NavPress Publishing Group / June 1998

Dr. Crabb has provided a much needed call to repentance from the sins of the heart--- sins which often keep us from the freedom to change and growth in our personal faith-walk with Jesus.--Joe L. Wall, Colorado Christian University

Growth in our Christian Walk



Reaching for the Invisible God

Philip Yancey / Paperback / Zondervan / January 2002

Philip Yancey asks the question How does a relationship with God work? And answers it with an investigation that turns up surprising and satisfying answers about: life and communication with an invisible God the Father and his Spirit, faith in the earthly realm where theology and experience often oppose each other, and growth as a Christian that comes from maturing into childlike faith.



[Making Life Work: Putting God's Wisdom into Action](#)

Bill Hybels / Paperback / Inter-Varsity Press / September 1998

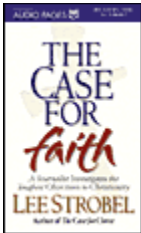
Hybels points to the wisdom of the Book of Proverbs to show how these ancient truths have direct application to every area of life today, including decision-making, friendships, marriage, finances, parenting, work, and integrity



[The Pilgrim's Progress from This World, To That Which Is to Come](#)

John Bunyan / Paperback / Oxford University Press / June 1998

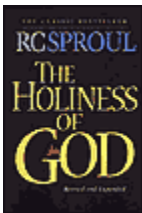
The pilgrim Christian undertakes the dangerous journey to the Celestial City, experiencing physical and spiritual obstacles along the way.



[Case for Faith](#)

Lee Strobel / Audio / Zondervan / October 2000

This eagerly anticipated sequel to Lee Strobel's best-selling book finds the author investigating the nettlesome issues and doubts of the heart that threaten anyone's faith, even if he or she believes the evidences of Strobel's first book, *The Case for Christ*.



[The Holiness of God](#)

R. C. Sproul

Paperback, June 2000

Revised in 1997, *The Holiness of God* has sold almost 200,000 copies since it was first released in the 1980s. An instant classic on the awesome nature of God, this paperback edition (of the 1997 revision) will keep ministering to people for many years to come.



[Reason to Believe](#)

R. C. Sproul

This book deals with the tough questions of Christianity, giving sound answers for people who want to do more than scratch the surface of Christian truths.

Paperback, 1993

Publisher:

Zondervan

Place of Pub:

Grand Rapids, MI



Classical Apologetics This work on apologetics examines the classical arguments for the existence of God (ontological and Thomistic arguments), discusses the philosophical issues that confront contemporary apologetics, and provides an incisive critique of presuppositional apologetics.

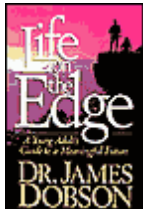
R. C. Sproul

Paperback, 1984
 Publisher: Zondervan
 Place of Pub: Grand Rapids, MI, U. S. A



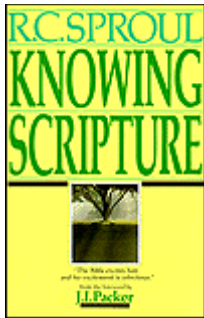
Mere Christianity
 C. S. Lewis / Paperback / Harper San Francisco / March 2001
 In 1943 England, when all hope was threatened by the inhumanity of war, C. S. Lewis was invited to give a series of radio lectures addressing the central issues of Christianity. First heard as informal radio broadcasts, the lectures were then published as three books and subsequently combined as Mere Christianity. C. S. Lewis proves that "at the center of each there is something, or a Someone, who against all divergences of belief, all differences of temperament, all memories of mutual persecution, speaks with the same voice," rejecting the boundaries that divide Christianity's many denominations.

Knowing God. Packer, J. I. InterVarsity Press Downers Grove, Illinois
 Discloses the nature and character of God and how to get to know him.



Life On The Edge
 James C. Dobson / Hardcover / Thomas Nelson / April 1995

Provides scriptural foundations on which high school seniors can base crucial decisions about their future lives.



Knowing Scripture
 R. C. Sproul, J. I. Packer

R.C. Sproul outlines the principles of textual interpretation of the Bible, offers guidelines for personal application, investigates the role of culture in biblical revelation, and discusses the use of paraphrases, concordances, commentaries, and expositions



How Now Shall We Live?
 Charles W. Colson / Hardcover / Tyndale House Publishers / September 1999

Christianity is more than a personal relationship with Jesus Christ. It is also a worldview that not only answers life's basic questions--Where did we come from, and who are we? What has gone wrong with the world? What can we do to fix it?--but also shows us how we should live as a result of those answers. *How Now Shall We Live?* Gives Christians the understanding, the confidence, and the tools to confront the world's bankrupt worldviews and to restore and redeem every aspect of contemporary culture: family, education, ethics, work, law, politics, science, art, music. This book will change every Christian who reads it. It will change the church in the new millennium.



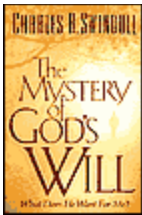
My Utmost for His Highest: An Updated Edition in Today's Language: The Golden Book of Oswald Chambers
Oswald Chambers / Hardcover / Discovery House Publishers / June 1992
Now this number one bestselling Christian devotional is offered in a large-print edition. Chambers' insights are relevant to every Christian, young and old, new converts and veteran church-goers, and his writings have a timeless appeal that applies as well to the '90s and to the 1900s. Topics include faith, missions, prayer, sanctification, and obedience. Index



[Every Man, God's Man: Every Man's Guide to... Courageous Faith and Daily Integrity \(Every Man Series\)](#)

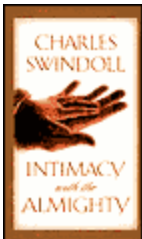
Stephen Arterburn / Paperback / WaterBrook Press / April 2003

That drive toward spiritual maturity requires both a shift of heart and a re-examination of the spiritual habits. What men lack today is, first, clear understanding of what God is really after in the relationship, and second, a clear plan connected to their goals that make sense practically and biblically. That's what makes this book special: It specifically reveals God's heart for men in the spiritual "red zone," and sets forth the choices they must make to take the relationship with God all the way.



[The Mystery Of God's Will](#)

Charles R. Swindoll / Paperback / ThoWe all faces difficult decisions. How can we know that the decisions we make are in God's will? Even popular author, pastor and Dallas Seminary President Charles Swindoll say at times he's not been so sure. In *The Mystery of God's Will*, Swindoll examines this long debated subject from a balanced, biblical perspective regarding his own doubts and experiences. For anyone who's ever doubted God's will, or for those who are convinced of it in every situation, this book will be a real eye-opener Nelson / September 2001



[Intimacy With The Almighty](#)

Charles R. Swindoll / Hardcover / Thomas Nelson / August 1999
Charles Swindoll offers all new insights from his own journal to guide people on a journey of intimacy with God. This keepsake book includes pages in Swindoll's handwriting collected in an embossed, antique-looking cover.

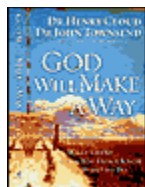
Overcoming difficult times



How To Handle Adversity

Charles F. Stanley / Paperback / Thomas Nelson / August 2002

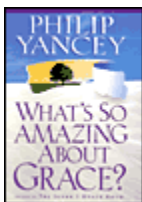
Adversity touches all of us--babies die, children run away; parents get cancer, houses burn down. Stanley discovers that the Bible depicts God as the instigator of some adversity. But God is not the only source; some troubles come as a result of our own doing.



God Will Make a Way: What to Do when You Don't Know What to Do

Henry Cloud

God has always made a way for mankind. It's His nature. But many times we think we have to make the way ourselves. It's not until we realize that we really don't know what to do that we are able to hear God's voice. That's when He says, "Why don't we try this My way?" God Will Make A Way is an approach to specific problems in the Christian's life, but more than that, it is a new approach to solving life itself. Drs Cloud and Townsend introduce ten "life principles" and then demonstrate how eighteen real-world dilemmas are solved by their application. The book concludes with a plan to encourage each reader to develop a personal strategy for using these principles to bring about life changing healing. God Will Make A Way stands out from other personal improvement books in the market because it is the first to offer a plan for healing that is based on the belief that God is in control. This book helps readers to apply that knowledge as revealed in Scripture about how God works in the midst of our darkest times.



What's so Amazing about Grace?

Philip Yancey

Hardcover, 1997

Publisher: HarperCollins Publishers

Place of Pub: Grand Rapids, MI, U. S. A.

Based on Philip Yancey's award-winning book, here is a complete Zondervan Groupware kit for groups of all sizes. It will aid participants in exploring, understanding and appreciating Christianity's greatest gift to the world, grace. Includes 1 120-minute video, 1 leader's guide, 1 participant's guide, and 1 hardcover edition of What's So Amazing About Grace? 10 sessions.



When God Interrupts: Finding new Life Through Unwanted Change

M. Craig Barnes

Paperback, 1996

Publisher: Inter-Varsity Press

Place of Pub:

Downers Grove, IL, U. S. A.

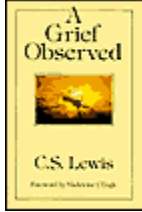
When God Interrupts is for men and women who are not living the life they had planned. It is for those who have faced significant loss, loss that has forced them to make a frightening choice. Will they clutch at something else for their salvation? Or can they leave their hands open long enough to receive the life Jesus was dying to give them? Spouses die or depart. Friendships wither. Health fades. Children grow up and leave home. We move to new jobs and new towns. The dreams and securities of the past are shattered, hopes for the future disappointed. Nothing stays the way it was or turns out exactly as we had expected. Life, it seems, is necessarily dotted with loss, marked by abandonment. But all this should come as no surprise to Christians, those who are called to lose their lives in order to find them. So if we try to follow Jesus, we can count on a great deal of abandonment. The good - but hard - news of the gospel is that abandonment can be embraced as the opportunity to receive new life.



[The Problem of Pain](#)

C. S. Lewis / Paperback / HarperCollins Publishers / February 2001

C. S. Lewis, the master apologist, tackles the question that has plagued humanity for centuries. If God is both omnipotent and good, how can we explain the pain and suffering that people experience daily? And what of the suffering of animals, who neither deserve pain nor can be improved by it? With compassion and insight, C. S. Lewis proposes reasonable answers to these critical theological problems, sharing his wisdom with those who seek true understanding.



[A Grief Observed](#)

C. S. Lewis / Hardcover / HarperCollins Publishers / March 1989

In April 1956, C.S. Lewis, a confirmed bachelor, married Joy Davidman, an American poet with two small children. After four brief, intensely happy years, Lewis found himself alone again, and inconsolable. To defend himself against the loss of belief in God, Lewis wrote this journal, an eloquent statement of rediscovered faith. In it he freely confesses his doubts, his rage, and his awareness of human frailty. In it he finds again the way back to life.



Surprised by Suffering

R. C. Sproul

With honesty, sensitivity, and concern for biblical truth, this book addresses life after death and the role of suffering in human experience. Included are issues such as suicide, out-of-body experiences, and the fate of the stillborn and the aborted.

Paperback, 1988
Publisher: Tyndale House Publishers
Place of Pub:
Wheaton, IL, U. S. A.



[Let's Roll!: Ordinary People, Extraordinary Courage](#)

Lisa Beamer / Audio / Tyndale House Publishers / August 2002

Lisa Beamer was thrust into the national spotlight after her husband, Todd, led a counterattack against terrorists on United Flight 93. He -- and all the other passenger heroes -- lost their lives in a Pennsylvania field.



[Where Is God when It Hurts?](#)

Philip Yancey / Mass Market Paperback / Zondervan / March 1997

This perennial best-seller, now in a revised and expanded edition, includes a study guide. The book and study materials focus on the role of pain in God's plan for life and how we can respond to it.

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[God Will Make a Way: What to Do when You Don't Know What to Do](#)

Henry Cloud / Hardcover / Integrity Publishers / October 2002

God has always made a way for mankind. It's His nature. But many times we think we have to make the way ourselves. It's not until we realize that we really don't know what to do that we are able to hear God's voice. That's when He says, "Why don't we try this My way?" God Will Make A Way is an approach to specific problems in the Christian's life, but more than that, it is a new approach to solving life itself. Drs Cloud and Townsend introduce ten "life principles" and then demonstrate how eighteen real-world dilemmas are solved by their application. The book concludes with a plan to encourage each reader to develop a personal strategy for using these principles to bring about life changing healing. God Will Make A Way stands out from other personal improvement books in the market because it is the first to offer a plan for healing that is based on the belief that God is in control. This book helps readers to apply that knowledge as revealed in Scripture about how God works in the midst of our darkest times.



[Shattered Dreams: God's Unexpected Path to Joy](#)

Larry Crabb / Paperback / WaterBrook Press / April 2002

"A new way to live is available to us," writes widely respected author and counselor Larry Crabb, "a way that leads to a joy-filled encounter with Christ, to a life-arousing community with others, and to a powerful transformation of our interior worlds that makes us more like Jesus."

You'll see how God moves you from shattered dreams to better dreams to the highest dream— and the joy that comes from dreaming it.

Marriage



Boundaries in Marriage

Henry Cloud / Paperback / Zondervan / July 2002

This book helps you understand the friction points or serious hurts in your marriage—and move beyond them to the mutual care, respect, affirmation, and intimacy you both long for.



Love for a Lifetime: Building a Marriage That Will Go the Distance

James C. Dobson / Hardcover / Multnomah Publishers, Inc. / January 2001

For over ten years, the bestselling Gold Medallion-winner Love for a Lifetime has brought hope, harmony, and healing to millions of homes, giving men and women powerful insights for building lasting marital harmony.



What Wives Wish Their Husbands Knew about Women

James C. Dobson / Mass Market Paperback / Tyndale House Publishers / September 1979

Dr. Dobson's suggestions for marital happiness are interesting, practical, and humorous.



Before You Say "I Do": A Marriage Preparation Manual for Couples

H. Norman Wright, Wes Roberts/Harvest House/March 1997

Drawn from years of marriage preparation and enrichment seminars, this handbook delivers solid information on how you and your partner can make your marriage all that it is meant to be, particularly through incorporating Christ into your relationship.



The Language of Love

Gary A. Smalley

Words have incredible meaning, especially when they say what you mean. But often tongues get tied, and thoughts and ideas are expressed in ways that are easily misunderstood. Make the most of your messages by learning *The Language of Love*.



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

Gary Chapman Paperback, 1992

Publisher: Northfield Publishing

In *The Five Love Languages*, you will find a couple's guide to help you work as a team. Before you know it, you'll learn to speak and understand the unique languages of love and effectively express your love as well as feel truly loved in return.

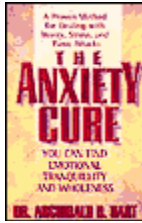
Stress



Adrenaline and Stress

Archibald D. Hart / Paperback / W Publishing Group / July 1995

Psychologist Archibald Cox theorizes that heart attacks and other stress-induced illnesses are the lethal by-products of too much adrenaline pumping through our systems. He suggests ways to minimize these threats through adjustments in values and lifestyles.



The Anxiety Cure

Archibald D. Hart / Paperback / Thomas Nelson / May 2001

Panic Anxiety is the number one mental health problem for women and second only to drug abuse among men. Synthetic tranquilizers can alleviate the symptoms of anxiety illnesses. However, in order to achieve lasting emotional tranquility, a significant lifestyle change must be made. *The Anxiety Cure* provides proven, natural strategies for overcoming panic disorder and finding an emotional balance in today's fast-paced world.



Before Burnout; Balanced Living for Busy People

Frank B. Minirth / Paperback / Moody Press / April 1989

Annotation not available

Sexuality



[The Sexual Man](#)

Archibald D. Hart / Paperback / Thomas Nelson / March 1995

Based on groundbreaking nationwide research, *The Sexual Man* refutes the current myths surrounding male sexuality, providing a psychologically sound, biblically respectful view of what men secretly think and feel about important sexual issues. Learn what satisfies men sexually and what the limits should be, how to ensure healthy sexual development throughout life and how to have a fulfilled and guilt-free sex life.



[Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time](#)

Stephen Arterburn / Paperback / WaterBrook Press / September 2000

From the television to the Internet, print media to videos, men are constantly faced with the assault of sensual images. It is impossible to avoid such temptations...but, thankfully, not impossible to rise above them.

Shattering the perception that men are unable to control their thought lives and roving eyes, *Every Man's Battle* shares the stories of dozens who have escaped the trap of sexual immorality and presents a practical, detailed plan for any man who desires sexual purity-perfect for men who have fallen in the past, those who want to remain strong today, and all who want to overcome temptation in the future.

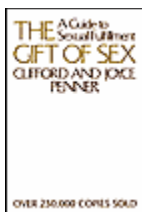
Includes a special section for women, designed to help them understand and support the men they love



[Passion and Purity: Learning to Bring Your Love Life under Christ's Control](#)

Elisabeth Elliot / Paperback / Revell, Fleming H. Company / April 2002

Popular seminar speaker Elisabeth Elliot has written a book about bringing one's love life under the authority of Jesus Christ. She gives direction in such areas as singleness or marriage, putting God's desires ahead of personal desires, what men look for in a woman, virginity and chastity, and the man's and woman's role in relationships.



[The Gift Of Sex: A Guide to Sexual Fulfillment](#)

Joyce L. Penner / Paperback / Thomas Nelson / June 1981 Whether newlyweds or celebrating their 20th wedding anniversary, couples will find help in this sensitive and forthright guide to understanding their own sexuality and God's design for sex in marriage.