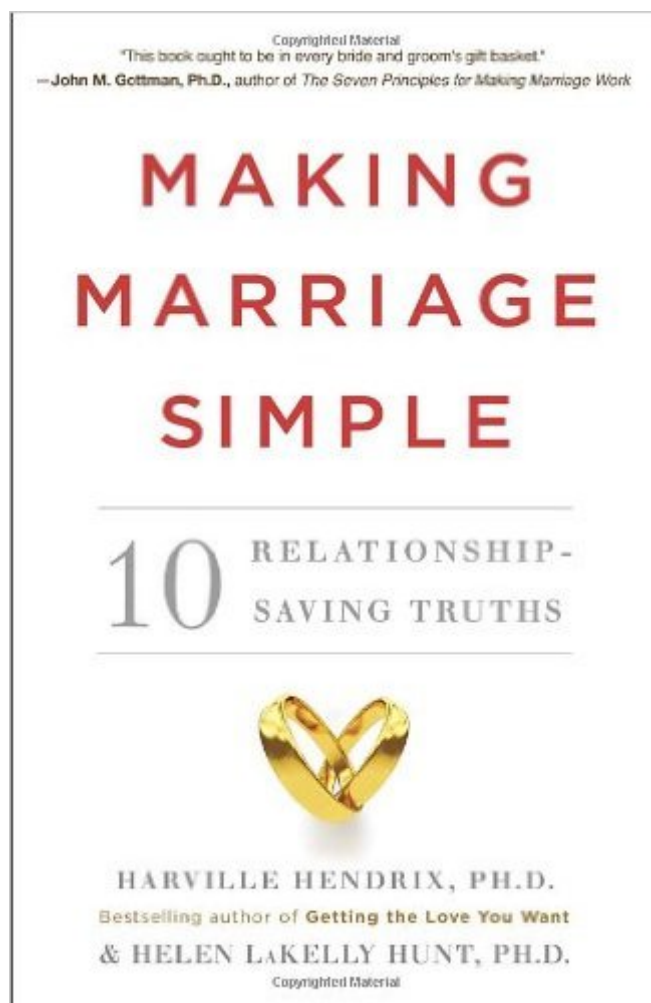


The book was found

Making Marriage Simple: Ten Relationship-Saving Truths



Synopsis

Change the relationship you have into the one you want. Welcome to the Relationship Revolution! *Making Marriage Simple* is the accessible, essential road map to building a strong marriage in the modern world. Bestselling authors Harville Hendrix and Helen LaKelly Hunt distill into ten essential truths what they've learned about how to create a successful and satisfying relationship—both from their decades of research in the marriage lab of their workshops, and from their own relationship journey. In each chapter, Harville and Helen introduce a simple truth—such as “a frustration is a wish in disguise,” “incompatibility is grounds for marriage,” or “conflict is growth trying to happen”—and then walk couples through easy yet effective exercises to help them apply each truth in real life, every day. Harville and Helen have spent their careers helping couples transform their marriages through research, workshops, and counseling. But marriage—even for marriage experts—is never easy, and a number of years ago they found themselves on the brink of divorce. Harville and Helen put themselves back through the exercises they'd coached so many other couples through, saving their marriage and helping them achieve a true partnership. This book is for all couples. It offers the practical tools needed to transform one's relationship into a rewarding and joyous marriage. Written with humor, compassion, and honesty, and illustrated throughout with engaging line drawings, *Making Marriage Simple* is a strategic blueprint for creating a stronger, more satisfying partnership in today's world.

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Customer Reviews

I really liked Harville Hendrix and Helen LaKelly Hunt's breakout book *Getting the Love You Want* in which these accomplished marriage and couples therapy innovators explain Imago Relationship Therapy. So I came to this book inclined to like it and happily I did. In *Making Marriage Simple*, H&H lay out 10 basic principles that will keep your marriage on a solid foundation--and more. These principles point us to go below the surface, to investigate what the deeper meanings and causes are that create marital harmony. They explore the evolutionary psychology and deeper hurts driving our behavior or "mis"behavior. Those familiar with Hendrix and Hunt's work, won't be surprised to learn they direct us to the way the wounds of our childhood drive us and how our partners are the ideal person to help us heal those wounds. Though *Making Marriage Simple* is applicable to all married couples in various stages of couplehood. It is mostly written as a growth guide. If you're struggling just to stay together, *The Couple's Survival Workbook: What You Can Do To Reconnect With Your Partner and Make Your Marriage Work* (r) is a valuable companion or starter book. One thing I like about this book is that H&H are willing to reveal themselves and talk about the difficulties they've had in their own marriage. As they write, "When we first started focusing on our own healing process, our relationship was a mess. We both knew a lot about marriage--in theory. But we didn't know how to live what we knew."

I suggest you read the review titled: "Making Marriage Simplistic," as I agree with many of those comments. Like that reviewer, I think the book is reductionistic and restates what the authors have said many times before. That said, there is some truth to their hypotheses. For example, I believe we are unconsciously drawn to mates with similar levels of suffering and work to do. Since all god's children got issues, as we therapists say, if we unconsciously choose someone who pushes our buttons we can deal with them sooner, giving us more time to enjoy a better relationship. The problem is it's very easy to live in denial and keep thinking it's always your mate who has the problem. The real issue is: will reading this book actually help you and your mate? In spite of my previous comments, I think it can. Anything that opens the lines of heartfelt, honest communication is positive. While the book may not be a panacea, reading it is a step in the right direction; especially, if you don't believe everything they say simply because they said it. Many of the tools they suggest are excellent, though not necessarily new. What irked me about their tone is the implication that all marriages can be happy if you follow their template. I couldn't disagree more. Some couples are simply not a good match, some marriages have gone beyond their sell-by date, and not everyone is married to someone willing to work as hard as they to achieve some level of harmony. If you have been divorced or are in the process of ending a relationship please resist their

subtle negative judgmental tone and the urge to blame yourself for not doing enough (both the authors were divorced before marrying each other). Bathe yourself in self forgiveness and compassion.

I bought this book because I thought *Getting the Love You Want* was great. I think the insights and presentation in that book show a creative and thoughtful mind, qualities reading this book points to as a result of an excellent collaboration between Helen Hunt and Harville Hendrix. *Making Marriage Simple* is informed by *Getting the Love You Want* and Imago therapy, but it also includes insights Harville and Helen have had since the writing of that book. Insights based on their work with hundreds, actually probably thousands, of couples and their own marriage--though it is mostly the latter. Unfortunately, this part doesn't work so well. While the idea of getting an intimate peek into the relationship and love life of two self-aware couple's therapists, is very interesting. This is not an intimate portrayal. The couple (the book is written in different voices of each of them) openly refers to some of their struggles and how they felt like hypocrites until they came through the other side, but it never gives us the real nitty gritty of the conflicts. I understand why such well known therapists wouldn't want to make themselves vulnerable by giving particulars and I'm not asking for such details to be a voyeur, but specifics do breathe life and empathy into a book. In *Getting the Love you want*, there were more references/stories of couples they'd treated (and identities disguised of course) with intimate details that made the book come alive. The other issue I have with the book is the drawings. I imagine they are supposed to be cute, but I just found them a bit infantilizing. Not a big complaint, but I'm not sure why they were included. It's almost as though they were unconsciously making of for the lack of illustrative written examples, with actual illustrations.

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