



Fighting for Your Marriage: A Deluxe Revised Edition of the Classic Best-seller for Enhancing Marriage and Preventing Divorce

By Howard J. Markman, Scott M. Stanley, Susan L. Blumberg

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A thorough revision with a new DVD of couples in action, using the PREP method for strengthening marriage and avoiding divorce court

The third edition of the best-selling classic on marriage enhancement and divorce prevention, features the latest research and changes of heart in our culture and society. New and revised, *Fighting for Your Marriage* is based on the widely acclaimed PREP (Prevention and Relationship Enhancement Program) approach. Groundbreaking studies have found that couples can use the strategies of this approach to handle conflict more constructively, protect their happiness, and reduce the odds of breaking up.

- The book is based on more than twenty years of university research
- Explores how to apply the PREP approach to any marriage
- Shows couples how to talk more and fight less, deepen and protect their friendship, and keep the fun alive
- Reveals what it takes to have a more intimate, sensual relationship and how to clarify and act on priorities

The authors have included a wealth of techniques and down-to-earth guidance for all couples who seek to promote greater character and pleasure in their long-term relationships.

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Editorial Review

Review

"The authors provide an encyclopedia-like wealth of information, from escaping destructive patterns to controlling conflict to playing together." (*Library Journal*, May 15, 2010)

From the Back Cover

Since 1994, the best-selling classic *Fighting for Your Marriage* has been the go-to reference for couples that want to enhance their marriage and prevent divorce. This thoroughly revised and updated third edition (which contains a new instructional DVD for couples) is based on the widely acclaimed PREP (Prevention and Relationship Enhancement Program) approach. Groundbreaking studies have found that couples who use the strategies of this proven approach are able to handle conflict more constructively, protect their happiness, and reduce the odds of breaking up.

The authors have included a wealth of proven, research-based techniques and down-to-earth guidance for all couples who seek to promote greater character and pleasure in their long-term relationships.

Praise for *Fighting for Your Marriage*

"A divorce prevention society should be formed to place a copy of this book in every hotel room in this country. Every wife or husband struggling to stay married, especially happily married, should read this book."

—**Maggie Gallagher**, coauthor, *The Case for Marriage: Why Married People Are Happier, Healthier, and Better Off Financially*

"I love this book! If you want to be happily, successfully married, buy it, master it, and it's all you'll ever need. While you're at it, buy a copy for every couple you love. You won't need one for your kids, they'll learn by watching you."

—**Diane Sollee**, founder and director, Coalition for Marriage, Family and Couples Education

About the Author

Howard J. Markman, Ph.D., is professor of psychology and co-director of the Center for Marital and Family Studies at the University of Denver.

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Susan L. Blumberg, Ph.D., is director of Interpersonal Communication Options in Denver, CO.

Users Review

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Ward Beaver:

A lot of people always spent their very own free time to vacation or go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity here is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day long to reading a publication. The book Fighting for Your Marriage: A Deluxe Revised Edition of the Classic Best-seller for Enhancing Marriage and Preventing Divorce it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to bring this book you can buy typically the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book offers high quality.

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Curtis Hernandez:

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