

rave reviews

ONLY THE BEST, WHY MESS WITH THE REST?

A + Book

THE SEVEN CONFLICTS: Resolving the Most Common Disagreements in Marriage

Tim & Joy Downs

Moody Publishing

www.moodypress.org

(See my editorial on page 8 for an extensive review of this book.)

Things you'll learn about conflict from this book:

- There are seven hidden issues that are the underlying cause of most of the conflict in married life: security, loyalty, caring, order, openness, connection, responsibility.
- Disagreements over money are often not about money at all, but *Security*.
- In-law arguments are really questions of *Loyalty*: whose side are you on anyway? And who comes first?
- Major conflicts begin over the question of *Responsibility*: What should we do?
- Your biggest conflicts are about the way you disagree.
- Some conflicts will never go away – but you can learn to love each other in spite of them and have a great marriage.



A + Book

RECEIVING LOVE: Letting Yourself Be Loved Will Transform Your Relationship

Harville Hendrix, Ph.D. & Helen LaKelly Hunt, Ph.D.

Atria Books

For more information about this work:

www.imagorelationships.org

In the systemic constellation work I do, which I call Soul Solutions, one of the most important pieces I look for is the give and take (receive) that happens between adult partners. If this isn't balanced, over and over again, I see how it negatively affects the relationship. Other important parts are people receiving love from their parents (children in dysfunctional families are "bigger" than their parents, and thus can't receive the parental love), which also allows them to receive Life.

So interesting to read a book where the core message is about *receiving*. From their book: "*Learn to receive the gifts that are everywhere around you. Life itself is a gift! Every breath we take, every color we see, every sound we hear, every taste we experience comes to us without our asking. Learn to accept praise and appreciation from others, see the serendipities of life as moments of grace, and love all aspects of yourself as wonderful. When you can do that, emptiness will disappear, longing will be assuaged, and you will become a true giver. This is the best way to help your deepest wounds and your intimate relationships.*"

OTHER RECOMMENDATIONS

BREAKING THE CYCLE OF ABUSE, *How to Move Beyond Your Past to Create an Abuse-Free Future*, Beverly Engel, John Wiley & Sons, Inc., wiley.com.

SIMPLY WELL, *Choices for a Healthy Life*, Ten Speed Press, tenspeed.com.

INSTRUMENTS OF CHRIST, *Reflections on the Peace Prayer of Saint Francis of Assisi*, Albert Haase, O.F.M., St. Anthony Messenger Press, AmericanCatholic.org.

PRESENT MOMENT AWARENESS, *A Simple, Step-by-Step Guide to Living in the Now*, Shannon Duncan, New World Library, newworldlibrary.com.