

Beyond the Myth of Marital Happiness

How Embracing the Virtues
of Loyalty, Generosity, Justice,
and Courage Can Strengthen
Your Relationship



BLAINE J. FOWERS, Ph.D.

"An inspiring new approach. All couples should
take turns reading this book to each other aloud."

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Family and Couples Education

Beyond The Myth Of Marital Happiness

B. Fowers



Beyond The Myth Of Marital Happiness:

Beyond the Myth of Marital Happiness Blaine J. Fowers, 2000-09-18 According to psychologist Blaine Fowers the myth of marital happiness that good communication emotional gratification and intimacy result in a healthy relationship has made marriages more fragile than ever before and we must let it go Does this mean that we should give up on love satisfaction intimacy emotional support good communication and good sex in marriage That marriage must be continued solely on the basis of grim commitment That no one should divorce Not at all Instead Dr Fowers shows how we can re envision marriage as a wonderful opportunity to practice the virtues of friendship loyalty generosity and justice in the shared pursuit of our deepest ideals

Covenant Marriage Fred Lowery, 2010-05-11 A new movement is spreading across America bringing hope to existing marriages and new guidelines for marriages yet to be and Dr Fred Lowery in this courageous and insightful book shares with you the principles of the Covenant Marriage Movement Every marriage faces storms and struggles that can lead to failure Unexpected changes personality conflicts money problems and misguided expectations can send even the best of marriages into a tailspin But this insightful new book provides real answers through chapters such as The Difference between a Contract and a Covenant Learning How to Manage Conflict and What to Do When Marriage Is Not What You Expected Covenant marriages will stand the test of time change and personal problems and will shine with brilliance in a world that is besieged by divorce This book will not only impact your life but will impact marriages for generations to come The principles power and pattern for a covenant marriages will help you and your spouse stay together in your marriage for life

Getting it Right This Time Barry W. McCarthy, Emily J. McCarthy, 2005-11-08 Although divorce is common it often holds negative associations Husband and wife team Barry and Emily McCarthy view divorce and remarriage with optimism showing it to be a courageous choice that should not be viewed as personal failure but rather as a positive step towards a better life In *Getting it Right This Time* they zoom in on remarriage issues and identify the factors that led to the end of a marriage using that information to help you learn from past mistakes and start over Marriage is based on a respectful trusting relationship and the McCarthys affirm that remarriage is an important choice that can lead to a rich rewarding and loving second chance *Getting it Right This Time* provides resources needed to assess and change attitudes behavior and feelings to help you build a new marriage and step family that will bring out the best in you as individuals and as a couple

Addicted to Stress Debbie Mandel, 2008-12-03 A woman s down to earth guide for releasing stress and reclaiming her free spirit Stress management expert and radio personality Debbie Mandel presents her highly original program for stress reduction She explains that women who are constantly stressed out have forgotten the dreams of the free spirited girl living inside them before they became somebody s wife mother or workplace colleague This book the inspiring and humorous story of successful recovery from stress addiction outlines her seven steps that have proven to help women overcome daily stressors and reclaim a life of joy and spontaneity Explores the habit forming pressure principle of stress addiction and how

to cure it Provides step by step program for self empowerment self care healthy narcissism and renewing humor in a woman s relationships Explains the powerful researched based relationship between food exercise and mood Contains indispensable strategies for accepting constructive conflicts with a spouse partner friend or colleague to get what she wants Teaches specific techniques for reducing and eliminating stress reduction Addicted to Stress shows how as the addiction to stress is cured women find it possible to build up an immunity to outside pressure and become their true core self

The Wiley Handbook of Theoretical and Philosophical Psychology Jack Martin, Jeff Sugarman, Kathleen L. Slaney, 2015-04-29 The Wiley Handbook of Theoretical and Philosophical Psychology presents a comprehensive exploration of the widerange of methodological approaches utilized in the contemporaryfield of theoretical and philosophical psychology The Wiley Handbook of Theoretical and Philosophical Psychology presents a comprehensive exploration of the widerange of methodological approaches utilized in the contemporaryfield of theoretical and philosophical psychology Gathers together for the first time all the approaches and methods that define scholarly practice in theoretical and philosophical psychology Chapters explore various philosophical and conceptual approaches historical approaches narrative approaches to the nature of human conduct mixed method studies of psychology and psychological inquiry and various theoretical bases of contemporary psychotherapeutic practices Features contributions from ten Past Presidents of the Society of Theoretical and Philosophical Psychology along with several Past Presidents of other relevant societies

The Sociocultural Turn in Psychology Suzanne R. Kirschner, Jack Martin, 2010 The sociocultural turn in psychology treats psychological subjects such as the mind and the self as processes that are constituted or made up within specific social and cultural practices In other words though one s distinct psychology is anchored by an embodied biological existence sociocultural interactions are integral to the evolution of the person Only in the past two decades has the sociocultural turn truly established itself within disciplinary and professional psychology Providing advanced students and practitioners with a definitive understanding of these theories Suzanne R Kirschner and Jack Martin former presidents of the American Psychological Association s Division of the Society for Theoretical and Philosophical Psychology assemble a collection of essays that describes the discursive hermeneutic dialogical and activity approaches of sociocultural psychology Each contribution recognizes psychology as a human science and supports the individual s potential for agency and freedom At the same time they differ in their understanding of a person s psychological functioning and the best way to study it Ultimately the sociocultural turn offers an alternative to overly biological or interiorized theories of the self emphasizing instead the formation and transformation of our minds in relation to others and the world

Self, Motivation, and Virtue Nancy E. Snow, Darcia Narvaez, 2019-08-29 This volume features new findings by nine interdisciplinary teams of researchers on the topics of self motivation and virtue Nine chapters bringing together scholars from the fields of philosophy psychology neuroscience and sociology advance our substantive understanding of these important topics and showcase a variety of research methods of interdisciplinary interest Essays on

Buddhism and the self in the context of romantic relationships the development of personal projects and virtue the notion of self distancing and its moral impact virtues as self integrated traits humility and the self in loving encounter the importance of nation and faith in motivating virtue in western and non western countries roles for the self and virtue in eudaimonic growth overcoming spiritual violence and sacramental shame in Christian communities and an investigation into the moral self highlight the range and diversity of topics explored in this volume The concept of deep integration also characterizes this work each member of the interdisciplinary teams was fully and equally invested in their project from inception to completion This approach invites teams to examine their disciplinary assumptions rethink familiar concepts and adjust methodologies in order to view their topics with fresh eyes The result is not only new findings of substantive and methodological interest but also an interesting glimpse into the thinking of the researchers as they sought interdisciplinary common ground in their research Self Motivation and Virtue will be of interest to scholars in philosophy moral psychology neuroscience and sociology who are working on these topics

Oriented to Faith Tim Otto, 2014-07-07 Rather than embracing the conflict around gay relationships as an opportunity for the church to talk honestly about human sexuality Christians continue to hurt one another with the same tired arguments that divide us along predictable political battle lines If the world is to know that we are Christians by our love the church needs to discover better ways to live out the deep unity we share in Christ as we engage with politics and our world In Oriented to Faith Tim Otto tells the story of his struggle with being gay and what that taught him about the gospel With an authentic and compelling personal voice Tim invites us to explore how God is at work in the world even amidst the most difficult circumstances redeeming and transforming the church through this difficult debate With gentle wisdom and compassionate insight Tim invites all followers of Jesus to consider how we might work with God through these tensions so that all can be transformed by God's good news in and through Christ

Learning From Divorce Christie Coates, Robert LaCrosse, 2003-11-10 Learning from Divorce by Christine A Coates and E Robert LaCrosse is a practical book that will help you rid yourself of negative feelings of guilt and worry and replace them with positive feelings of growth and hope Learning from Divorce will show you how to confront your fears and flaws motivate you to move forward toward change develop realistic hopes about succeeding with future relationships and turn your failures into victories In this groundbreaking book the authors explain that divorce can be viewed as a developmental process a period of transformation and growth They help the reader understand why the divorce happened in the first place how unrealistic expectations of a permanent honeymoon or a partner who would satisfy their infantile needs and solve all their childhood problems have so often led to immature and self centered behavior In place of this attitude Learning from Divorce provides the reader with a more realistic view of marriage as a long term commitment requiring loyalty compromise devotion perseverance and selflessness This book shows that the rewards of love and family exceed most any other joy or aspiration in one's life and will help you

The Evolution of Ethics B. Fowers, 2015-03-17 In this ground breaking book Aristotelian and evolutionary

understandings of human social nature are brought together to provide an integrative psychological account of human ethics
The book emphasizes the profound ways that human identity and action are immersed in an ongoing social world

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