

## Resources for Healthy Relationships

### Books:

The Dance of Marriage: Keeping in Step Through the Last Song  
by Paul Gauche

Extraordinary Relationships: A New Way of Thinking About Human Interactions  
by Roberta M. Gilbert

The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships  
by Harriet Lerner

Redeeming Love  
by Francine Rivers

A Novel- A powerful retelling of the story of Gomer and Hosea, *Redeeming Love* is a life-changing story of God's unconditional, redemptive, all-consuming love.

How To Be the Love You Seek  
by Dr. Nicole LePera

### Online Resources:

The Gottman Institute <https://www.gottman.com/couples/>

Relationship resources for couples from the Gottman Institute: relationship and marriage advice, tips, products and a network of therapists. If you are just dating, newlyweds or newly committed, empty nesters, considering divorce or just looking for ideas to improve communication with your partner, the Gottmans 40 years of research can help.

An excerpt from Dr. Nicole LePera **@the.holistic.psychologist**

"Relationship vows for people who value growth and healing: May we fully commit to creating a safe space in each other to always tell the truth. May we call each other out with compassion and encouragement. May we view conflict as an opportunity to find middle ground, work as a team, and to learn how to deal with disappointment. May we forgive each other for the times we were hurt and wounded versions of ourselves. May we each be each other's spiritual home, to be vulnerable, open and fully ourselves. May we build a new life beyond survival mode so we can heal from our pasts, together. May we make intentional choices that align with our values, even when others disagree. May we commit to having difficult conversations instead of ignoring issues or sweeping them under the rug."