



Family Psychology Associates

Strengthening relationships...improving lives.

Reading List: Relationships and Marriage

Love is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems through Cognitive Therapy

by Aaron Beck

The Five Love Languages: How to Express Heartfelt Commitment to Your Mate

by Gary Chapman

Why Marriages Succeed or Fail: And How You Can Make Yours Last

by John Gottman

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert

by John Gottman and Nan Silver

Getting the Love You Want: A Guide for Couples

by Harville Hendrix

Couple Skills: Making Your Relationship Work

by Matthew McKay, Patrick Fanning and Kim Paleg

You Just Don't Understand: Women and Men in Conversation

by Deborah Tannen

A General Theory of Love

by Lewis

How to Improve Your Marriage Without Talking About it

by Love and Stosney

Why we Love

by Fisher



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