HABITS FOR A HEALTHY MARRIAGE
A HANDBOOK FOR CATHOLIC COUPLES
Richard Fitzgibbons, M.D.
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• Marriage/Relationships/Catholic

Drawing on his forty years as a marriage and family psychiatrist, Dr. Fitzgibbons presents a book that can bring self-knowledge and healing to struggling marriages. It will help couples to identify and resolve the major emotional conflicts that weaken their relationships and hurt their marriage. It is very timely because of the epidemics of selfishness, anger, pornography and infidelity in marriage today.

This work is unique because it draws upon the field of positive psychology, which focuses on growth in virtues by the spouses. It is the first book on strengthening marriages by a mental health professional that incorporates the luminous writing of St. John Paul II on marriage and empirically proven forgiveness therapy.

The book demonstrates the benefits from a commitment to a mission of personal growth in acknowledging one’s fault, receiving and giving forgiveness and cultivating virtues. This healing process is both fulfilling and demanding.

Whether you are newly engaged, recently married, or married for many years, the conflict-resolving strategies described in this book—the habits of a healthy marriage—can help you to protect your relationship from the emotional storms that often lead to quarrelling and mistrust, and sometimes to separation and divorce.

AUTHOR
Richard Fitzgibbons, M.D., has treated and written about excessive anger and other psychological conflicts in marriage, children and priesthood for 40 years. He is the co-author of Forgiveness Therapy which initiates a new system of psychotherapy. He is married with three children.

POINTS OF INTEREST
• Draws on the author’s 40 years of experience as a marriage and family psychiatrist who has helped many marriages find healing and renewal
• Helps couples to uncover the origins of major emotional conflicts from their family background and marriage that weaken their marriage
• Demonstrates the vital importance of forgiveness therapy and other virtues in resolving marital conflicts and strengthening marriage bonds
• A book for those who are newly engaged, recently married, or married for many years