

SHARING THE COVERS

EVERY COUPLE'S GUIDE
TO BETTER SLEEP

WENDY M. TROXEL, PHD



[eBooks] Sharing The Covers: Every Couple's Guide To Better Sleep

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We present you this proper as well as simple habit to acquire those all. We manage to pay for Sharing the Covers: Every Couple's Guide to Better Sleep and numerous books collections from fictions to scientific research in any way. along with them is this Sharing the Covers: Every Couple's Guide to Better Sleep that can be your partner.

Sharing the Covers-Wendy M. Troxel 2021-04-20 Help your relationships and your body with this definitive guide on sleep for couples—with proven strategies to improve both sleep and relationship health—by a clinical psychologist named as one of the top experts on the science of sleep. Dr. Wendy Troxel is a clinical psychologist and behavioral sleep specialist whose work is frequently cited in major media outlets as well as in recent bestselling books like Arianna Huffington's *The Sleep Revolution* and Dr. Matthew Walker's *Why We Sleep*. Dr. Troxel's mission is teaching couples to prioritize sleep and helping them find solutions to maximize the sleep quality for both partners, whether sleeping together or apart. Dr. Troxel says "Great sleep is the new great sex." In *Sharing the Covers*, she shows couples how vital it is to "sleep like your relationship depends on it"—because in many cases, it does. With popular science and an in-depth understanding of a couple's relationship to sleep and to each other on her side, Dr. Troxel leads couples through an entirely different kind of sleep book. She tells readers how to: Manage sleep cycles and sleep disorders Maintain a healthy sex life Decide on whether to ask for a "sleep divorce" and more A good night's sleep is critical to any relationship. Whether it's stress, snoring, or insomnia that's keeping you up, *Sharing the Covers* will help couples get back to sleep and get back to each other.

8 Important Money Decisions for Every Couple-Russ Crosson 2013-01-01 Every marriage has conflict. And many of those conflicts are related to finances. Russ Crosson, president and CEO of Ronald Blue & Co., shows readers how to avoid the potentially disastrous landmine of financial turmoil. Through these pages, Russ assists readers to think correctly about marriage and about money, rather than default to the way the world sees these areas of life. He covers specific areas of money management where financial conflicts usually occur: Men who work too much Why wives work The problem of debt Making sound investments Giving wisely Understanding insurance To avoid pitfalls, Russ offers a game plan couples can use to achieve harmony in their marriage, no matter what their financial situation.

The Sleep Revolution-Arianna Huffington 2017 Arianna Huffington, the co-founder and editor-in-chief of *The Huffington Post*, and the author of the #1 New York Times bestseller *Thrive* delves into the sleep revolution that is happening all across the world - a revolution that can transform our lives.

A Book of Prayers for Couples-Stormie Omartian 2011-11-01 The three books of prayer in this beautiful compilation, based on *The Power of a Praying® Wife*, *The Power of a Praying® Husband*, and *The Power of Prayer™ to Change Your Marriage*, have inspired hundreds of thousands of women and men to strive for a deeper faith and prayer life. These heartfelt prayers, accompanied by Scripture verses and lines to jot a note, lead readers straight to the One who can make a difference in their lives and most important relationships. When a husband or wife prays for their spouse, both receive the blessing. Their marriage is strengthened, their commitment renewed, and difficult places made smooth. *A Book of Prayers for Couples* is the perfect gift for those looking for encouragement, healing, renewal, fruitfulness, and hope in their journey.

Sleeping Apart, Not Falling Apart-Jennifer Adams 2015-10 Cinderella and Prince Charming shared a bed after their happily ever after wedding, right? After all, isn't that what happy, loving partners do? 'Not always, in fact, not often,' says Jennifer Adams, the author of *Sleeping Apart (Not Falling Apart): How to Get a Good Night's Sleep and Keep Your Relationship Alive*. She believes that sleeping together can often cause more sleep deprivation amongst couples than anything except a newborn baby. Many couples have difficulty sleeping in the same bed as a result of one partner's disruptive behaviours such as snoring, restlessness, or a preference for watching TV and/or reading late into the night. *Sleeping Apart, Not Falling Apart* offers couples practical solutions to having separate beds or bedrooms while maintaining a loving and caring relationship.

Questions for Couples-Marcus Kusi 2017-04-26 Do you find it difficult coming up with thought-provoking conversation starters or topics to discuss with your partner? Do you want to discover insightful questions that can lead to having deeper, exciting, and more meaningful conversations as a couple? Don't have much to talk about except the day-to-day life activities? If you answered yes to any of these questions, you're not alone. We all want to have better, more substantial, and engaging conversations everyday with our significant other. However, knowing where to start or the right questions to ask can be a challenge when things become routine. That's why we wrote *Questions for Couples*. We have used these open-ended questions to get to know each other more deeply, have better conversations, and improve our relationship. We believe these questions will do the same for your relationship too. In *Questions for Couples*, you will discover: 1. 469 Thought-provoking conversation starters for connecting, building trust, and rekindling intimacy in your relationship. 2. Fun, engaging, and open-ended questions that will lead to some of the best conversations you have had in a while with your partner, bring you closer, and really get you learning about each other. 3. Creative conversation starters for communicating and expressing your feelings, needs, and desires. 4. Refreshing questions you can discuss with each other on a daily or weekly basis to help you grow your relationship, as well as personal development. Simply select 365 questions that you love, and use them for a 365 Days of Questions Challenge with your partner. 5. Thought-provoking questions that will help you talk about things you might never think of on your own, which is especially helpful if you are looking for something new to talk about. 6. Inspiring conversation starters for setting yearly goals as a couple, so you can grow together while achieving them. 7. Exciting sex questions that will get you talking and sharing your sexual desires, so you can have better and more satisfying sex. And much more. You can have great conversations when you know what questions to ask. You just need the right questions. Open-ended questions that will spark deeper conversations, so you can discover and learn more about yourself, and your partner. Whether you are dating, in a committed relationship, engaged, married, or in a long-distance relationship, this book is for you. *Questions for Couples* will get you talking for hours, even if you have very little to talk about. Plus because it's pocket-sized, it's easy to take everywhere; for road trips, coffee dates, to date nights dinner or events, the beach, vacation trips, etc. Now, get your copy of this questions book for couples today. ---- Related keywords to this *Questions for Couples* book: Questions for couples, marriage questions, relationship questions, questions for dating couples, dating questions, questions for couples book, relationship questions, relationship questions book, questions couples, questions for couples game, questions for couples therapy, questions for married couples, questions for married couples fun, questions for couples to ask each other, book of questions for couples, what if questions for couples, 365 questions for couples, questions for engaged couples, relationship questions to ask, relationship questions game, relationship questions for couples, fun relationship questions, dating icebreaker questions, marriage counseling questions, conversation starters for couples, conversation starters,

The Power of When-Michael Breus, 2016-09-13 Learn the best time to do everything--from drink your coffee to have sex or go for a run--according to your body's chronotype. Most advice centers on what to do, or how to do it, and ignores the when of success. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. As Dr. Michael Breus proves in *The Power Of When*, working with your body's inner clock for maximum health, happiness, and productivity is easy, exciting, and fun. *The Power Of When* presents a groundbreaking new program for getting back in sync with your natural rhythm by making minor changes to your daily routine. After you've taken Dr. Breus's comprehensive Bio-Time Quiz to figure out your chronotype (are you a Bear, Lion, Dolphin or Wolf?), you'll find out the best time to do over 50 different activities. Featuring a foreword by Mehmet C. Oz, MD, and packed with fascinating facts, fun personality quizzes, and easy-to-follow guidelines, *The Power Of When* is the ultimate "lifehack" to help you achieve your goals.

My Daddy Snores-Nancy H. Rothstein 2007-05-01 The wife of a man who snores tries to sleep everywhere else in the house she can think of, but neither she nor anyone else in her family can get much rest, in a story designed to emphasize the importance of asking a doctor about snoring.

The Couple Next Door-Shari Lapena 2016-08-23 AN INSTANT NEW YORK TIMES BESTSELLER Shari Lapena's new thriller, AN UNWANTED GUEST, is available now! "The twists come as fast [as] you can turn the pages." —People "Provocative and shocking." —Lisa Gardner, New York Times bestselling author of Find Her "I read this novel at one sitting, absolutely riveted by the storyline. The suspense was beautifully rendered and unrelenting!" —Sue Grafton, New York Times bestselling author of X It all started at a dinner party. . . A domestic suspense debut about a young couple and their apparently friendly neighbors—a twisty, rollercoaster ride of lies, betrayal, and the secrets between husbands and wives. . . Anne and Marco Conti seem to have it all—a loving relationship, a wonderful home, and their beautiful baby, Cora. But one night, when they are at a dinner party next door, a terrible crime is committed. Suspicion immediately lands on the parents. But the truth is a much more complicated story. Inside the curtained house, an unsettling account of what actually happened unfolds. Detective Rasbach knows that the panicked couple is hiding something. Both Anne and Marco soon discover that the other is keeping secrets, secrets they've kept for years. What follows is the nerve-racking unraveling of a family—a chilling tale of deception, duplicity, and unfaithfulness that will keep you breathless until the final shocking twist.

A Couple's Guide to a Growing Marriage-Gary Chapman 2014-07-28 From #1 New York Times bestselling author Gary Chapman Every marriage is a growing marriage. The real question is: are you growing closer together or further apart? If you're content with the latter, don't change a thing. However, if you desire the kind of marriage that keeps getting better, then you'll need to be intentional. This book will start you in the right direction. A Couple's Guide to a Growing Marriage teaches you how to... Invite God into the details of your life and marriage Listen in ways that deepen intimacy and friendship Understand your spouse and be understood Keep your love fresh and mutually engaging Manage conflict constructively, not destructively In both private and shared-time exercises, you'll explore Bible study, prayer, and Scripture memory. You will learn how to have a brief daily sharing time with your spouse, and you will cultivate deeper friendships with others through group activities. So much more than a personal and group study, A Couple's Guide to a Growing Marriage Bible Study will teach you to share your life more fully with God, and as your relationship with God deepens, so will your relationship as a couple.

Why Couples Fight-Mira Kirshenbaum 2021-01-26 How do two well-meaning people who genuinely care about each other end up in a damaged, unsatisfying relationship? Every couple faces conflict. Most of the time, the root of the problem is that we're not getting our needs met. And most of the time, we first try to remedy this with reasonable requests—or hints—and a kind tone. But when that fails, we feel disempowered, which leads to sighs, eye rolls, silences, subtle put-downs, insults, and even threats. These are power moves. And while we often use them without realizing it and without intention, the result is the same—our partner feels disempowered and will try to re-empower themselves. And so the endless, and endlessly destructive, dynamic takes hold. Relationship expert Mira Kirshenbaum, bestselling author of Too Good to Leave, Too Bad to Stay, reveals a better way: a three-step method for conflict-free problem solving. By recognizing each partner's power moves, we can instead find mutually satisfying ways to heal our hurts and meet each other's needs. Non-judgmental, compassionate, and wise, this is an indispensable guide to help couples end the negative cycle and get back to the loving understanding that brought them together in the first place. "Mira Kirshenbaum's words of wisdom are an inspiration to everyone who reads them." —Deepak Chopra

Sharing Sam-Katherine Applegate 2013-04-24 From the author of the New York Times Bestseller Crenshaw How can you take the guy your best friend loves . . . when your best friend's going to die? Alison Chapman has always believed she'd fall in love hard. And she does—with Sam Cody, a new guy with a gorgeous face and brooding eyes, a guy who's impossible to resist. When Sam asks her to the Valentine's Day dance, Alison is elated . . . until she finds out that her best friend, Isabella Cates-Lopez, has fallen for Sam, too . . . until she finds out that Isabella is dying. Now Alison wants Isabella's last days to be her happiest ever—even if she and Sam have to hide their love. Even if, by sharing Sam, Alison risks losing him forever.

Relationship Goals-Michael Todd 2020 A candid, inspiring guide to finding

lasting love by getting real about your relationship goals--based on the viral sermon series about dating, marriage, and sex. Realer than the most real conversation you've ever heard in church on the topic, Michael Todd's honest, heartfelt, and powerful teaching on relationships has already impacted millions. Michael believes that relationships are the epicenter of human thriving. All too often, though, we lack the tools or vision to build our relationships on the wisdom and power of God. In other words, it's good to have a goal, but you can't get there without proper aim By charting a course that candidly examines our most common pitfalls, and by unpacking explosive truths from God's Word, Michael's debut book will transform a trendy hashtag into a future where your most cherished relationships thrive in relational life, hope, and abundance. Now those are real #relationshipgoals.

No More Fighting-Alicia Muñoz 2018-12-04 All couples fight—but a little guidance goes a long way to tackling the issues that trigger fights in the first place. No More Fighting offers couples fast and effective strategies to overcome common relationship problems and build lasting love together. In just 20 minutes per week, couples will learn how to effectively speak and listen to each other as they confront critical relationship issues. From reconciling different values to navigating intimacy issues and everything in between, No More Fighting gives you the skills you need to fight less and love each other more. --

Staying in Love for a Lifetime-Ed Wheat 2004-10 Engaged couples, newlyweds, and couples who have been married for years will discover that they have so much to learn about Staying in Love for a Lifetime. Love Life for Every Married Couple focuses on the reasons why couples experience frustration and happiness in their marriages. Dr. Wheat warns that overconfidence, poor preparation, and unrealistic expectations can lead to more serious difficulties in a marriage in The First Years of Forever. Secret Choices shows how couples can create the kind of emotional climate, enjoyable partnership, and spiritual oneness in marriage to meet their deepest needs. Dr. Wheat's godly and realistic counsel will make it possible for any couple to become intimate lovers, a team that can accomplish anything together, and best friends who grow old together - no matter what.

Ready or Knot?-Scott Kedersha 2019-02-05 The wedding day is just one day in the life of a couple. But God's design is for marriage to last a lifetime. So how can someone know that the person they're with is the one they can truly build a life with--especially when so few marriages around them work? Pastor Scott Kedersha has worked with more than 5,000 premarital couples to prepare them for the biggest decision of their lives. In Ready or Knot? he offers practical and Christ-centered guidance for couples for all of the days after the wedding day. Through authentic stories from real couples about the decisions they made (or wish they'd made), Scott asks the hard questions so his readers can break free from the watered-down Hollywood version of marriage and build their lives together on the right foundation--the unchanging Word of God.

You Deserve Each Other-Sarah Hogle 2020-04-07 When your nemesis also happens to be your fiancé, happily ever after becomes a lot more complicated in this wickedly funny, lovers-to-enemies-to-lovers romantic comedy debut. Naomi Westfield has the perfect fiancé: Nicholas Rose holds doors open for her, remembers her restaurant orders, and comes from the kind of upstanding society family any bride would love to be a part of. They never fight. They're preparing for their lavish wedding that's three months away. And she is miserably and utterly sick of him. Naomi wants out, but there's a catch: whoever ends the engagement will have to foot the nonrefundable wedding bill. When Naomi discovers that Nicholas, too, has been feigning contentment, the two of them go head-to-head in a battle of pranks, sabotage, and all-out emotional warfare. But with the countdown looming to the wedding that may or may not come to pass, Naomi finds her resolve slipping. Because now that they have nothing to lose, they're finally being themselves—and having fun with the last person they expect: each other.

You Can Only Yell at Me for One Thing at a Time-Patricia Marx 2020-01-14 The perfect Valentine's Day or anniversary gift: An illustrated collection of love and relationship advice from New Yorker writer Patricia Marx, with illustrations from New Yorker cartoonist Roz Chast. Everyone's heard the old advice for a healthy relationship: Never go to bed angry. Play hard to get. Sexual favors in exchange for cleaning up the cat vomit is a good and fair trade. Okay, not that last one. It's one of the tips in You Can Only Yell at Me for One Thing at a Time: Rules for Couples by the authors of Why Don't You Write My Eulogy Now So I Can Correct It: A Mother's Suggestions. This guide will make you laugh, remind you why your

relationship is better than everyone else's, and solve all your problems. Nuggets of advice include: If you must breathe, don't breathe so loudly. It is easier to stay inside and wait for the snow to melt than to fight about who should shovel. Queen-sized beds, king-sized blankets. Why not give this book to your significant or insignificant other, your anti-Valentine's Day crusader pal, or anyone who can't live with or without love?

Living in Love-James Robison 2011-12-20 One of America's most enjoyable couples, James and Betty Robison, co-hosts of the LIFE Today television program, reveal the secrets of lifelong marriage that keeps them joyfully "living in love." Reader's Guide included. Reprint.

The Couple's Cookbook-Cole Stipovich 2019-11-12 A beautiful primer for newlyweds starting their first home together, full of achievable, modern recipes for weeknight meals, weekend brunches, and everything in between. The Couple's Cookbook is an inviting collection of simple and comforting recipes for any food-loving pair that wants to learn to cook together. Written by a husband and wife who also work together as wedding photographers, this book is romantic, playful, and fun. The recipes are designed for a couple to eat together or to use for entertaining, with modern classics such as Grilled Curry Chicken Salad, Red Potato Salad with Smoked Bacon and Chives, Spicy Shrimp Tacos with Mexican-Style Slaw, and Caramel Cheesecake Jars. Nearly every dish is photographed to help new cooks learn with ease, and the recipes are foolproof. A section on cocktails and setting up a home bar helps make any of these meals into a dinner party. With tips and tricks for cooking alone or together, and recipes for any occasion, this book will teach any couple how to eat and live well.

Love Life for Every Married Couple-Ed Wheat 1996 This book details the process of rediscovering the joy of marriage through practical counsel involving communication and an understanding of each other in our sexual make-up.

The Good Fight-Drs. Les & Leslie Parrott 2013-04-01 NYT best-selling authors Drs. Les & Leslie Parrott reveal new techniques based on extensive research that help couples manage conflict constructively - that's the "good fight."

When Couples Walk Together-Cindi McMenemy 2011-01-01 The demands of everyday life almost always pull husbands and wives in different directions. And even when they are together, there's very little opportunity to just be a couple. Work, children, and other commitments make it a constant challenge to find quality time alone. Hugh and Cindi McMenemy have put together an innovative devotional about meaningful ways that husbands and wives can draw closer together. Each reading in this 31-day book offers simple, helpful (and fun!) steps a husband and wife can take to nourish closeness and intimacy. Among the topics are the power of a note making a memory extending grace splurging on love finding a getaway lighten the load flirting again sharing your heart Key thoughts from Scripture are interwoven into each devotion, and each ends with "Points to Ponder Together" as well as a couple's prayer. Especially helpful are the frequent anecdotal tips from a woman's perspective (Cindi) and a man's (Hugh).

Fair Play-Eve Rodsky 2021-01-05 The author--tapped by Reese Witherspoon's Hello Sunshine as the expert on this topic for a new generation of women--offers a revolutionary, real-world solution to the problem of unpaid, invisible work that women have shouldered for too long. too long.

The Best American Science and Nature Writing 2020-Michio Kaku 2020-11-03 A collection of the best science and nature writing published in North America in 2019, guest edited by New York Times best-selling author and ground-breaking physicist Dr. Michio Kaku. "Scientists and science writers have a monumental task: making science exciting and relevant to the average person, so that they care," writes renowned American physicist Michio Kaku. "If we fail in this endeavor, then we must face dire consequences." From the startlingly human abilities of AI, to the devastating accounts of California's forest fires, to the impending traffic jam on the moon, the selections in this year's Best American Science and Nature Writing explore the latest mysteries and marvels occurring in our labs and in nature. These gripping narratives masterfully translate the work of today's brightest scientists, offering a clearer view of our world and making us care. THE BEST AMERICAN SCIENCE AND NATURE WRITING 2020 INCLUDES RIVKA GALCHEN - ADAM GOPNIK - FERRIS JABR - JOSHUA

SOKOL - MELINDA WENNER MOYER - SIDDHARTHA MUKHERJEE - NATALIE WOLCHOVER and others

I Do!-Jim Walkup 2019-04-16 Strengthen Your Bond, Strengthen Your Marriage Planning a meaningful wedding is important. Planning for a happy and satisfying marriage is critical. Through in-depth, thought-provoking exercises, I Do! A Marriage Workbook for Engaged Couples helps prospective partners grow their love and solidify their partnership as they prepare to walk down the aisle together. From money to intimacy, this marriage workbook helps you dig deep into your relationship over the course of 7 chapters--each focusing on a different part of married life. Gain insight into each other and discover ways to feel closer before you finally and happily say, "I do!" I Do! A Marriage Workbook for Engaged Couples includes: LOVE, SEX, AND MONEY--Prepare for married life by exploring and sharing your feelings on communication, money, intimacy, children, beliefs and values, family and friends, and work. IN-DEPTH EXERCISES-- Learn more about your partner through various exercises, including writing prompts, true/false questionnaires, worksheets, partner discussions, and more. TOOLS TO TAKE IT TO THE NEXT LEVEL--Use this marriage workbook's exercises as springboards for a deeper exploration into your relationship. Deepen your connection and prepare for your marriage with I Do! A Marriage Workbook for Engaged Couples.

Abode-Serena Mitnik-Miller 2019-04-16 The yearning for a life of pared-down purity has built to a roar, and Serena Mitnik-Miller and Mason St. Peter--the husband-and-wife owners of General Store, one of California's most talked-about shops--are at the forefront. In Abode: Thoughtful Living with Less, these tastemakers make a graceful case for living better no matter your budget or abilities, guiding you to create a space this is simple and true. Their time-tested methods create interiors that maximize openness, strip a building back to its bones, and amplify natural light, evoking unpretentious tranquility. The blueprint for their signature aesthetic is all here: the embrace of elemental materials, curation of handcrafted objects, and collection of furnishings from eras when craftsmanship was king. This edit of Mitnik-Miller and St. Peter's greatest collaborations will take you through their breathtaking rooms, masterpieces of warm minimalism. Abode is a glimpse into the couple's process and a guide to manifesting your own beautiful interiors.

Modern Manhood-Cleo Stiller 2019-11-12 Emmy and Peabody Award-nominated health reporter Cleo Stiller's fun(ny) and informative collection of advice and perspectives about what it means to be a good guy in the era of #MeToo. Here are a few self-evident truths: Predatory men need to go, sexual assault is wrong, and women and men should be equal. If you're a man and disagree with any of the aforementioned, then this book isn't for you. But if you agree, you're probably one of the "good guys." That said, you might also be feeling frustrated, exasperated, and perhaps even skeptical about the current national conversation surrounding #MeToo (among many other things). You've likely found yourself in countless experiences or conversations lately where the situation feels gray, at best. You have a lot to say, but you're afraid to say it and worried that one wrong move will land you in the hot seat. From money and sex to dating and work and everything in between--it can all be so confusing! And when do we start talking about solutions instead of putting each other down? In Modern Manhood, reporter Cleo Stiller sheds light on all the gray areas out there, using conversations that real men and women are having with their friends, their dates, their family, and themselves. Free of judgment, preaching, and sugarcoating, Modern Manhood is engaging, provocative, and, ultimately, a great resource for gaining a deeper understanding of what it means to genuinely be a good man today.

Helping Couples and Families Navigate Illness and Disability-John S. Rolland 2018-04-23 Couples and families face daunting challenges as they cope with serious illness and disability. This book gives clinicians a roadmap for helping affected individuals and their loved ones live well with a wide range of child, adult, and later-life conditions. John S. Rolland describes ways to intervene with emerging challenges over the course of long-term or life-threatening disorders. Using vivid case examples, he illustrates how clinicians can help families harness their strengths for positive adaptation and relational growth. Rolland's integrated systemic approach is useful for preventive screening, consultations, brief counseling, more intensive therapy, and multifamily groups, across health care settings and disciplines. This book significantly advances the clinical utility of Rolland's earlier landmark volume, Families, Illness, and Disability.

Fierce Marriage-Ryan Frederick 2018-04-17 Ryan and Selena Frederick were newlyweds when they landed in Switzerland to pursue Selena's dream

of training horses. Neither of them knew at the time that Ryan was living out a death sentence brought on by a worsening genetic heart defect. Soon it became clear he needed major surgery that could either save his life--or result in his death on the operating table. The young couple prepared for the worst. When Ryan survived, they both realized that they still had a future together. But the near loss changed the way they saw all that would lie ahead. They would live and love fiercely, fighting for each other and for a Christ-centered marriage, every step of the way. *Fierce Marriage* is their story, but more than that, it is a call for married couples to put God first in their relationship, to measure everything they do and say to each other against what Christ did for them, and to see marriage not just as a relationship they should try to keep healthy but also as one worth fighting for in every situation. With the gospel as their foundation, Ryan and Selena offer hope and practical help for common struggles in marriage, including communication problems, sexual frustration, financial stress, family tension, screen-time disconnection, and unrealistic expectations.

Two in a Bed-Paul C. Rosenblatt 2012-02-01 A fascinating look at the social experience of sharing a bed with another person.

Night Light-James C. Dobson 2010-12-20 Special deluxe LeatherLike edition with ribbon—perfect for a wedding or anniversary gift! Whether you're just married or are celebrating your golden anniversary, you need regular, quiet moments with your mate—times to renew love and intimacy with each other and with the Lord. *Night Light*, by Dr. James Dobson and his wife, Shirley, will help you do just that. This daily devotional offers the personal, practical, and biblical insights that have sustained the Dobsons' marriage for fifty years and encouraged couples and families around the world. Let *Night Light* enrich your marriage too—tonight and every night.

In Five Years-Rebecca Serle 2020-03-10 A NEW YORK TIMES BESTSELLER A Good Morning America, FabFitFun, and Marie Claire Book Club Pick "In Five Years is as clever as it is moving, the rare read-in-one-sitting novel you won't forget." —Chloe Benjamin, New York Times bestselling author of *The Immortalists* Perfect for fans of *Me Before You* and *One Day*—a striking, powerful, and moving love story following an ambitious lawyer who experiences an astonishing vision that could change her life forever. Where do you see yourself in five years? Dannie Kohan lives her life by the numbers. She is nothing like her lifelong best friend—the wild, whimsical, believes-in-fate Bella. Her meticulous planning seems to have paid off after she nails the most important job interview of her career and accepts her boyfriend's marriage proposal in one fell swoop, falling asleep completely content. But when she awakens, she's suddenly in a different apartment, with a different ring on her finger, and beside a very different man. Dannie spends one hour exactly five years in the future before she wakes again in her own home on the brink of midnight—but it is one hour she cannot shake. *In Five Years* is an unforgettable love story, but it is not the one you're expecting.

The Seven Principles for Making Marriage Work-John Gottman, Ph.D. 2002-02-04 Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential. *The Seven Principles for Making Marriage Work* is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a

strong one even better.

The Two-Body Problem-Lisa Wolf-Wendel 2004-12-01 *The Two-Body Problem* describes various accommodation models in depth and provides valuable information for college and university administrators responsible for hiring faculty and supporting their performance.

A Gift of Time-Amy Kuebelbeck 2011-02-15 *A Gift of Time* is a gentle and practical guide for parents who decide to continue their pregnancy knowing that their baby's life will be brief. When prenatal testing reveals that an unborn child is expected to die before or shortly after birth, some parents will choose to proceed with the pregnancy and to welcome their child into the world. With compassion and support, *A Gift of Time* walks them step-by-step through this challenging and emotional experience—from the infant's life-limiting prenatal diagnosis and the decision to have the baby to coping with the pregnancy and making plans for the baby's birth and death. *A Gift of Time* also offers inspiration and reassurance through the memories of numerous parents who have loved a child who did not survive. Their moving experiences are stories of grief—and of hope. Their anguish over the prenatal diagnosis turns to joy and love during the birth of their child and to gratitude and peace when reflecting on their baby's short life. Full of practical suggestions for parents and for caregivers, *A Gift of Time* also features the innovative concept of perinatal hospice and palliative care. Caring and thoughtful, the book helps parents embrace the extraordinary time they will have with their child.

The Light We Lost-Jill Santopolo 2017-05-09 The New York Times Bestseller and Reese Witherspoon Book Club Pick "This love story between Lucy & Gabe spans decades and continents as two star-crossed lovers try to return to each other...Will they ever meet again? This book kept me up at night, turning the pages to find out, and the ending did not disappoint."—Reese Witherspoon "One Day meets Me Before You meets your weekender bag."—The Skimm "Extraordinary."—Emily Giffin He was the first person to inspire her, to move her, to truly understand her. Was he meant to be the last? Lucy is faced with a life-altering choice. But before she can make her decision, she must start her story—their story—at the very beginning. Lucy and Gabe meet as seniors at Columbia University on a day that changes both of their lives forever. Together, they decide they want their lives to mean something, to matter. When they meet again a year later, it seems fated—perhaps they'll find life's meaning in each other. But then Gabe becomes a photojournalist assigned to the Middle East and Lucy pursues a career in New York. What follows is a thirteen-year journey of dreams, desires, jealousies, betrayals, and, ultimately, of love. Was it fate that brought them together? Is it choice that has kept them away? Their journey takes Lucy and Gabe continents apart, but never out of each other's hearts. This devastatingly romantic debut novel about the enduring power of first love, with a shocking, unforgettable ending, is *Love Story* for a new generation. "It's the epic love story of 2017."—Redbook

Boyfriend Material-Alexis Hall 2020-07-07 WANTED: One (fake) boyfriend. Practically perfect in every way Luc O'Donnell is tangentially—and reluctantly—famous. His rock star parents split when he was young, and the father he's never met spent the next twenty years cruising in and out of rehab. Now that his dad's making a comeback, Luc's back in the public eye, and one compromising photo is enough to ruin everything. To clean up his image, Luc has to find a nice, normal relationship...and Oliver Blackwood is as nice and normal as they come. He's a barrister, an ethical vegetarian, and he's never inspired a moment of scandal in his life. In other words: perfect boyfriend material. Unfortunately, apart from being gay, single, and really, really in need of a date for a big event, Luc and Oliver have nothing in common. So they strike a deal to be publicity-friendly (fake) boyfriends until the dust has settled. Then they can go their separate ways and pretend it never happened. But the thing about fake-dating is that it can feel a lot like real-dating. And that's when you get used to someone. Start falling for them. Don't ever want to let them go. Discover the LGBT romance about exact opposites falling in perfectly imperfect love that New York Times and USA Today bestselling author CHRISTINA LAUREN calls "hilarious, witty, tender, and stunning."

Human Diversity-Charles Murray 2020-01-28 All people are equal but, as *Human Diversity* explores, all groups of people are not the same -- a fascinating investigation of the genetics and neuroscience of human differences. The thesis of *Human Diversity* is that advances in genetics and neuroscience are overthrowing an intellectual orthodoxy that has ruled the social sciences for decades. The core of the orthodoxy consists of three dogmas: - Gender is a social construct. - Race is a social construct. - Class is a function of privilege. The problem is that all three dogmas are half-truths.

They have stifled progress in understanding the rich texture that biology adds to our understanding of the social, political, and economic worlds we live in. It is not a story to be feared. "There are no monsters in the closet," Murray writes, "no dread doors we must fear opening." But it is a story that needs telling. Human Diversity does so without sensationalism, drawing on the most authoritative scientific findings, celebrating both our many differences and our common humanity.

Foolish Hearts-Emma Mills 2017-12-05 Claudia agrees to coach actors in her high school's production of A Midsummer Night's Dream, leading to new friendships--and maybe even new love.