



- **THE SEVEN PRINCIPLES OF MAKING MARRIAGE WORK**
The Gottmans are well-respected for their ability to predict with over 90% accuracy whether or not a couple will divorce. If you read nothing else, grab this book to prepare.
- **SAVING YOUR MARRIAGE BEFORE IT STARTS**
With a complementary online assessment, this book by the Parrotts provides a wealth of exercises to process the big relationship questions during your engagement.
- **THE MEANING OF MARRIAGE**
Are you establishing a covenant or a contract marriage? Have you ever considered the difference? Particularly if you come from a faith background, this book helps ensure you and your partner are on the same page in terms of your beliefs about marriage.
- **THE FIVE LOVE LANGUAGES**
What is the best way to demonstrate love to your partner? It might not be the way you think. This book is a go-to tool to enhance your ability to communicate love in the language your partner can best understand. Be sure to take the free online assessment as well to learn your styles!
- **HIS NEEDS, HER NEEDS**
Are there really relationship differences between men and women? Consider the gender divide and close the gap with this helpful book on the needs of the sexes.
- **A CELEBRATION OF SEX**
Let's talk about sex baby! You're not getting married just to watch Netflix together. Kick your sexual intimacy off on the right foot with this exciting book on the physical aspect of marriage.
- **SHEET MUSIC**
Have you prepared for sex on your honeymoon? Particularly if you've waited until marriage to be sexually intimate, this is a great practical book on engaging in sex as a married couple.
- **THE MARRIAGE BUILDER**
What are the building blocks of marriage? Relationship expert Larry Crabb identifies his top three for people of faith.
- **HOLD ME TIGHT**
Sue Johnson is a titan of marital therapy and this book provides an accessible overview of some of the deepest issues therapist's often treat in counseling when a couple is on the brink of divorce. Keep this on your shelf in your new home together.
- **LOVE AND RESPECT**
According to Eggerich, men are often primarily seeking respect while women are seeking love. For couples coming from a more traditional background, the language applied to these gender dynamics may prove helpful for you.

Have you completed an online relationship assessment? Schedule a free consultation at [healthyminds.nyc/freeconsultation](https://www.healthyminds.nyc/freeconsultation) with our care coordinator to learn how you can book your assessment today.