



A Lasting Promise: The Christian Guide to Fighting for Your Marriage

Scott M. Stanley, Daniel Trathen, Savanna McCain, B. Milton Bryan

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The revised edition of the bestselling Christian guide to a happy marriage

For more than fifteen years, Scott Stanley's *A Lasting Promise* has offered solutions to common problems—facing conflicts, problem solving, improving communication, and dealing with core issues—within a religious framework. Thoroughly revised and updated, this new edition is filled with stories that reflect the sacred teachings of the scripture. The book's strategies are designed to help Christian couples improve communication, understand commitment, bring more fun into their relationship, and even enhance their sex lives.

Lead author Scott Stanley is co-director of the Center for Marital and Family Studies at the University of Denver and coauthor of *Fighting for Your Marriage*, which has sold more than a million copies Offers reflections on how to enhance anyone's marriage over the long term and avoid divorce Covers recent cultural shifts, such as dealing with the endless distraction and temptation of social networking Uses illustrative examples from real couples and sprinkles the text with valuable scriptures and quotations from the Old and New Testaments

This important book offers an invaluable resource for all couples who want to honor and preserve the holy sacrament of their union.

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From Reader Review A Lasting Promise: The Christian Guide to Fighting for Your Marriage for online ebook

Amanda says

I can't recommend this highly enough for married or engaged couples. There is a lot of emphasis on preventing problems as well as working through them and specific, step-by-step instructions for improving discussions. Excellent.

Gabriele says

Don't be fooled by this somewhat cheesy photo and outdated cover-- this book is fantastic. Although it is written from a Christian perspective it can be used an applied by anyone. It has sound scientific studies which support its methods. This is an in-depth workbook that offers powerful tools and clear descriptions on how to communicate and improve your marriage. We were blessed enough to work through it with another mentor couple and found their insights and personal examples of it helping them all the more powerful. A MUST READ for anyone who wants to make a bad marriage good or a good marriage great.

Marci says

Out of all the marriage books I poured through during engagement, by far the most practical one for learning to see your own prejudices and bad habits, learning to fight fair and honor your mate. Great book.

Sarah says

Some really great principles hidden in some really cheesy writing. But worth the read.

Ginta says

I believe this book to be one of the best "how to" books on communications I have ever read. The reading is easy and yet the principles discussed are incredibly deep. I have recommend it to all my friends and to everybody I know.

Reid says

This book is based on the premise that negative communication erodes trust in marriage and often leads to divorce.

The claim is made that one's chances of longterm marriage can be assessed, up to 90% accuracy, based on HOW A COUPLE RESOLVES CONFLICT.

I give this the highest rating because my wife and I have applied these communication principles for the last 7 years and it has revived our marriage.

We now have an agreed-upon plan to communicate. This has been one of the best things that has happened in our 32 year marriage.

The concepts:

"Reckless words pierce like a sword, but the tongue of the wise brings healing." Prov 12:18

Negative ways of communicating:

- Withdrawal
- Negative interpretation
- Invalidation
- Escalation

"Everyone should be quick to listen, slow to speak, and slow to become angry.." James 1:19

Positive ways of communicating"

- use the Speaker-Listen Technique
- take turns, asking clarifying questions

This book has great Biblical references. It is designed for each person to read a chapter, then do the exercises at the end of the chapter. Then, the couple is to meet together and discuss their answers. The chapters build from generalities to specifics.

The best book on marriage and on communicating we have ever read and applied. We have guided 30 couples or so thorough this book. It is only helpful if folks do the homework and apply it to their own communicating skills.

I have also used these communication tools with co-workers and church folks.

Nina McDaniel says

I agree with the comments that say don't be fooled by the cheesy cover! This book is a concise summary of much of my grad school reading, and it's full of research-based concepts.

Christopher B. Smith says

A must read for anyone who is married

Great book, highly recommended for any relationship or marriage. Marriage and any real relationship can be difficult, this book discusses why and provides practical ideas and steps to make marriage and relationships

stronger and work better.

Lindsay Ellis says

Read this as part of a curriculum we do with newlyweds we mentor at our church. Good book although many others out there very similar.

Délice says

The one marriage book we recommend. Seriously amazing. Written by professional therapists and based on research, not overly spiritualized, yet firmly rooted in Jesus. Just awesome.

Tim says

Great book covering themes of strengthening marriage

Lauren says

A great follow-up to Fighting for Your Marriage. Good review. I like how it ties in Christian concepts but remains research based.

Nathan says

for class.

Elizabeth Knaus says

Down to earth with a connection to heaven

The book is easy to read with scripture references to establish Christian credibility. Pastors could recommend this to couples who ask for marriage help or use it as a counseling tool or a practical anniversary gift along with tickets to a luncheon or some fresh flowers.

Rachel says

This was part of my marriage and family class at Asbury Seminary. What a fantastic book. I want to read it

again- let a student from the college borrow it and never got it back.
