

Book Recommendations for Couples

General Relationship Wellness

- Hold Me Tight: Seven Conversations for a Lifetime of Love- Dr. Sue Johnson
- The Seven Principles for Making Marriage Work- John Gottman
- Discovering Your Couple Sexual Style- Barry W. McCarthy and Emily McCarthy

Coping with Infidelity

- After the Affair-Janis Abrahms Spring
- How to Help Your Spouse Heal From Your Affair: A Compact Manual for the Unfaithful-Linda J. McDonald

Must Read Articles

- **Accepting Influence: How to have a Successful Marriage:** <http://nationalmarriageseminars.com/blog/accepting-influence-successful-marriage/>
- **The 5 Types of Couples:** <http://www.gottmanblog.com/archives/2014/11/21/the-5-couple-types>
- **Lasting Relationships Rely on 2 Traits:** <http://www.businessinsider.com/lasting-relationships-rely-on-2-traits-2014-11>
- **The Seven Differences between Guilt and Shame:** <http://www.gydoindy.com/7-differences-between-shame-and-guilt/>