



Saving Your Marriage Before It Starts Workbook for Men Updated: Seven Questions to Ask Before---and After---You Marry

By Les Parrott, Leslie Parrott

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The *Saving Your Marriage Before It Starts Workbook for Men* will help you uncover and understand the unique shaping factors you bring into your marriage both as a woman/man and as an individual. Prepare for some surprising and helpful insights, for honest, intimate, and enjoyable relationship-strengthening conversations with you and your fiancé, and for engaging discussions with a small group.

EXERCISES AND ASSESSMENTS

Twenty-four exercises will shed amazing new light on the way you are put together, how that affects specific aspects of how you and your loved one relate, and how you can improve those areas to build a better relationship. You will gain unprecedented insights into

- your personal “Ten Commandments”
- making your roles conscious
- getting your sex life off to a great start
- identifying your “hot topics”
- your spiritual journey ... and much, much more

DISCUSSION GUIDE

Les and Leslie will help both of you enjoy lively and eye-opening interaction through seven sessions and bonus sessions on the DVD. For small groups, individual couples, and pastors and marriage counselors, each session links with the workbook exercises and concludes with an exercise each couple can do together over the next week.

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Editorial Review

From the Back Cover

The Saving Your Marriage Before It Starts Workbook for Men will help you uncover and understand the unique shaping factors you bring into your marriage both as a man and as an individual. Prepare for some surprising and helpful insights; for honest, intimate, and enjoyable relationship-strengthening conversations with you and your fiancee, and for engaging discussions with a small group. **EXERCISES AND ASSESSMENTS** Twenty-four exercises will shed amazing new light on the way you are put together, how that affects specific aspects of how you and your loved one relate, and how you can improve those areas to build a better relationship. You will gain unprecedented insights into * your personal 'Ten Commandments' * making your roles conscious * getting your sex life off to a great start * identifying your 'hot topics' * your spiritual journey ... and much, much more **DISCUSSION GUIDE** Les and Leslie will help both of you enjoy lively and eye-opening interaction through seven sessions and one bonus session in the Zondervan DVD. For use by small groups, individual couples, and pastors and marriage counselors. Each session links with the workbook exercises and concludes with an exercise each couple can do together over the next week.

About the Author

A psychologist and a marriage and family therapist, Drs. Les and Leslie Parrott are founders of the Center for Relationship Development at Seattle Pacific University. Their bestselling books include *Love Talk*, *Crazy Good Sex The Complete Guide to Marriage Mentoring*, and the award-winning *Saving Your Marriage Before It Starts*. Their work has been featured in *The New York Times* and *USA Today*, and they have appeared on CNN, O'Reilly Factor, Good Morning America, Today Show, The View, and Oprah. They live with their two sons in Seattle. Visit LesandLeslie.com.

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