

JANUARY

NOTES

THE 5 LOVE LANGUAGES

BY GARY CHAPMAN



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Ch 1 What Happens to Love After the Wedding	2	3 Ch 2 Keeping the Love Tank Full	4	5 Ch 3 Falling in Love	6
7	8 Ch 4 Love Language 1 Words of Affirmation	9	10 Ch 5 Love Language Quality Time	11	12 Ch 6 Love Language Receiving Gifts	13
14	15 Ch 7 Love Language Acts of Service	16	17 Ch 8 Love Language Physical Touch	18	19 Ch 9 Discovering Your Primary Love Language	20
21	22 Ch 10 Love is a Choice	23	24 Ch 11 Love Makes the Difference	25	26 Ch 12 Loving the Unlovely	27
28	29 Ch 13 A Personal Word	30	31 Frequently Asked Questions			

FEBRUARY

NOTES



For All
Eternity
PRACTICAL TOOLS FOR
STRENGTHENING YOUR MARRIAGE

BY JOHN L LUND

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Intro & Ch 1 Bridging the Gap	3
4	5 Ch 2 Say It Straight with Content Communication	6	7 Ch 3 Pitfalls & Ch 4 A Relationship of Equals	8	9 Ch 5 The Challenge	10
11	12 Ch 6 Acceptance, Affection, and Appreciation & Ch 7 Defining Enough	13	14 Ch 8 The Magnificent Seven	15	16 Ch 9 Content Communication and Love Languages	17
18	19 Ch 10 Articles of Commitment	20	21 Ch 11 The Art of Giving Criticism & The Art of Receiving Criticism	22	23 Ch 13 The Red Hour: Containment of Critical Words & Ch. 14 Bingo	24
25	26 Ch 15 Apologizing and Forgiving	27	28 Ch 16 Burying the Hatchet & Ch 17 Forgiving Ourselves			

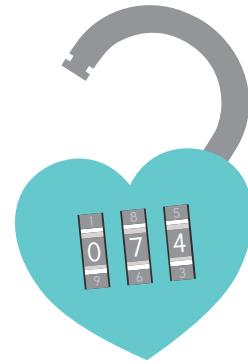
MARCH

NOTES

The language of LOVE & RESPECT

CRACKING THE COMMUNICATION
CODE WITH YOUR MATE

BY DR EMERSON EGGERICHS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Intro & Part 1 A Book Within A Book	2	3
4	5 Part 2 Three Vital Truths for Better Communication	6	7	8	9	10
11	12 Part 3 The Crazy Cycle: A Relentless Enemy of Marital Communication	13	14	15	16	17
18	19 Part 4 The Energizing Cycle: To Better Communicate	20	21	22	23	24
25	26 Part 5 The Rewarded Cycle	27	28	29	30	31

APRIL

NOTES



The Anatomy OF PEACE

RESOLVING THE HEART OF CONFLICT

BY THE ARBINGER INSTITUTE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Part 1 The Heart of Peace	3	4	5	6	7
8	9 Part 2 From Peace to War	10	11	12	13	14
15	16 Part 3 From War to Peace	17	18	19	20	21
22	23 Part 4 Spreading Peace	24	25	26	27	28
29	30					

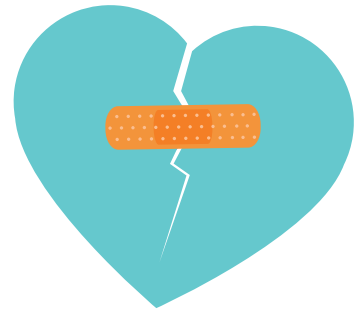
MAY

NOTES

Strangling Your Husband is NOT an option

A PRACTICAL GUIDE TO DRAMATICALLY
IMPROVING YOUR MARRIAGE

BY MERRILEE BROWN BOYAK



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Preface	2	3 Getting Started	4	5
6	7	8 The Five Don'ts of Wifehood	9	10 The Five Do's of Wifehood	11	12
13	14	15 How to Combine "She" and "He" and Not Lose the "Real Me"	16	17 But How Do I Change My Husband?	18	19
20	21	22 No, Really, How Can I Change Him?	23	24 How to Be a Fun- Loving Wife	25	26
27	28	29 Becoming a Smart Wife Yourself	30	31 About the Author		

JUNE

NOTES

HAPPY WIVES CLUB

A PRACTICAL GUIDE TO DRAMATICALLY IMPROVING YOUR MARRIAGE

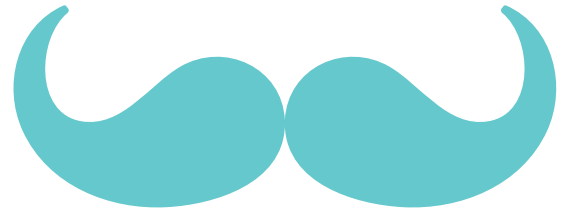
BY FAWN WEAVER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Ch 1 Happiness Can Happen	2 Ch 2 A Way to the Water
3 Ch 3 Beauty and Ashes	4 Ch 4 When Windows Become Walls	5 Ch 5 The Unbreakable Tether	6 Ch 6 Contagious Laughter	7 Ch 7 We Are Enough for Us	8 Ch 8 Donnant, Donnant	9 Ch 9 "Let's Not Spoil It"
10 Ch 10 Do Not Disturb	11 Ch 11 The Museum of Broken Hearts	12 Ch 12 Rekindled Desires & Ch 13 Love Is a Candle	13 Ch 14 The Perfect Detour	14 Ch 15 What Holds Us Back	15 Ch 16 Happy For No Reason at All	16 Ch 17 Love Tells Its Secrets
17 Ch 18 Don't Just Rain, Pour	18 Ch 19 Welcome to Australia?	19 Ch 20 Lovies in Their RV	20 Ch 21 Do the Hard Yards	21 Ch 22 When Anywhere is Everywhere & Ch 23 The Shortest Longest Flight Ever	22 Ch 24 Love vs "In Love"	23 Ch 25 Bigger Than Us
24 Ch 26 A Day Care at 30,000 Feet	25 Ch 27 On the Road Again	26 Ch 28 Valores! & Ch 29 The Fountain of Youth	27 Ch 30 And It's All Just Stuff	28 Ch 31 An Hour to Live, An Hour to Love	29 Ch 32 Listen With Your Heart	30 Ch 33 Choosing Happiness

JULY

NOTES



For Men ONLY

BY SHANTI FELDHAHN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Ch 1 Rethinking Random	4	5 Ch 2 The Deal Is Never Closed	6	7
8	9	10 Ch 3 Windows... Open!	11	12 Ch 4 The Reason Hiding in Her "Unreasonable" Reaction	13	14
15	16	17 Ch 5 Your Real Job is Closer to Home	18	19 Ch 6 Listening IS the Solution	20	21
22	23	24 Ch 7 With Sex, Her "No" Doesn't Mean You	25	26 Ch 8 The Girl in the Mirror	27	28
29	30	31 Ch 1 The Man She Had Hoped to Marry				

AUGUST

NOTES



For Women ONLY

WHAT YOU NEED TO KNOW ABOUT
THE INNER LIVES OF MEN

BY SHANTI FELDHAHN

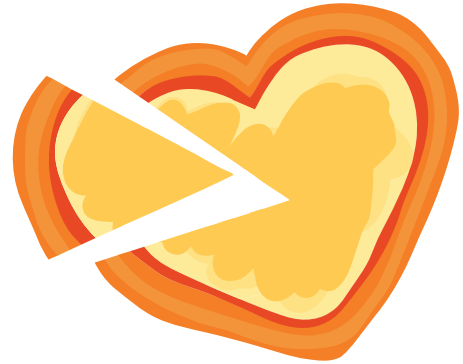
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Ch 1 Light Bulb On!	2	3 Ch 2 Your Love is Not Enough	4
5	6	7 Ch 3 The Performance of a Lifetime	8	9	10 Ch 4 The Thinker	11
12	13	14 Ch 5 The Loneliest Burden	15	16	17 Ch 6 Sex Changes Everything	18
19	20	21 Ch 7 Keeper of the Photo Files	22	23	24 Ch 8 Chocolate, Flowers, Bait Fishing	25
26	27	28 Ch 9 The Truth About Taking Care of Yourself	29	30	31 Words for Your Heart	

SEPTEMBER

NOTES

The Proper Care & FEEDING OF *Husbands*

BY DR LAURA SCHLESSINGER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Ch 1 The Improper Care and Feeding of Husbands	5	6 Ch 2 The White Rabbit Syndrome	7	8
9	10	11 Ch 3 "You're A Nag"	12	13 Ch 4 Men Have Feelings? Really? You're Kidding!	14	15
16	17	18 Ch 5 "Huh? Honey, What Did You Say? What Did That Mean?"	19	20 Ch 6 What's Sex	21	22
23/30	24	25 Ch 7 A Man Should Be Respected in His Own Home	26	27 Ch 8 Guy Time	28	29

OCTOBER

NOTES

The Proper Care & FEEDING OF *Marriage*

BY DR LAURA SCHLESSINGER



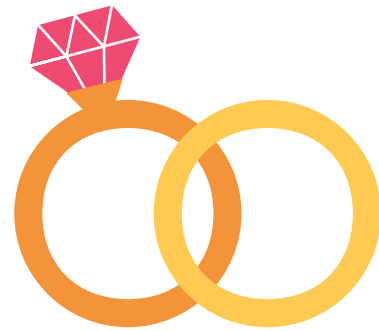
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Introduction	3	4 Ch 1 "Me Tarzan, You Jane."	5	6
7	8	9 Ch 2 "I've Met the Enemy... and It's ME!"	10	11 Ch 3 "You're a Nag"	12	13
14	15	16 Ch 4 Do's and Don'ts	17	18 Ch 5 To Hell and Back	19	20
21	22	23 Ch 6 Mother Laura's Marriage Tools	24	25 Ch 7 The Gift of the Magi	26	27
28	29	30 Epilogue	31			

NOVEMBER

NOTES

THE 7 PRINCIPLES FOR MAKING *marriage work*

BY JOHN M GOTTMAN
& NAN SILVER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Introduction	3
4	5 Ch 1 Inside the Seattle Love Lab: The Truth About Happy Marriages	6	7 Ch 2 What DOES Make Marriage Work?	8	9 Ch 3 How I Predict Divorce	10
11	12 Ch 4 Principle 1: Enhance Your Love Maps	13	14 Ch 5 Principle 2: Nurture Your Fondness and Admiration	15	16 Ch 6 Principle 3: Turn Toward Each Other Instead of Away	17
18	19 Ch 7 Principle 4: Let Your Partner Influence You	20	21 Ch 8 The Two Kinds of Marital Conflict	22	23 Ch 9 Principle 5: Solve Your Solvable Problems	24
25	26 Ch 10 Coping with Typical Solvable Problems	27	28 Ch 11 Principle 6: Overcome Gridlock	29	30 Ch 12 Principle 7: Create Shared Meaning & Afterward	

DECEMBER

NOTES



And They Were Not
Ashamed

STRENGTHENING MARRIAGE
THROUGH SEXUAL FULFILLMENT

BY LAURA M BROTHERSON

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 Ch 15 Preparing Future Generations for Sexual Fulfillment in Marriage - When & How to Teach					1 Preface, Introduction, & Ch 1 The Good Girl Syndrome
2	3 Ch 2 The Sanctity of Secual Relations in Marriage - Building a Foundation of Faith	4	5 Ch 3 The Symphony of the Female Sexual Response, Part 1	6	7 Ch 4 The Symphony of the Female Sexual Response, Part 2	8
9 Ch 5 Creating Understanding & Empathy for Sexual Differences	10	11 Ch 6 Sexual Stewardship - Finding Sexual Fulfillment in Marriage	12	13 Ch 7 Overcoming Barriers to Sexual Fulfillment in Marriage	14	15 Ch 8 Oneness - The Ultimate Purpose of Marriage
16	17 Ch 9 The Search for Intimacy and Oneness	18	19 Ch 10 Becoming One - Emotional Intimacy	20	21 Ch 11 Becoming One - Spiritual Intimacy	22
23 Ch 12 Becoming One - Physical Intimacy	24	25 Ch 13 Marital Stewardship - Covenants, Commitment, & Challenges	26	27 Ch 14 Preparing Future Generations for Sexual Fulfillment in Marriage - Preparing to Teach	28	29 Ch 15 Preparing Future Generations for Sexual Fulfillment in Marriage - What to Teach