



## Reading List: Relationships and Marriage

1. **A General Theory of Love** by Lewis
2. **Couple Skills: Making Your Relationship Work** by Matthew McKay, Patrick Fanning and Kim Paleg
3. **Getting the Love You Want: A Guide for Couples** by Harville Hendrix
4. **How to Improve Your Marriage Without Talking About it** by Love and Stosney
5. **Love is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems through Cognitive Therapy** by Aaron Beck
6. **The Five Love Languages: How to Express Heartfelt Commitment to Your Mate**  
by Gary Chapman
7. **The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert** by John Gottman and Nan Silver
8. **Why we Love** by Fisher
9. **Why Marriages Succeed or Fail: And How You Can Make Yours Last** by John Gottman
10. **You Just Don't Understand: Women and Men in Conversation** by Deborah Tannen