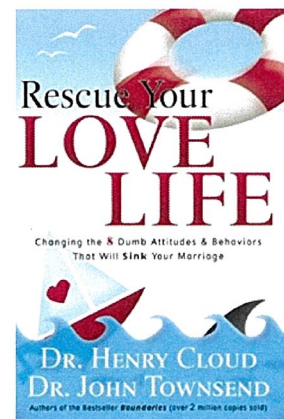


Title: Rescue Your LOVE LIFE

- Changing Those Dumb Attitudes & Behaviors
That Will Sink Your Marriage

**Authors: Henry Cloud and John
Townsend**

Category: Marriage and Family



This book was on the Resource Library’s new book list in May last year. It caught my attention because in the fine print on the cover, it says “Changing the 8 dumb attitudes and behaviors that will sink your marriage.” I just celebrated my 30th wedding anniversary also in May last year. And although I would not say that my marriage is on the verge of sinking, regrettably, over the last 30 years, I did have dumb attitudes and behaviors. So I thought this book might do me good (for the next 30 years, God willing☺).

The authors state right at the start that the key to improving your marriage is changing yourself first. Growing marriages are made of growing people. A relationship is only as good as the two individuals in it. And nothing helps a relationship more than when you shine a spotlight on yourself and see your own issues, baggage, hurts, weaknesses and faults. As you understand what makes you tick, and begin to resolve your personal issues, your capacity to love, give grace and improve communication is greatly enhanced. So starting with yourself is the best way to go.

The book goes on to help us see the eight dumb attitudes that we have, help us look at ourselves and our contribution to the relationship, and provide guidelines to help us apply change and growth to ourselves and our marriage. As an example, the first dumb attitude is, of course, my spouse should change. No, we change ourselves, not our spouses. The book is written in a very contemporary style and is easy to read and understand. If we were to apply just half of what is recommended, I am sure our marriages will improve greatly. Definitely worth a read, or even buy to keep and re-read. This book is available in our Resource Library.

Book review by Elder Ng Tah Wee

