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| Name of Person Submitting Review | Sally Bias |
| With whom did you go through the study? | Couples Small Group |
| Resource Name | The Seven Principles for Making Marriage Work |
| Author and Publisher | John M. Gottman, Ph.D./Three Rivers Press |
| Resource Type | Book |
| Give a brief discription of the resource. | Dr. Gottman observed the habits of married couples over many years and put together a "best practices" guide for marriages. |
| How long did it take to go through the resource? | We took about 8 weeks |
| How much prep time is needed if meeting for group discussion? | 30-45 minutes per week |
| Things I enjoyed: | This book give very practical ways to improve your marriage. It really makes you think about your relationship with your spouse and how and why you should work hard at making it the best it can be. There are exercises each week that you do on your own and with your spouse that are very helpful. |
| Things I didn't enjoy: | Can't think of anything |
| Would you recommend this resource? Why or why not? | I would definitely recommend this resource. The exercises can help you go deeper with your spouse. |
| What was the most important thing you learned? | Things I can do every day to strengthen my marriage such as nurturing our fondness and admiration for one another and allowing my spouse to influence me. |
| Is there anything else you would like to share? | This is a secular book. Our small group chose to take a few minutes at each meeting to read and discuss Scripture on marriage to help us keep God's point of view in mind. We also were all careful to receive permission from our spouses before we shared any personal marriage information with our group. |