

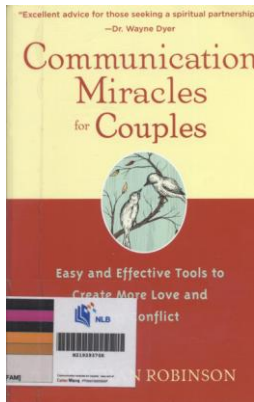
Title: Gripes - the little quarrels of couples
Author: Jean-Claude Kaufmann
Publisher: Cambridge, UK ; Malden, MA : Polity, c2009
Call No.: English 306.7 KAU

Written by sociologist Jean-Claude Kaufmann, this eloquently written self-improvement book on minor irritations is a joy to read. Citing various examples, couples are provided with alternate perspectives as well as peacemaking tactics to help them reach compromises, so as to sooth those little irritations that occur in their everyday lives.

In this book, Kaufmann educates the reader that irritation plays a fundamental role in the way a relationship is structured, and can sometimes even produce positive effects. Hence, it should be seen as a necessary evil. The first irritations experienced by a couple are the signs that the process of unification is under way. Differences between them only flare up in so much as the two partners are making progress with the construction of a shared culture.

From domestic irritations like doing the ironing and washing the dishes to dealing with the in-laws, this book will open your eyes to the reasons why we might feel irritated by certain actions and how, as a couple, you can overcome these irritations and strengthen your relationship.

Contributed by Lim Lee Lian, Public Libraries, National Library Board (NLB)

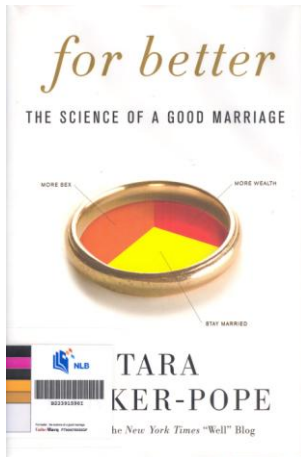


Title: Communication miracles for couples - easy and effective tools to create more love and less conflict
Author: Jonathan Robinson
Publisher: San Fransisco, Calif.: Conari Press, 2008
Call No.: English 646.78 ROB - [FAM]

This book aims to provide real-life solutions for understanding each other better. Jonathan Robinson, a psychotherapist, suggests proven, simple and powerfully effective methods that work. Whether you are looking to enhance a good relationship or are deeply mired in conflict, these techniques can help you. You'll learn how to feel totally loved, lessen conflict, get your partner to really hear you, repair broken trust and create lasting harmony that keeps love alive.

This practical, down-to-earth, and heartfelt guide offers ideas and approaches to easing conflict in even the most challenging real-life situations. At the end of each chapter, there is a summary of the key points and exercises that you can practice and work towards transforming the quality of a relationship.

Contributed by Janice Ow, Public Libraries, National Library Board (NLB)



Title: For Better – The Science of a Good Marriage
Author: Tara Parker-Pope
Publisher: New York : Penguin Group (USA) Inc., 2010
Call No.: English 646.78 PAR - [FAM]

Did you just have an argument with your spouse yet again? Sometimes, you wonder why is it your spouse does not seem to understand your point of view or seems to be picking a fight. If this scenario appears all too familiar to you, then Tara Parker-Pope's latest book "For Better – The Science of a Good Marriage" may provide the possible solutions for you and your partner.

In the author's 356-page work, she has divided the content into 13 chapters with each of the chapters focusing on a specific area. Topics such as the art of commitment, conflict resolution, risk assessment, management of chores etc., are explained in a simple yet seamless manner. At the end of each chapter, there are practical exercises and quizzes for you and your spouse to practise. As the author aptly puts it, "*one of the most important discoveries of marital research is that what you fight about just doesn't matter. What matters – and what's predictive of the health of your relationship – is how you fight.*" Indeed, this married reviewer definitely seconds that.

Contributed by Justin Tan, Public Libraries, National Library Board (NLB)