

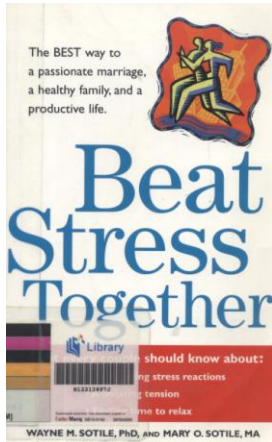
Title: Try to See It My Way: Being Fair in Love and Marriage
Author: B. Janet Hibbs with Karen J. Getzen.
Publisher: New York: Avery, c2009.
Call No.: English 646.78 HIB - [FAM]

In love and marriage, quarrels and conflicts are, at times, inevitable. Yet, major conflicts, if unresolved, could be detrimental to relationships. Have you ever... fought with your partner over who should wash the dishes, blamed your partner for not taking sides with you when his/her parents put you in a difficult spot, expected your partner to meet your needs all the time, or complained that your partner is visiting and spending more time with his/her parents than yours? A closer examination of these conflicts reveals that the underlying causes stem from the varying ideas of fairness each party has.

This groundbreaking and refreshing book argues that each individual holds a different model of fairness - accumulated from personal experiences and upbringing - and therefore, affects the outlook and beliefs of the individual. Fairness seems intuitively obvious; one can make immediate judgment of what's fair and what's not. Yet it can be frustratingly elusive as what's fair to one person may not be so to the other. The author touches on some of the common false assumptions we have about relationships, and provides an insightful look into how we can create a right frame of fairness to benefit all involved.

Filled with vivid real-life examples of conflicts, this book sets you along the path towards a healthy, fulfilling and long-lasting relationship.

Contributed by Yang Qinli, National Library Board



Title: Supercouple Syndrome: How Overworked Couples Can Beat Stress Together
Author: Wayne Sotile and Mary Sotile
Publisher: New York: J. Wiley, c1998.
Call No.: English 646.78 SOT - [FAM]

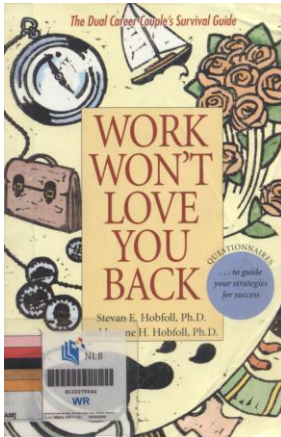
Are you and your spouse constantly feeling stressed out by work? Are the both of you constantly taking on multiple and ever-expanding roles in all areas of your lives? If the answers to both questions are a resounding “Yes!”, you and your spouse may be suffering from the ‘Supercouple Syndrome’, a term coined by co-authors Wayne and Mary Sotile.

Couples experiencing the ‘Supercouple Syndrome’ invariably find their relationships strained. This book aims to help couples overcome that by introducing a nine-step programme called BEating Stress Together (BEST). The ideal end result is for you and your spouse to evolve into a ‘Dynamic Duo’, another term espoused in the book.

Much of this book discusses the various stress-inducing factors a couple can face through real-life stories. Twenty myths perpetuated by ‘Supercouples’ are explored and busted.

Exercises in identifying problem areas pepper the book, creating a personalized reading experience. The book is further filled with practical tips and advice on self-discovery, creating change, and staying together as a ‘Dynamic Duo’. At the end of the book, there is even a nifty index to facilitate searching as well as references to other books and articles for further reading.

Contributed by Fong Ying Yi, National Library Board



Title: Work Won't Love You Back: The Dual Career Couple's Survival Guide
Author: Stevan E. Hobfoll and Ivonne H. Hobfoll
Publisher: New York: W.H. Freeman, c1994.
Call No.: English 306.872 HOB - [FAM]

This book is targeted mainly at dual-career couples who would like to know how to strike a healthy balance between work and marriage, or are struggling to do so.

Co-authors Stevan and Ivonne Hobfoll are both psychologists and a couple in real-life, hence this book is very much shaped by their professional as well as personal experiences.

The Hobfolls frame their argument and solutions for a well-balanced lifestyle by focusing on the sources of stress and the theory of 'conservation of resources'.

The authors believe that by first identifying both marital and individual resources, couples can then look at ways to re-allocate their finite resources more efficiently.

Couples with children will also find this book especially helpful as there is a chapter addressing the resources for children: what they need; how they have possibly been neglected; and how their needs can be fulfilled.

The authors present their suggestions in an easy-to-follow manner, with many case studies and anecdotes that allow readers to readily identify with the situations and problems presented. There are also a number of useful exercises that couples can complete to help identify their sources of stress and effect change in their lives.

Contributed by Fong Ying Yi, National Library Board