

Title: From Stalemate to Soulmate
Author: Michael Obsatz
Publisher: Minneapolis: Augsburg Fortress, 1997
Call No.: English 646.78 OBS -[FAM]

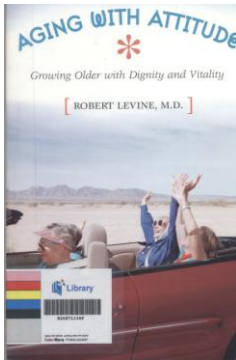
Do you always have arguments with your spouse? Are you often exasperated by how your partner seems to disagree with you on almost every single matter? Fret not as help is on the way in the form of Michael Obsatz's book "From Stalemate to Soulmate".

In this relatively short read (110 pages), the author provides a detailed analysis of how relationships work. He also explains the steps needed to build and maintain a foundation of communication between couples. The book consists of six main chapters, and the author provides practical tips and questions at the end of each chapter. Bible quotations are also included as an additional source of encouragement and inspiration for couples.

With various accreditations and qualifications under his belt, Obsatz captures the essence of relationship building in his practical book. He uses simple language to clearly define concepts and provides concise explanations. Although this book lacks illustrations and diagrams, the reader will hardly notice as there is no need for these at all.

This book is a definitive "bible" of sorts for couples in need.

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



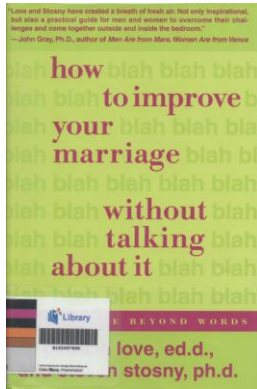
Title: Aging with Attitude: Growing Older with Dignity and Vitality
Author: Robert Levine
Publisher: Westport, Conn.: Praeger, c2008
Call No.: English 305.26 LEV

The quality of our marriage is important and this is significantly affected by our attitudes and approach towards life. Dr. Levine has seen many patients who have kept their emotional zest, intellectual zeal and dignity as they age. Citing examples of public figures that have aged with dignity and vitality, he argues that we can retain these qualities despite the aging process, thus defying a society that challenges such a goal.

Levine offers strategies to optimize self-esteem and health. The topics covered in his book include: nutrition, exercise, healthcare, education and mental stimulation, sexuality and social activities, and cosmetics and cosmetic surgery. He emphasises the importance of taking charge of our lives and keeping physically and mentally active, in order to maintain a happy life as a couple. There is no simple or single path. Successful aging appears to involve each individual seeking the "right" path for himself or herself. The obstacles to aging well are also explored.

“Aging with Attitude” is enjoyable reading.

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



Title: How to Improve Your Marriage Without Talking About It: Finding Love Beyond Words
Author: Patricia Love and Steven Stosny
Publisher: New York: Broadway Books, c2007
Call No.: English 646.78 LOV -[FAM]

Books about relationships usually promote the idea of improving the communication between couples, but this book takes a different approach. Can marital problems be solved without “talking about it”?

Authors Patricia Love and Steven Stosny, who are both therapists, say yes. They believe that many marital woes stem from disconnection, and not a lack of communication. To quote the authors: “They (a couple) are not disconnected because they have poor communication; they have poor communication because they are disconnected”.

To connect, or to re-connect, couples have to accept a fundamental difference between men and women. The difference is defined as: “Men live on the precipice of shame; women live on the precipice of fear.” In order to connect, the authors advise us to “honor and protect each other’s respective vulnerabilities. Being attuned to your partner’s vulnerabilities is the first step in seeing his or her perspective.”

The book draws from the fields of biology and psychology to support these key ideas. Beyond the talk, Love and Stosny also weave in plenty of practical scenarios and case studies that demonstrate what men and women can do to improve their marriage.

Most books on marriage are designed to appeal to women, but this is one of the few books that both men and women will be able to read and appreciate together.

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