



# **I Love You More Workbook for Men: Six Sessions on How Everyday Problems Can Strengthen Your Marriage**

*Les Parrott, Leslie Parrott*

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The I Love You More Workbook for Men will help you personalize the discoveries you make in I Love You More and then turn them into practical action. As you convert principles into hands-on application to meet the unique needs of your marriage, you truly will grow to love each other more knowledgeably, more effectively, and more deeply. **EXERCISES AND ASSESSMENTS** Twenty-one exercises furnish you with vital insights, guidance, and tools for applying the principles you'll encounter in the book and DVD. You can turn your marriage's prickly issues into opportunities to love each other more as you learn how to: - build intimacy while respecting personal space - tap the power of a positive marriage attitude - replace boredom with fun, irritability with patience, busyness with time together, debt with a team approach to your finances . . . and much, much more. **DISCUSSION GUIDE** This will help your small group enjoy lively and eye-opening interaction through six sessions in the ZondervanGroupware small group DVD. As couples, you'll discuss how you can turn the problems in your marriages to your advantage, defend your relationships against six "sneak attacks," solve any problem in five realistic steps, and more. Each session links with the workbook exercises and concludes with an exercise each couple can do together over the next week.

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