

Relationships, 186 pages

- The Foundation of Love
- The Purpose of Dating
- Become a Student of the Other Sex
- Dealing with Conflict or Differences in Your Relationships
- Protecting Your Heart
- Barriers to Intimacy/Breaking Down the Wall
- Life's Five-Pointed Star
- God's Sexual Psychology
- Say Yes and Be Sorry: Psychological Consequences of Too Early Intimacy
- Physical Consequences
- Social Consequences
- Healing Takes Time and Effort
- How to Start and Star Friendship
- The Real Meaning of Intimacy
- The Intimacy Quiz
- Physical Overemphasis, Social Overemphasis, Spiritual Overemphasis, Mental Overemphasis, Emotional Overemphasis
- Advice to Men
- Advice to Women
- Special Thoughts for Special Dating
- Have a Meeting of Your Minds
- Steps Toward Mental Intimacy
- Understand Your Feelings
- Emotionless Man Meets Emotional Woman
- Men and Women Need to Share and Explain Emotions
- Fear of Losing Control
- Men and Vulnerability
- Women and Loss of Direction
- The Fear of Failure
- How to Achieve Emotional Closeness
- Express Love Creatively
- The "Nothing Until Marriage" Pattern
- Men Communicate Physically
- Women Communicate Emotionally
- Learn to Love Non-Physically
- God's Principles for Loving
- Handling Your Sexual Desires
- Explore Your Souls
- Spiritual Goals/Guidelines for Dating
- Spiritual Activities for Dating
- How to Find/Become the Right Person
- Build Qualities That Attract
- The Attractiveness of Spiritual Fruit
- Wrong Goals

- Right Goals
- Avoiding Abusive Relationships
- Watch Out for Danger Signs
- How to Spot an Abuser on The Very First Date

The World Is Not Family Friendly, 27 pages

- The Epidemic of Dysfunctionalism
- How Did Families Get Into This Mess?
- We Have a Liberated Mom, But to What?
- The Rootlessness of the Nuclear Family
- Growing Up Absurd in The Twenty-First Century
- And Why Not Try?
- Single Parenting and Today's Family
- Making Stepfamilies Work
- Planning for Remarriage
- Marriage Quality
- Parenting in Stepfamilies
- Non-Residential Parent Issues
- Elder Care-More Than "Parenting a Parent"
- Domestic Violence and Emotional Abuse
- Violence Wheel

Courtship, "Fit to Be Tied", 20 pages

- The Most Popular Game on Earth—The Dating Game!
- The Stages of Dating
- Qualities and Values Most Important Listed by Researchers
- Breaking Up Is Hard to Do
- How to Tell If You Are Really in Love
- Twelve Factors to Discern the Difference Between Love and Infatuation
- Touch Situations-Close Encounters of a Dangerous Kind
- Are You Fit to Be Tied?

Domestic Violence and Emotional Abuse, 164 pages

- This lesson is for both abusers and victims.
- Definition and Examples of Abuse
- Common Myths and Why They Are Wrong
- Anyone Can Be a Victim
- What Is Abuse? A Warning List
- Violence Wheel
- Learning to Live Without Violence
- What is Violence?

- Psychological Violence
- Your Violence History
- How to Stop the Violence—Now!
- Quiz for How You Handle Violent Behavior
- How Does Violence Affect the Woman?
- The Cycle Theory of Violence
- The Effects of Violence on Children
- Why Do Men Batter?
- Men and Violence
- Power and Control in Relationships
- Sexuality and Violence
- Childhood Abuse
- Alcohol, other Drugs and Violence
- Exercise to Discover How Violence Has Affected Your Family
- Domestic Violence Is a Crime
- Violence in Context
- Military and Stress
- Recognizing and Controlling Anger
- Exercise: Your Anger Behaviors
- Controlling Anger
- The Anger Journal
- Chemicals and Violence
- Do You Have a Chemical Problem?
- Co-Dependency
- Exercise: Are You a Co-Dependent?
- Where to Get Help?
- Exercise: Likes and Dislikes
- Women and Anger
- Exercise: Responding to Others' Anger
- Feelings and Communication
- Why Be Aware of Our Feelings
- Physical Response to Feelings
- Exercise: Feeling Identification
- Let Others Know Your Feelings
- Exercise: Feeling Communication
- Becoming Assertive
- Exercise: Saying “No”
- Exercise: Assertiveness
- Exercise: Who Can You Assert Yourself With?
- I Can't vs. I Won't
- Assertiveness, Non-Assertiveness (Passive) and Aggressiveness
- Assertiveness Homework
- Stress Management
- Exercise: Stress Identification
- Exercise: Visual Imagery
- Exercise: Relaxation

- Exercise: Managing a Stressful Event
- Exercise: Managing Stressful Patterns
- Jealousy
- Exercise: Jealousy
- Jealousy and Loss
- Why Are We Jealous?
- Respecting Personal Boundaries
- Confronting Jealousy
- Taking Charge of Your Jealousy
- Changing Patterns
- Non- Verbal Communication
- Exercise: Non -Verbal Communication, Part 1 and Part II
- Develop Your Listening Skills
- Exercise: Listening
- Making Contact at the End of the Day
- Start Your Own Dinner Time and Other Rituals
- Learn From Each Other
- Exercise: What Can You Learn From Each Other?
- Separation and Divorce
- Exercise: Separation Process
- The Healing Process of Separation
- Exercise: Healing the Separation
- The Next Relationship?
- Where Do You Want to Go From Here?
- How to Find Effective Coaching/Mentoring?
- Coaching Defined
- Types of Counselors or Coaches
- Approaches to Counseling or Coaching
- How to Look for What You Want

Money and Marriage, 94 pages

- Money Ranks High Among the Top Cause of Trouble in Marriage
- Basic Money Management
- Identify Goals
- Resolving Conflicts
- Making Plans
- Getting Out of Debt
- Paying for College
- Financing a Retirement
- Creating a Budget/Budgeting Basics
- Record Keeping: The Facts of Your Life
- Listing Expenses
- The “10-70-20” Formula For Wealth

- Cutting Costs
- Good Debt vs. Bad Debt
- Managing Your Debt
- Basics of Banking and Saving
- Alternatives to Traditional Banks
- Stocks and Bonds
- The Hidden Peril of Inflation
- Teaching Children about Money
- Saving and Investing
- What to Do When You Switch Jobs
- Estate Planning
- Make a Will
- Living Wills and Healthcare Proxies
- Who Should I Assign Power of Attorney?
- Does a Trust Make Sense?
- What's the Best Way to Give Money Now

Marriage-Commitment, 16 pages

- When Does Marriage Begin?
- Marriage Begins with the Vow
- The Four Characteristics of the Marriage Covenant
- A New Look at Old Vows
- Dying Wedding Vows
- Let's Look at Wedding Vows
- The Marriage Vows
- A Voluntary Decision
- A Public Proclamation
- A Serious Purpose
- Practicing What You've Promised
- Help! How Can We Do It?
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Six Works of Marriage, 82 pages

- Marriage “Until Death”—Working While There is Life
- The First Work: Truthfulness and Dependability
- The Second Work: Sharing the Work of Survival
- The Third Work: Talking and Listening
- The Fourth Work: Making Love
- The Fifth Work: Faithfulness
- The Sixth Work: Forgiveness

Be A Man, 162 Pages

- Be a Masculine Man
- Be a Believing Man
- Exercise: Find Your Self-Worth Index
- Be a Man to Your Mate
- Be a Man Who Leads
- Be a Man Who Is Home
- Be a Man Who Serves
- Be a Man Who Works
- Be a Man Who Stands
- The Wanted Man