



21 Days to a Great Marriage: A Grownup Approach to Couplehood

Henry Cloud, John Townsend

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In a mad-dash world filled with long to-do lists and too many commitments, it's easy for one to lose perspective of what matters most—even with the most important person in one's life. It gets even more complicated with all of the distractions that seem to keep our attention away from sources of help and renewal. That's why Cloud & Townsend have teamed up to pack their very best relationship principles in a powerful 21-day program designed for today's busy couples. Each short chapter has to-the-point wisdom and do-it-today action steps on issues like committing to personal growth, breaking the pattern of trying to change one's spouse, building-and-restoring-trust, cultivating healthy intimacy, establishing realistic expectations, learning to handle conflict without damaging the relationship, and much more.

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