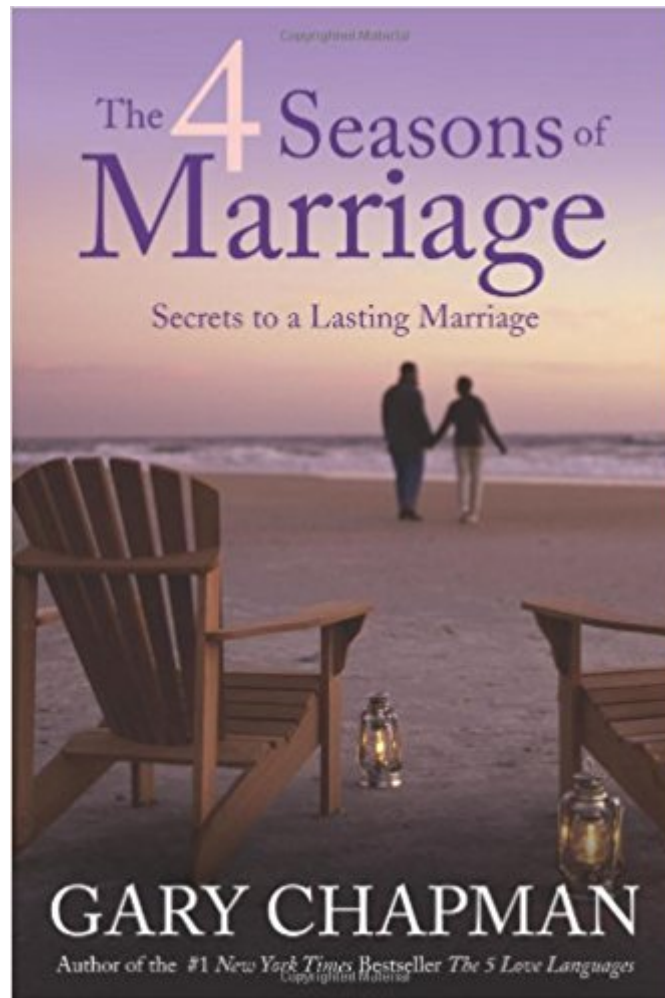




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# The 4 Seasons Of Marriage: Secrets To A Lasting Marriage



## Synopsis

Spring, summer, winter, fall. Marriages are perpetually in a state of transition, continually moving from one season to another—perhaps not annually, as in nature, but just as certainly and consistently. Sometimes we find ourselves in winter—discouraged, detached, and dissatisfied; other times, we experience springtime with its openness, hope, and anticipation. On other occasions, we bask in the warmth of summer—comfortable, relaxed, enjoying life. And then comes fall with its uncertainty, negligence, and apprehension. The cycle repeats itself many times throughout the life of a marriage, just as the seasons repeat themselves in nature. The seasons of marriage come and go. Each one holds the potential for emotional health and happiness, and each one has its challenges. The purpose of this book is to describe these recurring seasons of marriage, help you and your spouse identify which season your marriage is in, and show you how to enhance your marriage in all four seasons.

## Book Information

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## Customer Reviews

Chapman, author of the longstanding megaseller *The Five Love Languages*, uses his years of marriage counseling and leading marriage seminars as the basis for his thesis that marriages repeatedly go through periods that can be characterized by the seasons of the year. He begins by describing winter, times when marriages are marked by "coldness, harshness, and bitterness." Spring is "where most marriages begin," while summer is filled with fun. He compares an autumn marriage to "the falling of the leaves." Chapman offers detailed explanations of the emotions,

attitudes and actions of the marriage seasons as well as the pros and cons of each. The book's second section provides seven strategies to enhance or change the marriage seasons, from dealing with past failures and speaking your spouse's love language to "maximizing differences" and becoming a positive influence. Chapman also specifically addresses how to improve a marriage where a spouse has no desire to change. While it's valuable to have this information in one place, this book isn't different from what Chapman has written, said and taught many times before. Clear writing, tested strategies and good stories are here, but new revelations are not. (Sept.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Dr. Gary Chapman is the author of the perennial best seller "The Five Love Languages" (over 2.5 million copies sold) and numerous other marriage and family books. He is a senior associate pastor, an internationally known speaker, and host of "A Growing Marriage, " a syndicated radio program heard on more than 100 stations across North America. He and his wife, Karolyn, live in North Carolina.

This book shows how marriages can go through different seasons and at different times. It includes some tips for working through the rough seasons of fall and winter and maintaining growth in spring and summer seasons. The analogy of seasons works and the examples are clear. Many stories are included from his marriage counselling practice, but they lacked depth. I found his incessant referrals to his own publications about love-languages a bit off-putting. Overall, this book was a bit shallow and too cliché sometimes, but it reads easily and if you skim it you won't miss a lot. A better option for those looking for Christian marriage counselling advice would be "Real Marriage: The truth about Sex, Friendship, and life together" by Mark and Grace Driscoll.

Rocky times happen. This book REALLY helped us understand one another. Thank you.

I used this book to lead a marriage retreat. It was great. This book explains the "seasons" that marriages go through, Spring - the beginning, when everything is fresh and new, Summer - when you're comfortable in the marriage and doing well. Fall - things are starting to take a downward turn, Winter - where your marriage can die. This book shows you how to enhance your marriage no matter where your marriage is at. I highly recommend it.

I expected much more from this book. However it reminds a person that whatever season you find

your marriage in, you have to be cautious, and even during those autumn and winter season, your marriage can bounce back to summer or spring, if you adapt the right strategies.

Initially what drew me to this book was the overall comparison of the seasons to different stages in marriage. The comparison worked really well for me, and Chapman provides a lot of examples of real-life couples that he has come across in each of the different "seasons." I think the biggest comfort was knowing that it is okay to not always be in spring or summer seasons - the dark winters will come but there is a way to get out of them. Along with examples, he providing clear guidelines for how to get out of the winter or fall seasons, and also how to stay in spring or summer, which, for me, was the best part - how important it is to be aware when your marriage may be slipping slowly into fall or winter, and how to be proactive in keeping it in summer or spring. Overall, I found this very insightful, and although I read it individually, I can see how it would be very helpful read together as a couple too.

Great book, lots to think about and apply to the seasons of my marriage. Once both my husband and I started reading the book together it begin to change the dynamics of our understanding of one another and how we communicate

This is an excellent book for anyone to read, regardless of the state of your marriage. I learned a lot from this book and have applied some of the techniques used in the book in my own marriage. Prior to reading this book I never equated my marriage to the seasons of the year. Now I can easily identify when my marriage is moving out of one season to the next. I also like that the 5 love languages were discussed in the book, even though Gary Chapman has a book dedicated to love languages. My husband and I have been able to identify our love languages, and we both are now working towards speaking each others language. Thank you Gary Chapman for such an excellent book!

Very good book! Perfect for couple that desire the best and lasting marriage

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