

Resource Recommendations:

From Javier and Christina Llerena

Boundless Love, by Christina and Javier Llerena
There Is Nothing Wrong with You, by Cher Huber
The Five Love Languages, by Gary Chapman
You Can Heal Your Life, by Louise Hay
Jesus Calling, by Sarah Young
Radical Forgiveness, by Colin Tipping
The Miracle Morning, by Hal Elrod
The Miracle Morning for Couples, by Hal Elrod and Lance and Brandy Salazar
The Front Row, by Jon Vroman
Living Forward, by Michael Hyatt and Daniel Harkavy
Rhinoceros Success, by Scott Alexander
Resisting Happiness, by Mathew Kelly
The Total Money Makeover, by Dave Ramsey
Life Over Coffee podcast, by Rick Thomas
The SeedTime Living podcast, by Bob Lotich
Best Year Ever [Blueprint] Live Event
Front Row Summit Live Event

From Anna Nguyen

The Neurobiology of We, by Dan Siegel
Hold Me Tight: Seven Conversations for a Lifetime of Love, by Sue Johnson
Your Brain on Love, by Stan Tatkin
Five Languages of Love, by Gary Chapman
Rediscover the Saints: Twenty Five Questions that Will Change Your Life, by Matthew Kelly

From Kathy Fenn

The Dance of Connection, by Harriet Lerner
Daring Greatly, by Brene Brown
Life Lessons for Couples, by Cindy Francis
Real Relationships, by Drs. Les and Leslie Parrott
Saving Your Marriage Before It Starts, by Drs. Les and Leslie Parrott
Just Married: The Catholic Guide to Surviving and Thriving in the First Five Years of Marriage, by Dr. Greg and Lisa Popcak
Making Marriage Simple: 10 Relationship Saving Truths, by Harville Hendrix and Helen LaKelly Hunt
How We Love, by Milan and Kay Yerkovich
Hold be Tight, by Dr. Sue Johnson
Stop Blaming Start Loving, by Bill O'Hanlon and Pat Hudson
7 Principles for Making Marriage Work by John Gottman
Feeling Good by David Burns

Other Recommendations

The Seven Levels of Intimacy: The Art of Loving and Being Loved, by Matthew Kelly
Men, Women, and the Mystery of Love, by Edward Sri

Recommendations from Others (pink post-it notes)

The Joy of Love, by Pope Francis

When God Writes Your Love Story, by Eric and Leslie Ludy

Life of the Beloved, by Henri Nouwen

Emotional Virtue, by Sarah Swafford

Theology of the Body for Beginners, by Christopher West

Be Healed, by Bob Schuchts

Pray, Decide, and Don't Worry- Bobby and Jackie Angel and Fr. Mike Schmitz

Fr. Mike Schmitz Catholic Podcasts

Catching Foxes podcast

Our Daily Bread

Fr. Lasance Missal

Bible