

The Chocolate Side of Marriage: Myth Busting & Reshaping Reality [workshop notes]

Cindy Sigler Dagnan

E-mail: lightsofhome@yahoo.com
www.cindydagnan.com

Recommended Reading:

Pillow Talk: The Intimate Marriage From A to Z
Is There Sex After Kids?
Making Sense of the Men In Your Life
How to Encourage the Man In Your Life
Marriage 911
Loving Your Marriage Enough to Protect It

Karen Scalf Linamen
Jill Savage
Dr. Kevin Leman
H. Norman Wright
Becky Freeman
Jerry Jenkins

I. Myth Busting [Background]

“Happily Ever After” & Other Myths . . . sort of!

II. Mirror Image: [Self-Esteem]

“Who are you and what have you done with my body and mind?”

The Three Step Plan

III. Glow -- the physical

IV. Grow -- the intellectual

V. Guard -- the boundaries

VI. The Rest of the Story: Reshaping Reality