



RESOURCE LIST: HEALTHY FAMILY RELATIONSHIPS

The resources listed below are in alignment with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, simply call our toll free number 1-800-A-FAMILY. You can also visit our Family Store at www.family.christianbook.com.

BOOKS

20 (SURPRISINGLY SIMPLE) RULES AND TOOLS FOR A GREAT FAMILY by Dr. Steve Stephens (FOF) • 305990 •

This book includes practical, easy-to-apply principles and tools anyone can use to build closer relationships with your kids, improve communication with your mate, and create lasting family memories.

BLESSING YOUR HUSBAND by Debra Evans (Tyndale/Focus on the Family) • 70039 •

Incredible things happen when a wife chooses to make blessing her husband a priority. This inspiring book shares true stories, scriptural insights, and innovative ideas to help you bring out the best in the man you married.

BOUNDARIES: WHEN TO SAY YES, WHEN TO SAY NO by Drs. Henry Cloud and John Townsend (Zondervan) • 58590 •

The authors seek to help readers set mental, physical, emotional, and spiritual boundaries for their lives so that they can distinguish what is personal responsibility and what is not.

COMPLETE GUIDE TO THE FIRST FIVE YEARS OF MARRIAGE by Phillip Swihart and Wilford Wooten (FOF/Tyndale) • 970411 •

Focus on the Family's trusted counseling staff answers your questions with this essential marriage reference. Easy to find biblical answers to some of the toughest relationship questions are found in this practical guide you'll refer to often.

THE COMPLETE MARRIAGE AND FAMILY HOME REFERENCE by Dr. James Dobson (Tyndale) • 52079 •

This book is a collection of over 500 marriage and family-related questions and answers. It also contains a compilation of principles and concepts drawn from Dr. James Dobson's books and statements through the years.

HERITAGE BUILDERS: THE FAMILY COMPASS by Olivia Bruner and Kurt Bruner (Chariot Victor) • 67817 •

The practical ideas in this book help parents pass on their faith and a Christian worldview to their children and develop a compass game plan to view everyday situations as opportunities to learn from God how to live the Christian life.

GRACE BASED PARENTING by Dr. Tim Kimmel (Thomas Nelson) • 905480 •

Dr. Kimmel recommends a parenting style that mirrors God's love, reflects His forgiveness, and displaces fear as a motivator for behavior, creating a solid foundation for growing morally strong and spiritually motivated children.

LOVE FOR A LIFETIME by Dr. James Dobson (Multnomah) • 520874 •

Written especially for the engaged and those married fewer than 10 years, this book highlights the fundamentals of a Christian marriage and reveals the keys to an enduring relationship.

LOVE TALK: SPEAK EACH OTHER'S LANGUAGE LIKE YOU NEVER HAVE BEFORE by Dr. Les Parrott and Dr. Leslie Parrott (Zondervan) • 45966 •

This book helps couples discover a few simple tips that can make a huge difference in their relationship. The book also includes the Love Talk Indicator, a free personalized online analysis for determining your unique talk style.

THE MOST IMPORTANT PLACE ON EARTH: WHAT A CHRISTIAN HOME LOOKS LIKE AND HOW TO BUILD ONE by Robert Wolgemuth (Nelson) • 60261 •

The Most Important Place On Earth offers stories and practical ideas that will convince you that a Christian home is not an illusive stereotype. It's something that really can be achieved — and something worth having.

THE MOTHER-IN-LAW DANCE by Annie Chapman (Harvest House) • 14567 •

Annie Chapman believes that a mother-in-law and daughter-in-law can become friends—even close friends. Offering practical advice and biblical wisdom, this book helps mothers-in-law and daughters-in-law nurture their relationships.

THE NEW HIDE OR SEEK: BUILDING SELF-ESTEEM IN YOUR CHILD by Dr. James Dobson (Baker) • 74410 •

Dr. Dobson offers strategies for building self-esteem in children, protecting them from the pain of inferiority, teaching about respect, shaping the will without breaking the spirit, and avoiding overprotection and dependency.

NIGHT LIGHT FOR PARENTS by Dr. James and Shirley Dobson (Multnomah) • 317519 •

This daily devotional is filled with encouraging insights and spiritual wisdom for parents. The devotions are arranged in twenty-six weekly themes with Scripture excerpts, thought-provoking questions, and personal commentary from the Dobsons.

SPIRITUAL MILESTONES: A GUIDE TO CELEBRATING YOUR CHILDREN'S SPIRITUAL PASSAGES by Jim Weidmann, Janet Weidmann, J. Otis Ledbetter, and Gail Ledbetter (FOF book published by Cook Communications) • 434661 •

Each chapter identifies a spiritual milestone, explains its biblical significance, and shows the process of working through the milestone using a clear teaching and discussion guide.

YOUR HERITAGE: HOW TO BE INTENTIONAL ABOUT THE LEGACY YOU LEAVE by J. Otis Ledbetter and Kurt Bruner (Focus on the Family book published by Faith Parenting) • 433746 •

This book explores God's design for passing on beliefs from parent to child and describes how traits are handed down from generation to generation. The authors explain a practical approach to passing on a legacy to your children.

CDs

"Adrenaline and Stress" I-III (Dr. Archibald Hart, Dr. James Dobson) • 5008956 •

Dr. Archibald Hart points out that our pace of life in the Western world has caused us to value a hectic lifestyle. Stressful emotions cause a high adrenaline flow on which some people begin to depend.

"Building a Stronger Family" I, II (Gary Smalley, Dr. James Dobson) • 5008324 •

Gary Smalley discusses ways in which men can build stronger, united families. He offers the idea of a family constitution to set headship and household rules, and to initiate communication and harmony.

"The Christian Family" (Dr. Tony [Anthony] Evans) • 50143630 •

Using Psalm 128:1-4, Dr. Evans calls husbands and wives back to the Creator's original purpose. He encourages husbands to be servant leaders and women to make family the priority in their lives.

"Effective Family Devotions" I, II (Dr. Bruce Wilkinson, Dr. James Dobson) • 5008334 •

Dr. Bruce Wilkinson challenges parents to commit to regular family devotions and shares common misconceptions about them. Five guidelines for effective devotions and seven reasons people don't have devotions are given.

"Family Photos: A Priceless Treasure" (Panel, Dr. James Dobson) • 5008490 •

Creative Memories consultants discuss with Dr. Dobson their method of preserving family photographs imaginatively in an album. They also offer tips on storing and displaying photographs.

"Families That Succeed" I, II (Dr. Jay Kesler) • 5008961 •

In a pre-recorded message, Dr. Jay Kesler shares the six common characteristics of families that succeed. He addresses family devotions, unity of parents regarding discipline, and unconditional love.

"Finding True Forgiveness" (Panel, Dr. James Dobson) • 5009000 •

This broadcast features a discussion of forgiveness, which the panelists present as one of the most fundamental concepts in the Bible. The seven steps in the process of forgiving someone and an explanation of what forgiveness is not, is given.

"How to Fall in Love with Your Kids" I, II (Joe White, Dr. James Dobson) • 5009016 •

Joe White describes how drastically kids' lives are changing and what they face in our culture. He stresses the importance of parental involvement, and the difference it makes in countering the valueless influences of society.

"The Key to Healthy Relationships" (Panel, Dr. James Dobson) • 5008406 •

The Smalleys outline three relationships for which man is created: with God, with others, and with oneself. Communication is better when people recognize their own core fears and those of their partners and learn to control only what they can control.

"Mothers and Sons" I, II (Jean Lush, Dr. Dobson) • 5008834 •

Author and counselor Jean Lush discusses her book, *Mothers And Sons*, which advises mothers on how to raise healthy, well-adjusted sons.

"No Substitute for Daddy's Love" I, II (Dr. David Jeremiah) • 5008895 •

This pre-recorded message emphasizes the importance of a father's close relationship with his daughter(s).

"Parenting for Fun and Profit" I, II (Ken Davis, Dr. James Dobson) • 5009014 •

With characteristic humor, Ken Davis offers parents advice from his book *How To Live With Your Kids When You've Already Lost Your Mind*. He urges parents to work themselves out of their job.

"Parenting with Love" I, II (Dr. (Rev.) John C. Maxwell) • 5008857 •

Dr. John Maxwell gives a tribute to his father, Melvin Maxwell, who instructed him in the areas of leadership, stewardship, and ministry. He speaks of the importance of association, of purity, and of one's attitude.

"Positive Parenting" I, II (Zig Ziglar, Dr. James Dobson) • 5008899 •

Zig Ziglar talks about his "I Can" course, which he has taught in over 3,000 schools (5 million children). He shares eight steps to raising positive kids.

"Where's Dad?" I-III (Dr. James Dobson) • 5008854 •

In this soundtrack from the Focus on the Family film series, Dr. Dobson discusses the many challenges that threaten a meaningful home life and stresses the most important need among families today--responsible fathering.

"Words of Kindness, Source of Healing" (Florence Littauer) • 5008524 •

This pre-recorded message describes how our words can either help or hurt others. The speaker's touching stories convey the importance of making words a gift to others.

MISCELLANEOUS

"Resource List: Children's Materials" • RL005 • Complimentary

This is a list of materials appropriate for children ages 5-12, some of which are available through Focus on the Family.

"Resource List: Christian Growth – Adults" • RL022 • Complimentary

Recommendations for materials aiding Christian growth in adults are offered.

"Resource List: Christian Growth – Children and Teens" • RL022A • Complimentary

Recommendations for materials aiding Christian growth in children and teens are offered.

"Establishing Good In-Law Relationships" • FX145 • Complimentary

Ten tips are provided for keeping in-law relationships strong and healthy.

Focus on the Family Web site: "Relationships and Marriage"

• <http://www.focusonthefamily.com/marriage>

Areas of interest available on this Web site are communication in marriage, intimacy, romance, comfort and encouragement, and spiritual growth for couples.

Focus on the Family Web site: "Parenting"

• <http://www.focusonthefamily.com/parenting>

Addresses healthy media choices, issues of blended families, single parenting, sibling rivalry, self esteem, and more.

"Resource List: Materials for Men" • RL024 • Complimentary

Resources geared toward men's issues are summarized on this list.

"Resource List: Parenting" • RL017 • Complimentary

This resource list offers recommendations for materials and referral organizations to aid in parenting.

"Resource List: Step-Parenting and Blended Families" • RL017A • Complimentary

This list provides resource recommendations for blended families.

"Resource List: Teens" • RL019 • Complimentary

This list suggests resources and referrals that relate to teens' needs and interests.

"Resource List: Women-Related Issues" • RL011 • Complimentary

This list suggests materials that are related to women's unique needs and interests.

"Resource List: Youth Workers and Parents of Teens" • RL066 • Complimentary

This list suggests resources and referrals to help those who are parents of teens, or those who otherwise minister to teens.