Beyond the Myth of Marital Happiness: How Embracing the Virtues of Loyalty, Generosity, Justice, and Courage Can Strengthen Your Relationship

Blaine J. Fowers

DESCRIPTION

According to psychologist Blaine Fowers, the myth of marital happiness—that good communication, emotional gratification, and intimacy result in a healthy relationship—has made marriages more fragile than ever before and we must let it go. Does this mean that we should give up on love, satisfaction, intimacy, emotional support, good communication, and good sex in marriage? That marriage must be continued solely on the basis of grim commitment? That no one should divorce? Not at all. Instead, Dr. Fowers shows how we can re-envision marriage as a wonderful opportunity to practice the virtues of friendship, loyalty, generosity, and justice in the shared pursuit of our deepest ideals.

ABOUT THE AUTHOR

BLAINE J. FOWERS, Ph.D., is a psychologist who specializes in marital and family therapy research and training. He is associate professor in the Counseling Psychology Program at the University of Miami. Fowers has been married to Susan his wife for 15 years. They are the proud parents of Jeremy, age 12, and Alyssa, age 9.