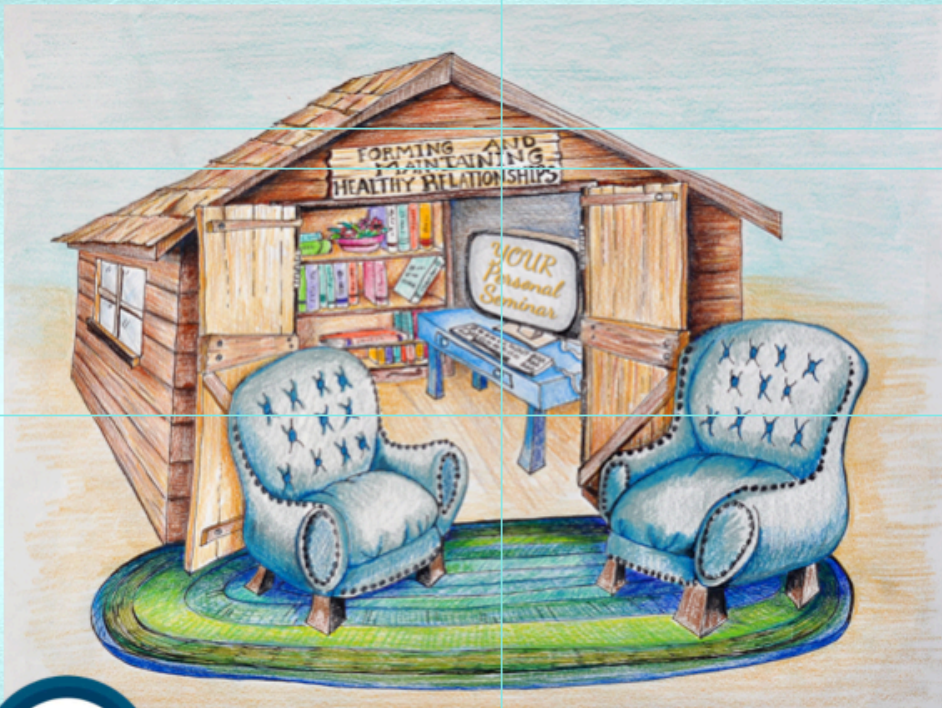


Forming and Maintaining Healthy Relationships

Website links from the presentation *links correct as of 10/24/18*

These are tools for your toolshed, perhaps to explore during pauses



to add new tools to your Healthy Relationships toolshed so you can have them freely available

George McLaird's Online Learning Center website page, for this seminar

<https://www.georgemclaird.com/healthy-relationships>

George McLaird books website page, for this seminar

<https://www.georgemclaird.com/books>

Emotional intelligence. A worthy path. Become a genius at it

<http://www.emotionalintelligence.net/>

Verbal abuse – effects can outlast physical abuse effects, never your fault

<https://www.womenshealth.gov/relationships-and-safety/other-types/emotional-and-verbal-abuse>

National Domestic Violence Hotline, 800-799-7233

www.thehotline.org

Watch this TED TALK together

<https://www.youtube.com/watch?v=LVgzOyHVcj4>

Great talks and videos about sex within committed relationships

www.patlove.com

One of the best books on boundaries

Boundaries, Where You End and I Begin, Anne Katherine, M.A.

[Amazon books link](#)

Excellent books by John M. Gottman, PhD and Julie Schwartz Gottman, PhD

The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships, by John M. Gottman, PhD and Julie Schwartz Gottman, PhD

[Amazon books link](#)

10 Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship, by John M. Gottman, PhD and Julie Schwartz Gottman, PhD

[Amazon books link](#)

The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert

By John M Gottman, PhD and Nan Silver

[Amazon books link](#)

Why Marriages Succeed or Fail: And How You Can Make Yours Last

by John M. Gottman, PhD

[Amazon books link](#)

5 Love Languages: The Secret to Love that Lasts, by Gary Chapman

[Amazon books link](#)

Life-long continuing marital education

<http://www.lifeinnovations.com>

Find counseling / relationship specialists near you

<http://www.gottman.com>

Married couples relationship counseling team

clearmindcounseling.com

Roberta Godbe-Tipp, PhD, LCSW Roberta@clearmindcounseling.com

Jeffrey Tipp, LMFTI jeff@clearmindcounseling.com

A complete source for committed couples, one of the best on the planet

The Coalition for Marriage, Family, and Couples Education

<http://www.smartmarriages.com>

A secure digital archive for your loved ones, for all important life documents

www.everplans.com

5 wishes, an all inclusive living will, written in everyday language

www.AgingWithDignity.com

More contact info for George

Facebook www.facebook.com/georgemclaird

Wikipedia https://en.wikipedia.org/wiki/George_L._McLaird

Linked In <http://www.linkedin.com>

Spiritual Directors International www.sdiworld.org

Sausalito Presbyterian Church <http://www.sausalitopres.org>

Instagram <https://instagram.com>

Skype [gmclairdj](https://www.skype.com/people/gmclairdj)