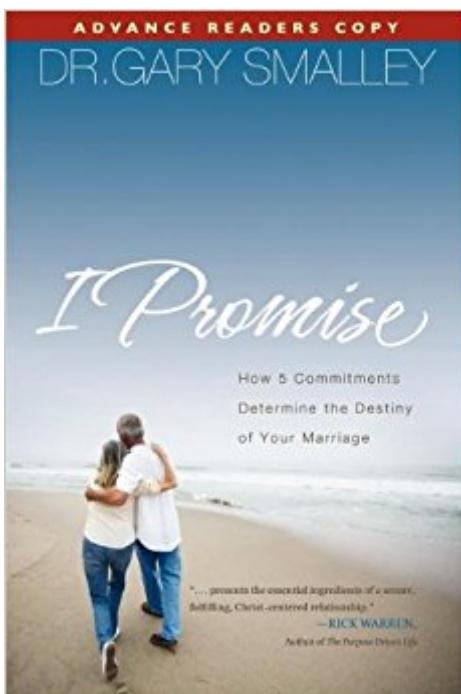


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# I Promise: How 5 Essential Commitments Determine The Destiny Of Your Marriage



## **Synopsis**

In "I Promise," America's foremost marriage expert comes to a startling new conclusion: Great marriages are built on a foundation of trust, not behavioral skills. So, it's not enough to learn your partner's love language, become proficient in conflict resolution, learn to control your emotions and even become an expert in the bedroom. If your spouse does not feel safe enough to open up his or her heart without fear of being judged, criticized, blamed or rejected, nothing you do will be effective. It's only when couples feel emotionally "safe" that they can truly become one, as God intended. Based on 10 years of research, Dr. Gary Smalley shares five heartfelt promises you can make to your mate that are guaranteed to build trust and help your spouse become the true soulmate, lover and friend you desire.

## **Book Information**

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## **Customer Reviews**

What's more important in a marriage than learning a partner's love language, being proficient in conflict resolution or having great sex? According to popular author and speaker Dr. Gary Smalley in *I PROMISE: How 5 Commitments Determine the Destiny of Your Marriage*, the answer may be "security." "Do you feel secure enough to open up and share who you really are, including your deepest thoughts, hopes and dreams without those uneasy feelings creeping in --- feelings that maybe you'll be blamed, criticized, condemned, judged, or ridiculed?" This is the sort of intimacy Smalley believes is necessary for the best marriages. Security, he says, means keeping your promise to love your husband or your wife no matter what. "It doesn't matter if either of you loses

your attractiveness, turns grumpy, sour, or uncommunicative, gets a debilitating illness, or falls into deep depression. You will love him. You will cherish her. You promised. And that promise gives your marriage security." The more secure each partner feels, the more their feelings of affection toward each other grow, Smalley writes. But if partners don't feel emotionally safe with each other, he believes it will put the marriage in jeopardy. Smalley, the author of more than 40 marriage and parenting books (MAKING LOVE LAST FOREVER, THE BLESSING) makes his points with a winning combination of personal, sometimes vulnerable, anecdotes about his own marriage of 41 years. Particularly impressive is his willingness to share his own serious marital mistakes in the early years of his marriage, and a sweet testimonial to his wife Norma toward the end of the book. Smalley's anecdotes are often delivered with a good helping of humor and an ability to poke fun at his own marital misdeeds.

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