



Just Married: The Catholic Guide to Surviving and Thriving in the First Five Years of Marriage

Gregory K. Popcak, Lisa Popcak

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Nationally syndicated radio hosts and international family life speakers Greg and Lisa Popcak combine decades of counseling, the latest findings in marriage research, twenty-three years of marriage, and the wisdom of Catholic teaching to offer newlyweds a master plan for creating a strong bond in the first five years of marriage.

Recent research shows that now, more than ever, couples doubt their ability to create a marriage that will withstand the test of time. In their newest book, Catholic therapist Greg Popcak and family life coach Lisa Popcak offer their own story and a master plan for creating and sustaining a Catholic marriage that will last a lifetime. Readers will be heartened to see that despite the odds, every couple has the capacity to live happily ever after. They need only commit to learning the critical skills of the first five years of marriage, including: praying together, conflict resolution, stress management, and holy sex.



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