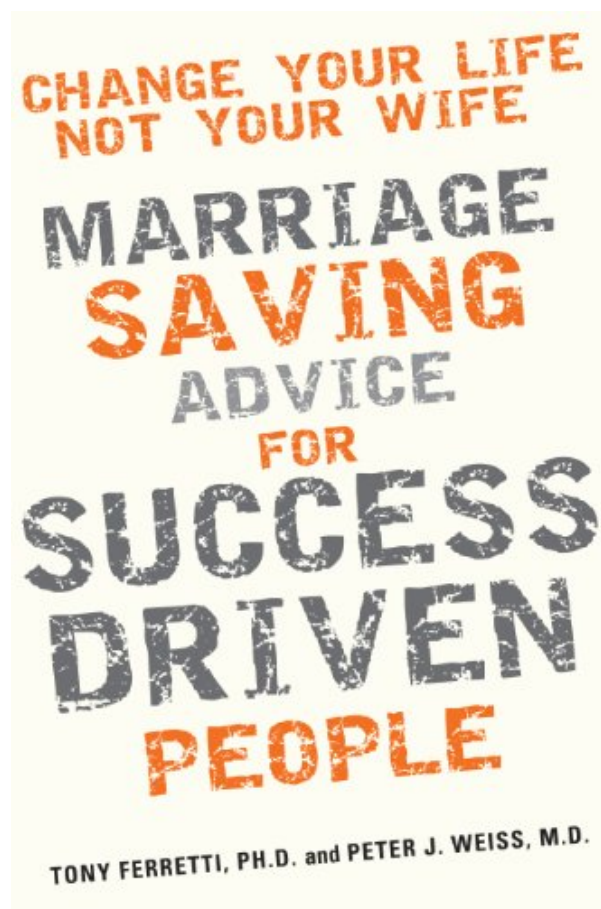


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TONY FERRETTI, PH.D. and PETER J. WEISS, M.D.

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About the Author

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CHANGE YOUR LIFE, NOT YOUR WIFE: MARRIAGE- SAVING ADVICE FOR SUCCESS-DRIVEN PEOPLE BY TONY FERRETTI, PETER WEISS PDF

Are you winning at work, but failing at home? You can still save your marriage before it's too late! Divorce is everywhere; especially among high-achieving and success-driven people, who sometimes leave a trail of broken relationships in their wake. In *Change Your Life Not Your Wife*, psychologist Dr. Tony Ferretti and physician Dr. Peter Weiss demystify why the same character traits that drive career success can also destroy families. Using true-to-life examples, they examine the perils of being achievement or power-oriented in intimate relationships, and how those relationships can get better. They demonstrate that when couples start to work through their issues, dramatic improvement and healing are possible. *Change Your Life, Not Your Wife* will:

- Reveal why emotional immaturity and self-absorption are common among the powerful.
- Share ways beneficial traits in the workplace – competitiveness, drive, perfectionism, control, and a critical eye – cause destruction at home.
- Explore how your current behavior in relationships has been shaped by your childhood experiences.
- Provide simple exercises to help you evaluate your marriage.
- Offer actionable advice on turning around marriages on the brink of self-destruction.
- Discuss why you must first change your own behavior if you want to impact your spouse's behavior.

Reading *Change Your Life, Not Your Wife* can produce breakthrough transformations in your marriage. This provocative book will challenge and encourage you to start on the road to improving your relationships.

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Most helpful customer reviews

12 of 12 people found the following review helpful.

Ladies...this one is for you too!

By Ria T

Although the title of this book suggests that it is written for men, as a woman I found it very helpful and informative. As it says in the book, marriage is a partnership and both partners can benefit from reading it. I especially liked the Self-Assessment section in each chapter. The questions asked really make you stop and think about your role in making your marriage work. I also liked the Bottom Line at the end of each chapter which summarizes what you've just read. Before reading this book I really thought that my husband should be more considerate, a much better conversationalist and more in touch with my feelings. After reading the book I realize that there are things I need to change about myself before I can expect anything to change in my marriage. All in all, I found this book to be an easy read and very thought-provoking. I would suggest it for anyone who wants to improve his/her marriage and life in general.

11 of 12 people found the following review helpful.

Change Your Life, Not Your Wife

By Packdaddy

The title says it all. Fix that which is broken now (you), or start over and make the same mistakes, probably ending in another broken marriage. The book follows a fictional couple through the process of infidelity and relationship detachment, identifying the core issue (usually fear-based), providing tools for self-change, individual counseling, and couples counseling. The book concludes with healing of the relationship. The other option is also discussed in the Appendix, with the fictional marriage ending in separation, one spouse leaving, divorce, and one spouse undergoing personal healing through individual counseling. The book offers several common sense solutions that unfortunately are not so common in today's high-pressure society. The reader is encouraged to take full responsibility for only the thing(s) he/she can truly impact. These include only his/her own actions and reactions. There are specific questions to address each topic at the end of the chapter for personal or couples discussion and growth. Conflict resolution is described in the most simple terms that this reader has ever seen. Marriage is life's most difficult relationship but can and should be life's most rewarding relationship.

I read this book in a matter of 2 days and instantly began to put the suggestions into practice. I then shared the book with my spouse. At first she was skeptical. "This looks like every other book I have read". However, not trying to control the situation (the old me), I said nothing, just left it out on the coffee table. She eventually began to read it and then took it to her personal counselor. Her counselor is actually ordering a copy for herself! After months of pain and lack of full forgiveness, this week my spouse forgave me and is wiping the slate clean. For the first time in years, I feel our life is headed in the right direction and I look forward to tomorrow. The book did not save my marriage, my wife and I did with a lot of hard and painful work and most of all with help from God. The book did however give me a blueprint for success. That's what I needed. I am changing my thoughts and neuropathways to focus on my marriage and less on my job, control, fear, kids, or distractions. Life is good!

9 of 10 people found the following review helpful.

Great relationship advice for any couple

By trav blanton

This book is full of wonderful insights and solutions for couples who find themselves in a relationship with a success driven power person, even if they happen to be that person themselves! The book follows the account of a fictitious couple who meet, fall in love and live happily until they finally reach a power failure where the relationship is in crisis. The chapters cover various topics from what is essential for a good marriage, such as good communication and conflict resolution to six relationship killing traits at the other end of the spectrum. There is a wonderful chapter on how you develop your personality traits, which deals with everything from unresolved childhood issues to codependency problems and more. The final chapters deal with the couple seeking out counseling to help them recognize their own responsibility in the failing of their relationship and how to work toward rebuilding a healthy and happy marriage. One of my favorite parts of the book is the way in which the author used highlighted boxes to distill and reinforce the really important information in the chapter - it made it easy to go back and review. I would highly recommend this book to any couple who wants to build and maintain a really healthy relationship.

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