



Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage (Rebuilding Books)

By Arnold A. Lazarus

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“Many people contend that marriage is a relationship that carries the principle of friendship to its ultimate and most intimate degree. I think they are mistaken.” One of the most influential psychotherapists of our time revisits his “two dozen myths” two decades later. Surprises aplenty in this no-holds barred conversation with readers about the “myths” that get married couples in trouble. The notions that “Husbands and wives should be best friends,” “Marriage should be a 50-50 partnership,” and “An unhappy marriage is better than a broken home,” are explored, debunked, and re-examined in the light of 21st century hindsight. This is a provocative, insightful, sometimes disturbing look at some of our most cherished beliefs about marriage.

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Editorial Review

Review

“Without a doubt, couples willing to read, examine and talk about these marital myths are more likely to build successful relationships.”

—**Lorraine Wincor, PsyD**

“This important and practical book, which can be easily read in less than an hour, is recommended as required reading for those who are married, contemplating marriage or engaged in...marriage counseling”

—**Cyril Franks, PhD**, *Child and Family Behavior Therapy*

“I've never before found a book that I could recommend to clients that approached these issues so clearly and well.”

—**Lillian F. Brunell, PsyD**

“We encourage anyone married, contemplating marriage, or in the practice of marriage counseling to read this important, practical book. Dr. Lazarus has brilliantly elucidated the myths that destroy marriages... We have gained a great deal from this powerful book, both personally and professionally. We highly recommend it.”

—**Harold H. Bloomfield, MD**, psychiatrist, bestselling author, *Making Peace with Your Past* and *How to Survive the Loss of Love*

—**Sirah Vetesse-Bloomfield, PhD**, marriage counselor

“The road to wedded happiness is strewn with myths. Here, a noted therapist reveals some of them.”

—**Readers Digest**

From the Publisher

Books in the Rebuilding Books series "for divorce and beyond" are written for those going through divorce or rebuilding their lives after divorce. Inspired by the work of renowned divorce therapist, Dr. Bruce Fisher, the Rebuilding Books offer expert information and practical self-help procedures. These straightforward, life-affirming resources can help make the divorce process easier, healthier, and less painful, leading to more-fulfilled lives and stronger "second-time" relationships.

From the Author

In the years that have ensued since the publication of MARITAL MYTHS in 1985, I have treated hundreds of additional couples, attended numerous workshops, seminars and professional meetings on couples therapy, participated on several educational panels, and read many new (and some old) books and articles on marriage and couples therapy. Given this additional information, it seemed worthwhile to revisit MARITAL MYTHS to determine where I would now disagree with or still adhere to the views expressed therein.

A colleague, in reference to a book he had published in 1949, said that he would change nothing whatsoever

in it -- not even a comma. I found this astounding. Surely the passage of time yields new information, additional data, and sheds light on hitherto obscure points of view? Some experts contend that virtually everything is outdated by the time it gets published.

I hope that the readers of MARITAL MYTHS REVISITED will find value in considering the points that seem to have stood the test of time, and those that now seem dated or faulty and need to be corrected. Learning from someone else's mistakes, misconceptions, and revised thinking should be a useful way of gleaning helpful information. At the end of each commentary, a list of essential conclusions will enable the reader to zero in on the most helpful directives with minimal time and effort.

Users Review

From reader reviews:

Eric Langley:

This Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage (Rebuilding Books) are reliable for you who want to be described as a successful person, why. The reason why of this Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage (Rebuilding Books) can be one of many great books you must have is usually giving you more than just simple reading food but feed you with information that probably will shock your before knowledge. This book will be handy, you can bring it almost everywhere and whenever your conditions in e-book and printed ones. Beside that this Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage (Rebuilding Books) forcing you to have an enormous of experience for instance rich vocabulary, giving you trial of critical thinking that we understand it useful in your day task. So , let's have it and enjoy reading.

Robert Marshall:

People live in this new day time of lifestyle always aim to and must have the time or they will get lot of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely yes. People is human not really a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to a person of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative inside spending your spare time, the actual book you have read will be Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage (Rebuilding Books).

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Are you kind of active person, only have 10 or even 15 minute in your day time to upgrading your mind expertise or thinking skill even analytical thinking? Then you have problem with the book when compared with can satisfy your short space of time to read it because all of this time you only find guide that need more time to be examine. Marital Myths Revisited: A Fresh Look at Two Dozen Mistaken Beliefs About Marriage (Rebuilding Books) can be your answer mainly because it can be read by a person who have those short free time problems.

Jack Nguyen:

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