



I choose us: a Christian perspective on building love connection in your marriage by breaking harmful cycles

John Philip Louis, Karen McDonald Louis

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I Choose Us draws from the Scriptures, credible research, and the Louis' life experiences to build a strong case for the importance of having a healthy, vibrant marriage. It takes readers through the different phases of marriage and gives practical biblical advice about how to build Love Connection by showing real love and respect to our spouses. With the help of questionnaires, this books also gives valuable insights into unhealthy thinking patterns, called lifetraps (schemas). Rather than relying on ineffective communication and behaviour that invariably leads to the Vortex of Conflict Escalation, I Choose Us helps couples break harmful cycles, and avoid hurtful coping styles as they practice vulnerability and forgiveness. The I Choose Us curriculum is featured in the Strengthening Families Curriculum Resource Guide website of the Administration for Children and Families under the U.S. Department of Health and Human Services.

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