



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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In *Just Married: The Catholic Guide to Surviving and Thriving in the First Five Years of Marriage*, nationally syndicated radio hosts and international family life speakers Greg and Lisa Popcak combine decades of counseling, the latest findings in marriage research, more than twenty years of marriage, and the wisdom of Catholic teaching to offer couples the most up-to-date look at what it takes to create and sustain an incredible Catholic marriage that will last a lifetime.

Recent research indicates that now more than ever couples report feeling insecure about their ability to create a marriage that will withstand the test of time. In *Just Married*, Catholic therapist Greg Popcak and family life coach Lisa Popcak offer newlyweds a master plan for growing a strong bond in the first five years of marriage.

Through the Popcak's experience of a rocky start to their own marriage and their expertise in marriage counseling, readers will learn that despite the odds, every couple has the capacity to live happily ever after. Couples will discover that 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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