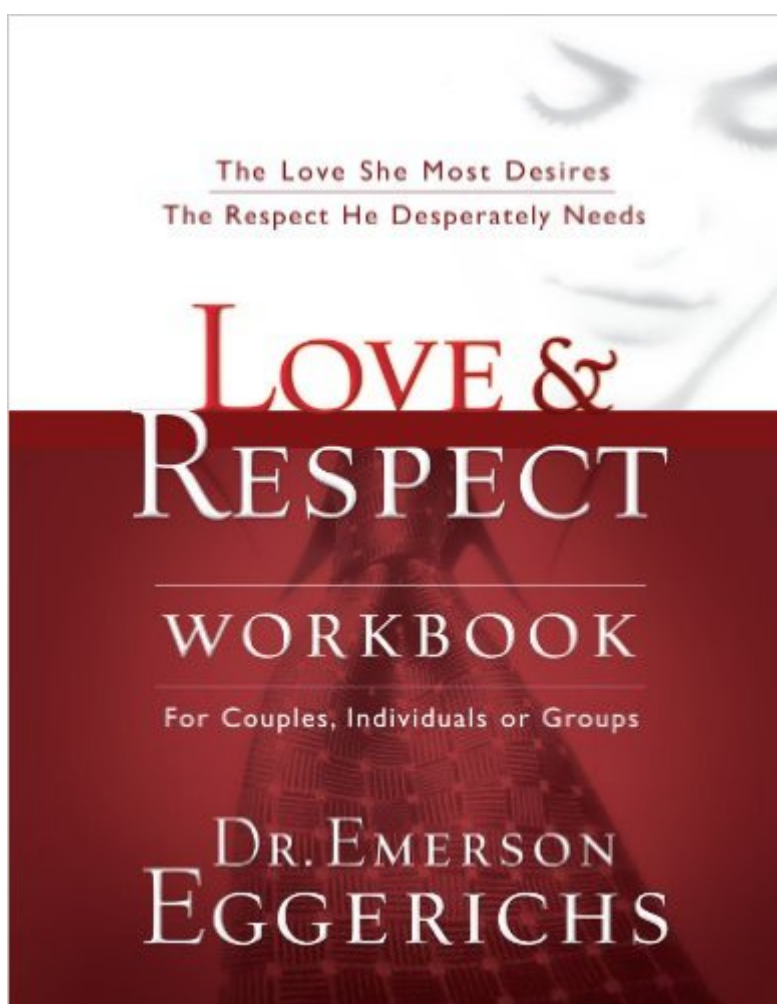


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# Love And Respect Workbook: The Love She Most Desires; The Respect He Desperately Needs



## Synopsis

Based upon Ephesians 5:33 and extensive biblical and psychological research, Dr. Emerson Eggerichs reveals the power of unconditional love and unconditional respect and how husbands and wives can reap the benefits of marriage that God intended.

## Book Information

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## Customer Reviews

I thought the principal behind the book was something that will help virtually every married couple. My husband and I laughed at sections b/c we found some of the anecdotes so spot on to our daily lives. Eggerichs clearly explained to us why we keep going through the "Crazy Cycle." The Respect/Love needs in men/women is potentially a marriage saver or breaker. I have 2 constructive criticisms of the book. I still recommend this book, however I do give these caveats: 1. This book talks as if men know how to love their wives. There may be a million books out there on how to do it, but we didn't have those. My husband and I were reading this one. And I grew weary of hearing how women needed to learn to respect their husbands. Frankly, I grasped the principal within the first few pages. After a few chapters, I felt like rolling my eyes a little. Because he paid so little attention to talking about how men should love their wives, it felt like that part was very trivialized. I understand that was not the point, however, the title was "Love & Respect", not just "Respect." 2. I would have liked more tangible examples of exactly what it means to "Respect" my husband. I want to do it. And he made it clear that "nagging, complaining, and whining" at him were disrespectful. But I need more examples. What are the active things I can do? Is it disrespectful to remind my husband to take the garbage out the night before? If it is, then how do I make sure the task gets

done w/out reminding him? It isn't an issue of control, but I have to get the kids out the door in the morning and I need help and I need him to do this one thing. Make sense? I need to know how to have those discussions w/out disrespecting him.

On page 282, Dr. Eggerichs admits that his advice isn't working for many people. That he receives tons of letters from frustrated people who have tried that advice in their marriage only to watch it backfire on them. Then he quotes from a letter where a wife actually "regrets" telling her husband "what I learned from you because he uses it against me each time. I can take the criticism. I feel I deserve it" but his rage "makes me want to get away and hide." That says it all right there. So what exactly is backfiring on these people? First of all let's look at the main focus of this book. Dr. Eggerichs writes, "My theory says that the wife has a tendency to react in ways that feel disrespectful to the husband" and the husband has a tendency to react in ways that feel unloving to the wife" thus the command to respect and the husband has a tendency to react in ways that feel unloving to the wife" thus the command to love. (p. 319) A man needs to feel honored for who he is "the image and glory of God" because God made him that way. (p. 322) Of course, husbands need respect, but aren't wives also made in God's image and thus deserving of respect, too? Dr. Eggerichs insists, "I still believe that women want love far more than respect and men want respect far more than love. I'll illustrate that from the greeting card industry" which is one of the best "examples of women's deepest values." (p. 48) "When women buy greeting cards for their husbands, they want to express love for them; they don't even think about respect. Sadly, the deepest yearning of husbands goes unmet because wives" and the card publishers" are locked into relaying sentiments of love." Later he adds, "Women are the ones who have babies and that's one reason that birthdays are a big deal to them." (p.

The good: 1) I like the connection between love and respect. Every time he says husbands need respect and wives need love, you have to translate that mentally into "both" husbands "and" wives need love "and" respect, but the basic premise is a good one -- the Christian understanding of love indicates an attitude of honoring, respecting, and blessing the other person. 2) The crazy cycle and reward cycle. This is one of the most important things most couples could learn. Our behaviors are self-reinforcing and good things lead to more good things in a cycle. Likewise, bad things often lead to more bad things. The good news is that we serve a God of redemption and just as the gospel message teaches us that Christ breaks us out of a cycle of sin, God can redeem broken marriages and break them out of destructive cycles. 3) For "some" couples, a disrespectful attitude

toward the husband or an unloving attitude toward the wife \*is\* the problem. For those relationships, I imagine they would benefit greatly from this book. The not-so-good:1) As mentioned by several reviewers already, the book is incredibly sexist. I started making a `W' in the margins when Dr. Eggerichs blamed the wife for the problem and a `H' when he blamed the husband. Skimming back through, it's about 90% W's. Just about any time he says something negative about the husband, you are almost guaranteed to get a follow-up sentence about how his wife's pettiness or nagging or belittling comments or criticizing or bitterness or whatever was really the root cause of the husband's behavior.

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