

"We, the authors," are for marriage—workable, harmonious marriage. If this end is to be achieved, current mirages about marriage must be eliminated.

"We believe that the current concept of marriage is anchored socially, legally, and psychologically in anachronisms and therefore is widely unworkable.

"We believe that husband and wife in a discordant marriage can do the greater part of the feeding and growing for themselves. There is no doctor or counselor who can—for any amount of money—give 'marital' love or marital harmony. The partners involved must do the work.

—William J. Lederer and Don D. Jackson, M.D.

This helpful, incisive analysis of marriage in America discusses the false assumptions of modern marriage and how to make a marriage work. It is imperative to realize, the authors argue, that the marital relationship is an interlocked system in itself, not a function of individual partners. They offer techniques for appraising one's own marriage, discuss the use of counselors and the dangers of isolation therapy, and outline the major elements of a satisfactory marriage.

William J. Lederer is the author of *Creating a Good Relationship: 4 Guidelines, Our Own Worst Enemy*, and other books. The late Don D. Jackson was a founder and director of the Mental Research Institute in Palo Alto, California, and associate clinical professor at the Stanford University School of Medicine. He was coauthor, with Paul Watzlawick and Janet Beavin Bavelas, of *Pragmatics of Human Communication*.

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THE MIRAGES OF MARRIAGE

• A profoundly original look
at the marital relationship
with no-nonsense procedures
to help solve its problems

WILLIAM J. LEDERER
DON D. JACKSON, M.D.

With a foreword by Karl A. Menninger, M.D.

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THE STABLE- SATISFACTORY MARRIAGE

This relationship is almost hypothetical. Such a harmonious and collaborative union has seldom been directly observed by the authors, and then only between elderly men and women who have been married for thirty or more years—one who have remained late in life some years after being widowed—and who either have had no children, or have grown-up children living in homes of their own. We have never observed a generally constant collaborative union between spouses during the period when they are raising children. This raises some interesting questions—but to resolve them into valid conclusions would demand extensive research and a separate book.

Having observed the Stable-Satisfactory relationship among some older people who are living alone without children, we

The Stable-Satisfactory Marriage

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enough so that each partner clearly reads the other's signals, and in turn, responds with unambiguous messages. This effective communication makes possible the establishment of trust.

With trust, comes the acceptance of each other's differences. They are regarded as indicators of varying tastes or values, not as symbols of a hostile relationship. Many issues that may well be cheerfully accepted as good part of the man by his husband, John. Therefore, it is not difficult for her to do the same for him. The spouses' ready acceptance of each other's differences makes it possible for them to be "creative"—to develop and project their own identities. The recognition of basic equality gives partners the self-assurance and courage to exercise their individuality with respect to outsiders and to the world in general.

The collaboration of the Stable-Satisfactory couple, based on mutual trust, allows them time, energy, interest, and confidence to engage in activities and occupations outside of the marital union. They become free to enjoy not only each other, but everyone and everything else which may interest them mutually or individually. They can work together when discipline or decisions regarding a child are involved, and they are able, as individuals, to enjoy and share their own decisions—whether the issue involves work, play, friends, relatives, or organizations—and on occasions they may act as autonomous individuals. In contrast, the spouse who isn't sure of the other's love or trust or devotion may be unable to let the other out of his sight. Sometimes, the marital union will maintain the watchful watchfulness of an unreleasing and suspicious partner for love and devotion. The partner's C.I.A.-type thinking or obnoxious protectiveness and hidden interest usually disguise serious problems in the relationship.

In a collaborative relationship the man and woman may not always agree, but when they do not, they accept the disagreement unambiguously and seek a team solution permitting resolution of both parties. If an issue is reached, then work is done.

The Mirages Of Marriage

Morolayo Owoputi



The Mirages Of Marriage:

The Mirages of Marriage William J. Lederer, Don De Avila Jackson, 1968 This helpful incisive analysis of marriage in America discusses the false assumptions of modern marriage and how to make a marriage work It is imperative to realize the authors argue that the marital relationship is an interlocked system in itself not a function of individual partners They offer techniques for appraising one's own marriage discuss the use of counselors and the dangers of unilateral therapy and outline the major elements of a satisfactory marriage

The Mirages of Marriage William J. Lederer, Donald De Avila Jackson, 1968 *The Mirages of Marriage* William J. Lederer, Donald De Avila Jackson, 1968 **The Mirages of Marriage**

William J. Lederer, Don De Avila Jackson, 1968 This helpful incisive analysis of marriage in America discusses the false assumptions of modern marriage and how to make a marriage work **Marriage Or Mirage** Morolayo Owoputi, 2019-04-13 This is a book on marriage and understanding successful marriage's love languages like Gary Chapman's book True marriages are a blessing but the consequences that come from a bad marriage are not experiences anyone wishes to live with as these could be cancerous to personal health families societies and nations As every day realities set in some marriages come across to the dispassionate observer as simply struggling to thrive Some marriages may appear to be in good health but lack substance While some fall apart along the way most seem to be enduring marriage rather than enjoy it Many individuals seem to be struggling to come to terms with the reality that their dreams of a blissful peaceful profitable and harmonious union have been eroded with the passage of time The surprises are just incredible There's a significant difference between a true marriage and its counterfeits *Marriage or Mirage* is a book for all individuals who are ready and willing to make great marriages A profoundly compelling book that unravels the secrets to having a marriage that works lastingly through the vicissitudes of life It's not a book that attempts to mock challenging or failing marriages but rather a resource to help show what marriage is not It primarily shows you how to know if there's a marriage in your house or a mirage It reveals and addresses devastating occurrences that make illusionary mirages out of many marriages today It also illustrates what the Originator's view of marriage is and spells out the roles assigned to each party in the marriage partnership to prevent the occurrence of mirages A must read With this book spouses in a discordant marriage are armed with the knowledge of what to do to redeem their marriages and those enduring marriage would discover how their marriages could become a delight rather than an exercise of endurance Even those experiencing a separation are given by this work the keys to form future workable marriages It also points out to individuals planning a divorce some truth they need to consider before saying never again Young couples about getting married are fore armed with the laws of union which they must continually exercise to build a lasting marriage Above all it will help stakeholders see how to make a marriage work such that all dreams of living happily ever after can become a reality which is the end desired for all true marital journeys *The Mirages of Marriage* [sound Recording] Don D. (Don De Avila) Jackson, William J. Lederer, 1972 **Mirages**

of Marriage ... Joyce Lyons,1976 **Anatomy of Marriage** Minard Alvaro McAlister,2008-11 When Minard Alvaro McAlister began his practice of law in the mid fifties his divorce work was only an occasional matter Yet beginning in the1960s a rush of people from all strata of society were beginning to see divorce as less of a stigma and more of a solution In *Anatomy of Marriage* McAlister uses his lifetime of work experience to relate the process of divorce from the attorneys point of view and examines many of the reasons why marriages fail *The Marriage Makeover* Joshua Coleman,2025-06-25 A clinical psychologist with a thriving family practice Dr Coleman sees the same situation again and again Couples enter therapy on the verge of divorce and after several weeks find a renewed sense of joy and interest in their marriage At last unhappy couples now have a viable alternative to divorce In this groundbreaking work Dr Joshua Coleman reveals a revolutionary new perspective on marriage and adult happiness By suggesting simple yet practical tools to help couples make over their lives Dr Coleman has taught thousands of people how to live happily together in imperfect harmony **Pastor, Our Marriage Is in Trouble** CharlesL. Rassieur,2014-04-04 Acting with genuine care and concern pastors can be effective in helping married couples resolve difficulties and discover reconciliation joy and love The question often is How do I do it In *Pastor Our Marriage Is in Trouble* Charles L Rassieur an experienced counselor outlines a step by step approach that takes the pastor from beginning to end in a process of short term intervention and counseling A helpful tool in the process is the Pastoral Marriage Counseling Questionnaire which can be used in gathering essential information about both spouses and their relationships In addition you ll find important information about a rationale for the need and opportunity for pastoral intervention in troubled marriages how the marriage counseling process begins with the initial pastoral contact with one or both spouses help for the pastor in preparing for individual counseling sessions with each spouse important topics for marriage counseling regardless of which approach or model is used the last two sessions of counseling deciding whether to end counseling to refer the couple to other professional resources or to contract with the couple for further counseling sessions **The Mathematics of Marriage** John M. Gottman,James D. Murray,Catherine C. Swanson,Rebecca Tyson,Kristin R. Swanson,2005-01-14 Divorce rates are at an all time high But without a theoretical understanding of the processes related to marital stability and dissolution it is difficult to design and evaluate new marriage interventions *The Mathematics of Marriage* provides the foundation for a scientific theory of marital relations The book does not rely on metaphors but develops and applies a mathematical model using difference equations The work is the fulfillment of the goal to build a mathematical framework for the general system theory of families first suggested by Ludwig Von Bertalanffy in the 1960s The book also presents a complete introduction to the mathematics involved in theory building and testing and details the development of experiments and models In one marriage experiment for example the authors explored the effects of lowering or raising a couple s heart rates Armed with their mathematical model they were able to do real experiments to determine which processes were affected by their interventions Applying ideas such as phase space null clines influence

functions inertia and uninfluenced and influenced stable steady states attractors the authors show how other researchers can use the methods to weigh their own data with positive and negative weights While the focus is on modeling marriage the techniques can be applied to other types of psychological phenomena as well **Marital Instability and Divorce**

Outcomes Craig Everett, 2018-12-07 Clinicians and educators in the marriage and family field will gain valuable insight into the relationship dynamics that cause marital stress and the interactional factors that may result in divorce from this excellent book The perceptive theoretical empirical and clinical chapters included in Marital Instability and Divorce Outcome examine why certain elements in relationships result in divorce while others do not and assist professionals in evaluating these elements Specifically this provocative volume enables professionals to examine how a marriage has weathered developmental periods of stability and instability whether or not it has the necessary resources to survive and in the event a divorce occurs what will be the most likely post divorce adjustment for the marriage partners This informative volume aids professionals in their work with marital relationships by covering a wide range of topics involved in assessing marital instability and divorce outcomes The relationship circumstances that can lead to divorce are examined in an investigation of personality types which are prone to divorce and a comparison of patterns of relationships which are stable and those which are likely to result in divorce The conditions that exist after a divorce are explored in a discussion on how to predict post divorce adjustment and physical well being of the marriage partners after divorce Educators teaching marriage and family courses at all levels from high school to college and clinicians who work with marital family and child cases will find this helpful volume to be an invaluable resource for evaluating factors influencing marital instability and divorce outcome

The Family In Rural Society Raymond T Coward, William M Smith, Peter L Heller, Louis A Ploch, 2019-07-11 Social and political attention often is focused on urban issues neglecting the still rural character of much of the United States This volume of original papers provides a clear picture of present day rural society with special emphasis on the changing role and structure of the family It describes demographic trends discusses the family aspects of the new wave of immigrants to small towns and rural communities reviews the diversity of patterns and forms adopted by rural families considers the plight of the rural aged and explores the dynamics of intrafamily personal relationships The book ends with speculations on future prospects and challenges facing rural families

The Dictionary of Family Psychology and Family Therapy S. Richard Sauber, 1993-08-09 As the study of the family has expanded the need for an up to date volume that brings together and defines major salient words phrases and concepts has similarly grown The updated edition of this unique resource provides an expanded yet compact and handy reference for all practitioners researchers and students in the fields of family psychology and psychotherapy Each entry includes a definition of the term an example of its use the origin of the term an early source using the term and if pertinent a recent source Borrowed terms from other fields such as family law sex therapy clinical child psychology and group psychology are also included **Therapy with Couples** Michael Crowe, Jane

Ridley,2008-04-15 Since the first edition of this practical book was published in 1990 a number of important developments have taken place and have been incorporated into the new edition There are now many kinds of non traditional relationships that accompany an increasing divorce rate and the shrinking number of marriages Co habitation remarriage step parent step child relationships and their implications for the extended family their strengths and areas of tension are examined Accompanying these changes has been a development in therapeutic approaches and additional outcome data is now available Rapid progress has been made in treatments and their implications are described In addition the therapeutic managing of separating and divorcing couples domestic violence and the aftermath of sexual and physical abuse are discussed

The New Covenant as a Paradigm for Optimal Relations Pablo Polischuk,2016-10-07 The New Covenant as a Paradigm for Optimal Relations regards the New Covenant primarily as a gracious and merciful redemptive deal springing from God s unilateral unconditional and proactive initiative The New Covenant is adopted as representing both a salvific and an exemplary paradigm that displays God s gracious and merciful ways toward his children Ten discrete yet interwoven principles are extracted from interpreted and abstracted from Scriptures pertaining to the promised New Covenant These principles apply to those who as dearly beloved children are invited to imitate God s loving ways God s manner of love defines the foundational basis from which the author derives and elaborates the propositions that guide the considerations pertaining to thoughts feelings motivations and behaviors that enter into play in relational transactions In terms of style an architectural design permeates the content of this book offering and encompassing a metacognitive view of God s covenantal ways a top down perspective that applies to bottom up endeavors of relational nature The challenges posed by our cultural postmodern trends devoid of absolute principles and lacking a moral compass are countered and addressed by the author in insightful fashion offering theologically based guidelines integrated to sound psychological principles applicable to psychotherapeutic and counseling endeavors as well as to pastoral care

Middletown Families ,1982 Middletown Families was first published in 1985 Minnesota Archive Editions uses digital technology to make long unavailable books once again accessible and are published unaltered from the original University of Minnesota Press editions Fifty years after publication of Robert and Helen Lloyd s classic studies Middletown 1929 and Middletown in Transition 1937 the Middletown III Project picked up and continued their exploration of American values and institutions By duplicating the original studies in many cases by using the same questions this team of social scientists attempted to gauge the changes that had taken place in Muncie Indiana since the 1920s In Middletown Families the first book to emerge from this project Theodore Caplow and his colleagues reveal that many widely discussed changes in family life such as the breakdown of traditional male female roles increased conflict between parents and children and disintegration of extended family ties are more perceived than actual Their evidence suggests that the Middletown family seems to be stronger and more tolerant with closer bonds and greater marital satisfaction than fifty years ago Instead of breaking it apart the pressures of modern society

may have drawn the family closer together

Handbook Of Family Therapy Alan S. Gurman, David P.

Kniskern, 2014-07-22 First published in 1981 This volume is unique as to date no previous book and no collection of papers one could assemble from the literature addresses or achieves for the field of family therapy what is accomplished in this handbook It responds to a pressing need for a comprehensive source that will enable students practitioners and researchers to compare and assess critically for themselves an array of major current clinical concepts in family therapy Couples, Conflict and Change Adrian James, 2002-09-11 The A3 process is a way to look with new eyes at a specific problem identified by direct observation or experience It offers a structure that begins by always defining the issue through the eyes of the customer In A3 Problem Solving for Healthcare Cindy Jimmerson explains an essential tool borrowed from the Toyota Production System which is an extension of work identified with the well known Value Stream Map She offers an easy to learn problem solving method that can be used in every aspect of healthcare to identify understand and improve processes that don't support workers in doing their good work In this compelling book you get The expertise of a recognized industry expert in Lean principles A practical easy to use workbook Concepts illustrated with numerous A3s in various stages of development Explanation of how to extend the VSM philosophy to a more focused perspective An extensive exploration of the A3 problem solving tool in healthcare the first book to do so Through case studies and actual A3s this book illustrates the simplicity and completeness of the A3 tool and its applications to regulatory documentation as well as activities of daily work

The Marriage Clinic John M. Gottman, 2016-12-19 The Marriage Clinic presents a complete marital therapy program based on John Gottman's much heralded research on marital success and failure Here one will find not only a wide range of succinct and useful assessment procedures but also a highly specific research based and modularized treatment program In addition there are dozens of questionnaires and interview protocols to be used in both assessment and intervention In prospective long term research with over 700 couples Gottman has discovered certain factors that distinguish happy stable couples from both unstable ultimately divorcing couples and stable but unhappy couples These findings which are explained here in understandable nontechnical language form the basis of his Sound Marital House theory of marriage which guides the new therapy This therapy has two goals changing the marital friendship and teaching couples to regulate conflict Despite the high aims of much marital therapy Gottman found that most marital conflicts involve fundamentally unresolvable relationship issues called perpetual problems He shows how therapists can help spouses move from gridlock to dialogue on these issues Solvable problems can be resolved more easily when the couple has a strong marital friendship He gives therapists the tools to teach spouses five fundamental skills to develop and strengthen their friendship softened start up accepting influence repair and de escalation compromise and physiological soothing Gottman compares his clinic to a restaurant where clients are offered a menu of treatment formats from psychoeducation for specific issues to extended therapy to repair a badly damaged marital friendship Therapists too can choose among the questionnaires and strategies for

those that fit the needs of particular couples Whatever their choice they will find that their practice is greatly enriched by the scientifically based offerings of The Marriage Clinic

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