

CATHOLIC
Remarriage

A WORKBOOK FOR COUPLES

ANTHONY GARASCIA

ave maria press  Notre Dame, Indiana

Contents

Introduction	8
1. Christian Marriage: Our Context and Our Goal	11
2. Understanding and Assessing Your Relationship	19
3. Building Relationship Resiliency	42
4. Communicating and Negotiating Effectively	59
5. Dealing with Conflict	77
6. Parenting in Blended Families	90
7. Cultivating a Forgiving Spirit	104
8. Growing in Maturity through Spirituality	116