BOOK REVIEW

_A Lasting Promise: A Christian Guide to Fighting for Your Marriage._

Reviewed by Robert F. Stahmann, Ph.D., Professor of Marriage and Family Therapy in the School of Family Life at Brigham Young University and a licensed marriage and family therapist.

While reading _A Lasting Promise_, I asked myself several questions. **First, are the authors involved in the field of marriage and family so that the book's content is well-founded and tested by their experience?** The authors provide a reference to a section that deals with their credentials and experience. They are and have been actively involved in developing, counseling with, teaching about, and researching the material in the book.

**Is the focus of the book one that applies to my interests and needs?** The focus of _A Lasting Promise_ is "time-tested techniques" for any couple who want to solve or prevent marital problems (p. 5). The book covers such topics as communicating clearly and safely, handling conflict, commitment, friendship, intimacy, and spirituality. It "presents a thoroughly Christian model of marriage" (p. 6).

**Does the book read well?** Chapters in _A Lasting Promise_ read in a conversational style that engages the reader. Principles and ideas are effectively presented, including brief dialogues or stories to illustrate the material. Each chapter contains exercises and quizzes that invite the readers to apply the content to their specific situations through study, goal setting, dialogue, and practice.

**Is the book based on solid research?** PREP (Prevention and Relationship Enhancement Program), the core of the book, is an internationally recognized program that teaches and enhances skills, actions, and attitudes that "can make a powerful difference in your marriage over time" (p. 2). In addition, the authors provide about four pages of "Further Reading and Research References" for those who wish to consult the research referenced in the book or to read further about marriage enhancement.

In summary, _A Lasting Promise_ is solidly based and well written. It can help couples "who need to get back on track or who need simply to help their marriage thrive in the years to come" (p. 5).