

RIDE OR DIE COUPLES

RIDE OR DIE COUPLES HAVE CAPTURED THE IMAGINATION OF PEOPLE EVERYWHERE, REPRESENTING THE ULTIMATE IN LOYALTY, TRUST, AND UNWAVERING SUPPORT WITHIN RELATIONSHIPS. THESE DYNAMIC PARTNERSHIPS ARE CELEBRATED BOTH IN REAL LIFE AND POPULAR CULTURE, SYMBOLIZING A BOND THAT THRIVES THROUGH THICK AND THIN. IN THIS COMPREHENSIVE GUIDE, WE EXPLORE WHAT DEFINES RIDE OR DIE COUPLES, THE ESSENTIAL CHARACTERISTICS THAT SET THEM APART, THE PSYCHOLOGY BEHIND SUCH DEEP CONNECTIONS, AND TIPS FOR CULTIVATING A RIDE OR DIE RELATIONSHIP IN YOUR OWN LIFE. ADDITIONALLY, WE DELVE INTO FAMOUS EXAMPLES, ADDRESS COMMON MYTHS, AND SHARE INSIGHTS INTO THE BENEFITS AND CHALLENGES FACED BY THESE ICONIC DUOS. WHETHER YOU'RE CURIOUS ABOUT STRENGTHENING YOUR OWN RELATIONSHIP OR FASCINATED BY STORIES OF LOYALTY, THIS ARTICLE PROVIDES EXPERT INSIGHTS AND PRACTICAL ADVICE ABOUT RIDE OR DIE COUPLES.

- UNDERSTANDING RIDE OR DIE COUPLES
- KEY TRAITS OF RIDE OR DIE RELATIONSHIPS
- THE PSYCHOLOGY BEHIND RIDE OR DIE COUPLES
- BENEFITS OF A RIDE OR DIE RELATIONSHIP
- CHALLENGES FACED BY RIDE OR DIE COUPLES
- FAMOUS RIDE OR DIE COUPLES IN HISTORY AND POP CULTURE
- TIPS FOR BUILDING A RIDE OR DIE RELATIONSHIP
- COMMON MYTHS ABOUT RIDE OR DIE COUPLES
- CONCLUSION: EMBRACING THE RIDE OR DIE MENTALITY

UNDERSTANDING RIDE OR DIE COUPLES

RIDE OR DIE COUPLES EMBODY AN UNBREAKABLE PARTNERSHIP, WHERE EACH PERSON IS COMMITTED TO SUPPORTING THE OTHER REGARDLESS OF THE SITUATION. THE PHRASE "RIDE OR DIE" ORIGINALLY EMERGED FROM URBAN SLANG, SIGNIFYING A WILLINGNESS TO STICK TOGETHER THROUGH ANY ADVERSITY. IN RELATIONSHIPS, THIS TERM HAS EVOLVED TO DESCRIBE COUPLES WHO DEMONSTRATE UNWAVERING DEVOTION, RESILIENCE, AND SOLIDARITY. THESE COUPLES SET A HIGH STANDARD FOR LOYALTY AND MUTUAL RESPECT, OFTEN BECOMING ROLE MODELS FOR OTHERS. UNDERSTANDING WHAT MAKES RIDE OR DIE COUPLES SO UNIQUE BEGINS WITH RECOGNIZING THEIR FOUNDATIONAL VALUES OF TRUST, COMMUNICATION, AND SHARED PURPOSE.

KEY TRAITS OF RIDE OR DIE RELATIONSHIPS

CERTAIN CHARACTERISTICS ARE CONSISTENTLY FOUND AMONG RIDE OR DIE COUPLES. THESE TRAITS FORM THE BACKBONE OF THEIR ENDURING CONNECTION AND HELP THEM WEATHER LIFE'S STORMS TOGETHER. BELOW ARE THE MOST DEFINING FEATURES OF A RIDE OR DIE RELATIONSHIP:

- **LOYALTY:** BOTH PARTNERS REMAIN STEADFASTLY LOYAL, EVEN WHEN FACED WITH EXTERNAL PRESSURES OR CHALLENGES.
- **TRUST:** A DEEP LEVEL OF TRUST ALLOWS EACH PERSON TO BE VULNERABLE AND AUTHENTIC, KNOWING THEY HAVE EACH OTHER'S BACKS.

- **MUTUAL RESPECT:** DIFFERENCES ARE ACKNOWLEDGED AND VALUED, LEADING TO A BALANCED AND EQUITABLE DYNAMIC.
- **RESILIENCE:** RIDE OR DIE COUPLES BOUNCE BACK FROM SETBACKS AND SUPPORT EACH OTHER THROUGH DIFFICULT TIMES.
- **OPEN COMMUNICATION:** HONEST, TRANSPARENT CONVERSATIONS ARE PRIORITIZED, REDUCING MISUNDERSTANDINGS AND BUILDING INTIMACY.
- **SHARED GOALS:** COUPLES ARE UNITED BY COMMON AMBITIONS, VALUES, OR VISIONS FOR THE FUTURE.

THESE TRAITS NOT ONLY STRENGTHEN THE BOND BETWEEN PARTNERS BUT ALSO ENSURE THE RELATIONSHIP CAN ENDURE LIFE'S INEVITABLE UPS AND DOWNS.

THE PSYCHOLOGY BEHIND RIDE OR DIE COUPLES

THE PSYCHOLOGICAL DYNAMICS OF RIDE OR DIE COUPLES ARE ROOTED IN ATTACHMENT THEORY, TRUST-BUILDING, AND EMOTIONAL SECURITY. SUCH RELATIONSHIPS OFTEN REFLECT A SECURE ATTACHMENT STYLE, WHERE BOTH INDIVIDUALS FEEL SAFE, SUPPORTED, AND CONFIDENT IN THEIR PARTNERSHIP. RESEARCH INDICATES THAT COUPLES WITH STRONG EMOTIONAL BONDS ARE BETTER EQUIPPED TO NAVIGATE CONFLICT, COPE WITH STRESS, AND ACHIEVE GREATER LIFE SATISFACTION. THIS DEEP CONNECTION IS REINFORCED THROUGH SHARED EXPERIENCES, CONSISTENT SUPPORT, AND RECIPROCAL CARE. THE RIDE OR DIE MENTALITY IS NOT ABOUT BLIND LOYALTY, BUT RATHER A CONSCIOUS CHOICE TO INVEST IN EACH OTHER'S GROWTH AND HAPPINESS. PSYCHOLOGISTS ALSO NOTE THAT THESE COUPLES OFTEN PRACTICE HEALTHY BOUNDARY-SETTING, ENSURING THAT LOYALTY DOES NOT COME AT THE EXPENSE OF PERSONAL WELL-BEING.

BENEFITS OF A RIDE OR DIE RELATIONSHIP

BEING IN A RIDE OR DIE RELATIONSHIP OFFERS NUMEROUS ADVANTAGES THAT CONTRIBUTE TO PERSONAL AND MUTUAL FULFILLMENT. COUPLES WHO EMBODY THIS MINDSET OFTEN EXPERIENCE HEIGHTENED LEVELS OF EMOTIONAL SECURITY AND PARTNERSHIP SATISFACTION.

- **INCREASED TRUST:** KNOWING YOUR PARTNER IS ALWAYS IN YOUR CORNER CREATES A SENSE OF SAFETY AND TRUST.
- **EMOTIONAL STABILITY:** CONSISTENT SUPPORT HELPS BOTH PARTNERS MANAGE STRESS AND BOUNCE BACK FROM SETBACKS.
- **DEEPENED INTIMACY:** OPEN COMMUNICATION AND MUTUAL RESPECT FOSTER GREATER CLOSENESS AND UNDERSTANDING.
- **EMPOWERMENT:** PARTNERS FEEL EMPOWERED TO PURSUE THEIR GOALS, KNOWING THEY HAVE UNWAVERING BACKUP.
- **SHARED SUCCESS:** ACHIEVEMENTS ARE CELEBRATED TOGETHER, STRENGTHENING THE BOND EVEN FURTHER.

THESE BENEFITS MAKE RIDE OR DIE COUPLES HIGHLY RESILIENT, BOTH AS INDIVIDUALS AND AS A TEAM, ENABLING THEM TO THRIVE IN VARIOUS ASPECTS OF LIFE.

CHALLENGES FACED BY RIDE OR DIE COUPLES

WHILE RIDE OR DIE COUPLES ARE CELEBRATED FOR THEIR LOYALTY AND DEDICATION, THEY ARE NOT IMMUNE TO CHALLENGES. THE INTENSITY OF THESE RELATIONSHIPS CAN SOMETIMES LEAD TO CODEPENDENCY OR DIFFICULTY SETTING HEALTHY BOUNDARIES. IT'S ESSENTIAL FOR COUPLES TO RECOGNIZE WHEN SUPPORT CROSSES INTO ENABLING NEGATIVE BEHAVIORS OR

SACRIFICING PERSONAL NEEDS. NAVIGATING EXTERNAL STRESSORS, SUCH AS CAREER DEMANDS OR FAMILY PRESSURES, ALSO REQUIRES ONGOING COMMUNICATION AND ADAPTABILITY. ADDITIONALLY, MAINTAINING THE BALANCE BETWEEN TOGETHERNESS AND INDIVIDUALITY IS CRUCIAL FOR LONG-TERM HAPPINESS. BY REMAINING AWARE OF POTENTIAL PITFALLS, RIDE OR DIE COUPLES CAN PROACTIVELY ADDRESS ISSUES AND PROTECT THE INTEGRITY OF THEIR RELATIONSHIP.

FAMOUS RIDE OR DIE COUPLES IN HISTORY AND POP CULTURE

THROUGHOUT HISTORY AND IN POPULAR CULTURE, NUMEROUS COUPLES HAVE EPITOMIZED THE RIDE OR DIE MENTALITY. THEIR STORIES CONTINUE TO INSPIRE AND CAPTIVATE AUDIENCES WORLDWIDE. THESE FAMOUS PAIRS DEMONSTRATE THE ENDURING POWER OF LOYALTY, PARTNERSHIP, AND SHARED PURPOSE.

- **BONNIE AND CLYDE:** KNOWN FOR THEIR UNWAVERING LOYALTY AND CRIMINAL EXPLOITS DURING THE GREAT DEPRESSION, THIS DUO REMAINS AN ICONIC SYMBOL OF “US AGAINST THE WORLD.”
- **JOHN LENNON AND YOKO ONO:** THEIR CREATIVE COLLABORATION AND STEADFAST SUPPORT FOR EACH OTHER SET A STANDARD FOR ARTISTIC AND PERSONAL PARTNERSHIP.
- **BEYONCÉ AND JAY-Z:** THIS POWER COUPLE HAS WEATHERED PUBLIC SCRUTINY AND PERSONAL CHALLENGES, EMERGING STRONGER AND MORE UNITED.
- **MICHELLE AND BARACK OBAMA:** THEIR MUTUAL SUPPORT AND SHARED VISION HAVE INSPIRED MILLIONS, BOTH IN AND OUT OF THE POLITICAL ARENA.
- **ROMEO AND JULIET (FICTIONAL):** SHAKESPEARE’S CLASSIC LOVERS ARE OFTEN CITED AS THE ULTIMATE RIDE OR DIE COUPLE, WILLING TO DEFY SOCIETAL NORMS FOR THEIR LOVE.

THESE COUPLES, BOTH REAL AND FICTIONAL, SHOWCASE THE QUALITIES THAT DEFINE RIDE OR DIE RELATIONSHIPS AND HIGHLIGHT THE CULTURAL SIGNIFICANCE OF THIS ENDURING CONCEPT.

TIPS FOR BUILDING A RIDE OR DIE RELATIONSHIP

CULTIVATING A RIDE OR DIE RELATIONSHIP REQUIRES INTENTIONAL EFFORT, COMMITMENT, AND GROWTH FROM BOTH PARTNERS. THE FOLLOWING STRATEGIES CAN HELP NURTURE THE QUALITIES THAT DEFINE THESE POWERFUL PARTNERSHIPS:

1. **PRIORITIZE COMMUNICATION:** REGULARLY SHARE THOUGHTS, FEELINGS, AND CONCERNS TO MAINTAIN TRANSPARENCY AND UNDERSTANDING.
2. **PRACTICE ACTIVE LISTENING:** SHOW EMPATHY AND VALIDATE YOUR PARTNER’S EXPERIENCES TO FOSTER CONNECTION.
3. **SET HEALTHY BOUNDARIES:** BALANCE LOYALTY WITH PERSONAL WELL-BEING BY RESPECTING EACH OTHER’S NEEDS AND INDIVIDUALITY.
4. **SUPPORT EACH OTHER’S GOALS:** ENCOURAGE PERSONAL GROWTH AND CELEBRATE ACHIEVEMENTS, BOTH BIG AND SMALL.
5. **WORK THROUGH CONFLICTS:** ADDRESS DISAGREEMENTS CONSTRUCTIVELY, FOCUSING ON PROBLEM-SOLVING RATHER THAN BLAME.
6. **REINFORCE TRUST:** BUILD TRUST THROUGH CONSISTENCY, RELIABILITY, AND HONESTY.

IMPLEMENTING THESE TIPS CAN HELP COUPLES BUILD A RESILIENT, FULFILLING, AND LASTING PARTNERSHIP ROOTED IN THE RIDE OR

DIE MENTALITY.

COMMON MYTHS ABOUT RIDE OR DIE COUPLES

DESPITE THEIR POPULARITY, SEVERAL MISCONCEPTIONS SURROUND RIDE OR DIE COUPLES. CLARIFYING THESE MYTHS IS ESSENTIAL FOR UNDERSTANDING WHAT TRULY MAKES THESE RELATIONSHIPS WORK.

- **MYTH 1: LOYALTY MEANS BLIND OBEDIENCE** – IN REALITY, HEALTHY RIDE OR DIE COUPLES MAINTAIN MUTUAL RESPECT AND ENCOURAGE INDIVIDUAL GROWTH, NOT BLIND LOYALTY.
- **MYTH 2: RIDE OR DIE RELATIONSHIPS ARE DRAMA-FILLED** – WHILE SOME MAY ASSOCIATE INTENSITY WITH CHAOS, STABLE RIDE OR DIE COUPLES OFTEN THRIVE ON OPEN COMMUNICATION AND EMOTIONAL SECURITY.
- **MYTH 3: ONLY ROMANTIC COUPLES QUALIFY** – RIDE OR DIE BONDS CAN EXIST IN FRIENDSHIPS, FAMILY RELATIONSHIPS, AND EVEN PROFESSIONAL PARTNERSHIPS.
- **MYTH 4: SACRIFICE IS ALWAYS REQUIRED** – TRUE LOYALTY INVOLVES SUPPORTING EACH OTHER WITHOUT COMPROMISING PERSONAL VALUES OR WELL-BEING.

DISPELLING THESE MYTHS ALLOWS FOR A MORE REALISTIC AND HEALTHY UNDERSTANDING OF WHAT IT MEANS TO BE IN A RIDE OR DIE RELATIONSHIP.

CONCLUSION: EMBRACING THE RIDE OR DIE MENTALITY

RIDE OR DIE COUPLES REPRESENT THE HIGHEST IDEALS OF LOYALTY, TRUST, AND PARTNERSHIP. THEIR ENDURING BONDS OFFER A BLUEPRINT FOR BUILDING STRONG, RESILIENT RELATIONSHIPS THAT CAN WITHSTAND LIFE'S CHALLENGES. BY UNDERSTANDING THE KEY TRAITS, PSYCHOLOGICAL FOUNDATIONS, BENEFITS, AND POTENTIAL PITFALLS OF RIDE OR DIE RELATIONSHIPS, INDIVIDUALS CAN CULTIVATE DEEPER CONNECTIONS AND SUPPORT SYSTEMS IN THEIR OWN LIVES. WHETHER INSPIRED BY FAMOUS COUPLES OR DRIVEN BY PERSONAL GROWTH, EMBRACING THE RIDE OR DIE MENTALITY CAN LEAD TO LASTING FULFILLMENT AND SHARED SUCCESS.

Q: WHAT DOES IT MEAN TO BE A RIDE OR DIE COUPLE?

A: BEING A RIDE OR DIE COUPLE MEANS HAVING AN UNWAVERING COMMITMENT TO SUPPORT EACH OTHER THROUGH ALL OF LIFE'S CHALLENGES, PRIORITIZING LOYALTY, TRUST, AND MUTUAL RESPECT ABOVE ALL ELSE.

Q: ARE RIDE OR DIE RELATIONSHIPS HEALTHY?

A: HEALTHY RIDE OR DIE RELATIONSHIPS ARE BUILT ON OPEN COMMUNICATION, TRUST, AND RESPECT. HOWEVER, IT'S IMPORTANT TO MAINTAIN BOUNDARIES TO AVOID CODEPENDENCY OR SACRIFICING PERSONAL WELL-BEING.

Q: CAN FRIENDSHIPS BE CONSIDERED RIDE OR DIE?

A: YES, THE RIDE OR DIE MENTALITY CAN EXIST IN CLOSE FRIENDSHIPS, FAMILY RELATIONSHIPS, AND EVEN PROFESSIONAL PARTNERSHIPS, NOT JUST IN ROMANTIC RELATIONSHIPS.

Q: WHAT ARE THE MAIN SIGNS OF A RIDE OR DIE RELATIONSHIP?

A: KEY SIGNS INCLUDE UNWAVERING LOYALTY, DEEP TRUST, MUTUAL RESPECT, SHARED GOALS, OPEN COMMUNICATION, AND RESILIENCE THROUGH ADVERSITY.

Q: HOW CAN YOU BUILD A RIDE OR DIE RELATIONSHIP?

A: PRIORITIZE HONEST COMMUNICATION, SUPPORT EACH OTHER'S GOALS, SET HEALTHY BOUNDARIES, AND WORK THROUGH CONFLICTS TOGETHER TO STRENGTHEN YOUR PARTNERSHIP.

Q: ARE THERE ANY RISKS TO BEING IN A RIDE OR DIE COUPLE?

A: POTENTIAL RISKS INCLUDE CODEPENDENCY, LOSS OF INDIVIDUALITY, AND ENABLING NEGATIVE BEHAVIORS IF BOUNDARIES ARE NOT RESPECTED.

Q: WHO ARE SOME FAMOUS RIDE OR DIE COUPLES?

A: EXAMPLES INCLUDE BONNIE AND CLYDE, JOHN LENNON AND YOKO ONO, BEYONCÉ AND JAY-Z, AND MICHELLE AND BARACK OBAMA.

Q: IS LOYALTY THE SAME AS BEING A RIDE OR DIE PARTNER?

A: LOYALTY IS A CORE COMPONENT, BUT BEING A RIDE OR DIE PARTNER ALSO INVOLVES TRUST, SUPPORT, COMMUNICATION, AND SHARED VALUES.

Q: DO RIDE OR DIE COUPLES EXPERIENCE CONFLICT?

A: YES, ALL COUPLES FACE CONFLICT, BUT RIDE OR DIE COUPLES PRIORITIZE RESOLVING ISSUES TOGETHER AND GROWING STRONGER AS A RESULT.

Q: CAN THE RIDE OR DIE MENTALITY BE HARMFUL?

A: IF TAKEN TO EXTREMES, IT CAN LEAD TO UNHEALTHY SACRIFICE OR ENABLING NEGATIVE BEHAVIORS, SO IT'S IMPORTANT TO BALANCE LOYALTY WITH SELF-CARE AND MUTUAL RESPECT.

Ride Or Die Couples

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Ride or Die Couples: Navigating the Ultimate

Commitment

Finding true love is a universal aspiration, but the concept of a "ride or die" relationship transcends simple romance. It speaks to a level of unwavering loyalty, unwavering support, and a shared journey through thick and thin. This blog post delves into the fascinating world of ride or die couples, exploring what defines them, the challenges they face, and how to cultivate such a deeply committed partnership. We'll uncover the secrets to building a relationship that withstands life's inevitable storms, offering insights applicable to any committed relationship, regardless of its specific definition.

Understanding the "Ride or Die" Mentality

The term "ride or die" evokes images of unwavering loyalty and fierce protection. It implies a commitment that goes beyond typical relationship expectations, a bond that transcends personal comfort and prioritizes the well-being and success of the partner above all else. But what does this actually look like in practice? It's not about blind obedience or sacrificing individual identity; rather, it's about mutual respect, shared values, and a willingness to face life's challenges as a united front. It's about being each other's biggest cheerleaders and unwavering support systems, even when the going gets tough.

Characteristics of Ride or Die Couples

Several key characteristics define ride or die couples:

Unwavering Loyalty and Trust:

The foundation of any successful relationship, and especially a ride or die one, is unshakeable trust and loyalty. This means being honest, open, and supportive, even during difficult times. Secrets are minimal, and vulnerabilities are shared openly and without fear of judgment.

Shared Values and Goals:

Ride or die couples often share similar life goals, values, and aspirations. This common ground provides a strong foundation for their commitment, allowing them to navigate life's complexities together with a unified vision.

Mutual Respect and Appreciation:

Respect is paramount. They appreciate each other's strengths, weaknesses, and individual needs. This doesn't mean they always agree, but they value each other's opinions and perspectives.

Effective Communication:

Open and honest communication is essential. They can discuss difficult topics without fear of judgment or retribution. They actively listen to each other and strive to understand each other's viewpoints.

Resilience and Adaptability:

Life throws curveballs. Ride or die couples demonstrate resilience in the face of adversity, adapting to changes and challenges together. They see challenges as opportunities for growth and strengthening their bond.

Navigating the Challenges

While the concept of a ride or die relationship is romantic, it's not without its challenges:

The Risk of Codependency:

The intense loyalty can sometimes blur the lines between support and codependency. Maintaining individual identities and pursuing personal goals remains crucial for the long-term health of the relationship.

Power Imbalances:

Without careful attention, the strong bond can lead to power imbalances if one partner consistently prioritizes the other's needs to the detriment of their own.

External Pressures:

External factors, such as family disapproval or societal expectations, can test the strength of even the most committed relationships. Open communication and a strong support system are essential for navigating these challenges.

Cultivating a Ride or Die Relationship

Building a ride or die relationship requires conscious effort and ongoing commitment:

Prioritize Quality Time:

Make time for each other, even amidst busy schedules. Regular date nights, shared activities, and meaningful conversations are vital for maintaining connection.

Practice Active Listening:

Truly listen to your partner's needs and concerns. Validate their feelings and show empathy.

Celebrate Successes and Support Through Setbacks:

Be each other's biggest cheerleaders, celebrating achievements and offering unwavering support during difficult times.

Continuously Invest in the Relationship:

Relationships require ongoing effort. Regularly reflect on your relationship's strengths and weaknesses, and actively work to improve communication and intimacy.

Conclusion

The concept of a "ride or die" relationship embodies the highest level of commitment and loyalty. While challenging to achieve and maintain, the rewards – a deep, enduring bond that withstands life's storms – are immense. By cultivating trust, mutual respect, open communication, and a shared vision, couples can strive towards building a truly unbreakable partnership. Remember, it's not about perfection, but about unwavering commitment and the willingness to work through challenges together.

FAQs

1. Is a "ride or die" relationship always healthy? Not necessarily. While strong loyalty is positive, it's crucial to ensure individual identities are preserved and avoid codependency.
2. Can a ride or die relationship survive infidelity? It depends on the severity and the willingness of both partners to work through the betrayal. Trust is fundamental, and rebuilding it after infidelity is extremely challenging.
3. How do you know if you're in a ride or die relationship? You'll feel an unwavering sense of support, trust, and shared goals. You'll consistently prioritize your partner's well-being alongside your own.
4. Are ride or die relationships more common in certain cultures? While the specific term might vary, the concept of strong, committed relationships exists across cultures, although cultural norms can influence its expression.
5. Is it possible to find a ride or die partner later in life? Absolutely! Love and commitment can blossom at any age. Focus on building genuine connections based on shared values and mutual respect.

ride or die couples: God Where Is My Boaz Stephan Labossiere, 2013-11-04 Are You Ready To Receive The Love You Truly Deserve? You are a great woman, and it's time to get the love and relationship GOD has had waiting for you all along. "GOD Where's My Boaz" is a woman's guide to understanding what is hindering her from receiving the love and relationship she truly deserves. A straight forward and easy to read book that will help you: • Recognize and overcome the obstacles in love & relationships • Take steps towards truly becoming the blessing you hope to receive • Feel empowered, encouraged, and focused on progress These aren't tips and tricks on how to get a man. This book will assist you in taking a deeper look within which will help you prepare and position yourself for the love and man that is truly best for you.

ride or die couples: What Happens in Couple Therapy ,

ride or die couples: Emotionally Focused Therapy with African American Couples Paul T. Guillory, 2021-08-09 Emotionally Focused Therapy with African American Couples: Love Heals is an essential guide that integrates emotionally focused therapy (EFT) with cultural humility. It provides a pathbreaking, evidence-based model of couples work that reinforces the bond between partners in the face of race-based distress. Guillory explores and brings a deep understanding of the legacy of racial trauma, and the cultural strengths of African American couples by using real-life case studies. The chapters in the book focus on several key clinical issues in the field, such as communication problems, anxiety, infidelity, depression, and porn. Each case study is enhanced by a consultation with EFT master therapist Sue Johnson. The book is an essential text for students and mental health professionals looking to provide culturally competent therapeutic interventions. It will also appeal to psychologists, mental health workers, social workers, marriage and family therapists, and religious leaders.

ride or die couples: HEY, U UP? (For a Serious Relationship) Emily Axford, Brian Murphy, 2018-02-13 Humorous dating advice from two married comedians, former CollegeHumor writers and stars of the Hot Date tv series. Who better to write a very humorous manual about evolving modern relationships than two CollegeHumor veterans and viral-video stars who happen to be a real-life husband-and-wife team? With candor, bite, and charm, HEY, U UP? takes readers on an eight-chapter journey through the trials of hooking up to the foibles of marriage, and combines the authors' prescriptive advice with the unfolding story of their own relationship. HEY, U UP? tackles all the milestones of relationships today—both glorious and embarrassing—with sections ranging from "How to Ask Someone Out After You've Slept with Them" all the way to "Establish Your Family as the Christmas Family by Turning Your Significant Other Against Their Own Parents." In addition to the laugh-out-loud essays, lists, questionnaires, and even flowcharts further enliven the pages.

ride or die couples: Patriarchy and Its Discontents Jean Petrucelli, Sarah Schoen, Naomi Snider, 2022-12-30 This anthology of interviews and essays joins luminaries in contemporary psychoanalysis with pioneers of feminism to provide a timely analysis of the crushing effects of patriarchy and the role that psychoanalysis can play in moving us into a future defined by mutuality and respect. Departing from the contemporary psychoanalytic view that the socio-political and intrapsychic are inextricably linked, contributors use psychoanalysis as a tool to demystify and even dismantle patriarchy, while also examining how our theories, practices, and institutions have been implicated in it. The issues under examination here include important and often under-theorized topics such as institutional responses to boundary violations, the search for a black-feminist psychoanalytic theory, patriarchal enactments within the trans community, the persistence of patriarchy within contemporary psychoanalysis, and the impacts of patriarchy on diverse patient populations and ways to address this clinically. This book represents the first anthology comprised of voices from both within and outside the psychoanalytic realm, outlining a contemporary feminist psychoanalysis for both an analytic and non-analytic audience. It is invaluable for both psychoanalysts and for those in gender studies wishing to draw on psychoanalytic thinking.

ride or die couples: Last Couple Standing Matthew Norman, 2021-03-02 A couple determined not to end up like their divorced friends try a radical experiment—and get in way over their heads—in this hilarious, heartfelt novel from the author of We're All Damaged. New York Post's Best

Books to Read in Our Age of Social Isolation • “[Matthew] Norman’s funny and feeling writing makes for an irresistible read.”—Esquire (Best Books of 2020) The Core Four have been friends since college: four men, four women, four couples. They got married around the same time, had kids around the same time, and now, fifteen years later, they’ve started getting divorced around the same time, too. With three of the Core Four unions crumbling to dust around them, Jessica and Mitch Butler take a long, hard look at their own marriage. Can it be saved? Or is divorce, like some fortysomething zombie virus, simply inescapable? To maximize their chance at immunity, Jessica and Mitch try something radical. Their friends’ divorces mostly had to do with sex—having it, not having it, wanting to have it with other people—so they decide to relax a few things. Terms are discussed, conditions are made, and together the Butlers embark on the great experiment of taking their otherwise happy, functional marriage and breaking some very serious rules. Jessica and Mitch are convinced they’ve hit upon the next evolution of marriage. But as lines are crossed and hot bartenders pursued, they each start to wonder if they’ve made a huge mistake. What follows is sexy, fun, painful, messy, and completely surprising to them both. Because sometimes doing something bad is the only way to get to the heart of what’s really good.

ride or die couples: The Top 10 Most Outrageous Couples of the Bible David Clarke, 2014-06-01 Improve your marriage—and have some fun along the way—with Christian psychologist David Clarke’s latest book, *The Top 10 Most Outrageous Couples of the Bible*. Drawing on the stories of Adam and Eve, Abraham and Sarah, Jacob and Rachel and Leah (yeah, one guy with two wives), and several others, Clarke provides both biblical teaching and real-life counseling expertise to help you see what will work—and not work—in your marriage today. Written with plenty of humor, *The Top 10 Most Outrageous Couples of the Bible* proves that “outrageous” isn’t a bad thing—as Clarke says, “It’s not always pretty. But it’s always powerful.”

ride or die couples: Stepping Off the Relationship Escalator Amy Gahran, 2017-02-03 Love is not one-size-fits-all, yet often people assume that healthy, serious relationships all must follow the same basic path. The -Relationship Escalator- is society's bundle of customs for intimate relationships: monogamy, living together, marriage and more, ideally until death do you part. Beyond this, it might not be obvious what your options are. This book will help you: - Discover less common relationship options that might suit you. - Understand why and how people have unconventional relationships. - Empower you to negotiate about how your relationships work. - Overcome the fear that loving differently means you're doing it wrong. - Make the world a friendlier, safer place for more paths to love. Featuring real stories and insights from hundreds of people, -Stepping Off the Relationship Escalator- explores consensual nonmonogamy, love without living together, deep connections that pause and resume, and much more. The first in a series of research-based books, this introduction to relationship diversity is both accessible and surprising. LEARN MORE OR ORDER SIGNED COPIES: OffEscalator.com

ride or die couples: A Life-Cycle Approach to Treating Couples Anne K. Fishel, 2018-05-16 *A Life-Cycle Approach to Treating Couples* draws on 30 years of clinical work and a rich body of research about lifecycle theory to offer couple therapists a guide to helping couples traverse six developmental stages—dating and commitment; transition to parenthood; midlife couples; launching and retiring couples; late-life couples; and relationship endings. For each stage, the author offers clinical vignettes as well as questions and strategies for the clinician to pursue. In this clear and authoritative book, Fishel provides examples and research about clients who are diverse in their marital status, sexual orientation, race, ethnicity, SES, and health.

ride or die couples: Solo Peter McGraw, 2024-01-30 Join the movement that celebrates single living with Peter McGraw’s groundbreaking book, *Solo*. Amid the complexities of modern relationships, loneliness epidemics, and online dating burnout, there’s a refreshing alternative: going Solo. “Solos,” as coined by behavioral economist Peter McGraw, are people who choose to lead their lives authentically, purposefully, and passionately outside the confines of traditional relationship labels. In a world built for two, Solos break the rules and hold space for every type of individual—single and not. Meet the thriving “Just Mays,” who welcome romance if it comes their

way, the determined “No Ways,” who prefer life unpartnered, and the bold “New Ways,” who redefine and redesign what relationships even mean. Which one are you? In contrast with the “Someday” singles who hang personal fulfilment on the success of a “serious” long-term relationship, McGraw reveals the secrets of happiness that Solos have already unlocked, offering readers a roadmap to reinventing sex, dating, romance, and beyond. Backed by scientific insights and McGraw’s experience as a lifelong bachelor, Solo offers a blueprint for cultivating fulfilling relationships and creating a rich remarkable life. Solo is your invitation to pursue a life uniquely your own.

ride or die couples: The Buried Giant Kazuo Ishiguro, 2015-03-03 NATIONAL BESTSELLER

• From the winner of the Nobel Prize in Literature and author of *Never Let Me Go* and the Booker Prize-winning novel *The Remains of the Day* comes a luminous meditation on the act of forgetting and the power of memory. In post-Arthurian Britain, the wars that once raged between the Saxons and the Britons have finally ceased. Axl and Beatrice, an elderly British couple, set off to visit their son, whom they haven't seen in years. And, because a strange mist has caused mass amnesia throughout the land, they can scarcely remember anything about him. As they are joined on their journey by a Saxon warrior, his orphan charge, and an illustrious knight, Axl and Beatrice slowly begin to remember the dark and troubled past they all share. By turns savage, suspenseful, and intensely moving, *The Buried Giant* is a luminous meditation on the act of forgetting and the power of memory.

ride or die couples: Serial Killer Couples R. Barri Flowers, 2013-12-26 SERIAL KILLER

COUPLES: Bonded by Sexual Depravity, Abduction, and Murder chronicles the true crimes of sexually motivated serial killers who are intimates. In this latest true crime book from award winning, bestselling criminologist R. Barri Flowers, nine gripping tales examine killer couples from America, England, and Canada whose murderous reign of terror knows no end till they are brought to justice. Chapter 1: Raymond Fernandez and Martha Beck, Chapter 2: Ian Brady and Myra Hindley, Chapter 3: Fred West and Rosemary West, Chapter 4: Gerald Gallego and Charlene Gallego, Chapter 5: Douglas Clark and Carol Mary Bundy, Chapter 6: Alvin Neelley and Judith Ann Neelley, Chapter 7: Alton Coleman and Debra Denise Brown, Chapter 8: James Gregory Marlow and Cynthia Coffman, Chapter 9: Paul Bernardo and Karla Homolka. Bonus material includes excerpts from the author's international bestselling true crime book, *THE SEX SLAVE MURDERS*; historical true crime short, *MASS MURDER IN THE SKY: The Bombing of Flight 629*, Jack the Ripper thriller novel, *DARK STREETS OF WHITECHAPEL*, and medical mystery and police procedural, *MURDER IN MAUI*.

ride or die couples: Couples as Parents Kate Thompson, Damian McCann, 2024-07-18 *Couples as Parents: Explorations in Couple Therapy* explores the complex task of parenting from the perspective of the couple relationship. A book for clinicians and parents alike, it describes problems that can occur during the transition to parenthood and the initial decision to have a child to raising young children and adolescents. The book offers a comprehensive exploration of the nature and patterns of intimate partner relationships and how they can be affected by such things as the loss of a baby, raising a child with autism or adoption. Chapters delve into issues unique to same-sex parents and those facing an empty nest. With moving clinical examples, it illustrates how a couple's sex life can be altered on becoming parents and describes how parents can best help their children as they separate. *Couples as Parents* explains how couple therapy has a unique stance with which to help parents and describes clinical vignettes that demonstrate how parents have been helped in the past. The book considers the historical context of couple relationships, utilises research and psychoanalytic ways of thinking to further understanding for psychotherapists and interested parents, as well as offering a variety of therapeutic approaches to the specific needs of parents, whether as a couple, separated or single.

ride or die couples: The Couples Therapy Companion Russell Grieger, 2015-04-17 Learn to look at marriage and couples counseling through the lens of Rational Emotive Couples Therapy. Dr. Russell Grieger walks the reader through the RECT process and includes numerous exercises that

are appropriate for clinicians to use with their clients, for those couples who are in therapy and need a little extra help, and for couples working to improve their relationship on their own. Along with explaining the process of Rational Emotive Couples Therapy, Dr. Grieger makes the distinction between relationship difficulties, which are small disagreements and dissatisfactions, and relationship disturbances, which occur when a couple becomes emotionally distressed and entrenched in negativity. He walks readers through the couple diagnosis and presents eight powerful strategies for helping resolve both couple difficulties and disturbances to find relationship harmony. Dr. Grieger addresses such issues as ridding hurt, anger, fear, and insecurity, enhancing closeness and intimacy, win-win conflict resolution, and building couple commitment and connection. Replete with exercises that empower couples to take action and solve their problems, The Couples Therapy Companion also helps readers to sustain the positive momentum learned in therapy in everyday life.

ride or die couples: Two Plus Two Geoffrey L. Greif, Kathleen Holtz Deal, 2012-04-23

Friendships are undeniably important to an individual's health, longevity and wellbeing, but they can be equally important for the health and happiness of a couple. Just as a friend can provide a mirror to the self, another couple can provide a reflecting team that supports or impedes a relationship's growth. Two Plus Two: Couples and Their Couple Friendships offers an important framework for helping couples to have conversations about their friendships with other couples and to enrich their own relationships. When couples agree about how to spend their time alone and with others, they are more likely to have a happy marriage or relationship. Couple friendships have not been researched previously, despite their numerous benefits. Authors Geoffrey Greif and Kathleen Deal take an in-depth approach to this important topic. Based on interviews with more than 400 people--some of whom were interviewed with their partners, some who were interviewed alone, and some who have divorced--they find that couples fall into three general categories of making couple friendships: Seekers, Keepers, and Nesters. Drs. Greif and Deal discuss the different styles of interaction they've observed in couples as well as the findings from their research. Readings from their interviews illustrate what characteristics define Seekers, Keepers, and Nesters. Couples at any stage of their relationship will get a fresh understanding of how to seek, foster and sustain positive, healthy friendships.

ride or die couples: I Love Jesus, But I Want to Die Sarah J. Robinson, 2021-05-11 A

compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

ride or die couples: How You and Your Mate Can Become a Super Couple James Milton

Murphy, 2011-05-18

ride or die couples: Before We Were Strangers Renée Carlino, 2015-08-18 From the USA

TODAY bestselling author of *Sweet Thing* and *Nowhere But Here* comes a love story about a Craigslist "missed connection" post that gives two people a second chance at love fifteen years after

they were separated in New York City. To the Green-eyed Lovebird: We met fifteen years ago, almost to the day, when I moved my stuff into the NYU dorm room next to yours at Senior House. You called us fast friends. I like to think it was more. We lived on nothing but the excitement of finding ourselves through music (you were obsessed with Jeff Buckley), photography (I couldn't stop taking pictures of you), hanging out in Washington Square Park, and all the weird things we did to make money. I learned more about myself that year than any other. Yet, somehow, it all fell apart. We lost touch the summer after graduation when I went to South America to work for National Geographic. When I came back, you were gone. A part of me still wonders if I pushed you too hard after the wedding... I didn't see you again until a month ago. It was a Wednesday. You were rocking back on your heels, balancing on that thick yellow line that runs along the subway platform, waiting for the F train. I didn't know it was you until it was too late, and then you were gone. Again. You said my name; I saw it on your lips. I tried to will the train to stop, just so I could say hello. After seeing you, all of the youthful feelings and memories came flooding back to me, and now I've spent the better part of a month wondering what your life is like. I might be totally out of my mind, but would you like to get a drink with me and catch up on the last decade and a half? M

ride or die couples: Home Girls Make Some Noise Gwendolyn D. Pough, 2007 Includes critical essays, cultural critiques, interviews, personal narratives, fiction, poetry, and artwork.--P. [4] of cover.

ride or die couples: The Play Elle Kennedy, 2019-10-07 A brand-new standalone novel in the New York Times bestselling Briar U series! What I learned after last year's distractions cost my hockey team our entire season? No more screwing up. No more screwing, period. As the new team captain, I need a new philosophy: hockey and school now, women later. Which means that I, Hunter Davenport, am officially going celibate...no matter how hard that makes things. But there's nothing in the rulebook that says I can't be friends with a woman. And I won't lie—my new classmate Demi Davis is one cool chick. Her smart mouth is hot as hell, and so is the rest of her, but the fact that she's got a boyfriend eliminates the temptation to touch her. Except three months into our friendship, Demi is single and looking for a rebound. And she's making a play for me. Avoiding her is impossible. We're paired up on a yearlong school project, but I'm confident I can resist her. We'd never work, anyway. Our backgrounds are too different, our goals aren't aligned, and her parents hate my guts. Hooking up is a very bad idea. Now I just have to convince my body—and my heart.

ride or die couples: Fair Play Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the "shefault" parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. "Winning" this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

ride or die couples: The State of Affairs Esther Perel, 2017-10-10 A fresh look at infidelity, broadening the focus from the havoc it wreaks within a committed relationship to consider also why people do it, what it means to them, and why breaking up is the expected response to duplicity —

but not necessarily the wisest one.” — LA Review of Books From iconic couples’ therapist and bestselling author of *Mating in Captivity* comes a provocative and controversial look at infidelity with practical, honest, and empathetic advice for how to move beyond it. An affair: it can rob a couple of their relationship, their happiness, their very identity. And yet, this extremely common human experience is so poorly understood. What are we to make of this time-honored taboo—universally forbidden yet universally practiced? Why do people cheat—even those in happy marriages? Why does an affair hurt so much? When we say infidelity, what exactly do we mean? Do our romantic expectations of marriage set us up for betrayal? Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Can an affair ever help a marriage? Perel weaves real-life case stories with incisive psychological and cultural analysis in this fast-paced and compelling book. For the past ten years, Perel has traveled the globe and worked with hundreds of couples who have grappled with infidelity. Betrayal hurts, she writes, but it can be healed. An affair can even be the doorway to a new marriage—with the same person. With the right approach, couples can grow and learn from these tumultuous experiences, together or apart. Affairs, she argues, have a lot to teach us about modern relationships—what we expect, what we think we want, and what we feel entitled to. They offer a unique window into our personal and cultural attitudes about love, lust, and commitment. Through examining illicit love from multiple angles, Perel invites readers into an honest, enlightened, and entertaining exploration of modern marriage in its many variations. Fiercely intelligent, *The State of Affairs* provides a daring framework for understanding the intricacies of love and desire. As Perel observes, “Love is messy; infidelity more so. But it is also a window, like no other, into the crevices of the human heart.”

ride or die couples: *The Fever Code (Maze Runner, Book Five; Prequel)* James Dashner, 2016-09-27 All your questions are answered in the fifth book in James Dashner’s #1 New York Times bestselling *Maze Runner* series. The story that fans all over the world have been waiting for — the story of how Thomas and WICKED built the Maze — is finally here. You do not want to miss it. Once there was a world’s end. The forests burned, the lakes and rivers dried up, and the oceans swelled. Then came a plague, and fever spread across the globe. Families died, violence reigned, and man killed man. Next came WICKED, who were looking for an answer. And then they found the perfect boy. The boy’s name was Thomas, and Thomas built a maze. Now there are secrets. There are lies. And there are loyalties history could never have foreseen. This is the story of that boy, Thomas, and how he built a maze that only he could tear down. All will be revealed. A prequel to the worldwide *Maze Runner* phenomenon, *The Fever Code* is the book that holds all the answers. How did WICKED find the Gladers? Who are Group B? And what side are Thomas and Teresa really on? Lies will be exposed. Secrets will be uncovered. Loyalties will be proven. Fans will never see the truth coming. Before there was the Maze, there was *The Fever Code*. Don’t miss *The Maze Runner*, *Maze Runner: The Scorch Trials*, and *Maze Runner: The Death Cure* all now major motion pictures from Twentieth Century Fox, starring Dylan O’Brien, Kaya Scodelario, Thomas Brodie-Sangster, Rosa Salazar, Giancarlo Esposito, and Aidan Gillen. And look for James Dashner’s new bestselling series the *Mortality Doctrine*: *The Eye of Minds*, *The Rule of Thoughts*, and *The Game of Lives*. Praise for the *Maze Runner* series: A #1 New York Times Bestselling Series A USA Today Bestseller A Kirkus Reviews Best Teen Book of the Year An ALA-YASLA Best Fiction for Young Adults Book An ALA-YALSA Quick Pick [A] mysterious survival saga that passionate fans describe as a fusion of *Lord of the Flies*, *The Hunger Games*, and *Lost*.—EW “Wonderful action writing—fast-paced...but smart and well observed.”—Newsday “[A] nail-biting must-read.”—Seventeen “Breathless, cinematic action.”—Publishers Weekly “Heart pounding to the very last moment.”—Kirkus Reviews “Exclamation-worthy.”—Romantic Times Take a deep breath before you start any James Dashner book.—Deseret News

ride or die couples: Intercultural Marriage Dugan Romano, 2008-08-18 An insightful look at the stresses and challenges of intercultural relationships - from one who has been there. Today we live in a world without borders, a global village. Distance no longer defines who we meet, fall in love with or marry. The Internet and e-mail connect people around the world in seconds. Immigration,

study abroad, travel and multinational business have created a thriving cross-cultural community. But the experiences shared across cultures and countries do not always bridge the fundamental differences in beliefs and behaviors that span diverse cultures. In *Intercultural Marriage*, Dugan Romano delivers a reality check for anyone already in, or contemplating, an intercultural marriage. This insightful book interweaves lessons learned from others and suggests that the joys of an intercultural marriage often result from turning the challenges of crossing cultures into an opportunity for a fulfilling and lasting relationship. Now in its third edition, *Intercultural Marriage* examines the impact of cultural differences in marriage and offers practical guidelines on how to deal with the complexities they bring to a partnership. Covering such topics as raising bicultural children, religion, values, male vs. female roles, sex and social class, Romano continues to give voice to hundreds of couples she has interviewed and followed for over a decade.

ride or die couples: The Subtle Art of Not Giving a Fk** Mark Manson, 2016-09-13 #1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be positive all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. F**k positivity, Mark Manson says. Let's be honest, shit is f**ked and we have to live with it. In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F**k* is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault. Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F**k* is a refreshing slap for a generation to help them lead contented, grounded lives.

ride or die couples: Attachments Rainbow Rowell, 2011-04-14 From the award-winning, #1 New York Times bestselling author of *Wayward Son*, *Fangirl*, *Carry On*, and *Landline* comes a hilarious and heartfelt novel about an office romance that blossoms one email at a time.... Beth Fremont and Jennifer Scribner-Snyder know that somebody is monitoring their work e-mail. (Everybody in the newsroom knows. It's company policy.) But they can't quite bring themselves to take it seriously. They go on sending each other endless and endlessly hilarious e-mails, discussing every aspect of their personal lives. Meanwhile, Lincoln O'Neill can't believe this is his job now—reading other people's e-mail. When he applied to be “internet security officer,” he pictured himself building firewalls and crushing hackers—not writing up a report every time a sports reporter forwards a dirty joke. When Lincoln comes across Beth's and Jennifer's messages, he knows he should turn them in. He can't help being entertained, and captivated, by their stories. But by the time Lincoln realizes he's falling for Beth, it's way too late to introduce himself. What would he even say...?

ride or die couples: This Is How Your Marriage Ends Matthew Fray, 2022-03-22 A thoughtful, down-to-earth, contemporary guide to help partners identify and address relationship-killing behavior patterns in their own lives. Good people can be bad at relationships. One night during his divorce, after one too many vodkas and a call with a phone-in-therapist who told him to “journal his feelings,” Matthew Fray started a blog. He needed to figure out how his ex-wife went from the eighteen-year-old college freshman who adored him to the angry woman who

thought he was an asshole and left him. As he pieced together the story of his marriage and its end, Matthew began to realize a hard truth: even though he was a decent guy, he was a bad husband. As he shared raw, uncomfortable, and darkly humorous first-person stories about the lessons he'd learned from his failed marriage, a peculiar thing happened. Matthew started to gain a following. In January 2016 a post he wrote—"She Divorced Me Because I left the Dishes by the Sink"—went viral and was read over four million times. Filtered through the lens of his own surprising, life-changing experience and his years counseling couples, *This Is How Your Marriage Ends* exposes the root problem of so many relationships that go wrong. We simply haven't been taught any of the necessary skills, Matthew explains. In fact, it is sometimes the assumption that we are acting on good intentions that causes us to alienate our partners and foment mistrust. With the humorous, entertaining, and counterintuitive approach of *The Subtle Art of Not Giving a F*ck*, and the practical insights of *The 5 Love Languages*, *This is How Your Marriage Ends* helps readers identify relationship-killing behavior patterns in their own lives, and offers solutions to break free from the cycles of dysfunction and destruction. It is must-read for every partner no matter what stage—beginning, middle, or even end—of your relationship.

ride or die couples: *We're No Fun Anymore* Robert Schwarz, Elaine Braff, 2012-04-23 In the 21st century, we tend to expect more than ever from our relationships without knowing how to sustain them. Often a married couple juggling the many demands of life, work and children take their bond for granted. They fail to cultivate and nurture the positive interactions they share, neglecting the fun, playful and sexy side of the relationship. Over time, this neglect creates an increasing spiral of dysfunction. *We're No Fun Anymore* reminds therapists and the couples they treat that marriage does not have to mean forfeiting the passion, playfulness and joy in a relationship. With 50 combined years of clinical experience backing it, the program outlined in this book will help to build up a relationship without first tearing it down, examining its weaknesses, or trying to fix its problems. Integrating findings from neuroscience, social psychology, positive psychology and marriage research, *We're No Fun Anymore* shows couple therapists how to create and magnify positive energy between their clients to refortify the foundation of their relationship and help it stand strong, even in times of strife and crisis. Readers will find a practical (and fun) plan to get their marriage out of the rut that's robbing it of fun, recapture the pleasure of dating, romance, and love, and revive the playful quality of sex that makes it the pleasurable and enjoyable experience it's supposed to be. Clinicians will also get the bonus of increasing the fun that they have in their personal lives and in their clinical work with clients.

ride or die couples: *The Right to Be* W. D. Foster-Graham, 2021-04-06 For all intents and purposes, 18-year-old Allan Christopher Davis has everything going for him. He is the son of international music legends Lissa and Michael Davis of the jazz ensemble Sunrise. His grandfather is billionaire Allan Beckley Christopher, founder of the Fortune 100 company Christopher Electronics. His cousin is Elijah Edwards, patriarch of the powerful Edwards branch of the Christopher family, known in family circles for his gift. Elijah's wife, Donna Gray Edwards, is the queen of Twin Cities society, yet there is no place in the world she cannot reach to make things happen. He and his twin brother, Michael Davis, Jr., live in a beautiful villa in the Bahamas, raised by loving parents. The islands, however, are no longer what they seemed to be. Allan is openly gay, yet he is stifled in a relationship with a closeted boyfriend and only tolerated in public, and he has reached his limits. In strong family unity, the Davises leave the Bahamas and return to the United States, where roots are reestablished and, hopefully, Allan will find the kind of love he wants so much. But what awaits a child of celebrity in a country obsessed with celebrities, with heightened media and internet scrutiny? What lies in store for Allan on his road to the man of his dreams, before and after he finds him? How normal will normal be? Our story begins in 2005, in Nassau, Bahamas.

ride or die couples: *Falling Back* Jamie J. Fader, 2013-04-15 Jamie J. Fader documents the transition to adulthood for a particularly vulnerable population: young inner-city men of color who have, by the age of eighteen, already been imprisoned. How, she asks, do such precariously situated youth become adult men? What are the sources of change in their lives? *Falling Back* is based on

over three years of ethnographic research with black and Latino males on the cusp of adulthood and incarcerated at a rural reform school designed to address “criminal thinking errors” among juvenile drug offenders. Fader observed these young men as they transitioned back to their urban Philadelphia neighborhoods, resuming their daily lives and struggling to adopt adult masculine roles. This in-depth ethnographic approach allowed her to portray the complexities of human decision-making as these men strove to “fall back,” or avoid reoffending, and become productive adults. Her work makes a unique contribution to sociological understandings of the transitions to adulthood, urban social inequality, prisoner reentry, and desistance from offending.

ride or die couples: Scorched Souls: Web of Hearts and Souls #20 Jamie Magee, What is meant to hurt us can become our greatest weapon. Which is exactly what Aden intended to create. When he found a lavender beauty standing before him asking if he remembered her Aden wasted no time proving that he did. Their first kiss ignited the greatest challenge of his life. A taste so familiar and sweet that it pushed Aden to search beyond the discernible truth that the pair of them were everlasting. Seconds later, darkness struck and the soul mate returned to him was pulled back by the evil that had entrapped her for so long. In the fight to save her life, mysteries and battles that Aden had fought in his young life churned to the surface, ultimately pushing him to find a heart wrenching solution that threatens to dissolve alliances vital to win the war against darkness. A threat he cares little about as he claims what he has always known was his. The obvious is never the solution...

ride or die couples: Power of the Flower James Holley, 2020-11-13 This book was written to share the ability to find intimacy after abuse or tragedy. A broken young boy’s journey to find a way to believe in love and intimacy and what he learned along the way. He elaborates on how important it is to fall in love with yourself before allowing yourself to love someone else. It is everything in between what others tell you or focus on when discussing intimacy. The truth of what makes it real and lasting and your responsibility in keeping that torch burning. It speaks to the myth that sex dictates our most intimate beliefs and how. James completes this book with a note to women about their “Power of the Flower”. The ability to take control of their future, sexual experiences and their most intimate wants and needs, with the ones they love.

ride or die couples: The Angry Therapist John Kim, 2017-04-18 Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-styledesigner, not a therapist. His radical new approach, that he sometimes calls “self-help in a shot glass” is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let’s face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of me too as opposed to you should. He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language —open, raw, and at times subversive — and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic Monthly and on NPR.

ride or die couples: Healing in the Relational Paradigm Wade Luquet, Mo Therese Hannah, 2013-10-28 Already practiced by thousands of therapists around the world, Imago Relationship Therapy (IRT) has aroused the interest of a widening international psychotherapy community. Now, for the first time, *Healing in the Relational Paradigm: The Imago Relationship Therapy Casebook* brings you directly into the therapists office to see firsthand how the tenets of IRT can translate into powerful and enduring skills for couple clients. Providing access to Imago work with a broad range of couple types, the book reveals ways in which activities, such as Couples Dialogue and the Container Exercise, help couples expand and strengthen their relational vocabulary. The first chapter, which proposes a new way of conceptualizing child development and its impact on the

forming and maintaining of intimate relationships, lays the foundation for the chapters to follow. Subsequent topics - each handled by a front lines Imago therapist - reflect a true picture of the spectrum of issues and identities that are present in therapy. The contents cover attachment, exploratory, identity and competence wounded couples. Other contributions describe work with African-American, Hispanic, and gay and lesbian couples, while the impact of HIV/AIDS and Attention Deficit Disorder is explored in a third section. Finally, contributors offer a clear relational lens through which to view the core couple issues of addiction, sexuality, infidelity and spirituality. Healing in the Relational Paradigm demonstrates Imago's flexibility and promise across populations and in the hands of very different practitioners. The book shows the Imago approach to be more than just another technique: it is a profound shift in perspective, reinforced by a network of positive assumptions and communication exercises that together create an environment for healthy change. This volume would be suitable for marriage and family therapists.

ride or die couples: Maintaining Black Marriage Marianne Dainton, 2017-04-07 Maintaining Black Marriage: Individual, Interpersonal, and Contextual Dynamics moves beyond the usual demographics in the study of Black marriage to focus on the communication that sustains it. Using original data and secondary research, Marianne Dainton provides the story of Black marriage success and the contexts and communication that contribute to that success. A central feature of this book is the inclusion of Black voices; that is, in addition to original quantitative research on the topic, qualitative data draws on the experiences and opinions of a group of married Black women and married Black men in order to augment, explain, challenge, and reflect the scholarly literature.

ride or die couples: Miles from Nowhere Barbara Savage, 2020-02-10 Miles from Nowhere is the story of Barbara and Larry Savage's sometimes dangerous, often zany, but ultimately rewarding 23,000-mile bicycle odyssey, which took them through 25 countries in two years. Along the way, these near-neophyte cyclists on their ten-speeds encountered warm-hearted strangers eager to share food and shelter, bicycle-hating drivers who ran them off the road, various wild animals (including an attack camel), rock-throwing Egyptians, overprotective Thai policeman, motherly New Zealanders, meteorological disasters, bodily indignities, and great personal joys. The stress of traveling together constantly tested yet strengthened the young couple's relationship and as their trip ends, you'll find yourself yearning for Barbara and Larry to jump back on their bikes and keep pedaling. Originally published in 1983, Miles from Nowhere has provided inspiration for legions of modern travel-adventurers and writers.

ride or die couples: Project Everlasting Mathew Boggs, Jason Miller, 2007-06-05 A heartwarming and revealing look at the wisdom drawn from successful marriages and the secrets to making love last, not from Ph.D.s or therapists but from more than 200 real couples who have walked the walk to more than forty years of marriage. Jaded by his parents' divorce, Mathew Boggs was a young man who'd lost all belief in lifelong love. After observing his grandparents who were madly in love after sixty-three years of marriage, Mat talked his best friend Jason into joining him on a cross-country search for America's greatest marriages. The two bumbling bachelors jumped in an RV and embarked on Project Everlasting, a 12,000-mile cross-country adventure to discover what it takes to make love last. Each chapter of Project Everlasting is dedicated to one of the pressing questions the bachelors asked the couples, such as: —How do you know you've found The One? —What's missing from today's marriages? —How do you keep the romance alive? —What's the most important ingredient for a solid marriage? As the traveled the country, meeting happy couples from all walks of life, Mat and Jason began to understand why their own relationships hadn't worked out quite as planned. They also realized that what they were learning from their wise new friends could change everything for them and—through Project Everlasting—show their generation and generations to come how to build a marriage to last.

ride or die couples: Broken Tools in God's Hands Keith Ellerbrock, 2010-10 I may be forgiven (maybe), but after what I've done, my life is basically over. I'm damaged goods now. Forgiven? Sure. Able to be used? Maybe for little stuff (maybe), but never again for anything important. Ever thought things like that? Join the club! They're lies, though - lies we often speak to ourselves. Broken Tools In

God's Hands was written so you can know God's rescuing grace more deeply and be set free to serve Him with new hope and joy in your heart. Do you think God can't use you when you're broken? Then ponder this: The truth is, God can only use you as He desires when you're broken - when you plainly see your sinfulness, your helplessness, your need for the Savior. That's when Jesus can pour out His blood-bought declaration of not guilty into your life, declare you to be His perfect tool, and use you for mighty things. Author Keith Ellerbrock invites you to take a close look at the ugly underbelly of some of the biblical heroes of faith so you can see that they were just as messed up by nature as you are, then take a closer look at God's amazing grace toward them to see that since the blood of Jesus was able to forgive and cleanse these flawed and tainted saints, it's more than able to forgive and cleanse you. Just as God gave them second, third, and however many chances, so He gives those clean do-overs to you. And He will use you. You have His Word on it! St. Louis native Keith Ellerbrock has been a pastor in the Lutheran Church - Missouri Synod for 25 years. He currently serves Trinity Lutheran Church in Bridgeton, Missouri. He's the undeservedly blessed husband of Dawn and father of Erin, Adam, and Daniel.

ride or die couples: Why Men Marry Some Women and Not Others John T. Molloy, 2008-12-14 A groundbreaking book--based on years of the same thorough research that made the Dress For Success books national bestsellers--about how women can statistically improve their chances of getting married.

ride or die couples: Don't Let Jody Steal Your Relationship R Field Taylor, 2021-09-24 Have you ever wondered why all of your relationships become sabotaged by unseen forces who seek to steal, take, and carry away all of the love, joy, and commitment you've invested over numerous years? Well, finally we can put a face on this urban villain who has tormented commitments since the beginning of time. This book will allow you to open your eyes like none other enabling you to be on the lookout for an assortment of deception and trickery perpetuated by the little red thief of hearts simply known as Jody. This book should become a necessity handed down from mothers to daughters, fathers to sons, and all clergyman to any couple contemplating a lifetime commitment to each other. This one small book is the idiot's guide on how to save your relationship. Learn who Jody really is and how to spot him before he targets your significant other. The price of this book is well below the thousands of dollars required by a professional relationship counselor, while the internal rewards will prove to be immeasurable. Remember-Jody is watching.

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