



# Just Married: The Catholic Guide to Surviving and Thriving in the First Five Years of Marriage

By Gregory K. Popcak, Lisa Popcak

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Nationally syndicated radio hosts and international family life speakers Greg and Lisa Popcak combine decades of counseling, the latest findings in marriage research, twenty-three years of marriage, and the wisdom of Catholic teaching to offer newlyweds a master plan for creating a strong bond in the first five years of marriage.

Recent research shows that now, more than ever, couples doubt their ability to create a marriage that will withstand the test of time. In their newest book, Catholic therapist Greg Popcak and family life coach Lisa Popcak offer their own story and a master plan for creating and sustaining a Catholic marriage that will last a lifetime. Readers will be heartened to see that despite the odds, every couple has the capacity to live happily ever after. They need only commit to learning the critical skills of the first five years of marriage, including: praying together, conflict resolution, stress management, and holy sex.

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### Editorial Review

#### Review

"I share a deep affinity with the Popcaks and the way they present the faith. Their latest book, *Just Married*, is loaded with their typical winsome wisdom and advice. They help newly married couples unpack the great mystery of marriage and discover the divine love story that is behind their own. Every married couple--newly married or otherwise--will benefit from this book."

--**Christopher West**, Author of *Fill These Hearts*

"*Just Married* should be required reading for every recently married Catholic Couple. Christian marriage is a call to heroic love. It should not be surprising that living this vocation well does not happen without prayer and effort. Greg and Lisa provide many helpful insights into the challenges that young couples encounter as well as practical strategies on how to overcome what otherwise will become obstacles to their happiness. Married couples honor and praise God most beautifully by striving daily to grow in their love for each other in the Lord. There is nothing more important that a couple can do to build up the Church and make a better world than to do whatever it takes to make their marriage strong and healthy. The Popcaks provide a practical pathway to help couples enjoy the abundant life God desires for them in this world and to help each other make it together to heaven." --**Most Reverend Joseph F. Naumann**, Archbishop of Kansas City in Kansas

"Thank you, Greg and Lisa! *Just Married* is a treasure for today's newly (and not so newly!) married couples. A guide this rich with grace and wisdom can only come from a deeply faithful Catholic married couple seasoned through years of marriage, professional practice, and prayer. This is theology of the body for the newly married couple." --**Damon Owens**, Executive Director, Theology of the Body Institute

"We are so happy to be able to give the young people in our lives a copy of *Just Married*. This is a book filled with personal testimony, evidence from science, years of counseling experience, and, most importantly, a hopeful vision of marriage rooted in faith and nourished by prayer." --**Tim and Sue Muldoon**, Authors of *Six Sacred Rules for Families*

#### About the Author

**Gregory Popcak** is executive director of Pastoral Solutions Institute and the author of over a dozen popular books integrating Catholic theology and counseling psychology. He is an expert on the practical applications of the theology of the body. Popcak's books include *For Better...Forever!*, *Holy Sex!*, and *Parenting with Grace*. Popcak is a regular contributor to *Catholic Digest*, *Family Foundations*, and others.

Since 2001, he and his wife and coauthor, Lisa Popcak, have hosted several nationally syndicated radio advice programs, including *Heart, Mind and Strength, Fully Alive!*, and, most recently, *More2Life*. They have also hosted two television series for EWTN: *For Better . . . FOREVER* and *God Help Me!* He serves as an adjunct professor for the sociology and graduate theology departments at the Franciscan University of Steubenville. He also serves as adjunct faculty for the Harold Abel School of the Behavioral Health at Capella University.

**Lisa Popcak** is the vice president of the Pastoral Solutions Institute. A family life coach, lactation consultant, and professional educator, she is the coauthor of *For Better . . . Forever!*, *Holy Sex!*, and *Parenting with Grace*. Since 2001, she and her husband and coauthor, Gregory Popcak, have hosted several

nationally syndicated radio advice programs, including *Heart, Mind and Strength, Fully Alive!*, and, most recently, *More2Life*. They have also hosted two television series for EWTN: *For Better...FOREVER* and *God Help Me!*

Popcak's articles can be read in many popular Catholic magazines. A sought after speaker on marriage, parenting, and women's spirituality, she has addressed audiences across North America as well as in Australia and Hong Kong.

## **Users Review**

### **From reader reviews:**

#### **Helga Lever:**

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#### **Cassandra Rosas:**

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#### **Cathie Moss:**

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#### **Shelley Gavin:**

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