

**David Levingston, M.A., LMFT**

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**Books**

A simple but profound read:

**Marshall B. Rosenberg, Ph.D., *Nonviolent Communication: A Language of Life; Create Your Life, Your Relationships and Your World in Harmony with Your Values***

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If you are hungry for more insights and tools for relationships, check out the following book:

**Terrence Real, *The New Rules of Marriage: What You Need to Know to Make Love Work***

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Why is it so hard for men and women to talk?

How to recognize and avoid patterns, console yourself, and connect in non-verbal ways with compassion:

**Patricia Love and Steven Stosny, *How to Improve Your Marriage Without Talking About It***

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If you can understand why people are behaving the way they are you can finally stop getting frustrated by thinking that they should somehow be different than how they actually are! If you understand what your partner really wants or needs, you can better know how to respond:

**John Grey, *Men Are From Mars, Women Are From Venus: A Practical Guide for Improving Communication and Getting What You Want in Your Relationships***

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This book is for when you are ready to open up to someone else in ways deeper than you ever imagined.

I think the author has some great insights and hits what is important and true:

**David Schnarch, *Passionate Marriage: Keeping Love & Intimacy Alive in Committed Relationships***

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Why do people avoid direct communication, and what is it that people are really trying to say to each other:

**Ellyn Bader, Ph.D. and Peter Pearson, Ph.D. with Judith D. Schwartz. *Tell Me No Lies: How to face the truth and build a loving marriage.* [2000]**

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Why is it a challenge to keep the spark alive in long-term relationships. Marriage is a place for safety and certainty, not for excitement! I prefer David Schnarch's prescription for cultivating intimacy, but I think Perel gives a great explanation for the dilemma:

**Esther Perel. *Mating in Captivity: Reconciling the Erotic and the Domestic.***

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Harriet Lerner has a great sense of relationship issues and dynamics and she has a great way with words to help people see what's really going on:

**Harriet Lerner. *Marriage Rules: A Manual for the Married and the Coupled Up.***

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David Deida has a great bead on what makes men and women tick. I like how he cuts through pretense and gets to primal desires and dynamics. In spite of the seemingly pretentious title, this is an insightful read:

**David Deida. *The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire.***

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A clear integration of spirituality and the human experience. John's books and audio recordings are numerous:

**John Welwood**

Website: <http://www.johnwelwood.com/>

Books:

*Journey of the Heart: The Path of Conscious Love* [1996]

*Love and Awakening: Discovering the Sacred Path of Intimate Relationship* [1997]

*Perfect Love, Imperfect Relationships: Healing the Wound of the Heart* [2007]

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**Books, continued ...**

Your sense of connection can change on a dime, just by shifting your attitude and focus. When people are feeling kindly towards each other, there are no so-called communication problems.

**George S. Pransky, Ph.D. *The Relationship Handbook: A Simple Guide to Satisfying Relationships.* [1992]**

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Magically avoid all problems by basing your relationship on what is possible between two *essential* selves. Points to a spiritual place, outside of personalities and struggles that come from looking to the relationship as an incubator to keep us alive and meet our needs.

**Jett Psaris, PH.D. and Marlena S. Lyons, PH.D. *Undefended Love.* [2000]**

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How to take 100% responsibility for your experience and avoid certain struggles. A lot of the usual notions, but a few good ideas in here. Many people really like this book.

**Gay Hendricks Ph.D and Kathlyn Hendricks Ph.D, *Conscious Loving: The Journey to Co-Commitment: A Way to Be Fully Together Without Giving Up Yourself.* [1990]**

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Wake up. Think outside the box. With a realistic and informed perspective, co-create the kind of relationship you want.

**Susan Pease Gadoua, *The New I Do: Reshaping Marriage for Skeptics, Realists and Rebels.* [2014]**

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Don't know what to say? Just hold up one of these flash cards to your partner. These brilliant short messages communicate deeper implications and meanings and help the other person stop and "see" and "hear" you.

**Nancy Dreyfus, *Talk to Me Like I'm Someone You Love.* [2013]. Choose either 64 cards, or the expanded book.**

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Navigating open relationships. There's a reason why they would put the word "Jealousy" front and center. It's not about transcending the human experience; it's about managing it.

**Kathy Labriola, *The Jealousy Workbook: Exercises and insights for managing open relationships* [2013]**

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Remedy to hedge against possible divorce. Some unexpected advice when all hope is lost. You don't need your partner to do anything; often you can turn things around just through changes on your end. And don't be fooled by the cover. It looks like the kind of cheap sensational crap you'd see on a rack at a supermarket checkout line, but this author is an experienced therapist and knows her stuff!

**Michele Weiner Davis, *The Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage.* [2001]**

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**Words**

*When you receive whoever comes into the space of Now as a noble guest,  
when you allow each person to be as they are, they begin to change.*

– Eckhart Tolle.

*The curious paradox is that when I accept myself just as I am, then I can change.*

– Carl Rogers

*There is nothing in this world more difficult than another person.*

– Buddhist monk

*Our lives begin to end the day we become silent about things that matter.*

– Martin Luther King

*Don't take anything personally.*

– Don Miguel Ruiz, *The Four Agreements*

*We don't have a say about how other people speak. All we have a say about is how we hear them.*

– Principle taught to kindergartners

*It's all in the mind, you know.*

– George Harrison

*What can I give you to help you give me what I want?*

– Terry Real

*Stop trying to make your partner listen, accept, and validate you. Listen to yourself.*

– David Schnarch

*Sometimes the best thing you can do is "don't speak."*

– Julia B. Colwell

*You can't stop the waves, but you can learn to surf.*

– Swami Satchidananda

*Keep trying.*

– My Teachers