



## 10-4

By M a Karen M Stokes

Xulon Press, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What does it take to build a happy marriage that lasts in a world where divorce, affairs and self-righteousness are prevalent? There are solutions to establish a marriage strong in love, support and respect, as Christian author Karen Stokes reveals in her new book. In 10-4: The Key to a Happy Marriage, Karen presents her advice as ten personal relationship survival skills and four basic principles of commitment, trust, honesty and communication as useful keys to an effective marriage. She focuses on important components within marriage, such as setting goals, listening and conflict resolution, that when used can change a relationship back into lasting love. With mature and supportive spouses will also come caring parents that will teach their children how to become respectful spouses as adults. The union between couples can be saved and restored in today's marriages through a basic matrimonial foundation developed on principles, effort and love. Karen and her husband, Chris, have been married for 25 years with a blended family of 7 children and 9 grandchildren (so far). Chris and Karen meet while working at law enforcement. Karen went on to retail corporate security for 13 years before returning to school to get her Masters Degree. Karen has her A.S. in Law Enforcement, B.S. in Organizational Leadership and M.A. in Clinical Psychology with an Emphasis in Marriage Family Therapy. The couple have been conducting marriage groups, as well as relationship/marriage coaching for individuals and couples for over 15 years. They have the remarkable combination of education and unique life experience. They live what they teach and have an amazing style of life coaching.



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