



# Do Yourself a Favor: Love Your Wife!: A Guide to Marital Intimacy

*James A. Schaller M.D.*

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## **Do Yourself a Favor: Love Your Wife!: A Guide to Marital Intimacy** James A. Schaller M.D.

Do Yourself a Favor: Love Your Wife! A Guide to Marital Intimacy, James A Schaller, M.D. “If you want to make a great marriage, it’s your choice!” In the dance of marriage, two people can achieve happiness together when they are both happy as individuals. An enduring and intimate relationship is possible when a man and a woman retain their separate and distinct identities, and relate to each other as equals and with total honesty. This is some of the insight that, early in his career as a gynecologist, Dr. Jim Schaller gained when he realized that most wives were unhappy, or at least disappointed in their marriage—while most husbands needed to get in touch with buried feelings, especially in running the gauntlet from boyhood to manhood. He saw that male control remains the primary reason for women’s frustration, depression and anger, and that equality and honesty— based on loving kindness, warmth, attention, thoughtfulness, tenderness, and caring—leads to respect, trust, and true companionship . . . that is, what couples desire most in their relationship. While intimacy may be the crowning jewel, day-to-day relationships are hard work—becoming more aware of ourselves and learning to listen and talk about feelings. Dr. Schaller’s message to husbands (and wives) is straightforward: “Love, honor, and appreciate yourself, as this is the ‘key’ to becoming a more honest, open, and responsible partner. So be prepared to work on yourself!” “It is hard to think of a more popular, profound, engrossing book to help husbands and wives grow ever closer in an intimacy rooted in equality, freedom, and honesty... Though easily read, this is no simplistic primer, but invites profound reflection and prayer on its practical wisdom....” —Rev. George A. Aschenbrenner, S.J., noted author on Ignatian Spirituality “a well-presented practical guide for the husband of the 21st century...” —Rev. Monsignor Arthur E. Rodgers, Pastor of the Basilica-Cathedral of Saints Peter and Paul, Philadelphia “Our greatest gift to our spouses—after the gift of our complete acceptance of them as they are—is sharing our own truth, our own happiness.”

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