



Cultivating Love and Renewal in your Life and in your Marriage (Volume 1)

Dr. Ken McGill

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Cultivating Love Renewal is the first of five books in the Cultivating Love series, where the theme is to help couples recover and rebuild their relationship after discovering unfaithfulness. Cultivating Love Renewal is for couples who have decided they wish to rebuild their relationship, and this workbook provides the couple with practical, effective and clinical "tools" to assist them in their process of defining and growing healthy, safe and edifying behaviors that will produce love, and strengthen and protect their marriage. In addition to the discipline of Theology, Cultivating Love Renewal also integrates "treatment" materials from the disciplines of psychology, addiction, as well as 12 Step recovery principles, so that as you work through the "Process Point" exercises, you'll be able to holistically identify necessary and salient "ingredients" that speak to your life and could be a part of your overall growth and marital strengthening process. So why is this workbook called Cultivating Love? Because I continue to be amazed regarding how God helps us to grasp and understand supernatural concepts as we study the natural environment that we live in. One such concept is the word and process called Phytoremediation, a crucial term in the process of cultivating love. Phytoremediation is an environmentally sound technology (EST), in which plants are used to remove, detoxify, or immobilize environmental contaminants that are in the soil and in the water. Plants belonging to the Cruciferae family work the best, and these particular plants are named and are a part of this family because they have a corolla of four petals, arranged like a cross. Theologically, I am reminded of what is written in the New Testament Book of James 1:21 – "Humbly accept the word planted in you, which can save you." What I interpret from this is, if we "plant" or integrate the words, some which come from the theological, psychological, addiction and 12 Step domains, into our minds (I remind the reader we came from and will return to the soil – Genesis 3:19), then we give ourselves the opportunity to remediate or heal the mind, soul and spirit of ourselves, and if the right "seeds" are planted within us, we give ourselves the opportunity to grow healthy values and different outcomes in the "micro-seasons" of our lives. If you wish to grow love in your life, then you are encouraged to focus on planting "seeds" or characteristics that will one day mature into the behavior that is called Love. Even though there is great profundity with God, the process of cultivating love is as simple as this. Cultivating Love Renewal and all of the books in the Cultivating Love series are great resources for individuals, couples, people who are challenged with addictive behaviors as well as for Counselors, Pastors, Pastoral Counselors, Clinical Interns and Clinicians. Other books in the Cultivating Love series are: 1. Enhancing Communication: Effective communication tools to facilitate dialogue, empowerment and conflict resolution. This is a staple in my counseling practice. 2. Finishing Strong: 26.2 exercises to address compulsive sexual behavior, for individual use or to be used in groups. 3. When Secrets Surface: An in depth exploration of how to deal with the discovery of unfaithfulness, with insight and practical exercises to help you make safe, informed and healthy choices regarding what direction you wish to take with your relationship. 4. Growing Character: Identifying, exploring and cultivating values that help you to determine how you wish to live your life. Thank you for your consideration of the Cultivating Love book series, and Cultivating Love Renewal. Dr. Ken McGill, LMFT Certified Sex Addiction Therapist

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