



Relationship Resources

Below are a number of resources for navigating relationships. If you find a resource that you think should be listed, or removed, please let us know by email: hello@duluthperinatal.org.

Websites:

[Attachment Style Quiz](#) - By Dr. Diane Poole Heller to help you learn what your attachment style is in relationships.

[Another Attachment Quiz](#) - An version expanded to intimate and close relationships (like with family).

[Prepare/Enrich](#) - An assessment and structured source that assesses your relationship, helps increase awareness, reduces the risk of divorce, encourages discussion, and enhances relationship skills.

[Couples on the Brink - Discernment Counseling](#) - Helps couples considering the future of their relationship, including potentially ending the relationship, while offering opportunities to gain clarity, understanding their options, and assist with decision making about the future of their relationship.

[Hold Me Tight](#) - Online, structured program created by Dr. Sue Johnson who created Emotionally-Focused Therapy.

[Domestic Abuse Intervention Program \(DAIP\)](#) - Offers information, training, and groups about intimate partner violence.

[Fair Play](#) - Teaches about marital/relational equity and offers a practical solution for improving equity at home.

[Men As Peacemakers](#) - Teaches innovative strategies that promote equality, repair harm, and prevent violence against women and children.

Podcasts:

[Make Marriage Work](#)

[Sex with Emily](#)

[Marriage Therapy Radio](#)

Please note that the listed resources are intended for educational purposes only, and are not a substitute for the advice or guidance of a licensed healthcare professional. Resources shared are not done so under obligation, financial or otherwise. The presence of any particular item on this list does not represent an official endorsement or opinion of Duluth Perinatal, PLLC.



Podcasts (cont'd):

[Where Should We Begin? with Esther Perel](#)

[Unlocking Us](#)

[Foreplay Radio](#)

Books:

[The Parental Leave Playbook: 10 Touchpoints to Transition Smoothly, Strengthen Your Family, and Continue Building your Career](#), Amy Beacom, Sue Campbell

[Baby Bomb](#), Kara Hoppe MA MFT, Stan Tatkin PsyD MFT, Terry Real

[Happy with Baby](#), Catherine O'Brien

[After the Affair](#), Janis Abrahms Spring

[Take Back Your Marriage](#), William Doherty

[The Good Divorce](#), Contance Ahrons

[Come As You Are; Come Together](#), Emily Nagotki

[Set Boundaries, Find Peace: Drama Free](#), Nedra Tawwab

[Fight Right: The Seven Principles for Making Marriage Work; And Baby Makes Three](#), John & Julie Gottman

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