

**FOR IMMEDIATE RELEASE:**

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# WHAT I WISH MY MOTHER HAD TOLD ME ABOUT MARRIAGE

*Transform Your Marriage from Surviving to Thriving*



WHAT I WISH  
MY MOTHER  
HAD TOLD ME  
ABOUT MARRIAGE

UNLOCKING 10 SECRETS  
to a Thriving Marriage

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**West Palm Beach, FL** – When we were young, we all dreamed of a “happily ever after.” Dashing princes, beautiful damsels, grand adventures, true love conquers all—the stuff every great fairy tale is made of. But what happens when we grow up and reality doesn’t meet our expectations? When we learn that people—including ourselves—have flaws, that things aren’t always what they seem, and that actually getting to a “happily ever after” isn’t so easy?

In their book, ***What I Wish My Mother Had Told Me About Marriage*** (Authentic Publishers, October 2014), authors Greg and Julie Gorman reveal practical and spiritual truths about marriage and how you can start your marriage off on the right track, kick-start a stalled marriage, or re-energize a good one. In their book, Greg and Julie provide irreplaceable

insights and unparalleled certainties to awaken greater connection and friendship in marriage.

“Greg and Julie Gorman have written an honest, candid and authentic book that is a must read for every marriage.” –**Les Parrott, Ph.D.** Author of *Saving Your Marriage Before It Starts*

Greg and Julie are no strangers to the challenges of marriage. With refreshing honesty and transparency, Greg and Julie share their own struggles and experiences, along with practical applications and biblical insights that will inspire you to join hands with your spouse and start the journey to restoration.

Following in the footsteps of Julie’s previous book ***What I Wish My Mother Had Told Me About Men***, Greg and Julie’s new book ***What I Wish My Mother Had Told Me About Marriage*** equips you with the tools to renew and refresh your love. As you read, you’ll uncover ten surprising secrets to unlock greater intimacy in marriage.

***What I Wish My Mother Had Told Me About Marriage*** contains powerful testimonies and sections into the following step-by-step segments: *A Moment for Preparation, A Powerful Truth, Questions to Ask, Verses to Consider, A Letter from the Father, and A Closing Prayer.*

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If you're asking yourself, "Can my marriage *really* be healed?" The answer is Yes! "Not only can it be restored," Julie says, "it can be transformed into a beautiful marriage filled with love and respect."

It's time to unmask the common deceptions and false expectations that destroy relationships, and exchange them with life-giving truths for greater intimacy. ***What I Wish My Mother Had Told Me About Marriage*** is for any couple, whether you're about to say your wedding vows or have just celebrated your golden anniversary. "Remember," Greg and Julie tell us, "as long as you have breath, it is never too late for God to restore."

## About the Authors:

Greg and Julie Gorman are the founders of FYI (For Your Inspiration), a faith-based organization committed to providing life-transforming content and coaching. They write, produce, and host weekly broadcasts, and are certified by Dr. John C. Maxwell as executive coaches and trainers. As accomplished speakers, Greg and Julie speak together and independently all around the world and have enjoyed the stage with such well-known motivational speakers as Les Brown and many others. Together they coach and inspire individuals, organizations, and couples to maximize their potential and embrace life to the fullest. Their marriage is an example of strength, integrity, and a model for making marriage thrive. Greg and Julie, along with their three children, make their home in southern Florida.



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## Endorsements:

Forward written by **Greg Smalley**, Executive Director of Marriage and Family Formation at Focus on the Family, and bestselling author of *The DNA of Relationships*.

“Greg and Julie Gorman have a special way of getting to the heart of the matter in a language we all understand. Their insights force us re-think our notions of marriage and challenge us to raise up God’s standard in all of our relationships.” –**James Randall Robison**, LIFE Today TV

“Julie and Greg have written an honest, powerful, and biblical book on marriage. If your marriage is in trouble, don’t do anything drastic until you’ve taken the time to read *What I Wish My Mother Had Told Me About Marriage*. Even the strongest marriages will benefit from the words on these pages. With conviction and humility, Julie and Greg dare to go after the issues that all too often destroy what could otherwise be a thriving, beautiful marriage.” –**Susie Larson**, National Radio Host, Speaker, Author of *Your Beautiful Purpose*

“Greg and Julie’s book is full of profound wisdom packaged in a wonderfully easy-to-read way; picture friends who have been through a lot sitting down with you over coffee, and transparently sharing some vital things that will make a difference in your marriage. And they *will* make a difference because their content is fantastic. Their focus on surrendering to God, dwelling in prayer, and communicating with your spouse – and *how* to do those things – will be so encouraging for those looking to improve their marriage or start off on the right foot. Most important: they keep what is Most Important front and center. In all my research, I have seen that the power of faith in marriage isn’t just “helpful” but *essential* to creating the truly long-lasting, selfless, and happy marriage we are all longing for. Bravo to Greg and Julie for this wonderful book.” –**Shaunti Feldhahn**, social researcher and best-selling author of *For Women Only* and *The Surprising Secrets of Highly Happy Marriages*.

“Greg and Julie deliver timeless truths and incredible insights to unleash greater intimacy in marriage.” –**Shannon Ethridge**, M.A., Life/Relationship Coach and Author of numerous books including the million-copy best-selling Every Woman’s Battle series

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“Greg and Julie Gorman's book "What I wish my Mother had told me about Marriage" holds a special place in my heart. As an author and business coach, I've written and spoken on the issue of allowing pain to shape and change us through forgiveness. Greg and Julie champion the truth that choosing to forgive the unforgivable, love the unlovely and believe in those unworthy of such trust and belief allows beauty to come quickly from ashes. It's the beauty of belief and forgiveness. Reading their book is like standing in a gray courtyard as slight rays of sunshine slowly pierce through a thick cloud cover, eventually splitting the sky with a light so fulfilling and so warm, quickly changing things. I commend them for such clear thinking on such a cloudy subject within the community of faith.”—**Dennis Mansfield**, Author of Beautiful Nate Finding Malone

“*What I Wish My Mother Told Me about Marriage* lovingly brings the truth to light about both the challenges and blessings of marriage. In their unique inspirational style, Greg and Julie Gorman help us realize the joy of this sacred union, and show us how to glorify God through our relationship with our spouse.” —**Karol Ladd**, Author of *The Power of a Positive Wife*.

"Julie and Greg have opened the window to their home and their hearts, so others might benefit from the lesson God has taught each of them about marriage that only a marriage fully surrendered to God, and lived out by the power of the Holy Spirit, can flourish in this fallen world. The transparency and vulnerability this couple is willing to expose gives evidence to the healing and restoration God has done in their own marriage, and to the hope that is possible for yours. For those already blessed with Christ-centered marriages, this book provides the 'icing on the cake' for fueling the passion God desires for your relationship" —**Carmen Pate**, Principal with Alliance Ministries

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## Chapter Highlights—10 Secrets to a Thriving Marriage

### *1. Surrender to God, completely.*

Surrender isn't reliant on our ability or reasoning. Surrender isn't contingent on our spouse's merit. Surrender isn't something we do when it's opportune or convenient. Surrender is a lifestyle and constant choice, an intentional decision to put our hope, confidence, and faith in God alone. (pg. 19)

### *2. Forgive as God forgave you.*

Our ability to forgive derives only from an ongoing, intimate relationship with Jesus Christ. Don't miss this vital point. Our flesh resists forgiveness. Self-will is not enough. If left to our own efforts, we will fail miserably. We have to know who God says we are. We have to know His purpose and direction for our life. We have to love Him more than we love our comfort or convenience. (pg. 38)

### *3. Don't shift the blame; take responsibility for your own actions.*

Taking responsibility for our own actions pleases God and invites His restoration into our relationships. He liberates, heals, and delivers the repentant heart. Reprogramming our actions won't be easy, but God is bigger than our habits, and by His grace we can embrace the kind of marriage He intended for us. (pg. 64)

### *4. Resist the Devil's lies.*

A Christian marriage takes as much commitment, energy, and determination as our own spiritual journey with Christ, maybe even more. But when we embrace the challenges posed throughout our marriage and serve our spouse as Christ served the church, we reap rewards well worth the sacrifice. (pg. 79)

### *5. Understand the origin of one another's expectations and work to cultivate realistic expectations, together.*

We typically look at our family and decide either we want to be just like them or vow we'll never do things the way they did. These expectations, spoken or unspoken, become part of us. (pg. 95)

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*6. Control your tongue by allowing God to tame your heart.*

When we truly love God and allow Him to meet our needs, He refines our thinking and changes our character to be like His. We love more perfectly, and our speech reflects it. (pg. 116)

*7. Live intentionally to stay connected.*

Taking time to connect renews your love for your spouse and helps you rediscover the reasons you married. Connecting intentionally restores friendship and allows time to communicate on a deeper level. (pg. 133)

*8. God wants you to say “Yes!” to your spouse—to love them, body, mind and soul.*

Our sexual intimacy reveals the overall health in our relationships. If the other areas of our marriage are healthy, then our sex life will be too, and if the other areas of our relationship are not healthy then our sexual expression won't be either. (pg. 151)

*9. Fight for, not with, your spouse.*

Instead of fighting against one another and wasting your energy on who's to blame, why not ask, “How does my spouse need me to defend them today? How can I encourage them to press on? How can I, alongside them, fight for their needs, and intercede for God's desires for their life?” (pg. 161)

*10. You get what you expect—so believe for the best.*

Why would any of us ever do anything to discourage one another from doing, having, or becoming what God desires for us? Shouldn't we learn what one another's dreams are and boost each other to reach even higher? Why would we spend any amount of energy convincing one another to be “realistic”? (pg. 178)

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## Suggested Interview Questions

1. Julie, in *What I Wish My Mother Had Told Me About Marriage: Unlocking 10 Secrets to a Thriving Marriage*, you begin with an interesting concept—Surrender; why start there and what does that look like in marriage?
2. Greg, you bring out an interesting concept concerning surrender and make a note that Julie surrendered herself to God, not to you; why did you include that distinction?
3. Each chapter of your book contains several different and unique segments—share some of the sections with us and why you included them.
4. C.S. Lewis writes, “To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.” How does a married couple truly extend forgiveness, especially when they still feel hurt?
5. In chapter three, *Don’t Shift the Blame*, in the *Moment for Preparation* section, you write “Transformation grows with our decision to believe the best about another, remembering their best qualities and overlooking their offense.” Did believing the best about one another always come easy to you or did you have to work at it?
6. In your book, you suggest some of the enemy’s most common lies whispered in marriage; what are they?
7. I love the line in your book “just because two Christians marry does not mean they’ll automatically enjoy a Christian marriage.” How do we truly cultivate a Christian marriage?
8. You make the statement that “confrontations typically result from unmet expectations.” What caused you to write this?
9. In your book you talk about the importance of “taming your tongue” will you share with our listeners the inside secret of how to do that? Are there some practical checkpoints that will help?

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10. Greg, you share a key learning in the book about “keeping score” and a time Julie went shopping while you waited in the car with the kids; what happened and how did God challenge you?
11. You guys are peppered all across the internet...what’s up with the Daily Marriage Challenge? How can listeners connect with you there?
12. Life can get pretty busy, how can a couple truly stay connected?
13. Julie, you share about your childhood abuse and how it affected your ability for sexual intimacy. How did God restore you? What did He teach you about sexual intimacy in marriage?
14. Money and sex can be highly volatile areas of contention in marriage; what are some practical ways we can foster intimacy with our spouse in marriage?
15. One of my favorite truths that you suggest to unlock greater intimacy in marriage is Secret #9—“Fight for, not with, your spouse.” How have you implemented this truth in your marriage?
16. You end the book with a DARE. What’s the dare and why end there?
17. What are some practical ways we can encourage one another to dream together?
18. What are some of the services you provide for marriage and how can our listeners contact you?