

“Creating a Healthy Life and Marriage- A Holistic Approach: Body, Mind, Emotions, and Spirit” is written by Judith Anne Desjardins, LCSW, BCD, MSWAC (for those unfamiliar with the credential abbreviations they stand for Licensed Clinical Social Worker, Board Certified Diplomat in Clinical Social Work, and a Master Social Work Addictions Counselor). Desjardins is an educator and has maintained a holistic private psychotherapy practice for 33 years.

Her goal in penning the book “... is that you will make the commitment to learn everything you can to make your marriage healthy, successful, and the fulfillment of your dreams. Like the transmission of AIDs, an unhealthy marriage is preventable. Even if you are currently in an unhealthy marriage, you can still do the work on yourself. It may change the course of your marriage. When you are healthier, the marriage may become healthier. At any rate you will be about to evaluate your marriage from a healthy perspective and decide what is best for you.” (p. 16)

Desjardins provides guidance in such areas as how to prepare yourself to be a good mate, inner child work, and working together to achieve a healthy relationship and marriage. The book is very hands-on as there are questionnaires and evaluations throughout many of the sections which allow the reader to reflect on his/her personal situation. I found that Desjardins provides sound advice and presents the information in an easy-to-understand, well-organized format. I recommend “Creating a Healthy Life and Marriage- A Holistic Approach: Body, Mind, Emotions, and Spirit” to anyone who is interested in leading a healthier life.

Reviewed by Kam Aures for RebeccasReads.com (12/10)