

Creating a Healthy Life and Marriage: A Holistic Approach: Body, Mind, Emotions and Spirit

Judith Anne Desjardins

Spirit House Publishing (2010)

ISBN 9780984387502

Reviewed by Carol Hoyer, PhD, for Reader Views (09/10)

Author Judith Anne Desjardins has provided an excellent resource and guide for anyone who wants to maintain a healthy life. With excellent wisdom and examples beginning with one's family of origin she discusses how our psychological needs are met or not met and long-term consequences that might occur. In Chapter 2, the author discusses five emotional/psychological needs that all children need in order to survive. If these needs as well as physical ones are met, then the child will feel safe, cared for and loved. However, many times all these needs are not met due to unwanted pregnancies, financial stress or relationship discord. These issues cause the child to feel unloved, sad, confused and vying for attention. In this same chapter, the author asked readers to really look at their childhood and assess whether all these needs were met or just some of them.

In Chapter 3 she discusses childhood coping mechanisms which we all develop. This chapter also includes a twelve-page analysis of one's childhood and adolescence. Readers will be able to take a very detailed assessment from the lifestyle and culture of their family to describing their relationship with their mother or father. From Erick Erickson's work she has provided stages that a child must go through and master to properly develop. One of the additional major thoughts she presents is coping mechanisms that are developed to deal with missed stages. These range from denial to addictions and psychological disorders.

Chapter 7, another excellent chapter, talks about our inner child and the impact on unmet needs. Readers are able, from the previous chapters, place a diagram of unmet emotional and psychological needs and developmental skills not mastered. As well, they can note coping mechanisms they used.

As one moves through life, they learn to either overcome these unmet needs or remain unhealthy. This means that one has to take a serious look at their inner being to include their spiritual needs. In Chapter 13 readers are able to look at and assess significant past relationships. Many times as we move through relationships, we don't ask questions of the other person. We assume that we don't need that information until it is too late. Then we wonder why we always have unsatisfied relationships or experiences with others.

In the remaining part of her book, the author asks readers to develop a wish list of qualities they would like to have in relationships. It is important to note that we may not find a partner that has

everything we want, but it is important not to settle on those things which mean the most to us. She also notes that after a while, many of the things we found attractive about our partner now repel us. These things cause us distress, negativism and fighting.

Having read through “Creating a Healthy Life and Marriage” once, this reviewer went back and completed the questionnaires, as well as re-reading specific areas of the book. This book was also used in a Psychology seminar for college students. If one feels something is missing in their life and they can’t put their finger on it, this is the book to read.

Ms. Desjardins offers readers an excellent book, September 1, 2010

By [Readers Favorite "Readers Favorite"](#) (Hawesville, KY USA) -

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This review is from: Creating a Healthy Life and Marriage: A Holistic Approach: Body, Mind, Emotions and Spirit (Hardcover)

Judith Desjardins begins her book by sharing a dream or perhaps a nightmare. She was in her 50s and felt her life was stagnant. After an honest talk with herself, she began to reform. The use of personal experiences makes this a must read self help book. She shares her doubts before her marriage. She ignored them and the marriage ended in divorce.

The first section of the book is titled: Preparing Yourself To Be The Best Possible Mate. There is a great need to understand yourself and where you come from before considering marriage. The second section discusses the developmental process. The third section was one of my favorites: Selecting The Best Mate. In this section, the author asks readers to look at their reasons for wanting love and marriage and to make a wish list. She also encourages readers to look at past relationships.

I have mixed feelings about parts of this book. I know that marriage is one of the most important steps a person can take. When examining my own marriage, I see things a bit differently. I was 18, he was 19...I suppose you would say, mere babies. We knew we loved each other. That was what counted. Were we immature? Yes, we were young. Looking back over the years, I've never regretted a day of our lives together. Soon we will be married 37 years. I did not analyze who I was, where I came from, etc. I just knew I loved him and wanted to spend my life with him. I suppose he felt the same. He still treats me like a princess and I love him more every day. I know this is not the norm. I've see marriages fall apart. So I do recognize the need to know each other well. The world has changed a lot in the last 37 years. I knew divorce would not be an option. However, today marriage is disposable.

All in all, Ms. Desjardins offers readers an excellent book. It is well organized, the topics are pertinent. I would recommend this book to be read before engagement.

Find love ... from self to beyond, September 2, 2010

By [Sacramento Book Review "Sacramento Book Review"](#) 

(Sacramento, CA) - [See all my reviews](#)

This review is from: Creating a Healthy Life and Marriage: A Holistic Approach: Body, Mind, Emotions and Spirit (Hardcover)

//Creating A Healthy Life and Marriage// by Judith Anne Desjardins is a holistic, thought-provoking venture which delves into the caverns of childhood experiences and traumas, relationships and how the past plays into the present. While it is weighty in subject matter and pages (385), it stands as an intellectual therapy session with personal stories from the author herself. Desjardins attempts to define the relationship between childhood and adulthood; how a healthy balance of understanding where we came from and the experiences we often enjoyed, and sometimes just barely survived, clearly identify the people we become.

I thought this would be a book on cultivating a healthy marriage, and it is, but it time warps readers back to their formative years and why they think and feel the way they do about relationships, intimacy and sex today. She has put thought, feeling and years of research into this manual and the writing is concise. It is best read as a whole and not necessarily a "thumb-through" until read through once, as it can be a bit overwhelming with personal stories and therapy lingo. If you're looking for more, both out of yourself and your relationships, start here.

Reviewed by Sky Sanchez

A top pick and solidly recommended read, September 11, 2010

By [Midwest Book Review](#)  (Oregon, WI USA) - [See all my reviews](#)

This review is from: Creating a Healthy Life and Marriage: A Holistic Approach: Body, Mind, Emotions and Spirit (Hardcover)

A good marriage and a happy life are goals often sought but hard to realize. "Creating A Healthy Life and Marriage: A Holistic Approach: Body Mind, Emotions, and Spirit" is a spiritual and uplifting guide from Judith Anne Desjardins as she gives a spiritual approach to a better life, urging readers to look inside themselves and their partner in searching for that that peace of mind and life. With plenty of tips and tools to get to that happiness of life, "Creating a Healthy Life and Marriage" is a top pick and solidly recommended read.

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Creating a Healthy Life and Marriage

September 01, 2010

Shirley Roe

"In order to fully experience love, you must first find it within yourself."

This powerful, yet compassionate book was born as the result of a dream, and it's relationship to the author, Judith Anne Desjardins. She has bared her personal journey of healing and finding her true identity, connecting the reader with this subject. Combined with her professional wisdom, she has produced a comprehensive book for the reader based on the Holistic approach to create a healthy life, belief in self-empowerment, responsibility and personal transformation.

Most of us have heard the phrase "the past can ruin your future" or the term 'Inner Child.' These terms and their significance are thoroughly explained. J.D. believes children have five emotional/psychological needs, developing their own coping mechanisms as a child. Whether one or all of the needs were met, or not met, defines how the child will react in their adult life, even in the capacity to give or receive love. Thousands of people reach a traumatic point in life, when they realize they are not making healthy or fulfilling choices. Many spend years repeating the pattern of failed relationships, leading to self doubt, poor self esteem, even developing physical ailments.

She teaches the value of our conscious and unconscious. That forgiveness has to be learned, it does not erase the event or wound, but can set you free. If you do not resolve your personal issues, they become like a toxin having the capacity to destroy your life. Included are chapters on dating and developing relationship skills. It is imperative to have a solid relationship with your own self, in order to maintain a healthy relationship with others.

Judith Desjardins has maintained a 33- year holistic psychology practice. Having been raised in a military family, she learned appreciation for multiple cultures and religions. She has been an educator in the U.S. as well as Canada, but emphasizes her greatest achievement to be her marriage, children, their spouses and grandchildren.

It has taken her 15 years to prepare this straightforward, life altering, self-help guide. Take the time to participate in the provided exercises and analysis. Review now finished, I intend to take my time with it. I have renewed energy in my own search and understanding of what I need to do, not to mention Hope! It is my pleasure to give the Highest of Recommendations! Reviewer: Cheryl Heinrichs, Allbooks Review

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