



# Stepcoupling

*Creating and Sustaining  
a Strong Marriage  
in Today's Blended Family*

SUSAN WISDOM, LPC, and JENNIFER GREEN

## **Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family**

*Susan Wisdom , Jennifer Green*

[Download now](#)

[Read Online](#) 

# Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family

*Susan Wisdom , Jennifer Green*

**Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family** Susan Wisdom , Jennifer Green

Love may be sweeter the second time around, but once the bliss of a newfound relationship wears off a little, the reality of being part of a stepfamily sets in. If you are one of the millions of remarried Americans facing the challenge of blending two existing families into one cohesive whole, you are part of a stepcouple—and you know all too well how hard it can be to make your marriage work in sometimes tough terrain.

Different parenting styles, finances, relationships with ex-spouses, legal matters, and even seemingly simple issues such as the kinds of chores assigned to children can chisel away at your union if you don't always make your marriage a priority.

Stepcoupling offers advice for stepcouples on how to do just that—all the while strengthening their blended family with a healthy marriage. Susan Wisdom and Jennifer Green provide tips and strategies on dealing with the issues remarried couples face, with a wealth of advice from real-life stepcouples, such as:

- \* Learning to tailor your expectations of your spouse or children and remembering that no family is perfect
- \* Knowing where your boundaries are, whether involving a hostile ex-spouse or a stepchild who demands too much attention
- \* Realizing that traits like flexibility, tolerance, forgiveness, and openness are especially essential in a stepfamily situation
- \* Making “us” time for talking, problem-solving, weekends away, and enjoying your marriage to constantly renew and strengthen your bond as a couple

Let this invaluable remarriage manual help you make your stepcouple the foundation of a strong, happy, and successful stepfamily.

## **Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family Details**

Date : Published February 26th 2002 by Harmony (first published 2002)

ISBN : 9780609807415

Author : Susan Wisdom , Jennifer Green

Format : Paperback 272 pages

Genre : Nonfiction, Parenting, Self Help, Relationships

 [Download Stepcoupling: Creating and Sustaining a Strong Marriage ...pdf](#)

 [Read Online Stepcoupling: Creating and Sustaining a Strong Marria ...pdf](#)

**Read and Download Ebook Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family...**

---

**Download and Read Free Online Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family Susan Wisdom , Jennifer Green**

---

## **From Reader Review Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family for online ebook**

### **Erin says**

I found this book to be very reassuring. It made me realize my experiences were not all that unique, and it's helping me be more patient with myself and my new family members. I do wish it had been more specific on how I should be handling my particular situation, but aside from including a live therapist with each copy of the book, I don't know how the authors could do that. Well, they could focus less on couples where both have kids and more on couples where only one does. That would help me. :)

---

### **Jess Dollar says**

I thought this was a great little book on how to deal with the challenges of blended families. It's a quick read and I found it really hit the nail on the head many times!

---

### **Elaine says**

Wow. So many good bits of advice in this book whether or not you're dealing with a step family situation. I'd actually like to have my sister read it for some of the stuff going on in her relationship! I might actually want to buy this book.

---

### **Chelsea says**

This wasn't bad, but not quite what I was expecting. It's really written for couples who have both divorced and have children. As a woman who has not ever been married, and who does not and will not have children, there were entire sections I could skip.

The main thing I got from this was that stepcoupling is incredibly difficult (duh) and that it's even harder when you've both got kids from previous marriages (phew, glad that's not me).

There are some helpful thoughts, but there's nothing earth shattering in here that wouldn't have already occurred to you if you had a healthy relationship to begin with.

---

### **Julie says**

As a stepmom in a blended family, I found this book helpful in many ways. The authors offer what seems to me to be sound advice, and the many examples they quote from actual stepcouples helped put my experience in perspective. They also cover a wide range of subject material, and so almost every possible issue gets addressed in one way or another.

But in spite of these positive qualities, this book has such serious faults that I cannot recommend it. It's primary flaws are three:

a) It equates first families with biological families. Throughout the book, the authors use the term "biological parents" or "biological bonds" to describe the relationships between an original family unit, pre-divorce. It seems never to have occurred to them that there are such things as adoptions in this world. Or that, for example, in a family composed of a lesbian couple with a child, only one mother is biologically related to the child, though both are the child's original parents.

What makes this mistake so damning is that they repeatedly assert that biological bonds are stronger than non-biological bonds between parents and children. Repeatedly, they say this. As if it were a well-known truth. This is NOT what the science says, nor will it seem particularly relevant to the millions of adoptive parents out there (or to the millions of children who have little to no relationship with one or more biological parents). What intelligent, well-trained therapist would repeatedly assume that all original families are biological? These authors are somehow cut off from the professional field they claim to represent.

b) Organization. ORGANIZATION! Oh my god, the horrible organization.

This flaw has numerous sub-flaws that contribute to making it into a Mega Flaw. Here are the two biggest:

-- The book has lumped an astonishing array of anecdotes and discussions into a few chapters with broad themes. These broad themes tell you very little about the specific topics that will be discussed in the chapter, so if you're really interested in only some of the topics covered by the book, you will have no idea how to navigate directly to those parts. For example, who would guess that there would be discussions of allowances, family finances, decision-making authority, chores, household cleanliness, and hating your step-child's friends -- all in a chapter entitled "Blending Your Sometimes Opposing Styles." Not helpful.

-- The book uses the following bizarre way of breaking up the sub-sections of a long chapter. Here it goes: They usually begin a chapter with a 1-2 paragraph intro to the topic at hand. And then they introduce each new topic with a short anecdote, usually in italics, but sometimes in bold. Sometimes there will be a series of italicized anecdotes that connect to one another. But sometimes a new anecdote opens a completely new topic. And sometimes the anecdotes are in bold -- which, I think, means that the authors are trying to cue up a quite different theme than what came before, but to be honest, I never really figured out what it meant. Let me be clear: in the many, many subsections of a chapter, there are no section titles, no section breaks indicated by white space or lines or bold-print subtitles. Nothing but these short paragraphs that are set in bold or italics. It's impossible to know what's coming next or even the key theme of the section you are in.

3. Research methodology? The authors do not cite any of the published studies on step-families. Which is strange enough. Their advice seems to be coming from their own views, and they do not seem informed about any of the literature on the subject. But they don't even explain the basis for their own research. Who are these people whose anecdotes they shared? Are they clients from the main authors' practice? Has the main author conducted an extensive research study? And what are the authors' credentials for offering such sweeping, self-confident advice on any and all topics related to parenting and step-coupling? They say nothing about any of this.

Altogether, the book, I think, is not trustworthy. It's also unnavigable and crudely ignorant of nontraditional primary families. I guess I'll keep looking.

---

## Crystal says

It's no wonder the couples given as examples have issues. Half of this book is just common sense while the other half is a smack in the head to relationship-challenged people.

---

### **Felicia says**

Has some good information but the entire book is horribly disorganized

---

### **Tom says**

I found this book helpful mostly in showing some of the issues I would face coming into a family as a soon-to-be stepparent. It does a good job of exploring the dynamics between the two adults as well as between the parent and child and between the stepparent and child. Pretty useful as a primer, as long as you keep in mind that your situation is unique and won't exactly replicate any of the cases discussed in the book.

---

### **Gwen says**

So, why didn't I pick up this kind of book 10 years ago? Guess I just wasn't ready ; ) Would have been nice to know that it takes 4 -7 years for a step family to feel like a family and why.

---

### **Kam says**

provides some good information that is very general in scope. would like to see a book that focuses more on individual case studies instead of a collection of quotations scattered throughout the text. also very parent-centric (both partners already have children from previous relationships). was hoping it would have more insight on individuals who did not already have children...

---

### **Kimberley Schumacher says**

Excellent read with excellent perspectives. Even though I wouldn't agree with everything contained herein, the material is thought provoking and provides guidance to critical topics and points. Really helpful for step couples, and nuclear families alike. Today who doesn't know a sister - brother - or friend who is challenged in this way. For a great understanding of families and the challenges we face in our own marriages and those of people close to us, this is a 'goodread.'

---

### **Kristi says**

This book kind of rubbed me the wrong way. It was really badly organized. It jumped all over the place with no logic whatsoever. In addition, the authors interviewed about five "step couples" and use their anecdotes on pretty much every single page. I got really tired of hearing stories from "Julie, age 41, step coupling for

---

four years." The advice isn't bad if you can actually get through the book though. It also seems like it would be validating and thought provoking for couples who are just beginning this journey.

---