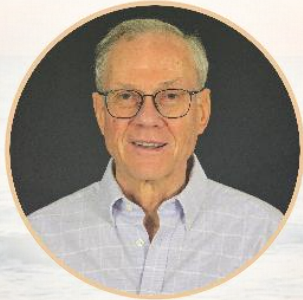


*New Book Reveals*

# Six Transformative Habits

That Build Trust, Deep Connection, and *Lasting Love*



**Roger K. Allen, Ph.D.**

Psychologist • Author • Relationship Educator

Author of *The Six Habits of a Healthy Marriage*



**“Lasting love isn’t luck—it’s built through intentional habits!”**

## **About the Book:**

In *Six Habits of a Healthy Marriage*, Dr. Roger Allen draws on decades of experience in human development to teach couples how to communicate with empathy, resolve conflict, and deepen emotional connection. Grounded in research and real-world practice, the book offers six proven habits to build trust, friendship, and lasting love— principles that work powerfully in marriage as well as all relationships.

## ABOUT ROGER K. ALLEN, PH.D.

Roger K. Allen, PhD, is a psychologist, author, and relationship educator who helps individuals and couples build stronger, healthier, and more meaningful connections. With more than four decades of experience in psychology and human development, Roger specializes in practical tools that strengthen communication, emotional safety, and long-term intimacy.

His work integrates research-based relationship principles with everyday practices couples can actually use—focusing on habits that build friendship, deepen trust, and help partners grow together rather than grow apart. Roger is the author of *Six Habits of a Healthy Marriage*, a practical guide designed to help couples create lasting connection through small, intentional daily choices.

Throughout his career, Roger has taught hundreds of thousands of people through seminars, workshops and online programs with a focus on personal growth, emotional awareness, and relationship resilience. His approach is warm, accessible, and deeply respectful of the real challenges individuals and couples face in modern relationships. Roger has certified over 1500 coaches and consultants from around the world to use many of the methodologies he has developed.

### Short Bio for podcasts, event programs, and websites

Roger K. Allen, PhD, is a psychologist, author, and relationship educator who believes that strong relationships are built through daily choices rooted in awareness, kindness, and intention. For more than three decades, he has helped individuals and couples better understand themselves, communicate more honestly, and create relationships that feel safe, supportive, and emotionally connected.

Roger is the author of *Six Habits of a Healthy Marriage*, a practical and hopeful guide that translates relationship research into simple habits couples can practice every day. His work blends psychology, personal development, and real-life application—helping people grow not only as partners, but as individuals.



#### Conversational Podcast Intro

Today's guest, Roger K. Allen, PhD, has spent more than 40 years helping couples and families thrive. Roger is a psychologist, speaker, and the author of *Six Habits of a Healthy Marriage*, a book filled with practical tools that help partners communicate better, support each other's growth, and build lasting emotional connection. His passion began early in his career when he witnessed how small changes in communication could transform entire relationships. Roger has since helped thousands of couples take love from confusion and conflict to maturity and real partnership. Welcome, Roger!

#### Social-Media Bio

Psychologist, author, and marriage educator. Teaching couples how to build trust, friendship, and mature love. ❤️ Author: *Six Habits of a Healthy Marriage* | [rogerkallen.com](http://rogerkallen.com)

## About The Book



***Six Habits of a Healthy Marriage: How to Build Trust, Connection, and Lasting Love*** offers a comprehensive roadmap for couples who want to build resilient, loving, and enduring relationships. Drawing from decades of research, clinical practice, and personal insight, Roger Allen, Ph.D. outlines a progressive framework that integrates emotional intelligence, communication skills, and personal responsibility into a cohesive model for marital success.

The book begins with a deep exploration of emotional connection, the lifeblood of a thriving marriage. It examines the stages of marital satisfaction, the toxic patterns that erode love, and essential guidelines for fostering genuine closeness and trust.

The heart of the book is built around six habits—each one a pillar of relational health.

- Habit One: Self-Responsibility helps individuals take ownership of their thoughts, emotions, and behavior, cultivating personal maturity through making better choices.
- Habit Two: Honor Your Spouse teaches respect, acceptance, and appreciation of one another's individuality as antidotes to apathy, criticism, and contempt. Habit Three: Unity and Friendship centers on companionship and shared joy through friendship, recreation, service, and sexuality—as the foundations of marital vitality.
- Habit Four: Connection and Communication offers powerful tools for authentic dialogue, vulnerability, and deep listening that foster emotional safety and closeness.
- Habit Five: Healthy Conflict and Repair reframes conflict as a pathway to growth, guiding couples through constructive dialogue, mutual understanding, and problem-solving.
- Habit Six: Shared Vision elevates the marriage beyond daily routines to a shared purpose, helping couples design rituals, structures, that symbolize their collective identity and aspirations.

More than a collection of techniques, *The Six Habits of a Healthy Marriage* is a transformational guide to becoming a full, responsible, and loving partner. The result is a practical and inspiring guide for couples—and the professionals who support them—on how to create a marriage based on mutual respect, trust, and enduring love.



*"After four decades of helping couples on the brink, I can say with confidence that most relationship breakdowns are not due to a lack of love, but a lack of skills. This refreshingly practical book, with its clear guidance and thought-provoking exercises, gives couples the tools they need to navigate challenges and develop habits that sustain lasting change. You'll feel as if Dr. Allen is in your corner, coaching you step by step toward a more fulfilling and resilient relationship."*

Michele Weiner-Davis  
Author of *Divorce-Busting* and *Healing from Infidelity: Sanity Saving, Expert Advice for Ending the Affair's Grip on Your Marriage Now!*



### Quick, Practical Takeaways

- How small moments of “turning toward” rebuild intimacy
- How to listen without defending yourself
- How to stay calm when you feel emotionally triggered
- What to say during conflict that actually avoids disconnection

### Deeper Relationship Psychology

- Why love isn’t enough: most couples have a skills gap, not a love gap
- The five stages of marital satisfaction—and how couples find their way back
- Self-responsibility: the fastest way to change a relationship dynamic
- Acceptance and honor: how to stop fixing your partner and build emotional safety

### High-Interest, Big-Audience Topics

- Why couples become roommates—and how to rebuild friendship and desire
- Why fun matters more than most couples think
- How to talk about sex without pressure, shame, or avoidance
- Shared vision: how couples stop drifting and start building a life together

### Suggested Podcast / Interview Questions

- What inspired you to write *Six Habits of a Healthy Marriage*?
- You say most couples don’t have a love problem—they have a skills problem. What do you mean?
- What are the six habits, and which one tends to create the fastest change?
- What are some examples of what happy and successful couples do differently than unhappy couples?
- What’s one small practice couples can start today to rebuild connection?
- When couples fight, what’s the difference between conflict that damages and conflict that strengthens?
- How do couples move from drifting apart to building a shared vision for the future?

# Praise For Six Habits Of A Healthy Marriage

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**Michele Weiner-Davis**  
Author of *Healing from Infidelity*

Roger Allen offers a thoughtful, grounded framework for couples who want more than romance—they want growth. With clarity and respect, he invites partners to approach relationship as a path of intentional practice and personal development.

**Harville Hendrix, Ph.D., and Helen LaKelly Hunt, Ph.D.,**  
Co-authors of *Getting the Love You Want*

A clear, practical framework that bridges relationship research and clinical wisdom. One of the most accessible and useful books of its kind. I would happily recommend it to any couple looking to strengthen their relationship.

**Nathan D. Leonhardt, Ph.D.**  
Assistant Professor of Family Studies, Brigham Young University

Dr. Allen makes relationship growth feel practical, hopeful, and doable. Couples will recognize themselves in these pages and feel seen rather than judged. The small, realistic shifts he teaches can help partners understand conflict—and feel close again."

**Amber Price, Ph.D.**  
Relationship researcher and educator

As a marriage and family therapist, I see this as a clinically sound, skills-based resource grounded in well-established relationship research. The writing is accessible, the tools are practical, and the interactive exercises help couples turn insight into real change."

**Dusty Hone, MFT,**  
Clinical Director, Sandstone Psychology

"The Six Habits of a Happy Relationship offers a mature and balanced vision of love. Roger weaves integrity, empathy, and agency into a practical framework that honors both personal responsibility and emotional safety. This is not a quick-fix book — it's an invitation to grow. Couples willing to look in the mirror will find wise, grounded guidance for building lasting connection."

**Paul Sigafus,**  
MS, LMFT Director, Colorado Counseling Center

This book is an extremely valuable guide for anyone seeking to strengthen their marriage. Dr. Allen's Six Habits are truly life- and relationship-changing principles and practices. I highly recommend this book.

**Randy Hardman, Ph.D.,**  
Co-founder, Center for Change

Finally a book that brings together multiple theories and perspectives on couples. Any couples counselor will find it useful in practice, and it is a simple, understandable read for couples who want to fine-tune their relationship.

**Laura Gomez-Weakley,**  
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Wow! This book will be a tremendous asset for any relationship—strong or struggling—no matter where you are in the journey. It's engaging, clear, genuine, and full of usable suggestions for building a fulfilling partnership. I dare you to find one to top it.

**Dennis R. Deaton,**  
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This book is awesome! It's full of wisdom and truths that will bless couples who are married or planning to get that way! I am impressed that it doesn't have to be read cover to cover to get powerful, eye-opening insights on how to make a relationship work at the highest level possible."

**Jack M. Zufelt**  
"Mentor to Millions" and Best-selling Author

"Dr. Roger Allen's offers a timely and compassionate guide for readers seeking to restore and strengthen their relationships. Through practical, hope-centered strategies, Dr. Allen provides actionable solutions that resonate with anyone earnestly committed to relationship health."

**Connie Anderson**

Dr. Allen rejects gimmicky quick fixes and instead offers a clear roadmap toward better communication and deeper connection. The examples are vivid, the tools are practical, and the exercises spark real, lasting change.

**Fred Zirkle**  
Author and Chairman of IndustryPro

This book offers a clear framework for building emotional connection and working toward mature love. The models are simple, the examples are engaging, and the Self-Reflection and Challenge sections make it easy to start changing patterns right away.

**Preston Pond,**  
Organizational design and development consultant

We have been fans and students of Roger Allen throughout almost four decades of marriage. Yet again, he presents clear steps for how to repair a struggling relationship—or make a good marriage great. The Feedback Wheel and Conflict Model are skills we've shared with our own children and their spouses.

**Michael and Debbie Rush**

This is one of the most condensed and useful relationship books I have read. It's written with clarity and simplicity, and the self-reflections and challenge exercises are manageable and not overwhelming. It's an all-in-one.

**Brooke S.**

"In my personal friendship with Roger, I have found that the stories and guidance he shares for a happy and fulfilling relationship, are born from real experiences he has lived and witnessed. The principles of this book are not platitudes, they are "springs of hope" as authentic as the lessons and guidance that flows from them. I believe any marriage and/or partner relationship will be transformed by applying the six habits he artfully outlines. I highly recommend this book and consider it a must read for anyone seeking to infuse life into their otherwise mundane existence."

Steven A. Hitz  
Author—Entrepreneur—Philanthropist

*"I often tell students and clients not to build a home without tools—yet many of our relationships, including my own, are built just this way. In Six Habits of a Healthy Relationship, we are given simple, practical tools for where the 'rubber meets the road' in real life. Whether reading individually or with a partner, you'll find valuable habits and guided invitations that help you grow. The Self-Reflection and Challenge sections, in particular, motivated me to keep building the kind of connected relationship I want. As the book says, 'Change happens through practice, not just through reading.' Don't just read this book—practice it, and you will build a relationship that is deeper, stronger, and more connected."*

Trent T. Seegmiller  
Attorney at Law

Having just come out of a failed relationship, Roger's insights helped me see the role I played in our challenges—and what I can do differently in the future. This book also gave me something few do during hard times: hope.

Justin Riggs

"Dr. Allen's explanation of the Five Stages of Marital Satisfaction are eye-opening! They are obvious after having experienced them. But understanding them even earlier, even as one starts seriously dating, would be beneficial for knowing that everything you are feeling is perfectly normal. You are not meant to be in the Enchantment stage forever! This is an amazing read."

Michael Birch

*"I found your writing clear, balanced, and engaging—a roadmap that unfolds logically without unnecessary complexity. The chapter structure and brief, practical exercises make it easy to stay focused and apply what you're learning. Your use of real-life scenarios to illustrate patterns and behaviors led to many 'aha' moments for me. In fact, it prompted meaningful conversations with my wife and helped me recognize patterns in myself I hadn't seen before. This book offers both insight and practical change."*

Max Pugh

*"The book is well organized and easy to follow, with concrete examples that led to many 'aha' moments for me. The dialogues are vivid and easy to relate to real-life experiences, especially in understanding patterns that can damage connection. It helped me put my own relationship into perspective and move toward the kind of mature love described in the book. I gained practical tools for bringing up important topics, maintaining meaningful conversations, and recognizing patterns in myself—some of which trace back to my family of origin."*

Lam Yee Choi

I'm so grateful for this book. It's simple, easy to apply, and clearly well-researched. I loved not getting lost in fluff or extra words. This is one I'll be sharing with my adult children.

Crystal Lee

"My husband Paul and I have benefited from Roger Allen's marriage instruction for many years, and we're happy to have it in book form now. What a great resource! We found the examples and reflections especially helpful."

Paul and Jennifer Johnson

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