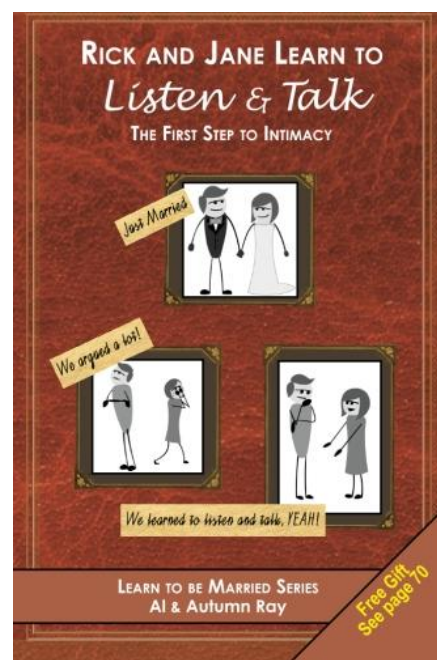


Rick and Jane Learn to Listen and Talk

The First Step to Intimacy

Media Kit

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Now Available

Rick and Jane Learn to Listen and Talk (The First Step to Intimacy)

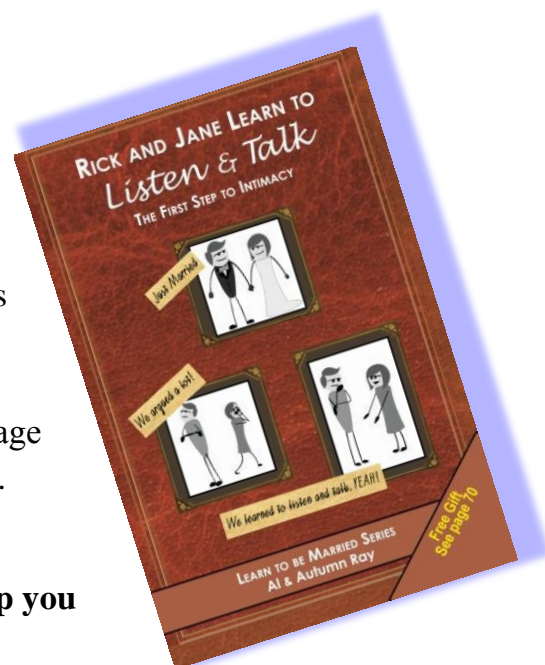
It is short. It is simple. It is easy to read. It could change the way you talk and listen. It will also introduce you to "marriage coaching." I highly recommend it. **Dr. Gary Chapman**, best-selling author of *The Five Love Languages*

Wow, I didn't stop reading until I had finished it, and I will definitely get copies to share with my family and friends. I love this story. Not only is it entertaining, simple and useful, it encourages positive and intentional action. What a great combination! I used to be a marriage and family counselor, and I would have loved a resource like this! **Dr. Linda J. Miller**, Master Certified Coach, global liaison for coaching, The Ken Blanchard Companies

In *Rick and Jane Learn to Listen and Talk, The First Step to Intimacy*, Al and Autumn Ray reveal how you can connect like you did when you were dating.

Following the story of Rick and Jane, a young couple who seek help from their marriage coaches, you will discover how couples must learn to operate from the same playbook to build an intimate relationship. This **quick read** highlights easy-to-learn skills and communication "plays" that can transform your marriage into a rewarding relationship where both teammates are winners.

As Rick and Jane learn and practice their new skills, so can you! **Conversational and inspiring, this story can help you achieve a winning marriage.**



6" x 9" (15.24 x 22.86 cm)
Black & White on White
96 pages

ISBN-13: 978-1452812878
ISBN-10: 145281287X

LCCN: 2010905532
BISAC: Family &
Relationships; Marriage

About the Authors

Al and Autumn Ray were married in 1970 and are the co-founders of MarriageTeam, a nonprofit organization that trains Christian couples to be marriage coaches and places couples with coaches. The MarriageTeam vision is to have marriage coach couples around the country actively living out their faith by strengthening and saving marriages as an outreach to the community.

List Price: \$14.95

Order at <https://wwwcreatespace.com/3447398>

Also available through Amazon and Kindle

Press Release - First title in "Learn to be Married" series teaches skills of winning marriages

Al and Autumn Ray, founders of MarriageTeam, introduce marriage coaching as an alternative for struggling couples in "Rick and Jane Learn to Listen and Talk: The First Step to Intimacy"

VANCOUVER, Wash. (MMD Newswire) April 27, 2011 -- In today's society, Al and Autumn Ray's 40-year-long marriage is a rarity. Statistics show that only one of every two marriages survives, but the Rays have found that by applying coaching principles marriages can be strengthened and saved. Anchored by their experiences coaching others, the Ray's book "Rick and Jane Learn to Listen and Talk: The First Step to Intimacy" (ISBN 1452812878) is a major step in providing practical and easy-to-use tools for all couples - but especially for couples struggling to keep their marriages intact.

The Rays hope that through the story of Rick and Jane, readers will learn basic communication skills and effectively apply them in their lives. They also get to "witness" a couple coaching session to see how coaching principles are applied for lasting change. The book's characters have reached an impasse in their marriage, and turn to the marriage coaches Sam and Sally for relationship help. Sam and Sally explain to the couple that marriage is analogous to a two-person team, and that in order for it to have a winning season, both teammates must operate from the same playbook.

Fumbles, missed plays and interceptions occur in the form of miscommunications and unmet expectations from having different life scripts or playbooks. Sam and Sally help Rick and Jane create their common playbook on how to communicate effectively to get the results they want.

"Coaching gives couples specific tools and helps them apply the tools so they can resolve their marital issues," Autumn says. "It's like a football team practicing a play over and over again until they get it right. We have seen first time coach couples save marriages that already filed divorce papers by applying the principles shared here."

As marriage coaches, the Rays show couples that, when they have common plays, they will celebrate a winning season. As long as the couple is using the same playbook and working together as a team, they can overcome miscommunications, conflicts, anger and bitterness to create the winning marriage they always wanted.

"Rick and Jane Learn to Listen and Talk: The First Step to Intimacy," is available for sale online at Amazon.com and other channels.

Book Information

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Alan and Autumn Ray were married in 1970 and are the founding directors of MarriageTeam, a 501(c)(3) non-profit dedicated to empowering couples for winning marriages. MarriageTeam trains Christian coach couples and places pre-marital and married couples with coaches for 6 to 12 weeks of skill building and coaching. Alan retired from the Air Force with his last assignment as the Professor of Aerospace Studies at the University of Portland, Oregon. He has a Master of Science in Counseling and Human Development and Autumn has a Bachelor of Science in General Studies with Social Work emphasis. Alan left county government as the training manager in April 2007 to be the full time Executive Director for MarriageTeam. Autumn is the Multnomah County Department of Community Justice Volunteer Manager They are a certified Marriage Enrichment leader couple, Seminar Directors for PREPARE/ENRICH, and skilled trainers. Alan and Autumn have two married children and a grandson.

About the Book

Rick and Jane Learn to Listen and Talk: The First Step to Intimacy, is written based on the authors' years of experience in coaching couples and training couples to be marriage coaches. Together they founded and lead MarriageTeam, a nonprofit that equips Christian couples to be marriage coaches and then places couples with coaches. The vision is to create a national network of Christian couples who are strengthening and saving marriages.

When the Rays first started talking about a book, they wanted something that would give couples practical tools and an approach where they could apply them to get real results. A second consideration was to highlight the coaching process, which is the magic that helps the couple create lasting change so that everyone would understand how it is different from traditional counseling.

Rick and Jane Learn to Listen and Talk: The First Step to Intimacy is the story of how Rick and Jane solve their communication problems with a coach couple and in the process help the author's achieve their goals for the book.

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Website: www.marriageteam.org

REVIEW COPIES AND INTERVIEWS AVAILABLE

Endorsements

It is short. It is simple. It is easy to read. It could change the way you talk and listen. It will also introduce you to “marriage coaching.” I highly recommend it.

~ **Dr. Gary Chapman**, best-selling author of *The Five Love Languages*

Wow, this was a wonderful way to spend thirty minutes. I didn't stop reading until I had finished it, and I will definitely get copies to share with my family and friends. I love this story. Not only is it entertaining, simple and useful, it encourages positive and intentional action. What a great combination! I used to be a marriage and family counselor, and I would have loved a resource like this!

~ **Dr. Linda J. Miller**, Master Certified Coach, global liaison for coaching, The Ken Blanchard Companies

MarriageTeam is equipping real couples to coach others with the practical and understandable skills they need to “win” in their own marriages. This practical approach is reflected in this wonderful little book, Rick and Jane Learn to Listen and Talk: The First Step to Intimacy. Don't miss the life-changing truths hidden in this simple story. See Rick grow...see Jane grow!

~ **Dr. Peter Larsen**, president, Life Innovations (PREPARE/ENRICH), co-author *The Couple Check-up*

I LOVE IT!!!! In a fun and memorable way, the Ray's remind us of the basics about marriage: we all need to improve our communication and we are a team. By spending just fifteen minutes with this book, you can improve your connection with your spouse. Read it and enjoy it. You'll never forget it.

~ **Dr Steve Stephens**, licensed psychologist, author of more than twenty books with over a million copies sold

I found Rick and Jane to be an entertaining and deeply informative contribution to the field of marriage coaching. Al and Autumn's creative use of the “playbook” metaphor helps simplify the relational steps toward life-giving communication and intimacy. This is a book that every married couple can enjoy and learn practical skills to apply immediately!

~ **Jerome Daley**, ACC, DPM, Leadership Coach, publisher *Christian Coaching Magazine* and author of six books

It's not often that an author paints such a clear picture of the vision she/he has for following God's call on his/her life. In Rick and Jane Learn to Listen and Talk, Alan and Autumn Ray have done just that with clear and simple language about the marriage relationship – and the ways we communicate (or don't!). In this easy-to-read book, the reader will find practical and honest answers (and most importantly, questions) to help communicate with their spouse. I think every pastor will want this resource on his/her bookshelf.

~ **Bill Copper**, director, Hollifield Leadership Center

As a former NFL quarterback, I love the concept of marriage coaching. This book demonstrates what so many couples need these days...the basic communication and coaching help that keeps a husband and wife on the same team. The basics of communication are crucial, and most all of us need help to practice them. This book shows us how.

~ **Jeff Kemp**, president, Stronger Families and senior fellow, Marriage and Family Foundation

The MarriageTeam has put together a practical, fast read that gives great tips for helping couples communicate better and transform their marriage.

~ **Julie Baumgardner**, MS, CFLE, president and executive director of First Things First

I cannot think of a more critical area to focus the power of coaching than on marriages. Alan and Autumn Ray understand coaching and have provided a helpful guide on how to apply coaching effectively within a marriage so the marriage partners can be a more successful team. If you want to be part of a winning marriage team, look to the power of coaching and to this simply effective book as a valuable resource.

~ **Chad Hall**, director of coaching, Western Seminary

Media Reviews

- Midwest Book Review
Communication is the greatest aspect of a great relationship. "Rick and Jane Learn to Listen & Talk: The First Step to Intimacy" is a book filled with marriage advice to creating good communication skills at any stage of a relationship, working on the same page, and remembering that your wife or husband is on your team, and it's best to work towards both of your best interests. "Rick and Jane Learn to Listen & Talk" is a strong pick for anyone who feels the love is there but the talking is not.

In the Media

- Al and Autumn Ray host, MarriageTeam Radio Show on KPAM 860 AM, Portland, OR, Sunday evenings, 5:00 – 6:00 PM
- **January, 2010.** "[For second year, MarriageTeam doubles its couple coaching staff.](#)" Christian News Northwest, p18.
- **October, 2009.** "[MarriageTeam receives 3-year grant from Murdock Trust.](#)" Christian News Northwest, p10.
- **September 30, 2009.** "[Creswell Toolbox initiates marriage coaching project.](#)" *Creswell Chronicle*, by Gina Davis
- **July, 2009.** [Marriage Coaching: Winning Plays in Real Time](#), Christian Coaching Magazine, Professional Edition
- **June, 2009.** [Real Men Share](#), Article in the LPL Financial Newsletter, The Legacy
- **October 30, 2008.** [Marriage Coaching Opportunities Available](#). Northwest Baptist Witness, by Shelia Allen, p6
- **July 28, 2008.** [MarriageTeam Reaches More of the Masses](#). The Columbian, Bits 'n' Pieces, D-1
- **February 13, 2008.** "[Marriage Coaching](#)." The Columbian, Mary Ann Albright and Janet Mathews(photographer).
- **August, 2007.** "[Training set for couples interested in serving as 'Marriage Coaches.'](#)" Christian News Northwest.
- **January 2, 2007.** "Camas Couple Teams up to Create Successful Marriages." Camas-Washougal Post-Record. Dawn Feldhaus. <http://www.marriageteam.org/CamasArticle_20070102.html>.
- **December, 2006.** "Coach couple training to resume." Christian News Northwest. <<http://www.cnnw.com/articles/Coachcoupletrainingtoresume.html>>
- **September 14, 2006.** "Stronger marriages worth effort" The Columbian. Elizabeth Hovde. <<http://www.columbian.com/links/09142006opinion.cfm>>.

- **August, 2006.** "Got a good marriage? You can help others achieve the same." Christian News Northwest. <http://www.cnnw.com/articles/GotagoodmarriageYoucanhelpothersachievethe.htm>.

Interview Topics – A list of topics we can speak about.

- Marriage coaching and how it differs from other interventions
- Effectiveness of marriage coaching
- Why marriage is important to our society
- The **importance of marriage for children**
- The importance of marriage for business
- Principles for creating a winning marriage

Sample Interview Questions

- How did you get involved in marriage coaching?
- What does it take to be a marriage coach?
- What makes coaching special compared to other helping methodologies
- What are the major problems couples face where coaching can help?
- Is coaching for everyone?
- What is the theoretical framework for marriage coaching?
- What kind of results do coaches get and do they last?
- What does it take to be a marriage coach?
- How does MarriageTeam coaching differ from other types of coaching?
- Why should a couple try coaching if counseling hasn't worked?

Media References

- Mike Donahue, KOIN 6 TV, News Anchor, (503) 464-0600, www.koin6.com
- Bruce Sussman, KOIN6 TV, Chief meteorologist, (503) 703-0877, www.koin6.com
- Dave Arthur, 104.1 FM The FISH Radio, (503) 786-0600, www.1041thefish.com

Marriage Fact Sheet

- Over 90% of individuals in our society marry at least once.
- Annually, there are about 1.2 million divorces. Nationally more than one million children are impacted by parent's divorce each year. (U.S. Bureau of the Census, 2003).
 - Each **divorce costs society \$25,000 to \$30,000**³
 - National impact is \$30 -36 billion
- Divorce has a devastating emotional, physical and financial impact.
 - Single parent homes are six times more likely to live in poverty.
 - Children are more likely to have academic problems, be aggressive, get into trouble, have low self-esteem, feel depressed, and experiment with illegal drugs.²
 - Children of divorce are 25-30% more vulnerable to becoming ill.²
 - Teenagers are 70% more likely to be suspended from school.²
 - Boys from single-parent and step-families were more than twice as likely to go to prison compared to boys from intact families.⁴
- Failing relationships cost companies money - \$6 billion impact from lost productivity due to marriage and relationship difficulties.
- Divorce can disrupt productivity of a worker for up to three years.³
 - Higher absenteeism and even more damaging presenteeism.
 - The year following divorce, employees lost an ave four weeks.
- Domestic violence costs corporate America up to 7.9 million workdays of lost production annually.³
- Unhappily married couples were almost four times more likely to have a partner abusing alcohol.³
 - Those with alcohol problems skip or miss work 30% more.
- Bad marriages, family problems and divorce are major stressors.³
 - Stress related issues cost corporations \$300 billion annually.

Marriage Benefits

- More than twice as likely as divorced or separated to say they were very happy with life in general.⁵
- Live longer - Married people live several years longer.⁶
- Have more satisfying sexual relationships.³
 - Over half (54%) of married males and 43% of married females are extremely satisfied with their sexual relationship.
 - For cohabitation, 44% of the males and 35% of females are extremely satisfied.
 - The frequency of sex is also higher with married couples than with other couples.
- Married people have four times more wealth and assets - median net worth.³
 - Singles is \$35,000; Divorced is \$33,670; Widowed is \$42,275.
 - Married couples' median net worth is \$132,000.

Facts and references from:

1. <http://www.doh.wa.gov/ehsphi/chs/chs-data/main.htm>; (2009 latest figures available 2/15/11).
2. *Choosing Wisely Before You Divorce*, Church Initiative, PO Box 1739, Wake Forest, NCF 27588-1739, 800 489-7778.
3. Turvey, Matthew D., and David H. Olson, "*Marriage & Family Wellness: Corporate America's Business?*" A Marriage CoMission Research Report, Life Innovations, Inc. Minneapolis, MN.
4. Testimony of Barbara Defoe Whitehead, Ph.D., co-director, National Marriage Project, Rutgers University before the Subcommittee on Children and Families, US Senate.
5. W. Bradford Wilcox, "Marriage and Mental Health in Adults and Children" (February 2007)
6. Norval D. Glenn, Steven Nock, Linda J. Waite "Why Marriage Matters: Twenty-Six Conclusions from the Social Sciences," 2nd Ed. (2002).

Testimonial Quotes from Couples and Coaches

- **Coached couple:** *I told a girlfriend that I didn't know what coaching could do as we had been to other counselors and it didn't help. I thought my marriage was over. In one two-hour session we finally listened to each other, I felt understood and it resolved the problem. That night in the parking lot, we just hugged each other and cried together and we have never gone back to where we were before that session.* **Lorna, Portland, OR.**
- **Coached Couple:** *Our coaches are fabulous! They have been so encouraging and helpful. I think we have made more progress in the last few weeks than in a year and a half of counseling. Our counselor has been very impressed with the progress and I think it has made her job much easier. Thank you so much for your whole program and may God bless you and this program! I am hopeful this will improve marriages worldwide.* **Danielle, Portland, OR**
- **Coached couple:** *My marriage is like night and day different! If you can't say more than two words without fighting or even worse don't speak at all, you need a coach. Through coaching, we learned how to speak with one another so each one of us would listen and understand, and it was wonderful! I now know how to reach my husband and I feel so loved. I know he hears me when I talk to him. Our coaches were friendly and funny and we were able to be ourselves without feeling "exposed." Thank you for letting God use you and your coaching to help us.* **Deborah, Tracy, CA**
- **Coached couple:** *Coaching was great. Our coaches were awesome. We're super happy and they saved our marriage. They were extremely helpful and honest when we needed it. They spent extra time with us and I almost felt guilty about all they put into us. The time that was spent in coaching was life changing; it was the best thing we ever did. We did the traditional therapy and it was like a complaint session and then the counselor would tell us what to do and it wasn't working for us. This coaching format was awesome. Our son is two and he doesn't know it yet, but he will definitely benefit from having parents who stayed together.* **Heather, Vancouver, WA**
- **First time coach couple:** *We just finished our third meeting tonight. The divorce is off and all are under the same roof again...Praise God.* **Dave, NE**
- **Senior Pastor:** *I have personally come to rely on their Al and Autumn's insights and our marriage ministry has greatly benefited from their skills and advice. I have heard nothing but highly positive comments and testimonials of the wonderful relationship building that MarriageTeam does including the unsolicited testimony of a teenage son who thanked the church (MarriageTeam) for "giving me my family back." Their focused efforts have helped us equip our people to do the work of ministry in this important area of building families.* **Dr. Mike Wilde, Laurelwood Baptist Church, Vancouver, WA**
- **Senior Pastor:** *The training emphasized every important topic and provided extremely helpful tools. It's the best material I have been exposed to—even better than classes I took in seminary.* **Tom Schiave, Gateway Baptist, Portland, OR**
- **Family and Marriage Pastor:** *Kudos to MarriageTeam. The training was very user friendly and practical. I appreciate the collaboration with CHC. My goal is to get every couple here exposed to what MT does. On a personal note, I'm excited about the idea of coaching a couple ourselves. Now the trick is seeing when we could fit that in.* **Dave Schaaf, City Harvest Church, Vancouver, WA**
- **Family Pastor:** *Going through this coaching with my wife has really saved our marriage in the sense of wanting to truly understand each other. We are very thankful there is a ministry that is so specific to helping marriages that the return for success is exponential. On a scale of 1 - 10, and 10 being the best, I would give it an 11!* **Chris Caudle, Grace Foursquare Church, Camas, WA**

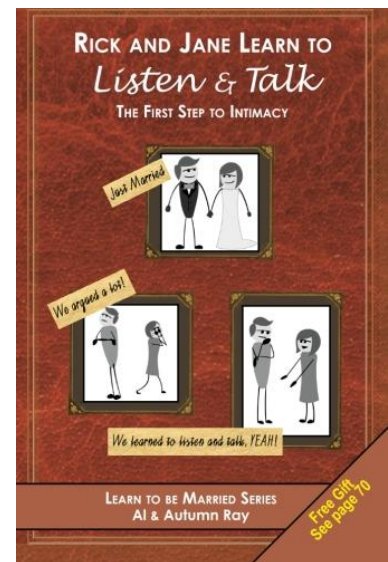
Audio Clips <http://marriageteam.podbean.com/>

- Audio vignettes from the MarriageTeam Mending Marriage Radiothon on May 5th, 2011, 104.1 FM The Fish, Portland OR
- MarriageTeam radio shows from May 2010 to the present on KPAM AM 860, Portland, OR, Sunday 5:00 -6:00 PM
- Marriage Coaching program, Feb –Nov 2008, KPDQ AM 800, Portland, OR, Saturday, 12:00 -12:30 PM

Video Clips www.youtube.com, key word MarriageTeam.

- [MarriageTeam Coaching Saves Marriages](#) - Couple Testimonials Nov 2010 Banquet Video. Three couples who were struggling in their marriage share the results of their marriage coaching ...
- [MarriageTeam Christmas Story](#) – Read by Autumn Ray and recorded on November 13, 2010 at the Annual Fundraising Banquet at the Heathman Lodge, Vancouver, WA.
- [LittleHands.mov](#) – Public Service Announcement "Spot" for Marriage Team
- [Why be a MarriageTeam coach?](#) - Have you been touched by divorce of friends or family? If so, now there is something you can do about it. Helping other couples get the most from ...

Author and Book Cover Photos



Al and Autumn Ray, marriage coaches and Co-founders of MarriageTeam. Co-host a Marriage Coaching Radio Program, KPAM AM 860, Portland, OR, Sundays, 5:00 – 6:00 PM.

MarriageTeam trains Christian couples to be marriage coaches and manages a marriage coaching program for pre-marital and married couples.

Facts about MarriageTeam

- We **STRENGTHEN** the family, the foundation of America.
- We **SAVE** marriages and families from the pain of divorce.
- We **ENCOURAGE** healthy families for the betterment of children.
- We **ENRICH** the lives of married couples.

The Challenge Facing Marriages & Children

- **Fifty percent** of adults under age 30 are projected to have at least one divorce in their lifetime.
- **One million** children watch their parents' divorce annually.
- **Half** will witness a **second** divorce before age 18.
- **Children from broken homes** are more likely to have academic problems, be aggressive, get into trouble, have low self-esteem, feel depressed, and experiment with illegal drugs!
- **Teenagers** from broken homes are 70% more likely to be suspended.
- **Children** in single parent homes are six times more likely to live in poverty.
- **Children** of divorce are 25-30% more vulnerable to becoming ill.

Why MarriageTeam Coaching Works

- Most distressed couples between ages 20-45 have not had healthy marriage role models. MarriageTeam coaches model healthy relationships akin to a 'marital apprenticeship' helping distressed couples to grow closer.
- Our coach couples are **ALL volunteers**. No paid staff. This grassroots, neighbor-helping-neighbor movement is turning the tide of divorce. We've seen many couples rip up divorce papers and find healing!

MarriageTeam Gets Results!

- Couples who complete coaching report the experience as 9.1 on a scale of 1 to 10!
- Distressed couples who have completed MarriageTeam coaching have reported an **average 183% improvement in their level of satisfaction with their marriage!**

Mission

The MarriageTeam mission is to strengthen and save marriages with well-trained marriage coach couples.

Vision

Every premarital and married couple in America will have access to affordable coaching resources so they can be empowered with the skills needed for a winning marriage.

Objectives

Create and operate a marriage coaching program in communities across the nation to strengthen and save marriages.
Reduce the divorce rate in participating communities by 20% in 5 years.

In Their Own Words

“We were 2 weeks away from divorce and stuck in the revolving door of counseling session after session. MarriageTeam saved us and our 2 year old daughter from the pain of divorce. We are a family again!” – Jason and Megan, Vancouver, Wash.

How MarriageTeam Coaching Works

MarriageTeam trains **volunteer** Christian couples to be marriage coaches and then places distressed couples with those coaches. We have more than 120 coach couples from 66 different churches in 35 different communities along the I-5 corridor from Eugene, OR to Longview WA with most in Portland, OR., and Vancouver, WA. We provide 24 hours of coach training around a curriculum that address communications, anger, bitterness, forgiveness, conflict resolution, problem solving, appreciating differences, intimacy, and goal setting.

Why Marriage Coaching?

We are all born onto different teams called our family of origin. As we grow, we learn the playbook that works for that team. Some teams are more functional (winning) than others and some playbooks were better written. As young adults, we become ‘free agents’ and join new teams through marriage. The problem is that we bring our old playbook and we do not share it with our new teammate. This creates errors, fumbles, and frustration. Neither player is wrong; they are just using different playbooks. No one would think of joining a sports team and not learning the team plays and yet that is exactly what most of us do in when we get married! Marriage coaches help team couples create a common playbook so they can work together for a winning marriage.

Want to Coach or Be Coached?

- Call 360-450-6042 or e-mail carol@marriageteam.org.
- Coaching Training is FREE and happens twice a per year.
- To be coached, there is a modest materials fee and a 100% money back guarantee.
- Please contact us or visit our Web site at www.marriageteam.org for detailed information about our program, scheduling and becoming part of our team!