

Former Director of Lutheran Family Services Counseling and Education in the Carolinas, Has Authored a New Book on Marriage

LEXINGTON, SC – William Mitcham is an ordained Lutheran pastor and longtime family and couple's therapist. He says: "After years of conducting marriage and family therapy it has been mostly a matter of providing a safe place for couples to sit and have conversations they should have had already." Some issues he would discover had been lingering for months or even years in silence like an undiagnosed cancer. These issues would often lead to constant conflicts, loneliness, anguish, and feelings of disconnectedness in the relationship. Mitcham wants to encourage, facilitate conversations between couples, and offer some problem solving for undiscussed issues between them.

"Marriage and a Glass of Wine (Plus 180 Marital Enhancers)", [published by WestBow Press](#), gives couples (married, pre-married, engaged, dating and cohabitating) some pointers on how to nurture healthy relationships so that they last a lifetime. The title of the book alludes to the fact that when they sit to talk, many couples sip a glass of wine. Sometimes, however, they fail to appreciate that the words they exchange can make a big difference in the quality of their marriage. The enhancers in this book will help them talk openly about all aspects of married life, manage conflict effectively, navigate the awesome task of parenting, and keep the marital fire of marriage burning.

Mitcham also examines why two people may be attracted to each other in the first place, why many marriages become unglued, why living together before marriage increases the risk of divorce, the characteristics of a strong marriage, and to watch out for behaviors that destroy a marriage.

"With 50% of all marriages ending in divorce, this book will help couples build a lifelong marriage. It uses ideas and insights from some of the leading marriage and family researchers on how to maintain a healthy relationship," Mitcham says. When asked what he wants readers to take away from the book, he answers, "That all marriages are to be lived out to the glory of God, who organized creation with marriage and family as the basic plan for raising children who live out their lives to His glory."

William Mitcham, D. Min., LMFT, the author, earned a doctorate in marriage and family therapy from Eastern University, Philadelphia, Pennsylvania. He is a State Licensed Marriage and Family Therapist, a Clinical Member and an

Approved Supervisor with the American Association of Marriage and Family Therapy. He has been a family and couple's therapist for more than 30 years. He was the director/therapist at the Lexington Marriage Clinic and previously, was the Director of Counseling and Education with Lutheran Family Services in the Carolinas and Adjunct Professor of Counseling at Lenoir-Rhyne University in Hickory, NC, and Lutheran Theological Southern Seminary in Columbia, SC.

Catherine Fink, NC Synod Director of Communications & Resources, was one of the editors of *Marriage and a Glass of Wine*.

The book is available from [Amazon](#) and [Barnes & Noble](#). To learn more about the book, visit the website: www.marriageandaglassofwine.com.