

Media Release: Couples Who Want to Be Best Friends and True Partners Invited to Explore New Practical Guide

Chattanooga, TN and Washington, DC — June 1, 2025 — For couples aspiring to deepen their bond and become true partners, the newly released book *Growing Our Unity: 19 Vital Practices for a Thriving Relationship* offers a science-backed, practical guide to lasting love. Authors Susanne M. Alexander, a seasoned relationship and marriage coach, and W. Grant Peirce IV, an organizational psychologist and character expert, will present their insights to professional peers at the National Alliance for Relationship and Marriage Education (NARME) Summit in McLean, Virginia, on July 25, 2025.

Drawing from decades of experience helping thousands of individuals and couples, Alexander and Peirce introduce a transformative approach to relationship building. Their book integrates 22 validated virtues from Peirce's Character Foundations Assessment™ with real-life stories, offering couples actionable tools to cultivate qualities such as Creativity, Flexibility, and Positive Spirit.

“While communication skills are often emphasized, without virtues such as Compassion, Respect, and Truthfulness, couples may struggle to maintain harmony,” says Alexander. “Our book provides a comprehensive model that includes skills and fosters genuine friendship and connection.”

Peirce adds, “Our goal is to empower couples to achieve lasting unity by intentionally developing virtues that form the bedrock of thriving relationships. The 19 practices we've identified serve as a roadmap, guiding partners to nurture character strengths like Trust, Compassion, and Perseverance, which sustain love through life's challenges.”

The book introduces three foundational elements for couples:

1. **Unity** – The shared and ultimate goal of a harmonious partnership.
2. **Virtues** – Core character traits that strengthen relationships.
3. **Reflection and Consultation** – Encouraging self-assessment and open dialogue to enhance mutual understanding and excellent decision-making.

“Contrary to the belief that conflict is inevitable in relationships,” states Alexander, “we assert that when couples become skilled at consulting while incorporating virtues-influenced behaviors, the result is peaceful, united relationships and marriages.”

The authors' workshop at the NARME Summit will delve deeper into these concepts, offering attendees practical strategies to use with their clients.

Growing Our Unity is now available for order in global online bookstores. It has been professionally reviewed here: <https://www.theusreview.com/reviews-1/Growing-Our-Unity-by-Susanne-M-Alexander-and-W-Grant-Peirce-IV.html>.

For more information about the book, the upcoming workshop, or to schedule an interview with the authors, please contact:

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About the Authors:

Susanne M. Alexander is a relationship and marriage coach with over 22 years of experience helping couples build strong, lasting partnerships. She specializes in helping couples with virtues-based communication skills and creating happy, unified relationships. She lives in the Chattanooga, Tennessee, area with her husband. Member of the National Alliance for Relationship and Marriage Education (US)

W. Grant Peirce IV is an organizational psychologist and character expert who developed the Character Foundations Assessment™. He has worked with individuals and organizations to cultivate virtues that enhance personal and professional relationships. He lives in the Washington, DC area with his wife.

This media release is available online at <https://marriagetransformation.com/in-media/>.