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The Marriage Sabbatical: The Journey That Brings You Home

Cheryl Jarvis

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The Marriage Sabbatical: The Journey That Brings You Home Cheryl Jarvis
Now in paperback, the uplifting, inspirational book that is an open invitation to married women everywhere to go off on their own, follow their dreams and desires, and come back to happier, healthier relationships.

From Harriet Beecher Stowe to Ann Morrow Lindbergh, women have been taking marriage sabbaticals for centuries to explore their sense of self. What is a marriage sabbatical? It is simply a time away from your daily routines to nurture your own creative, intellectual, or spiritual strengths.
In this personal yet practical book, Cheryl Jarvis chronicles the story of her own marriage sabbatical–a three-month stay at writers' colonies–and the experiences of 55 other women who took time and space away. Through these reflective and empowering ventures, the author illuminates the issues involved: the logistics, the finances, the fears. Whether it's hiking the Appalachian Trail, holing up in a cabin to paint, or taking a class in another city, a marriage sabbatical can bring new life and understanding to a longterm partnership.

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