

LES PARROTT

Vita

May • 2010

Present Positions

Professor of Psychology and Co-Director (with Leslie Parrott, Ed.D.) of the Center for Relationship Development, Seattle Pacific University, Seattle, Washington

President of the Foundation for Healthy Relationships, Seattle, Washington

Adjunct Professor, Fuller Theological Seminary, Pasadena, California

Personal Information

Home Address: 2121 Terry Ave; Seattle, WA 98121

Telephone: (206) 281-2178

Marital Status: Married June, 1984 to Leslie

Children: Two young boys

Education

1982—1983 British Studies, New College, Oxford University, Oxford, England, credit through The Ohio State University

1980—1984 B.A., *Cum Laude*, Psychology Student Laureate, Vice President of the Student Body, Olivet Nazarene University, Kankakee, Illinois

1984—1988 M.A. (Theology), Travis Award for the Integration of Psychology and Theology, Fuller Theological Seminary, Pasadena, California

1984—1990 Ph.D. (Clinical Psychology), Graduate School of Psychology (APA Accredited), Fuller Theological Seminary, Pasadena, California

Clinical Training

199—1994 *Fellow in Medical Psychology*
University of Washington Medical School/Harborview Medical Center
Seattle, WA

1989—1990 *Psychotherapist*
Seattle Pacific University Counseling Center, Seattle, WA

1988—1989 *Psychology Intern (APA Approved)*
The Psychological Center, Pasadena, CA

1987—1988 *Psychology Clerk*

- University of Southern California Medical Center, Los Angeles, CA
- 1987—1988 *Registered Psychological Assistant*
Spectrum Counseling Services , Monrovia, CA
- 1987—1988 *Campus Clinician*
Bradoaks Elementary School, Altadena, CA
- 1986—1987 *Clinical Trainee*
Irlen Institute for Perceptual & Learning Disabilities, Los Angeles, CA
- 1986—1987 *Advanced Practicum Clinician*
Pasadena Community Counseling Clinic, Pasadena, CA
- 1985—1986 *Practicum Clinician*
Pasadena Unified School District, Pasadena, CA
- 1986—1987 *Assistant Psychological Consultant*
Psychological Resources, Los Angeles, CA
- 1984—1985 *Psychological Trainee*
Pasadena Community Counseling Clinic, Pasadena, CA

Teaching Experience

- 2001—2002 *Scholar in Residence*
Oklahoma State University, Stillwater, Oklahoma
- 1999—present *Full Professor*
Department of Psychology, Seattle Pacific University, Seattle, WA
- 1993—1998 *Associate Professor*
Department of Psychology, Seattle Pacific University, Seattle, WA
- 1989—1992 *Assistant Professor*
Department of Psychology, Seattle Pacific University, Seattle, WA
- 1990—present *Adjunct Professor*
School of Theology, Fuller Theological Seminary, Pasadena, CA
- 1986—1989 *Senior Teaching Assistant*
Graduate School of Psychology Fuller Theological Seminary
Pasadena, CA

Grants Awards

- 2010 National Marriage Mentoring: Murdock Charitable Trust
- 2009 National Marriage Mentoring: Windgate Charitable Foundation

- 2009 National Marriage Mentoring Program in Orange County, CA: O.L. Halsell Foundation (for in Orange County, CA)
- 2000 Week Marriage Event-Select Award: Windgate Charitable Foundation
- 1996—1999 Murdock Charitable Trust, three-year renewal: Center for Relationship Development, Seattle Pacific University
- 1994 Seattle Pacific University Academic Renewal Grant: Technology in the Classroom
- 1993 Seattle Pacific University Faculty Research Grant: Technology in the Classroom
- 1993—2009 Weekend Marriage Event: Windgate Charitable Foundation
- 1992—1995 Murdock Charitable Trust, three-year grant: Pilot: Center for Relationship Development, Seattle Pacific University
- 1990—1992 Seattle Pacific University Faculty Research Grant: Innovations in Teaching Counseling Techniques
- 1989 Seattle Pacific University Academic Renewal Grant: Innovations in Teaching Diagnostic Assessment Tools

Non Profit Development

- 2000—present *Co-Founder* (with Leslie Parrott, Ed.D)
Foundation for Healthy Relationships, Seattle, Washington

Professional Memberships

- American Psychological Association (1985 - present)
Western Psychological Association (1989 - present)
Christian Association for Psychological Studies (1989 - present)
American Association of Christian Counselors (1992 - present)
Travis Institute for Bio-Psychosocial Research (1991 - present)

PROFESSIONAL PUBLICATIONS

Professional Books

- Parrott, L. (2003) *Counseling and Psychotherapy: Theory, Skills and Practice, 2nd Ed.*
Wadsworth/Brooks-Cole

- Parrott, L. and Siang Yang Tan (2003) *Exercises for Effective Counseling and Psychotherapy, 2nd Ed.* Wadsworth/Brooks-Cole
- Parrott, L. (2001) *Helping the Struggling Adolescent: A Counseling Guide, Revised.* Zondervan Academic Books
- Parrott, L. (1999) *How to Write Psychology Papers, Second Edition.* Addison Wesley Longman
- Parrott, L. (1996) *Counseling and Psychotherapy: Theory, Skills and Practice.* McGraw-Hill
- Parrott, L. and Siang Yang Tan (1996) *Exercises for Effective Counseling and Psychotherapy.* McGraw-Hill
- Parrott, L. and Parrott, L. (1995) *The Career Counselor: Guidance for Planning Careers and Managing Career Crises.* Contemporary Christian Counseling Series, edited by Gary Collins, Word.
- Parrott, L. (1993) *Helping the Struggling Adolescent: A Counseling Guide.* Zondervan Academic Books
- Parrott, L. (1993) *How to Write Psychology Papers, First Edition.* HarperCollins

Professional Chapters

- Parrott, L. & Parrott L. (in press) the SYMBIS Model of Marriage Preparation: Casado-Kehoe & Carson (Ed.), *Adventures in Couple Therapy: A Theory-Based Case Study Approach.* New York: Simon & Schuster Macmillan.
- Parrott, L. (2004) Religion and the Family: J. J. Ponzetti (Ed.), *International Encyclopedia of Marriage and Family.* New York: Simon & Schuster Macmillan.
- Parrott, L. (2003) *Forward.* In *Youth Ministry Counseling Field Guide.* Loveland, CO: Group Publishing.
- Worthington, E. L, Berry, J. W., & Parrott, L. (2001) Unforgiveness, Forgiveness, Religion, and Health. In T. G. Plante and A. C. Sherman (Eds.), *Faith and Health.* New York: Guilford Publications.
- Parrott, L. & Parrott, L. (1999) Relationship Development: R. Berger (Ed), *Handbook of Preventative Approaches in Couple Therapy.* New York: Brunner/Mazel.
- Parrott, L. (1998) The Christian as Counselor. *Christian Perspectives in Psychology.* Albert Harper, Editor. Grand Rapids: Baker Book House.
- Parrott, L. (1998) How Can We Help the Hurting Adolescent? *The Complete Book of Youth Ministry.* Rick Dunn & Mark Senter, Editors. Grand Rapids: Baker Book House.

- Parrott, L. and Parrott, L. (1996) Approaches to Marriage Counseling. *Christian Marriage Counseling: A Comparison of Approaches*. Everett L. Worthington, Editor. Grand Rapids: Baker Book House.
- Parrott, L. (1995) Teaching Adlerian Psychology. *The Teaching of Psychology*. Mark E. Ware and David Johnson, Editors. New York: Lawrence Erlbaum Associates.
- Parrott, L. (1994) Pastoral Counseling and Teenagers. *Leadership Handbook, Vol. 2*. Carol Stream, IL: Christianity Today Institute.
- Parrott, L. (1992) Sigmund Freud: Michael H. MacDonald, *Europe: A Tantalizing Romance*. University Press of America.

Professional Articles

- Parrott, L. & Parrott L. (2006) Advances in the SYMBIS Approach to Marriage Education. *Marriage and Family: A Christian Journal*.
- Berry, J.W., Worthington, E.L., O'Connor, L.E., Parrott, L., Wade, N.G. (2005) Forgiveness, Vengeful Rumination, and Affective Traits. *Journal of Personality*, 73(1), 183-225.
- Parrott, L. & Parrott L. (2003) The SYMBIS Approach to Marriage Education. *Journal of Psychology and Theology*.
- Ripley, J.S., Parrott, L., & Worthington, E.L, Jr. (2002) *Evaluation of a Marriage Mentoring Program: Outcomes in Confidence, Knowledge, and Marital Interactions Among Marriage Mentors*.
- Worthington, E.L. Jr., Drinkard, D.T., Parrott, L., & Hight, T.L. (2002) *Non-marital Cohabitation: A Review*.
- Joireman, J. A., Parrott, L. P., & Hammersla, J. (2002) Empathy and the self-absorption paradox: Support for the distinction between self-rumination and self-reflection. *Self and Identity*.
- Berry, J. W., Parrott, L., O'Conner, L. E. & Wade, N. G. (2001) Dispositional forgiveness: Development and construct validity of the transgression narrative test of forgivingness (TNTF). *Personality and Social Psychology Bulletin*.
- Parrott, L. & Parrott L. (2001) Premarital sex: Counseling strategies. *Marriage and Family: A Christian Journal*.
- Ripley, J.S., Parrott, L. Parrott, L., & Worthington, E.L., Jr. (2000) An initial evaluation of the Parrotts' Saving Your Marriage Before It Starts (SYMBIS) seminar: Who benefits? *Marriage and Family: A Christian Journal*.
- Parrott, L. & Parrott, L. (1999) Grieving the death of a spouse, *Journal of Psychology and Christianity*.

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- Parrott, L. (1999) Commitment. *Baker's Encyclopedia of Psychology (2nd Ed.)* D. G. Benner, Editor. Grand Rapids: Baker Book House.
- Parrott, L. (1999) Friendship. *Baker's Encyclopedia of Psychology (2nd Ed.)* D. G. Benner, Editor. Grand Rapids: Baker Book House.
- Parrott, L. (1999) Intimacy. *Baker's Encyclopedia of Psychology (2nd Ed.)* D. G. Benner, Editor. Grand Rapids: Baker Book House.
- Parrott, L. (1999) Systematic Desensitization. *Baker's Encyclopedia of Psychology (2nd Ed.)*. D. G. Benner, Editor. Grand Rapids: Baker Book House.
- Parrott, L. (1999) Guilt and the Loving Person. *The Psychology of Effective Functioning*.
- Parrott, L. & Parrott, L. (1997) Preparing Couples for Marriage: The SYMBIS Model, *Marriage and Family: A Christian Journal*.
- Parrott, L. & Parrott, L. (1997) A Response to Scott Stanley's C-PREP Approach, *Marriage and Family: A Christian Journal*.
- Parrott, L. (1996) A Biblical Approach to Stress, *Christian Counseling Today*.
- Parrott, L. (1996) Saving a Marriage Before It Starts, *Christian Counseling Today*.
- Parrott, L. (1996) A Biblical Approach to Guilt, *Christian Counseling Today*.
- Parrott, L. and Steele, L. (1995) Integrating Psychology and Theology at Undergraduate Colleges: A Developmental Perspective, *Journal of Psychology and Theology*.
- Parrott, L. (1995) Resources for Career Counselors, *Christian Counseling Today*.
- Parrott, L. (1994) Counseling the Homeless Mentally Ill, *Christian Counseling Today*.
- Parrott, L. (1994) Stress in Children and Adolescents, *Journal of Psychology and Christianity*.
- Parrott, L. (1994) Review of "Living with 10 to 15 year-olds: A Parent Education Curriculum" (Center for Early Adolescence, University of North Carolina at Chapel Hill). *Youthworker Journal*.
- Parrott, L. (1993) Counseling Contemporary Teenagers, *Christian Counseling Today*.
- Parrott, L. (1992) Counseling the Struggling Adolescent. *The Christian Journal of Psychology and Counseling*.
- Parrott, L. (1992) The Psychology of Laughter. *Humanities Today*.
- Parrott, L. (1992) Demonstrating the Influence of Adlerian Principles on Personality. *Teaching of Psychology*, 19(1), 40-42.

- Parrott, L. (1991) Guilt and Love in the Church. *Perspectives Journal of the National Social Science Association*.
- Parrott, L. (1991) Book Review: "New Religions and the Theological Imagination in America." *Review of Religious Research*, 34(4), 370-371.
- Parrott, L. (1991) Religion and the Family. *Humanities Today*.
- Parrott, L. (1990) Motivation. In R.J. Hunter, H.N. Malony, L.O. Mills, and J. Patton (Eds.), *Dictionary of Pastoral Care and Counseling*. Abingdon Press.
- Parrott, L. (1990) Helping Children Manage Stress. *Child and Family Behavior Therapy*, 12(1), 69-73.
- Parrott, L. (1988) Guilt and Empathy. In H. N. Malony, R. Puff, and J. Berryhill (Eds.), *The Travis Award Papers Vol. III*. Integration Press.
- Parrott, L. (1986) The Perception of Guilt. In H.N. Malony, C. Jackson, and H. Van Deik (Eds.), *The Travis Award Papers Vol. II*. Integration Press.

Professional Editorial Work

- Advisory board member, *Annual Editions: Abnormal Psychology* (1995-present)
- Co-editor (with Gary Collins) of *American Association of Christian Counselor's Resource Review* (1994-1998)
- Abstractor, *Journal of Psychology and Theology*, for the *Review of Religious Research* (1991-2009)
- Editor -*Christian Association of Psychological Studies Newsletter, Western Region* (1991-1995)

Professional Presentations

- Parrott, L. (September 2007) *Perceptual Time Styles in Married Couples*. Workshop: International Congress on Christian Counseling, Nashville, TN.
- Parrott, L. (July 2007) *The New Frontier of Marriage Mentoring*. Smart Marriages, Denver, CO.
- Parrott, L. (October 2003) *Guilt, Forgiveness and The Healthy Relationship*. Plenary at A Campaign for Forgiveness Research, Atlanta, GA.
- Parrott, L. (September 2003) *Using "The Love List" With Highly Effective Couples*. Workshop: International Congress on Christian Counseling, Nashville, TN.
- Worthington, E.L., Jr., Berry, J.W., Parrott, L., O'Connor, L., Gramling, S., & Nicholson, R. (August 1999) *Studies in Trait Unforgiveness and States of Unforgiveness*. American Psychological Association, Boston.

- Berry, J.W., Worthington, E. L., Jr., Parrott, L. & O'Connor, L.E. (August 1999) Dispositional forgivingness: Construct Validity and Development of the Transgression Narrative Test of Forgivingness (TNTF). American Psychological Association, Boston.
- Worthington, L., Parrott, L., and Gramling, S. (August 1999) Unforgiveness and Trait Unforgiveness: Theory and Measurement. Symposium on Forgiveness (Division 8). Annual Convention of the American Psychological Society, Washington, DC.
- Worthington, E.L., Jr., Berry, J.W., Parrott, L., O'Connor, L., Gramling, S., & Nicholson, R. (April 1999) Studies in Trait Unforgiveness and States of Unforgiveness. Christian Association for Psychological Studies, Colorado Springs.
- Worthington, E.L., Jr., Berry, J.W., Parrott, L., Gramling, S.E., McCullough, M.E., Hight, T.L., Drinkard, D.T., & Nicholson, R. (November 1998) *Unforgiveness, Forgiveness, Theory and Measurement*. Paper Presented: Christian Association of Psychological Studies-East region, Waymar, PA.
- Worthington, E.L., Jr., Berry, J.W., Parrott, L., & Gramling, S. G. (September 1998) Unforgiveness. American Association of Christian Counselors, Kansas City, KS.
- Worthington, E.L., Jr., Berry, J.W., Gramling, S.E., Parrott, L., Drinkard, D.T., & Hight, T.L. (May 1998) *Unforgiveness, Forgiveness, Reconciliation and the Promotion of Forgiveness and Reconciliation*. American Psychological Society, Washington, D.C.
- Parrott, L. (August 1998) *Balancing the Clinicians Professional and Personal Life*. Invited lecture by the APA Board of Convention Affairs. Annual Convention of the American Psychological Association, Washington, DC.
- Parrott, L. (August 1997) *A New Approach to Preparing Couples for Marriage*. Invited lecture by the APA Board of Convention Affairs. Annual Convention of the American Psychological Association, Washington, DC.
- Brown, N. and Parrott, L. (August 1997) *Influence of Social Networks on Traumatic Burnout in the Ministry*. Poster Presentation: Annual Convention of the American Psychological Association, Chicago, IL.
- Parrott, L. and Parrott, L. (May 1997) *Marriage Mentoring: A New Strategy for Early Intervention*. Training Workshop: International Conference on Marriage Enrichment, Washington D.C.
- Parrott, L. and Parrott, L. (May 1996) *Monitoring Engaged and Newlymarried Couples*. Training Workshop: International Conference on Marriage Enrichment, Ft. Worth, Texas.
- Parrott, L. (August 1995). *Counseling Adolescents*. Training Aeminar: International Congress on Christian Counseling, Singapore.
- Parrott, L. (April 1995) *Cultivating the Soul of Marriage*. Keynote Presentation: Christian Association for Psychological Studies International Convention, Virginia Beach, VA.

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- Parrott, L. (June 1995) *Marriage Preparation: Preventative Interventions*. Presentation: International Congress on the Family, Denver, CO.
- Parrott, L. (August 1995) *Counseling Adolescents*. Workshop: International Christian Counseling Conference, Singapore.
- Parrott, L. and Parrott, L. (August 1995) *Premarital Counseling*. Workshop: International Christian Counseling Conference, Singapore, Malaysia.
- Parrott, L. (August 1994) *New Developments in Coping With the Emotion of Guilt*. Workshop: National Association for Christian Recovery, Seattle, WA.
- Parrott, L. (March 1994) *Clinical Work with Teens in the 90's*. Workshop: Christian Association for Psychological Studies International Convention, San Antonio, TX.
- Parrott, L. (June 1993) *Clinical Interventions with Adolescents*. Workshop: Western Region's Association for Psychological Studies Convention, Portland, OR.
- Parrott, L. (April 1993) *Love, Guilt and Forgiveness*. Workshop: Christian Association for Psychological Studies International Convention, Kansas City, KS.
- Parrott, L. (November 1992) *Helping the Adolescent Who Struggles With Guilt*. Workshop: International Congress on Christian Counseling, Atlanta, GA.
- Parrott, L. and Massey, D. (August 1992) *Developing a Religious Scale for the MMPI-2*. Poster Presentation: Annual Convention of the American Psychological Association, Washington, DC.
- Parrott, L. (April 1992) *Cherished Terms: The Effect of Esoterica*. Poster Presentation: Annual Convention of the Western Psychological Association, Portland, OR.
- Parrott, L. (January 1992) *Teaching Adlerian Principles: Birth Order and Earliest Recollections*. Poster Presentation: Annual Convention of Undergraduate Psychology Teachers, St. Petersburg, FL.
- Hammersla, J., and Parrott, L. (August, 1991) *Impediments to Empathy*. Poster Presentation: Annual Convention of the American Psychological Association, San Francisco, CA.
- Parrott, L. (January, 1991) *Empowerment Through Empathy*. Paper presentation at the National Association of Student Personnel Administrators, Honolulu, Hawaii.
- Stanley, D., Parrott, L., and Parrott, L. (January, 1991) *The New Era of Spirituality in Higher Education*. Paper presentation at the National Association of Student Personnel Administrators, Honolulu, Hawaii.
- Parrott, L. (October, 1990) *Recent Findings in Humor and Psychotherapy*. Paper presentation at the Oregon Counseling Association, Portland, Oregon.

Parrott, L. (February, 1990) *Guilt and Love in the Church*. Paper presentation at the National Social Science Association Vancouver, British Columbia, Canada.

Parrott, L. (April, 1990) *Stress Management for Hyperactive Children*. Paper presentation at the Annual Convention of the Western Psychological Association, Los Angeles, CA.

Parrott, L. (August, 1989) *Guilt, Empathy, and Altruism*. Poster Presentation: Annual Convention of the American Psychological Association, New Orleans, LA.

POPULAR PUBLICATIONS

Popular Books

Parrott, L. (2010) *L.O.V.E: Putting Your Love Styles to Work for You*. Zondervan.

Parrott, L. (2009) *Crazy Good Sex*. Zondervan.

Parrott, L. and Parrott, L. (2008) *Trading Places*. Zondervan.

Parrott, L. and Parrott, L. (2007) *The Parent You Want to Be*. Zondervan.

Parrott, L. (2007) *3 Seconds: The Power of Thinking Twice*. Zondervan.

Parrott, L. and Parrott, L. (2006) *Your Time Starved Marriage*. Zondervan.

Maxwell, J. C. and Parrott, L. (2005) *25 Ways to Win With People*. Zondervan.

Parrott, L. and Parrott, L. (2005) *The Complete Guide to Marriage Mentoring*. Zondervan.

Parrott, L. and Parrott, L. (2005) *51 Creative Ideas for Marriage Mentors*. Zondervan.

Parrott, L. and Parrott, L. (2004) *Love Talk: Speaking Each Other's Language Like You Never Have Before*. Zondervan.

Parrott, L. and Parrott, L. (2004) *Shoulda, Coulda, Woulda: Live in the Present, Find Your Future*. Zondervan.

Parrott, L. and Parrott, L. (2004) *Lemonade in the Desert*. Countryman Press.

Parrott, L. and Warren, N. C. (2003) *Love the Life You Live*. Tyndale.

Parrott, L. and Parrott, L. (2002) *The Love List*. Zondervan.

Parrott, L. and Parrott, L. (2002) *Pillow Talk: Drawing Close Before the Lights Go Out*. Zondervan.

Parrott, L. (2002) *Helping Your Struggling Teenager*. Zondervan.

Parrott, L. (2001) *Saving Your Second Marriage Before It Starts*. Zondervan.

- Parrott, L. (2001) *The Life You Want Your Kids to Live*, Beacon-Hill Press.
- Parrott, L. (2000) *When Bad Things Happen to Good Marriages*. Zondervan.
- Parrott, L. (2000) *The Control Freak: Coping With Those Around You, Controlling the One Within*. Tyndale.
- Parrott, L. and Parrott, L., Eds. (1999) *Love Is*, Zondervan/HarperCollins.
- Parrott, L. and Parrott, L. (1998) *Relationships: An Open and Honest Guide to Making Bad Relationships Better and Good Relationships Great*, Zondervan/HarperCollins.
- Parrott, L. and Parrott, L. (1998) *A Good Friend: Ten Traits of Enduring Ties*, Servant/Vine.
- Parrott, L. and Parrott, L., Eds. (1998) *Getting Ready for the Wedding*, Zondervan/HarperCollins.
- Parrott, L. and Parrott, L. (1997) *Like a Kiss on the Lips: Meditations on Marriage*, Zondervan/HarperCollins.
- Parrott, L. and Parrott, L. (1997) *Mentoring Engaged and Newlywed Couples*, Zondervan/HarperCollins.
- Parrott, L. (1997) *Once Upon a Family: Building a Healthy Home When Your Family Isn't a Fairy Tale*, Beacon-Hill Press.
- Parrott, L. and Parrott, L. (1996) *Questions Couples Ask*, Zondervan/ HarperCollins.
- Parrott, L. (1996) *High-Maintenance Relationships: How to Handle Impossible People*. Tyndale.
- Parrott, L. and Parrott, L. (1995) *The Marriage Mentor Manual*, Zondervan.
- Parrott, L. and Parrott, L. (1995). *Becoming Soul-Mates: Cultivating Spiritual Intimacy in the Early Years of Marriage*, Zondervan.
- Parrott, L. and Parrott, L. (1995). *Saving Your Marriage Before It Starts: Seven Questions to Ask Before (and After) You Marry*, Zondervan/HarperCollins.
- Parrott, L. (1995) *Seven Secrets of a Healthy Dating Relationship*, Beacon-Hill Press.
- Parrott, L. (1994) *Love's Unseen Enemy: How to Overcome Guilt to Build Healthy Relationships*, Zondervan.
- Parrott, L. (1993) *Helping the Struggling Adolescent: A Guide to Thirty Common Problems for Parents, Counselors, and Youthworkers*, Zondervan Academic Books.

Note: Many of these titles have been translated into numerous languages including German, Chinese, Korean, Portuguese and Spanish.

Popular Booklets

Parrott, L. and Parrott, L. (in press). *Is Online Dating for Me?*

Parrott, L. and Parrott, L. (2002) *Friends to Die For*, Olan Mills.

Parrott, L. and Parrott, L. (2001) *Building Better Marriages In Oklahoma*, Honor Books.

Parrott, L. and Parrott, L. (1998) *Relationships 101*, Honor Books.

Parrott, L. (1996) *Dealing With Anger While Grieving*. Abbey Press CareNote.

Parrott, L. (1995) *Building Healthy Relationships*. Abbey Press CareNote.

Parrott, L. (1994) *Understanding Your Bad Moods*. Abbey Press CareNote.

Parrott, L. (1994) *Finding a Career for You*. Abbey Press CareNote.

Parrott, L. (1994) *Understanding Eating Disorders*. Abbey Press CareNote.

Parrott, L. (1994) *Guilt: When Your Conscience Won't Let Go*. Abbey Press CareNote.

Parrott, L. (1992) *When Life Seems Lonely*. Abbey Press CareNote.

Selected Popular Chapters

Parrott, L. & Parrott, L. (2002) Finding a Mentor Couple In *The Complete Marriage Book*, Revell.

Parrott, L. (2002) Forward In *The Paradox Principle of Parenting*, Tyndale.

Parrott, L. & Parrott, L. (2000) You've Got to Be Joking? In *Joy Breaks for Couples*, Zondervan.

Parrott, L. & Parrott, L. (1998) Do You Know How to Fight a Good Fight? In *Bring Home the Joy*, Zondervan.

Parrott, L. (1998) Anger and the Sanctified Life, in *The Hunger of Your Heart*. Partnership Press.

Parrott, L. (1998) Becoming a Peacemaker, in *The Hunger of Your Heart*. Partnership Press.

Parrott, L. (1997) Helping Someone Whose Spouse Has Been Unfaithful, in *A Neighbor in Crisis*, Tyndale.

Parrott, L. (1994) Avoiding Report Card Panic, *Raising Them Right*. Focus on the Family Press.

Parrott, L. (1994) Why You Do What You Don't Want to Do, in *Improving Your Self-Image*. Beacon-Hill Press.

Selected Popular Articles

Parrott, L. and Parrott L. (2009) Dream a Big Dream, *Extraordinary Women*.

Parrott, L. and Parrott L. (2009) Love and Lust, *Cosmopolitan*.

Parrott, L. and Parrott L. (2008) When Not to Say "I Do," *Bottom Line*.

Parrott, L. and Parrott L. (2007) Getting Married Right, *Christian Counseling Today*.

Parrott, L. and Parrott L. (2007) The 6 Secrets All Successful People Know, *Guidposts*.

Parrott, L. and Parrott L. (2007) Time to Slow Down, *Focus on the Family*.

Parrott, L. and Parrott L. (2007) Love and Lust, *Cosmopolitan*.

Parrott, L. and Parrott L. (2003) Get Closer, *Marriage Partnership*.

Parrott, L. and Parrott L. (2003) Are You a Cool Girlfriend, *Seventeen*.

Parrott, L. and Parrott L. (2003) Thanks for the Memories, *Parent Life*.

Parrott, L. and Parrott L. (2002) What Smart Couples Do Right, *Rev*.

Parrott, L. and Parrott L. (2002) Do We Fight Too Much?, *Marriage Partnership*.

Parrott, L. and Parrott L. (2001) Stress-free Zone, *Redbook*.

Parrott, L. (2001) Adolescent Spirituality, *Christian Counseling Today*.

Parrott, L. (2001) The Key to Living With a Control Freak, *Psychology for Living*.

Parrott, L. (2001) Taming the Incredible Hulk, *New Man*.

Parrott, L. (2001) Control Freaks, *Bottom Line*.

Parrott, L. and Parrott L. (2001) Men, Women and Money, *New Man*.

Parrott, L. and Parrott L. (1998) Getting Along With In-Laws, *Decision Magazine*.

Parrott, L. (1998) Walking Into Trouble: Six Truths You Need to Know Before You Enter Into A Crisis Counseling Situation, *Group*.

Parrott, L. and Parrott L. (1998) All For a Bar of Soap, *Washington Citizen*.

Parrott, L. and Parrott L. (1998) Why We Need Anniversaries, *Marriage Partnership*.

- Parrott, L. and Parrott L. (1998) Fit to be Tied?, *Vital Ministry*.
- Parrott, L. and Parrott L. (1998) What's Marriage Mentoring, *The War Cry: Salvation Army*
- Parrott, L. and Parrott L. (1997) Marital Vandalism, *Marriage Partnership*.
- Parrott, L. (1997). What You Can Expect From Jr. High Spirituality, *Jr. High Ministries*.
- Parrott, L. and Parrott L. (1997) Drawing the Line, *Bride's Magazine*.
- Parrott, L. and Parrott L. (1996) Couple to Couple, *Focus on the Family Magazine*.
- Parrott, L. and Parrott L. (1996) What You Need for a Relationship to Last, *Women's Own*.
- Parrott, L. and Parrott L. (1996) What Can You Teach Newlyweds?, *Marriage*.
- Parrott, L. and Parrott L. (1996) Strangers in the Night, *Christian Parenting Magazine*.
- Parrott, L. and Parrott L. (1996) The Spouse Saver, *Group Magazine*.
- Parrott, L. and Parrott L. (1996) What Every Wife Should Know About Her Husband, *Woman's Touch*.
- Parrott, L. (1996). The Real You, *Group Magazine*.
- Parrott, L. and Parrott L. (1995) A Relational Skills Inventory, *Group Magazine*.
- Parrott, L. and Parrott L. (1995) What You Think is What You Get, *Marriage Partnership*.
- Parrott, L. and Parrott L. (1995) Soul Mates: How Man and Woman Become One in Marriage, *Virtue*.
- Parrott, L. (1995) Adolescent Spirituality: What Can We Expect?, *Youthworker Journal*.
- Parrott, L. (1995) Overcommitment: Stepping Off the Hamster Wheel, *Group Magazine*.
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