

LOVE THINKS RESOURCES

1. **INSTAGRAM:** We have an **Instagram** that is worth following and encouraging those singles and couples you train to also follow **@DrMorganCutlip**
2. **WEBSITES:** We have three websites.
www.LoveThinks.com **FOR CERTIFIED INSTRUCTORS.** The site has the online store, lots of research (in research tab and grant info tab) and info about our Love Thinks programs—see my Keynote on [SITUATIONSHIPS HERE](#), and this is where you find your instructor account with some additional instructor materials-see the instructor login in upper right corner.
www.MyLoveThinks.com **FOR GENERAL PUBLIC.** This site contains a blog, free resources, and online courses for at-home study. This is a terrific site to recommend to those you train for ongoing support and growth.
www.RAMseries.com **FOR CHURCHES.** This is our church site that describes the 6-week RAM series that churches can license. It includes 6 sermons, 2 adult small group video-based studies—one for singles (based on PICK) and another for couples (based on LINKS), along with video-based curricula for K-12 graders... the ENTIRE church learns the RAM and how it is applied to their relationship with God and their most significant relationships with others (the two adult studies can also be used without licensing the entire series). Please check it out, watch the 4-min video on the homepage, download the free samples, and refer it to pastors and church leaders who would be interested in providing a 6-week series on building and sustaining healthy relationships. You can read about this series and the crucial role of the church in America in saving faith and family in Dr. Van Epp's latest book: *Endgame: The Church's Strategic Move to Save Faith and Family in America*—check it out www.EndgameBook.org or you can purchase on Amazon.

TARGET TOPIC COURSES: WILL BE ADDED TO YOUR PLATFORM IN 2025

We have chosen specific topics from the course content in PICK, LINKS, or Our Home Runs and developed video teachings with corresponding workbooks for each brief course. They can be facilitated added into a Flagship course, or taught separately in partial or single day trainings (Target Topic Workbooks are required if taught separate from Flagship course). All PICK 9.0, LINKS 9.0, and Our Home Runs 9.0 Instructors will receive a NEW ICON (TARGET TOPIC COURSES) on their Love Thinks instructor dashboard in 2025 and it will take them to the video content to stream when teaching each course, a link for ordering participant workbooks, and any needed brief instructor notes for facilitating that course. We are super excited to offer you these additional courses FOR FREE and will email you again about this new addition when it becomes available on your dashboard.

ADDITIONAL RESOURCES FOR PICK INSTRUCTORS

First, check out this 90-minute webinar that I conducted on the **RELATIONSHIP FORMATION TRENDS** that are prevalent in unmarried romantic relationships. Lots of research and factual points, and includes research data that are also within session five of the PICK course. The webinar can be found here:

Relationship Formation and Security of Commitment

<https://teenpregnancy.acf.hhs.gov/resources/relationship-formation-and-security-commitment>

This webpage also has an optional download of my webinar transcript, power point, and a list of my resources.

Here are the books I referenced in some of my PICK trainings (time limited referencing these books):

- **Baumeister, Roy. *Willpower*. 2011.** Promotes self-regulation, self-discipline, will-power as the essential character quality for successful adult living and should be developed in childhood and throughout adult ed. Will-power was discussed in our training about “conscience.”
- **Farrell, Warren. *The Boy Crisis*. 2018.** Argues that boys need fathers in the home actively involved in their development and character building, and that this is one if not the biggest crisis in America.
- **Regnerus, Mark. *Cheap Sex*. 2017.** Conducted the largest research study on Premarital Sex In America (his previous book by that title) and this follow up book is focused on over-sexualized messaging and the impact of porn, changes in the meaning of sex, and the often minimized negative impacts of sexual activity in unmarried relationships.
- **Edin, Kathryn. *Doing the Best I Can*. 2013.** She studies low income fathers (mainly from Philadelphia) and finds that majority want to be good dads but are restricted by economics and other environmental constraints (e.g. don’t live with their children and have kids from more than one mother so stretched thin both time-wise and financially). Pg 98 quote:

“How successful are these low-income, inner city fathers at forging an “ideal family unit” while operating under the logic of the new package deal? After all, only about a third will still be together by the time their child turns five, and only a handful—fewer than one in five—will marry the mother. ..Ultimately, fathers’ rejection of the old package deal—where the mother-father relationship is central and binds men to their progeny—seems to be the core cause of breakup.”

The author (Edin) tends to have a politically liberal viewpoint, but her description of all of the fatherless kids is heartbreaking, and her analysis of the loss of a committed marriage as the ideal for the framework of bringing kids into the world is very accurate... I think we should bring back what works! Seems a simple and pragmatic approach.
- **Edin, Kathryn. *Promises I Can Keep*. 2005.** This was her original study and preceded the father book—it has a similar approach but focused on low-income women from the Philly area. Again, somewhat politically liberal in her approaches to solutions, but the simple solution (that I think is the elephant in the room) is that **a committed marriage needs to precede childbearing**. This requires that sex is postponed until men grow up, become suitable partners, get a job, and develop strong character—I think that the postponement of sexual activity will tend to motivate men to do this long before the end of their 20’s and early 30’s. However, this simple solution which has seemed to work in the past and in many other cultures is disregarded as impossible to achieve, and Edin provides other solutions that are proposed to accommodate a highly sexualized relationship culture.
- **McIlhaney, J. and Bush, F. *Hooked: New Science on How Casual Sex is Affecting Our Children*. 2008.** This book has lots of research on brain functioning and chemicals that are produced during sexual act. It is an easy read and well-researched. However, sometimes I feel like they made too strong of a statement from some research studies that were not replicated or initial research on a topic. But overall, a really good book to read and gain an understanding of the bonding power of sex from brain research.
- **Ayers, David. *Christian Marriage: A Comprehensive Introduction*. 2018.** This is a 2long book but packed full of reviewing research that describes trends in society with research of what is happening in Christian churches (usually by categories eg evangelicalism, mainline protestant, catholic, etc). It is well worth buying and having as a reference guide, and a good read.
- A final reference I have made in PICK trainings was to something called **“The Success Sequence.”** This is a term coined for the vast research that shows the benefits of following a sequence: graduating HS, getting a job, getting married and then having a baby. I pointed out that

upward economic mobility is greatly increased for those who follow this sequence. Also, if only the decisions of getting married prior to having a baby are evaluated, over 70% of those who grew up in the lowest third income bracket will move up to the middle or upper third income bracket. This is discussed in my webinar referenced above. You can read and watch more about this Success Sequence here:

[https://www.aei.org/research-products/working-paper/millennials-and-the-success-sequence-how-do-education-work-and-marriage-affect-poverty-and-financial-success-among-millennials/#:~:text=Finally%2C%2097%25%20of%20Millennials%20who,\(ages%2028%2D34\).](https://www.aei.org/research-products/working-paper/millennials-and-the-success-sequence-how-do-education-work-and-marriage-affect-poverty-and-financial-success-among-millennials/#:~:text=Finally%2C%2097%25%20of%20Millennials%20who,(ages%2028%2D34).)

A video of the **SUCCESS SEQUENCE** is found on You Tube here:

https://www.youtube.com/watch?time_continue=267&v=keCca60pyPU&feature=emb_logo

BRIEF BIO

John Van Epp, PhD, President and Founder of Love Thinks, LLC is the author of *How to Avoid Falling in Love with a Jerk (or Jerkette)*-top choice for singles by Christianity Today; *Becoming Better Together: the RAM plan for growing together when life is pulling you apart*; and *Endgame: The Church's Strategic Move to Save Faith and Family in America* (co-authored with JP DeGance).

- He has previous experience as
 - a founding church pastor,
 - an adjunct seminary professor in marriage and family with extensive research in premarital, marital, and family relations,
 - a clinical counselor for 25-years in his private counseling practice.
 - and for over 20 years, he has trained military personnel and contracted with the military as a subject matter expert (SME) in relationship health, psychology, religion, suicide, and resilience.
- For the past 25 years, he has developed relationship programs that have been taught by over 40,000 certified instructors to over one million participants in every branch of the military, social agencies, marriage and family coalitions, high schools, and universities, and in all fifty states and eleven countries.
- Van Epp and his innovative Relationship Attachment Model, and his relationship courses were awarded the Smart Marriage Impact Award, the National Association of Relationship & Marriage Education Impact Award, and have been featured in The Wall Street Journal, Time Magazine, Psychology Today, O Magazine, and Cosmopolitan; he has appeared on the CBS Early Show, Good Morning America, Fox News, and Focus on the Family.
- Van Epp has a B.S. in Biblical and Pastoral Studies; a M.A. in Pastoral Psychology and Counseling; a M.A. in Church History; and a Ph.D. in Counseling Psychology.
- He has been happily married for over 45 years and is the proud father of two daughters and five grandkids.

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