





For Immediate Release
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Until Death Do Us Part?

Local authors' new book helps married couples dodge divorce snares

Honolulu, HI— Is a good marriage a recipe for divorce?

The answer is, "Yes," according to marriage experts, Ed and Betty Coda of Honolulu.

"People in happy marriages are more likely to fall into the trap of complacency. When people become complacent, they stop putting energy into their relationships. It becomes easy to take people for granted."

The Codas met during their freshmen year in college and have been married for more than 40 years. They have six children, several grandchildren and know a thing or two about the ups and downs of married life. In their new book, *Passionate Parent Passionate Couple*, the Codas share their 40 years of wisdom with readers.

"After we got married we felt a little overwhelmed by the responsibilities of a career and a family. We began taking marriage seminars and parenting courses. We learned so much valuable information that we could apply to our lives, and we want to share our knowledge with other families through our book."

There are plenty of families in need of the Codas' expertise. In the U.S., the divorce rate has increased from 50 to 60 percent in 2008.

"Marriage survival rates are going down every year. People need to remember to treat their marriage the same way an athlete treats his body; keep it fit. Eat healthy, sleep deep and exercise, exercise, exercise. You have to push yourself. A marriage isn't about just maintaining, but reaching that next level with your life partner."

Passionate Parent Passionate Couple teaches people:

- 1) How to keep romance alive during every moment of a relationship—including trips to the emergency room
- 2) How to create the time for family get-togethers and outings
- 3) How to effectively discipline children without raising your voice or using threatening behavior
- 4) How to maintain a close bond with your children, especially during their teenage years

The Codas are available for an interview to discuss ways married couples can strengthen and improve their relationships.

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Biography

We were children of the sixties. Baby Boomers. Hippies. Growing up in a time of questioning and exploration of new ideas.

There were so many things we didn't know and many things we learned the hard way. Living with the memory of how we had lived our lives and choices we had made created havoc at times to be as firm and clear about what we expected of our children.

We met and fell in love in our freshman year of college and decided to wait to get married until we finished school. The song that kept us going was "Wouldn't It Be Nice?" by the Beach Boys.

We believed that "No Two People Had Ever Been So in Love" and that no matter what life threw at us we could handle it.

Four years of wedded bliss passed before the six children started arriving, and we vowed to hang on to the enchantment of our relationship.

Jennifer (Jenny) is our first-born who fulfilled our dream of being parents and is the typical responsible, down-to-earth, super logical child. This is very common to her birth order in the family.

Anthony (Tony) is our first son who fulfilled our dream of having boys and is the fun-loving, witty sports enthusiast who keeps us from getting too serious.

Kelleen (Kellie) with the challenges she presented, most gave us the gift of being great parents because she forced us to hone our skills. Now she takes care of our family and others with her talent for healing.

Daniel (Danny), the thinker, was a breeze to raise. As a result we would often take him for granted and assume he would make good choices without our parental input. Now, very visible, he confronts us with knowledge and insight which keeps us on our toes and reflective about what's next in our life.

Chrysyn (Chrysy), the cutest little lover always making everyone feel good about themselves, has a knack for getting huge tasks done and making them look easy.

Molly is the genuine peacemaker who pinpoints, focuses on, and validates everyone's strengths. She encourages us all to work together harmoniously.

We learned little by little that we could not handle the challenges of child raising even with a college education. We found out that we could not do it alone like we had previously thought. We built our primary support from marriage enrichments like Worldwide Marriage Encounter™ and Living in Love™ and parenting courses from Ho'ala School and Nurturing Program, as well as from our best friends and our children. In our desire to communicate to others what we have been learning and successfully living, we've spent over 30 years as presenters for various couple and family experiences as well as certified instructors for The Couple to Couple League for Natural Family Planning™.

And now this book, which is the result of our experiences, is our gift to you...



Passionate Parent Passionate Couple Excerpt

Those of you who have children know that you walk out of the delivery room into a time warp. Before you realize it, your little bundle of joy graduated high school and you and your spouse are left in an empty house staring at each other like strangers. Babies are precious gifts. From the moment they are laid in your arms, you've fallen head over heels in love and the first time they wrap their little hand around your finger, your life will never be the same. We only think we know the true meaning of love until we have our first child. Our babies depend on us parents for everything that they need. It is our privilege to provide them with love, care, attention, food, and shelter. When we become a parent we take on an entirely different role in our lives; and it can be relatively easy for parents to forget to cultivate passion and closeness within their marriage with all of the demands put upon them. Whether you stay at home with your children or work outside the home, your days consist of meeting constant expectations.

Nobody teaches us to be parents. There isn't any manual that comes with these little bundles of joy. All we wanted to do was love our kids, but we didn't realize that included discipline, boundaries, consequences, rewards and our ability to adjust to change frequently.

Why does it take so long for us as parents to realize that we have to be clear about what we want and that it is up to us to give clear messages to our children? For your marriage to be successful, you absolutely have to put your relationship with your spouse first, and your kids second. As parents, the majority of our lives are spent in the company of others, and then we are often drawn away from our own needs. You can't expect more in your relationships with your children than you have in your relationship with each other as a couple. The two of you as a unit are the heart of the family and unless you make each other your first priority, you'll have nothing to give your children.

Most parenting skills are based on working on yourself and becoming who you want to be and who you want your children to see. No such thing as do what I say not what I do. Don't do what you don't want to see in your children. Most behaviors that you want to see in children are caught not taught.



Ed and Betty Coda's *Passionate Parent Passionate Couple* is essential for all families both young and old. This inspiring and practical guide provides valuable tools and humorous insight to help build a strong foundation and leave a lasting legacy for future generations. Ed and Betty's words of wisdom will help your family learn how to:

- Maintain a strong sense of belonging and a close bond even during the dreaded teenage years.
- Grow together though prayer and church in a time when everyone else seems to be sleeping in on Sundays.
- Maintain your family's identity and instill solid values despite society's influences and temptations.
- Discipline with love rather than paddles, flyswatters, or whatever object is closest.
- Stay in love and keep the romance alive during trips to the ER, midnight homework projects, and when you and your spouse only communicate via text messages.

"Being a consistent role-model is one of the most valuable qualities a parent can have in order to raise responsible and caring children. I can attest to the fact that both Ed and Betty have done that role-modeling very well. They keep their love for each other strong and they role-model that marital love as parents. They are like magnets and their family is awesome because of it."

—Nancy Graber Canubida, Psy.D., LCSW

"Ed and Betty have lived the concepts shared in this book. Having known their family for more than 17 years we see the love and joy in their relationship and now in their children's families. This book contains the secrets to having a joyful, loving, and fulfilling family life."

—Ed & Sybilla Alexander

Reality TV shows like *Jon & Kate plus 8*, *Table for 12*, & *17 and counting*, all show us how hard life and marriage are when trying to raise strong, intelligent, kind-hearted children. All parents, no matter the size of their family, need to see and believe that it is possible to live their lives, nurturingly raise their children, and still maintain and even improve their love and passion for each other. Ed & Betty are living proof.

—Chryslyn Hayes, Daughter of Ed & Betty

Ed and Betty Coda's love and passion for each other and their close family relationships are very visible and contagious. We have known Ed and Betty for over 30 years and whenever we are with them, they touch our hearts with their warmth, joy and deep commitment to continually work on having an exciting and passionate marriage relationship and maintaining a close family bond with all of their children.

—Eunice Paglinawan

"When I'm with Ed and Betty, there's a feeling of peace and acceptance for who I am. I know that they are listening when I express my thoughts or feelings.....They are compassionate and will go the distance for you".

—Vic Canubida



They are the real deal! The Coda family lives what they preach. We've seen many of the concepts outlined in the book in practice in their family. As parents of a family with two young kids, we feel fortunate to know Ed and Betty and benefit from their advice, encouragement, and their example.

—Teresa Hei

I have observed first-hand the unbridled success these concepts have produced in every family that applies them. Ed and Betty Coda have perfected the "recipes", now it's time for us to "cook" successful families with those recipes. I have closely observed Ed, Betty and their family for over 20 years.... this stuff works.

—Janice Takemoto-Gentile

The Coda's writing of a book on parenting could not be more appropriate. To witness their family in action is the epitome of how a family should be. Their love for each other is truly visible in their children and grandchildren.

—Ron Gochenouer

Ed and Betty are an inspiration to us as a couple and as parents as we observe them in their own relationship and in their relationships with their children.

—Lauren and Hazel Wong

As a newly married couple, having a model of what lasting love looks like - while balancing both family & career - is essential to us. Ed & Betty Coda have long been our model of what real, lasting love looks like in action. We have had the honor to witness the results they have produced in their own lives and hope to create such love in our own relationship. They are the best example we know of what living in love is all about.

—Gabe and Iris Stepanic

As one of the top coaches in the world I have worked with the richest families and the poorest families, working with Ed and the Coda family redefined how I think about business and what I believe is possible in business. The Coda's are truly a rare find in this world, an invaluable resource on finances, relationships and beyond.

—Sarano Kelley, Author and Coach
The Game-Win Your Life in 90 Days

I have known Ed and Betty for many years. I not only have experienced Ed and Betty as a couple in marriage and friends with joy, but I have also had the pleasure of knowing Ed and Betty as passionate and loving parents to me as if I were their own. My husband and I have witnessed their success in all aspects of life. We only hope to follow the same path and be as honestly happy as they are.

—Brianna & Julio Fuentes

Betty and Ed are our dear friends that always gave us good advice, so we made them our parenting consultants. It is their counsel on making our marriage the center of our lives that provides our kids with the security to be themselves. We are so grateful to have them in our lives!

—Jay Trygstad

In Ed and Betty's sharing of their relationship with us, we have seen the struggles that couples go through. They bare themselves to us, giving me hope and renewing my belief in a passionate, accepting, and forgiving marriage. They are an inspiration to me.

—Teresa Gochenouer



"The Word was made flesh and dwelt among us." These words from the first chapter of the Gospel of John summarize the most wonderful thing God has done for us. He became one of us in Jesus Christ, forever uniting human flesh and divine life. This volume by Ed and Betty Coda makes more explicit that union between divine and human, flesh and spirit that is God's plan for us all, especially for married couples. It is a gift to remind us that God wants to meet us in the ordinary aspects of our lives.

—Most Reverend Larry Silva,
Catholic Bishop of Honolulu



Ed &
Betty Coda

Ed and Betty made a huge contribution to our school and its families by being so open in their search for better ways to relate to each other and their children. Their essays in our school newsletter showed all the bumps in their road to more respect, communication, and peace at home. Their wonderful sense of humor and great honesty make it so very enjoyable and empowering to listen to them.

—Jef Fern, teacher, Ho`ala School

Ed and Betty Coda are inspirational. They played a large role in the reason our family exists today. From their knowledge of Natural Family Planning to their inherent love and passion for people, parenthood, and progeny, Ed and Betty are the ultimate example of family excellence.

—Aaron & Kimberly Meyer

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