



Uncommon Marriage: Learning about Lasting Love and Overcoming Life's Obstacles Together

Tony Dungy , Lauren Dungy , Nathan Whitaker (With)

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What does it take to build a marriage that will last? Tony and Lauren Dungy have together known the highest of highs and the lowest of lows. They fell in love, built a family, and made sports history when Tony became the first African American head coach to win the Super Bowl. Yet they've also gone through difficult, relationship-testing setbacks, including job loss and devastating personal tragedy. In a culture where it seems harder and harder to make marriage last, what has kept the Dungys strong through it all? In *Uncommon Marriage*, Tony and Lauren share the secrets that hold them together, revealing what they've learned so far about being a good husband or wife; getting through times of loss, grief, or change; staying connected despite busy schedules; supporting each other's dreams and goals; and helping each other grow spiritually. They offer encouragement and practical advice to equip your marriage to survive tough issues and flourish with joy, purpose, and partnership--in other words, to be a marriage that is truly uncommon.

Uncommon Marriage: Learning about Lasting Love and Overcoming Life's Obstacles Together Details

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Author : Tony Dungy , Lauren Dungy , Nathan Whitaker (With)

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Diana says

I received this book through a giveaway with no requirement to review. However, since I enjoyed reading it I thought I would write a review for it. The copy I was sent came with an extra book that had a bible study to go along with what the couple talked about in their biography of their marriage. The book while discussing the ups and downs with their married life is also religion based since they feel that part of their staying power comes from their faith in God. While I'm not a Christian myself, I have to admit that many of their stories struck a chord with me, especially with 15 years of marriage under my belt. I do suggest this book, especially if you're going through a rough patch as a couple, it lets you know you're not alone. If you are a Christian, I highly suggest getting the bible study that goes along with it.

Megan says

I had expected to like the book, but I think I was surprised at just how much I liked it, and how much some of the Dungy's experiences spoke to me. Our church is doing a Bible study based on this book, and I was on the fence about that (I didn't do it), and on the fence in general about reading it. I didn't want a self-help book. But I read a few reviews that said it's more of an autobiography of their marriage, so that sounded more palatable. I enjoyed the casual, conversational style, and I liked how it alternated perspectives between Tony and Lauren. From when they started dating in 1981 through now, they have definitely gone through a lot of good and bad times together.

While telling their story, they did include scriptural references. They also talked about what has or hasn't worked for them at times, and share advice that they like to give newlywed couples. The Dungys seem like a very down-to-earth family that is easy to relate to. It is nice to see that even famous NFL coaches sometimes struggle with the same communication and understanding issues that regular husbands and wives do!

The end of the book includes a section with what they called their playbook for an uncommon marriage. It has 8 main categories to focus on. Each categories has a few bullet points supporting it, as well as scripture references, and references to pages in the book where they addressed this issue (i.e. not being on the same page on a parenting issue). I think I need to make a copy of that before I return this to the library!!!

Ellen says

I love Tony Dungy and have read other books he's written. Because of that I was interested to see where they were going to go with this and what kind of wisdom they could teach. I'm glad I didn't have my expectations up too high. Though it was interesting learning about the chronology of their 30 years together I don't think I learned anything more than what I already know about marriage. I think they had and created a lot of trying

obstacles for their relationship as most of us have done. The "Uncommon" part was how they handled everything with faith, patience, acceptance of their differences, making dedicated time for each other and working as a team engaging both of their strengths and weaknesses. Although enjoyable, there weren't any "ah-ha" moments. Glad I bought it with a coupon and on audiobook (Tony and Lauren read the book) because I'm afraid I'd be falling asleep reading it. As someone who's been married and divorced twice, good for them!

Elizabeth says

Though I usually don't read books like Uncommon Marriage because I am not married or planning to marry, I did find a lot of informative points in this book. The author teaches his readers using amusing stories from his own marriage to explain how couples can make their marriages meaningful and strong. I really liked how he seemed to make a correlation between putting God first and how it made his marriage and faith stronger. The author shares many personal stories on how God helped his marriage not only through the good times but also the rough ones. The author is very honest when he says that marriages are not easy and every couple will go through storms but if they are committed to God and making their marriage work, then it will make the difference in how strong the marriage is. I enjoyed this book so much I gave it to my brother to read in case he and his girlfriend ever decide to get married. I also recommend this book to all newlyweds and those who are engaged because reading it just might make a difference.

Julie says

I read this for book club and at first I thought ugh, who picked a self-help book for book club...I think I'll skip this month. Then I saw that it was written by the Dungy's and I am a football person so I thought why not? I already knew a lot about Tony's career and even some of their personal life...you know, the public parts, but I thought it could be interesting to look behind the curtain a little bit. I liked reading about the football parts, and I grew to like the Dungy's as people, but the marriage stuff gets pretty repetitive. They have a hard choice to make, they pray, they take a walk, they adopt a kid, and repeat. It wasn't brilliantly written and it does get old, but I do respect these people as human beings. They are God-centered, family first, not covered in celebrity glitter, real people, so 3 stars for that.

Christina says

I've been reading a lot of marriage memoirs this year, and so far this is one of the best ones I've read. I really didn't think I had much in common with the Dungys, but it took only a few chapters to completely relate with their family dynamics. My husband is not an NFL coach, but he works the same crazy hours, travels all the time, and his current career path has been somewhat challenging for our marriage. But the more my marriage evolves, the more I realize we must have a proactive plan to thrive in this kind of "absent spouse" environment. This book offers encouragement for exactly this type of situation, and I take great hope my marriage can grow even stronger because of our circumstances.

The Dungys have some great practical biblical advice on marriage in general, and they have a very compelling personal story. They've experienced great sorrow and great joy, and I've always wondered about the more personal side of their story beyond their public response. This is a quick read and you won't regret

spending some time soaking up their wisdom. By coincidence, they are guests on Focus on the Family today (5/5/14) and tomorrow. I enjoyed hearing them talking about their story and relating some of the advice in this book.

Louise Pearson says

wonderful inspirational book about an African American couple with nine children (some adopted) and three dogs who live in the spotlight of NFL football since Tony is a great coach. He became the first head coach to lead his teams to the playoffs for ten consecutive years. Lauren stressed relationships and encouraged the children to spend time with their grandparents. She herself also spent time encouraging the wives of the other coaches for the team by inviting them to her house for coffee. As a Mom she also established time for homework, praying together and bedtime routines. She made a point of finding things they all could enjoy. Church was also an important part of their lives as well. It wasn't easy when Tony changed the teams he was coaching which meant they had to move, find another house, enter another school, and make all new friends. One son committed suicide which was so painful for them. But whenever there was a decision to make or a problem to face, they prayed to God and felt His presence holding them up and leading them forward.

Kasia says

I'm a big football fan and Tony Dungy was my team's coach so I was very familiar with part of his story. I've always admired how calm, collected and kind he is. It's what drew me to this book.

This book is a wonderful example on how to deal with the ups and downs of a long and happy marriage. Tony and Lauren take turns taking the reader through their thirty year marriage chronologically and the lessons are spread out throughout this narrative. So there is no "do this" and "don't do that" in this book - instead it's a wonderful walk through their memories and the lessons they've learned together.

Although I'm not particularly religious (and warning: both Tony and Lauren are very connected to God and rely on prayer to help them through virtually everything in their lives) I found that you can still draw a lot of wonderful messages on how to have a good marriage even if you do not look to God to help you through. Highly recommend this to anyone looking to strengthen the bond with their spouse or partner. Thank you Dungys for sharing your story with us.

Jeff Bobin says

One word to describe this book would be Uncommon!

I have read dozens if not hundreds of books on marriage and relationships over the years and this book is very different than all of them. It is a love story written by the two main characters by alternating as they tell the story of their love and marriage.

I would recommend you start by turning to the appendix in the back and reading through a few pages of what they believe is the foundation of their marriage relationship. Then go back to the beginning and as you read see how those foundations were developed and lived out.

While this is written by a former NFL player and coach, current TV commentator, and his wife you will be drawn into the story by the way they open themselves up and are vulnerable in a part of their lives that many of us never even think about.

For those of us in leadership there are many excellent insights on building a great marriage.

I have put this on my must read list for anyone that is married or in a leadership position with people that are.

Bridget says

This book was beautifully refreshing and a wonderful example of God's love and purpose and blessed design for marriage. The biblical principals reach beyond marriage and it was just a well told true story of two people who love God. I would highly recommend this book!

Mark says

This was an excellent book!! I have been a huge Tony Dungy fan back to his days coaching days & have every adult book that he has put out (I will be picking up the children's books for my kids soon). It was great to have him joined by his wife Lauren for this book & get both of their takes on things that have gone on during their life journey together. This is a great read for both married & single people that are football fans or not. It was neat to see how they handled things as a team instead & how God guided them to where they are today.

I was lucky enough to win this book through the Tyndale Summer Reading program which is an extension of the Tyndale Rewards program. With the Tyndale Rewards program you receive points for submitting reviews on Tyndale books & you can cash your points in on free books. If you are interested in joining the program follow the link below & you will automatically start out with 25 points & by the time you complete a few of the joining surveys you will have enough points to get this book or one of the many others offered for free!!

www.tyndalerewards.com/signup/?pc=8bb...

Terri Odegard says

This is an excellent read!

I read this book with my wife while I am deployed in Iraq. We have seen many situations that we can totally relate to and others that we have learned from. As a Soldier, my family has experienced many of the sudden lifestyle changes the Dungy's experienced during their time in the NFL, frequent moves that uproot our families from the stability they come to know. I wish I had read this book earlier in my career, I feel that it could have helped with some of the more difficult transitions. Tony and Lauren have modeled what it takes to have a special marriage that not only brings them closer to each other, but also closer to God. As I read

this book it is clear to me that their faith and trust is in the Lord, and that is how they have persevered the challenges they have faced . The title refers to an uncommon marriage, one grounded in the Lord and family. Take the time to read the book, this type of marriage should not be uncommon.

Amanda says

This book shouldn't illustrate an uncommon marriage

This book is not a book on marital advice (what I expected), instead its basically a joint autobiography of Tony and Lauren Dungy starting from when they met up to present times. It's more of a lead-by-example book on marriage than a book of "this is what makes marriage work". It was interesting enough, and they definitely do include some good reminders and tips about being a team. After reading this book I'm really sad that what they described is considered "uncommon" today, but it is...but it shouldn't be. It shouldn't be uncommon to be married strong for 30 years. My prayer is that this book helps make "uncommon marriage" a little more common.

Laura says

I have read books before that talks of interaction in marriages, but this one really makes it real. I like how it is written with both of them discussing their view of what happen in each event and how they use the various events in their lives to strengthen their relationship as husband and wife. This support of each other and not just focus on "self" seems to be the key to their lasting marriage which have them as friends who love each other and respect the views and opinions of each other. This is a great roadmap for young couples to read especially those who have jobs where one or the other is away from home for lenghts of time with their employment. How the person who is home dealing with all of the days responsibility keep the relationship balanced by keeping the other in touch and allowing the person who's job cause them to travel to return seamlessly back into the home. I love how they took time for themselves being alone just the two of them away from the home envroment. I just thought it was wonderful.

Debra Brinkman says

I didn't think I'd like this book. I have no clue who the Dungy's are, except that he was a football player and coach and I was pretty sure he had taken some team or another to the Superbowl. A self-help book on marriage is NOT on my list of books I want to read.

Truly, the only reason I read it is because it is part of Tyndale's Summer Reading Program and my library had it available to check out as a Kindle book. I'm glad I did.

This isn't a self-help book. It is more of a co-biography of this couple, from the time right before they met until the present.

I did find them engaging and interesting. I especially loved when they were living in Eden Prairie, MN while he was coaching for the Vikings. (And I guess that is why I vaguely knew the name!) They moved to Eden Prairie while we were living there, and I laughed out loud when Lauren was talking about hearing about "last

year's" Halloween Blizzard. I've got stories about that blizzard.

I think what I liked best was reading about some of the difficult events they've been through, and hearing the event from both of them. The book alternates between Lauren and Tony, sometimes talking about different things, and sometimes talking about the same thing from their different points of view.

It was also fascinating to read about their adoptions, and I wished there had been a bit more about dealing with the loss of their adult son.

Another aspect I found really fascinating was them talking about "giving back" to their communities, and how they decide what to be involved in. It was interesting to watch that grow, especially as they aged... they went from being the young couple at church who benefited from older couples/families, to a bit more of socializing/engaging other couples and young families, to being the "older" couple who was reaching out to younger couples and families. Not just within the church, but with the various teams Tony was coaching. It made me wish that we had been attending church down in Eden Prairie, particularly the church they found. I think it would have been amazing as a just-married couple to have rubbed shoulders with them.

But my church at the time, up in Roseville, was pretty great too.
