

Break Free from Marital Strife: Heal Your Relationship with Dr. Bill Spears' New Book



Jackson, Mississippi Oct 22, 2025 (Issuewire.com) - Are you feeling like your marriage is not what you planned or wanted, and you're unsure what to do about it? You're not alone. In *The F*cked Up Marriage: And What to Do About It*, Dr. Bill Spears, a seasoned counselor with a PhD in Psychology and over 40 years of experience, provides an honest and unfiltered look at some of the issues you may be facing in your marriage—and, more importantly, insights that may help make things right.

"Too many couples suffer in silence, unable to break through emotional and psychological barriers," says Dr. Spears. "This book brings the counseling room to you, helping you understand the dynamics of typical fucked up marriages, and possible resolutions and solutions that could make a big difference for you and your partner."

The *F*cked Up Marriage* book takes you inside real-life counseling sessions where couples face challenges like emotional and physical distance, communication styles that create a negative relationship, and hard-to-live-with personality issues. This book is not just a guide—it's a clinical narrative designed to help you understand what usually happens inside Fucked Up marriages, and more importantly, suggestions on how to move in a positive direction.

Dr. Spears cuts through the confusion surrounding marital issues, offering clarity and logical changes for couples seeking answers. His message is clear: "Some marriages are not fixable. However, if you have not reached the Point-of-No-Return or the Snap-Line-of-Departure, there is still time to make necessary changes."

Dr. Spears is highly credentialed as a Licensed Professional Counselor with a PhD in Psychology and four decades of counseling experience. His academic career includes teaching at the University of Southern Mississippi (USM) and Louisiana State University (LSU). "This book is a product of my years teaching psychology and decades of clinical practice I wrote the book because so many couples either settle for a bad marriage or leave it because they have no idea what to do in their situation.

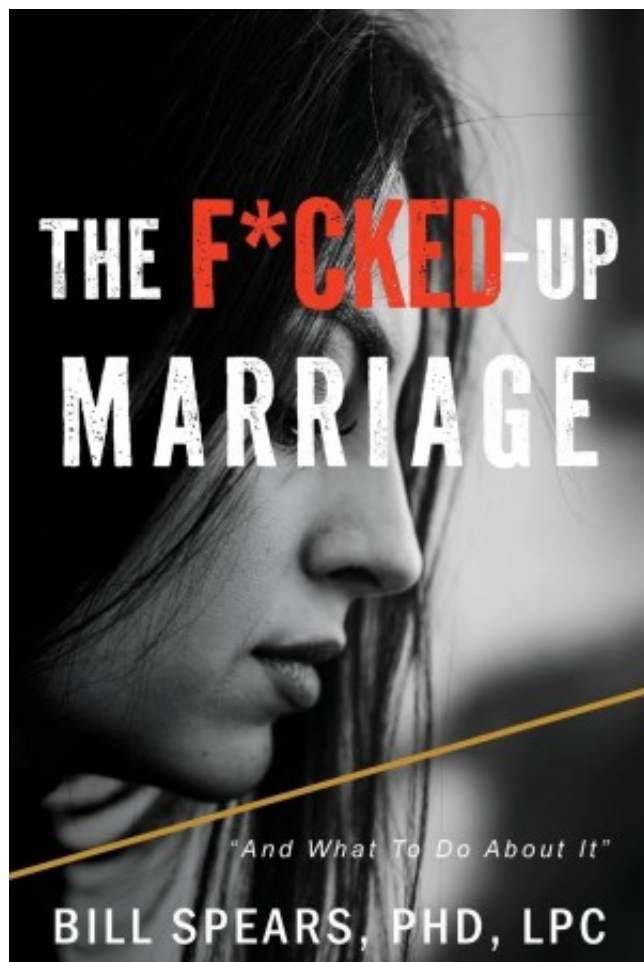
In *The F*cked Up Marriage: And What to Do About It*, you'll learn how to identify possible breakdowns in your relationship, discover logical solutions, and apply proven strategies to reconnect with your partner. This book provides you with the tools to make immediate, positive changes, reigniting hope and helping you rebuild a fulfilling, loving marriage.

Dr. Spears' message is plain: "settling for a toxic or unhappy marriage is the real 'sin.' However, you don't have to give up on your marriage without first trying to (1) understand what went wrong, (2) discover why it continues going wrong, and 3) discover proven methods for making positive things happen in your marriage. Like a screenwriter, you have an opportunity to rewrite what your renewed marriage will be like. 'The Pen Is In Your Hand.'"—This book shows you how.

The *F*cked Up Marriage: And What to Do About It* is available for purchase at major online booksellers like [Amazon](https://www.amazon.com), Books-A-Million, and [Barnes & Noble](https://www.barnesandnoble.com). To learn more about Dr. Spears and his new book, visit thefuckedupmarriage.com.

Bill Spears on Global Book Network Interview with Logan Crawford!

<https://www.youtube.com/watch?v=Q3fsEkyJ96s>



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