

# About Joseph and Sarah Elizabeth Malinak, M. Div.

## Authors of *Getting Back to Love*



Joseph and Sarah Elizabeth Malinak are on a mission to educate people about a relationship phenomenon that is so common many people have lived with it, even suffered from it, for multiple generations without understanding what was wrong! It is the phenomenon of adult mama's boys and daddy's girls attracting one another as romantic and marriage partners.

When these types fall in love, it feels like coming home. There is a lot of chemistry and joy at the beginning of the relationship that invariably weakens as the mama's boy – daddy's girl dance takes hold of the couple. Joseph and Sarah are on a mission because as a self-proclaimed mama's boy and daddy's girl, they know that couples can heal what is missing and get back to the love, chemistry, and joy that made the relationship so promising to begin with!

Joseph and Sarah specialize in helping couples improve the quality of their relationships and learn to love each other for a lifetime. As co-founders of Ideal Relationships, the Malinaks combine their backgrounds in psychology and pastoral care and counseling to bring a wealth of talent and compassion to their relationship coaching, workshops and seminars.

Their love story began while attending a self-development school. "We were in a unique situation when we first started dating," says Sarah, who holds a Master of Divinity in pastoral care and counseling from Gardner-Webb University. "In school, Joseph and I were learning how to build healthy, lasting relationships at the same time we were entering into our own relationship. It helped us be honest with ourselves and each other about the dynamics we came to call The Mama's Boy – Daddy's Girl Dance!"

Sarah and Joseph quickly learned that the very same personality traits that brought them together could just as easily tear them apart. Driven to understand the feminine and masculine dynamics in their relationship, the Malinaks spent six years researching the works of renowned European therapist Bert Hellinger, who developed a therapeutic tool called Systemic Family Constellations in the 1980s. Through Systemic Family Constellations, Sarah and Joseph discovered how to keep the romance alive and maintain a healthy balance in spite of the mama's boy – daddy's girl dynamics.

To help other mama's boys and daddy's girls find happiness and restore balance in their own relationships, the Malinaks coauthored a new book, *Getting Back to Love: When the Pushing and Pulling Threaten to Tear You Apart* (Bridgeway Books, February 2008.) Written from the male and female perspective, the book explores the unique dynamics between these two personalities that threaten to sabotage relationships, and offers ways to overcome the challenges.

Joseph has a degree in psychology and 30 years of experience as a self-growth facilitator, leading counseling and self-help workshops for men and couples. Sarah, also a relationship coach, is an active participant in the church community, leading worship services and Bible study classes.

Since their marriage in 1998, the Malinaks have been traveling together across the U.S. and Canada working hand-in-hand with couples to teach them valuable skills to maintain their marriages. They currently reside in Asheville, N.C., where they run Ideal Relationships. To learn more, please visit [www.GettingBackToLove.com](http://www.GettingBackToLove.com) or [www.IdealRelationships.com](http://www.IdealRelationships.com).