



Book Outline Template Example

The Language of Connection:
Creating A Healthy Happy Marriage

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THE CONTENT

The average book length for a non-fiction is approximately fifty-five thousand words. This number may seem daunting at first, but if you systematically approach your book after completing this outline template, you too will have a manuscript to be proud of! Happy writing!

- A. Main Idea or Premise: Simple put, the premise is the bottom line of your book. If you are chatting with a friend over coffee, what would you tell them if they asked you what your book was about? This would be your *premise*. Your premise should be about 250–300 words. Here is a sample.

The Language of Connection is an invitation to open our minds and hearts to think new thoughts about communication in marriage. Whatever the state of your marital connection, it can improve. It only takes one willing person to impact the state of your marital relationship.

(This would be a great start and then I would need three more paragraphs expanding on this notion.)

- B. Identify Your Unique Selling Proposition:

My example would be as follows:

If consumers in the target market purchase and read *The Language of Connection*, then they will:

- Understand the deeper meaning of what their spouse is saying
- Develop a voice for in the relationship
- Successfully communicate using the communication cycle
- Etc.

Because the book will:

- Incorporate cogent research on marriage and communication patterns
- Provide real life examples of couples who have overcome broken communication with success
- Etc.

C. Chapter Outline

I. Why Marriage is Challenging

- We accommodate instead of being authentic
- We stop bringing our unique self to the marriage
- We don't know how to have difficult conversations
- Etc.

II. The Need For Relationship

- Examining the critical phase of relationship growth
- Case studies of couples making the transition to healthy connection
- How vulnerability creates open and healthy trust
- Etc.

III. The Power of Distinction

- A frame-work for healthy self-esteem
- An in depth look at self-perception
- Etc.

IV. How to Connect

- Introduction to the communication styles
- How the communication cycle helps guard against
- A look at how to appropriately use and practice the communication cycle
- Discovering deeper meaning
- Etc.

V. Longing to Be Seen and Heard

- Introducing relational language
- Avoiding the "why" questions
- Conversational dialogue

- Examples of non-judgmental listening
- Etc.

VI. Thinking Matters

- Separating thinking from emotions
- How adulthood requires us to think for ourselves
- How thinking forces you to discover yourself
- Etc.

VII. The Language of Emotion

- How deeper emotional understand builds contentment in marriage
- Introducing the language of feelings
- How feeling words connect us emotionally
- Etc.

VIII. Asking For What You Need

- Learning how to ask for what you need
- It is *okay* to need
- Understanding the importance of making a request
- Etc.

IX. Intentional Responding

- Listening with understanding
- How to stop talking and wait for a response
- Understanding how a healthy response creates better relationships
- Etc.

X. Working Through Hard Times

- The benefit of hard conversations
- Understanding that conflict is not a sign of separation
- Etc.

XI. A Lasting Relationship

- Understanding how communication affects commitment
- In order to have a thriving marriage you have to commit to a healthy *you*
- You can decide if you want to grow or not
- Etc.

XII. Practice Equals Progress

- Practicing something new is the only way to retrain your brain
- Incorporating new tools to connect
- How practice makes progress
- Etc.