



5 Simple Steps to Take Your Marriage from Good to Great

Terri L. Orbuch

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NEWS FLASH! Keeping a marriage successful does NOT take hard work!

All it takes is making small changes over time. When the foundation of a good marriage starts to show wear, zero in on those imperfections immediately, right? Wrong. Focus on what's going well! Enhance the good things by adding new elements that will boost commitment, passion, and fun, and you will strengthen and build upon what you already have. It's also ok to go to bed mad! You'll find out why in this fresh, intelligent, and upbeat book.

Dr. Terri Orbuch shows how keeping a marriage healthy is, in fact, not something you have to work at. She explains how simply playing, laughing, and being a good listener will have immediate benefits, and how using her Ten-Minute Rule may be the most important action you will ever take to keeping your marriage exceptional.

She debunks common marriage myths and then provides checklists, easy-to-use tips, quizzes, and take-aways on topics such as understanding a couple's compatibility factors, fighting fair, ways to say "I love You," relationship ruts, and reigniting the flame between you and your spouse. And you'll find out why you shouldn't engage in kitchen sinking!

5 Steps to Take Your Marriage from Good to Great is based on the findings of an groundbreaking study directed by Dr. Orbuch, and funded by the National Institutes of Health. The study, of the same 373 married couples, was begun in 1986 and continues today. Dr. Orbuch, is a renowned therapist and nationally recognized relationship expert known as The Love Doctor®.

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