



The Marriage Devotional: 365 Simple Ways to Celebrate Your Love

Lester Meera

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Happily married people live longer, healthier, wealthier lives. And they don't fight any more or less than unhappily married couples. What's their secret? In this book, you'll learn the many ways in which couples can build intimacy and reinforce their commitment to one another--every day of the year.

Inside this engaging, enlightening handbook, you'll find easy things you can do every day to make marriage as happy and fulfilled as it can be, such as:

#10: Keep one another's secrets.

Relationship experts say that intimacy is strengthened and marriage bonds deepened when couples regard keeping each other's secrets as a sacred trust. Keeping your word to your spouse makes possible the revealing of vulnerabilities, fears, aspirations, and dreams.

#112: Have sex tonight. And again tomorrow night.

Couples who have more sex report happier marriages, according to the American Sexual Behavior study conducted by the University of Chicago.

#286: Stay friendly when arguing.

It's a given that you can forcefully argue your side, so try switching sides to debate your partner's viewpoint. Ask your partner to present your side. Call each other by pet names to keep the conversation friendly.

From impromptu trysts and new sexual positions to couples' retreats and joint acts of charity, these are marital tips and tricks that really work--no matter how long you've been married.

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