

# how do you make a marriage work

How Do You Make a Marriage Work? Insights into Building a Lasting Partnership

**how do you make a marriage work** is a question many couples ask themselves at some point in their relationship. Marriage is a beautiful journey that involves love, commitment, and growth, but it also requires effort, understanding, and patience. While every relationship is unique, there are universal principles that can help partners maintain a strong bond and navigate the inevitable challenges life throws their way. If you're wondering what it takes to create a thriving marriage, let's explore some meaningful strategies and tips that can make a lasting difference.

## Understanding the Foundations of a Successful Marriage

Marriage is more than just a legal contract or a romantic ceremony; it's a partnership built on trust, respect, and mutual support. Before diving into practical advice, it's helpful to understand what makes the foundation of a marriage solid and resilient.

### Communication: The Heartbeat of Connection

One of the most essential answers to the question of how do you make a marriage work lies in open and honest communication. Couples who regularly share their thoughts, feelings, and concerns tend to build deeper intimacy and avoid misunderstandings. Communication isn't just about talking; it's also about listening actively and empathetically. When both partners feel heard and validated, it fosters a safe emotional environment where problems can be addressed constructively.

### Trust and Honesty

Trust forms the bedrock of any healthy marriage. Without trust, insecurity and doubt can creep in, creating distance between partners. Being honest about feelings, mistakes, and expectations helps nurture that trust. Even during tough times, transparent conversations can prevent resentment and rebuild confidence in each other.

### Shared Values and Goals

While differences can add flavor to a relationship, having shared core values and common goals brings a couple closer together. Whether it's views on family, career ambitions, or financial management, aligning on important life aspects can smoothen decision-making and reduce conflicts down the road.

## **Practical Tips on How Do You Make a Marriage Work Every Day**

The question of how do you make a marriage work isn't answered by grand gestures alone; it's the everyday habits and choices that create a harmonious relationship. Here are some practical tips to integrate into daily life.

### **Prioritize Quality Time Together**

In today's busy world, couples often drift apart simply because they don't spend enough meaningful time together. Scheduling regular date nights or even simple activities like cooking dinner or taking walks can strengthen your connection. Quality time allows you to reconnect emotionally and enjoy each other's company without distractions.

### **Show Appreciation and Affection**

Small acts of kindness and expressions of love go a long way. Saying "thank you," complimenting your partner, or offering a warm hug can boost positive feelings and reinforce your bond. Make it a habit to notice and acknowledge the little things your partner does—it keeps the romance alive and shows that you value them.

### **Handle Conflicts Constructively**

Disagreements are inevitable, but how couples handle conflict often determines the health of their marriage. Avoiding blame, criticizing, or bringing up past issues can prevent escalation. Instead, focus on expressing your feelings using "I" statements, seeking solutions together, and knowing when to take a break if emotions run high. Learning healthy conflict resolution skills is key in making a marriage work through ups and downs.

## **Embracing Growth: How Do You Make a Marriage**

## **Work Over Time?**

Marriages evolve, and so do the individuals within them. Embracing change and personal growth is crucial for a marriage that lasts.

## **Support Each Other's Individuality**

While partnership is essential, maintaining your own identity and interests enriches the relationship. Encouraging your spouse's passions and ambitions can strengthen mutual respect and prevent feelings of suffocation. Balancing togetherness with independence keeps the relationship vibrant.

## **Adapt to Life's Transitions**

Life brings many transitions—career changes, parenthood, aging, or health challenges—that can test a marriage. Flexibility and teamwork during these phases help couples adjust without losing their connection. Regularly checking in with each other about how you're coping and what support you need can ease the strain.

## **Invest in Emotional Intimacy**

Emotional intimacy goes beyond physical closeness; it's about sharing your innermost thoughts, dreams, and vulnerabilities. Couples who cultivate emotional depth often experience greater satisfaction and resilience. Consider making time for meaningful conversations, reflecting on your relationship's growth, and expressing gratitude for your journey together.

## **The Role of External Support in Making a Marriage Work**

Sometimes, couples need help beyond their own efforts. Recognizing when to seek external support can be a sign of strength rather than weakness.

## **Couples Counseling and Therapy**

Professional counseling offers a safe space to explore deeper issues, improve communication skills, and develop strategies tailored to your unique dynamics. Many couples find that therapy revitalizes their relationship and helps them overcome challenges that seemed insurmountable.

## **Community and Social Support**

Being part of a supportive community, whether through friends, family, or faith groups, can provide encouragement and perspective. Sharing joys and struggles with others who understand married life adds an extra layer of resilience.

## **How Do You Make a Marriage Work by Fostering Mutual Respect?**

Respect is often overlooked but is fundamental for a healthy marriage. It means valuing your partner's opinions, boundaries, and feelings—even during disagreements.

## **Practice Empathy Daily**

Putting yourself in your spouse's shoes helps reduce misunderstandings and promotes compassion. Empathy allows you to respond thoughtfully rather than react impulsively, strengthening your emotional connection.

## **Celebrate Differences, Don't Dismiss Them**

No two people are exactly alike, and differences in personality or preferences can either enrich or challenge a marriage. Choosing to respect and appreciate these differences, rather than trying to change each other, nurtures harmony and acceptance.

## **Maintaining Physical Intimacy and Connection**

Physical intimacy is a vital component of a thriving marriage, contributing to emotional closeness and relationship satisfaction.

## **Communicate About Needs and Boundaries**

Every couple has varying desires and comfort levels. Openly discussing your needs without judgment ensures both partners feel valued and respected. This openness can prevent frustration and misunderstandings.

## **Keep the Spark Alive**

Routine can dull passion, so it's important to be intentional about maintaining romance. Trying new experiences together, expressing affection spontaneously, or simply prioritizing moments of closeness can keep your physical relationship fulfilling.

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Making a marriage work involves a blend of love, effort, and understanding. It's a continuous journey where both partners grow individually and together. By nurturing communication, trust, respect, and intimacy, couples can build a resilient and joyful partnership that withstands life's challenges and deepens over time.

## **Frequently Asked Questions**

### **How important is communication in making a marriage work?**

Communication is crucial in a marriage as it helps partners understand each other's needs, resolve conflicts, and build a strong emotional connection.

### **What role does trust play in a successful marriage?**

Trust is the foundation of any successful marriage, fostering security and openness between partners, which helps maintain a healthy and lasting relationship.

### **How can couples keep the romance alive over the years?**

Couples can keep romance alive by regularly spending quality time together, expressing appreciation, trying new activities, and maintaining physical affection.

### **What are effective ways to resolve conflicts in marriage?**

Effective conflict resolution includes active listening, staying calm, avoiding blame, seeking compromise, and sometimes involving a neutral third party like a counselor.

## **How does mutual respect contribute to making a marriage work?**

Mutual respect ensures both partners feel valued and understood, which strengthens the partnership and promotes a positive, supportive environment.

## **Why is maintaining individuality important in a marriage?**

Maintaining individuality allows each partner to pursue personal growth and interests, which contributes to a balanced and fulfilling relationship.

## **How can couples balance work, family, and marriage effectively?**

Couples can balance these by setting priorities together, managing time efficiently, supporting each other's responsibilities, and ensuring regular quality time as a couple.

## **What role does forgiveness play in sustaining a long-term marriage?**

Forgiveness helps partners move past mistakes and hurt, preventing resentment from building up and allowing the relationship to heal and grow stronger.

## **Additional Resources**

How Do You Make a Marriage Work? An Analytical Exploration of Lasting Relationships

**how do you make a marriage work** is a question that has intrigued couples, therapists, and researchers for decades. Marriage, as a legal and emotional union, involves complex dynamics that require ongoing effort, adaptability, and mutual understanding to thrive. While the ideal of "happily ever after" is often presented in popular culture, the reality of sustaining a successful marriage is far more nuanced and multifaceted. This article delves into the essential ingredients that underpin a durable marital relationship, examining communication patterns, conflict resolution strategies, emotional intimacy, and external influences that shape the partnership over time.

## **Understanding the Foundations of a Successful Marriage**

At its core, marriage is a partnership that demands continuous nurturing.

Psychologists and marriage counselors emphasize that the question of how do you make a marriage work cannot be answered by a single formula but rather by a combination of factors that interact uniquely for each couple. One of the foundational elements is effective communication, which enables partners to express needs, share aspirations, and resolve disagreements constructively.

## **The Role of Communication in Marriage**

Communication forms the backbone of any healthy relationship. Research published in the Journal of Marriage and Family suggests that couples who engage in open and honest dialogue are more likely to experience higher relationship satisfaction. However, the quality of communication matters as much as its frequency.

Couples who master active listening—where each partner feels genuinely heard without judgment—are better equipped to navigate challenges. Conversely, communication characterized by criticism, defensiveness, or stonewalling often correlates with marital dissatisfaction and an increased risk of divorce. Therefore, understanding how do you make a marriage work inevitably leads back to cultivating communication skills that encourage empathy and clarity.

## **Conflict Resolution: Navigating Disagreements**

Conflicts are inevitable in any marriage, but how couples manage these disagreements can determine the relationship's longevity. According to Dr. John Gottman, a leading researcher in marital stability, successful couples employ what he terms "soft startups" when initiating discussions about contentious topics, avoiding blame and hostility.

Effective conflict resolution involves:

- Addressing issues promptly before resentment accumulates
- Focusing on the problem rather than attacking the partner's character
- Seeking compromise and mutual understanding
- Knowing when to take breaks to de-escalate tensions

By adopting these strategies, couples reduce the likelihood of destructive patterns that erode trust and intimacy.

# **Emotional Intimacy and Shared Values**

Beyond communication and conflict management, emotional intimacy plays a pivotal role in making a marriage work. Emotional intimacy refers to the sense of closeness and trust that allows partners to be vulnerable with each other. It fosters a safe environment where both individuals can share fears, dreams, and disappointments without fear of judgment.

## **Building and Maintaining Emotional Connection**

Couples who prioritize emotional bonding often engage in shared activities and rituals that reinforce their connection. Simple gestures such as regular date nights, meaningful conversations, and expressions of affection contribute to a sustained emotional link.

Moreover, aligning on core values—such as views on family, finances, and lifestyle—can strengthen the partnership. Disparities in these areas, if unaddressed, may lead to friction. Therefore, couples benefit from ongoing discussions to reassess and harmonize their expectations as life circumstances evolve.

## **The Impact of External Stressors**

How do you make a marriage work when external pressures intrude? Stressors such as financial difficulties, career demands, health issues, or parenting challenges can strain even the strongest relationships. Research indicates that couples who face these obstacles together, adopting a team-oriented approach, tend to be more resilient.

Support networks, including family, friends, and professional counseling, can also buffer the effects of stress. The willingness to seek help and openly communicate about external challenges is a hallmark of enduring marriages.

## **Financial Management and Its Influence on Marital Stability**

One frequently overlooked but critical aspect of marital success is the management of finances. Financial disagreements rank among the top predictors of marital dissatisfaction and divorce. Transparency about income, expenses, and financial goals can prevent misunderstandings that otherwise lead to conflict.



## **Establishing Financial Harmony**

Couples who collaborate on budgeting and financial planning often report higher relationship satisfaction. This collaboration involves:

- Setting joint financial goals
- Agreeing on spending and saving habits
- Being transparent about debts and assets
- Respecting each other's financial perspectives

By fostering a sense of partnership in financial matters, couples can reduce stress and build trust.

## **Adaptation and Growth: The Long-Term Perspective**

Marriage is not static; it evolves as partners grow individually and together. How do you make a marriage work in the long term? Adaptability is key. Couples who embrace change and support each other's personal development maintain a dynamic and fulfilling relationship.

## **Encouraging Individuality Within Togetherness**

Allowing space for individual interests and friendships enhances personal well-being and prevents codependency. Healthy marriages balance closeness with autonomy, enabling each partner to contribute uniquely to the relationship.

## **Continuous Effort and Commitment**

Finally, commitment extends beyond the initial vows. It involves a conscious choice to invest time, energy, and emotions into the partnership. Couples who perceive their marriage as a priority are more likely to engage in behaviors that sustain and enrich their bond.

In sum, making a marriage work is a multifaceted endeavor requiring communication, conflict resolution, emotional intimacy, financial cooperation, and adaptability. While challenges are inevitable, couples

equipped with these tools and mindsets can navigate the complexities of married life with resilience and mutual fulfillment.

## **How Do You Make A Marriage Work**

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**how do you make a marriage work: Making Marriage Work For Dummies** Steven Simring, Sue Klavans Simring, 2011-04-20 The inspiration for countless one-liners, witty sayings, stage farces and not a few murder mysteries, marriage is more than just a relationship between two people. It's one of life's biggest adventures and a healthy marriage can be one of life's greatest gifts. But weathering the stresses and strains of married life and maintaining healthy marital bonds over a span of decades takes work, and sometimes you need help from a friendly expert. Which is where Making Marriage Work For Dummies comes in. Drawing on their experiences with thirty years of marriage, during which they raised three children, as well as decades of couples counseling, experts Steven and Sue Simring show you how to build a strong, happy and long-lasting marriage. They offer priceless tips on how to deal with most problems that come up between married couples, and they offer advice on how to: Make your relationship more romantic Work out big and small differences Argue in ways that strengthen you relationship Resolve disputes over money Cope with mid-life change Handle a spouse who cheats Deal with families and in-laws Reduce stress on your marriage Understand your partner's annoying habits and quirks Balance career and family goals Seek professional help when you need it Illustrating their points with insightful, often amusing anecdotes from their own marriage and from the marriages of hundreds of couples they've counseled over the years, the Simrings explore such crucial topics as: Deciding if marriage is right for you Six common marriage myths Understanding the roots of marital problems Communicating with your partner The do's and don'ts of fair marital fighting Making marriage sexy Examining the marriage life cycle Ideas for resolving money differences Succeeding with remarriage Filled with ideas you can use now to keep your marriage as strong as the day you took your vows, this is a survival guide for everyone committed to making marriage work.

**how do you make a marriage work: Making Marriage Work** Kristin Celello, 2009 By the end of World War I, the skyrocketing divorce rate in the United States had generated a deep-seated anxiety about marriage. This fear drove middle-class couples to seek advice, both professional and popular, in order to strengthen their relationship

**how do you make a marriage work: Making Your Marriage Work** Eyitayo Dada, 2017-09-08 Marriage is not meant to be endured, it is meant to be enjoyed. Far too many people are either coasting through their marriage bored or just holding on "for God's sake" or "for the sake of their children". One thing is sure, if your marriage relationship is great, you can weather any storm life throws your way with joy. But if your marriage relationship is dry, boring or stressful, you may have the type of "success" others are praying and fighting for, like money, children, a great career and lots of friends, yet go to sleep miserable and discontent every night. This is a two part book, part one speaks directly to Mr. and then Mrs., giving age-old practical advice based in the word of God, that will help you revive joy, passion and laughter in your marriage. Part two is your go-to marriage manual. It will teach you how to deal with and thrive in the midst of the conflicts many marriages face including but not limited to - Broken Trust, Finances, Sex, Abuse, Career and Ministry, In-Laws

and Friends. This book will help you weather life's storms together by honouring your God-given roles. It will remind you of easily forgotten sound judgement and common sense that will help you thoroughly enjoy one another "until death do you part."

**how do you make a marriage work: Marriage-Making It Work** Akeam A. Simmons, 2012-04 Marriage Making it WORK is a how to book on marriage; so often times couples get married and have no clue on how to make it last, and too, how to be Happily Married. It gives work for the couples to perform to bring out, and deal with some of the problem areas that they have been afraid to tackle; such as intimacy, conflict, and rules to always abide by when they have their disagreements. Marriage Making It WORK shows couples how to make and keep first things first.

**how do you make a marriage work: The Seven Principles For Making Marriage Work** John Gottman, 2011-07-21 The revolutionary guide to show couples how to create an emotionally intelligent relationship - and keep it on track Straightforward in its approach, yet profound in its effect, the principles outlined in this book teach partners new and startling strategies for making their marriage work. Gottman has scientifically analysed the habits of married couples and established a method of correcting the behaviour that puts thousands of marriages on the rocks. He helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Packed with questionnaires and exercises whose effectiveness has been proven in Dr Gottman's workshops, this is the definitive guide for anyone who wants their relationship to attain its highest potential.

**how do you make a marriage work: The Book of Marriage** Dana Mack, David Blankenhorn, 2001-03 Couples spend an enormous amount of time and energy planning for the perfect wedding. But what about planning for the perfect marriage? In these times of rampant divorce and relationship crises, it makes sense to think seriously about the many challenges of married life that loom so large today. / The Book of Marriage offers a treasury of marital wisdom from across the ages. Intellectually engaging, morally responsible, and ideologically balanced, this anthology gathers some of the deepest, wittiest, and most edifying perspectives on the big questions of married life: Why get married at all? Can love last a lifetime? How do we handle money? Who's the boss? What about children? Conflict? Growing old? Illness and death? There is even a chapter on divorce - one calculated to save a few marriages. / To date there has been no single comprehensive book of source readings on marriage and family life. Assembled with the aid of noted scholars from various fields, this volume treats marriage as more than just a relationship - as an institution, a vocation, and a source of great spiritual and emotional rewards. Each chapter introduces a different quandary of marriage and then culls the best from ancient and modern writings on the theme. The compendium of cultural wisdom on marriage ranges from the Bible and Eastern wisdom to Aristotle, St. Augustine, Maimonides, and Judith Wallerstein; from Homer, Shakespeare, Milton, and Jane Austen to Edward Albee, Gabriel García Márquez, and Bill Cosby. / An important resource for young adults, college students, engaged and married couples, educators, marriage counselors, therapists, pastors, and other family professionals, The Book of Marriage celebrates the diversity and essential humanity of the marital experience in a way that is accessible, entertaining, and eminently useful.

**how do you make a marriage work: Making Marriage Work** Lynn Toler, 2012-08-07 "Solid advice for newlyweds, golden anniversary celebrants and everybody in-between" from the Marriage Boot Camp and former Divorce Court star (The Augusta Chronicle). As the judge starring on two hit television shows, Lynn Toler has witnessed, en masse, the thematic mistakes made in American marriages. She herself has also been wed for more than 30 years and has seen both the highs and lows of matrimony in her own marriage as well as the marriages of those close to her. Drawing from both her professional career and personal life, Toler sees that the biggest impediment to marriage these days is that couples decide to take the plunge based almost entirely on the most irrational criteria: falling in love. Making Marriage Work doesn't suggest that love has nothing to do with marriage at all; rather, Toler says that love by itself is simply not enough to make marriages survive. Marriage, Toler says, is a job, and it needs to be treated like one. This updated manual suggests specific procedures that should be put in place to bridge the gap between head over heels and

happily ever after. It explains how to phrase things in order to span the great hormonal divide men and women often fall into when trying to talk to one another. It also discusses the very new and real challenges to marriage created in a culture often overwhelmed by the emphasis on (and ability to attain) instant gratification. Replete with simple, no-nonsense rules, Divorce Court anecdotes, and stories about Judge Toler's own union, Making Marriage Work contains invaluable information couples can use today to secure their marital tomorrow.

**how do you make a marriage work: Making Marriage Work** Joyce Meyer, 2009-02-28  
Previously published as Help Me, I'm Married, Making Marriage Work offers Joyce's insights on how to make a marriage succeed, thrive, and bless the lives of entire families. Joyce shares with married couples how God can transform a marriage. Whether newly wed, happily married, in a marriage crisis, or just in a relationship rut, Joyce's principles will help energize and revitalize a relationship. Discover how to: Take the focus off yourself and your spouse and look to the Lord Unleash powerful truths from God's Word for you and your marriage Understand the opposite sex Overcome roadblocks to a triumphant marriage Live successfully with an insecure person Create peace and order in your heart and in your home. Joyce's practical, how-to advice will guide couples along the path to releasing God's power on their lives, and in their marriage.

**how do you make a marriage work: Making Marriage Work** Rob Pascale, Louis H. Primavera, 2016-02-23 Staying happily married has become a difficult proposition in recent times. Although the institution is still firmly embedded in our culture, divorce rates have steadily climbed since the 1960s. While some marriages are truly divorce-worthy, many other broken marriages can be saved. Recent emphasis on personal needs and greater social acceptance of divorce and alternative lifestyles may have weakened the resolve of partners to work through their problems. Furthermore, many couples may not realize that problems in their current marriages are likely to surface in other relationships. Consequently, while they may consider divorce a solution, it may in fact only be a stepping stone to the next relationship where patterns may repeat. Solving marital differences can be difficult. They tend to be linked to or caused by other problems, and that can make it hard to identify the real reasons for conflicts. Without knowing the true nature of their problems, couples cannot arrive at solutions that actually work. To understand the underlying issues that plague many marriages, the authors look to the research conducted on the subject over the past fifty years and to real life stories of success and failure to outline the major issues that detract from marital stability. Drawing on Louis Primavera's twenty-five years in private practice as a marriage counselor, each chapter is peppered with anecdotes that every married person can relate to, and that help bring issues to life. The authors also propose frank and honest solutions that can help couples have more satisfying relationships. Anyone looking to improve their marriage will find suggestions for sussing out the underlying problems they may be experiencing and guidance for addressing those problems.

**how do you make a marriage work: Making Marriage User Friendly** Russ Holloman Ph. D., 2012-05 Why are some marriages more successful, more satisfying, and more enduring than others? The answer to this question is perhaps the most widely studied and best-known part of our marriage and family-therapy literature, although arguably, it is the least understood and certainly the least followed in terms of avoiding the pitfalls that lead to unsuccessful marriages. What this book proposes as an answer to this question is the nearest thing we have to a manifesto for marriage and family living. It provides us with a clear description of what married life should be like. No words or ideas sum up the intention of this manifesto better or indicate more clearly its challenge to contemporary marriages than the words making marriage user-friendly.

**how do you make a marriage work: So, You Want to Get Married? (eBook)** Michael Cassidy, 2010-02-05 The long-term success of a marriage depends heavily on how well spouses adjust during the early years. Getting good advice early on helps couples manage expectations and encourages them to prepare by discussing key issues. SO, YOU WANT TO GET MARRIED? consists of 12 letters that the author wrote to an engaged couple some years ago. The informal letter format provides a useful tool to share insights that are significant to young lovers who are in the process of courtship or who are engaged. The author's sincere prayer is that these pages will touch readers'

lives in a deep and wonderful way, and serve as reminders that Jesus Christ is the Author of marriage and as such is the Way, the Truth, and the Life in this as in every area of life.

**how do you make a marriage work: *This Is Marriage*** Dr. Richard Joseph Krejcir, 2014-04-01 You are holding the solution to have a triumphant marriage. This is Marriage is not about trendy ideas; rather, points us to God's truth, His effectual precepts on building a great marriage. By examining the Bible, conducting real research and extracting the precepts with practice and then sets them all out for you in an easy practical fashion. Believe me, I know the concepts are easy, the practice is tough; however, this is the only book you will need to guide you, even in harsh circumstances. Dr. Krejcir, has over 30 years of pastoral and counseling experience and the extensive research to back it up. He will help you on your journey, to have and to hold, a more successful marriage. You will discover the tips on how to know and work on a real love of cherishing and respecting. By this, you can create the happy home that glorifies God.

**how do you make a marriage work: *Master Plan for Marriage*** Archie Bost, 2019-04-30 Master Plan for Marriage is the product of three decades of counseling with thousands of couples who are struggling. Everyone goes into marriage with great intention, but few really know how to be married well. This book shows couples that their way does not work, and it never has worked for them. In Master Plan for Marriage, you will see that only the Master's (Lord's) plan truly works. God's way to be married always works while our way never works. Master Plan for Marriage also shows the four-fold purpose that God has for marriage, to provide companionship, for procreation, to make us holy and to reveal the mystery of how Christ loves his church, therefore being a tool to fulfill the great commission.

**how do you make a marriage work: *Marriage and the Economy*** Shoshana Grossbard-Shechtman, 2003-04-28 Marriage and the Economy explores how marriage influences the monetized economy as well as the household economy. Marriage institutions are to the household economy what business institutions are to the monetized economy, and marital status is clearly related to the household economy. Marriage also influences the economy as conventionally measured via its impact on labor supply, workers' productivity, savings, consumption, and government programs such as welfare programs and social security. The macro-economic analyses presented here are based on the micro-economic foundations of cost/benefit analysis, game theory, and market analysis. Micro-economic analysis of marriage, divorce, and behavior within marriages are investigated by a number of specialists in various areas of economics. Western values and laws have been very successful at transforming the way the world does business, but its success at maintaining individual commitments to family values is less impressive.

**how do you make a marriage work: *Marriage and a Glass of Wine*** William Mitcham D. Min. LMFT, 2022-09-25 Marriage and a Glass of Wine—Plus 180 Marital Enhancers provides pointers on how to nurture a healthy marriage. William Mitcham, an ordained Lutheran pastor and longtime, family and couple's therapist, reveals how to boost the quality of your marriage or your relationship with a significant other who may become your spouse. The title alludes to the fact that when they sit to talk, many couples sip a glass of wine. Sometimes, however, they fail to appreciate that the words they exchange can make a big difference in the quality of their marriage. The enhancers in this book will help you: • talk openly about all aspects of married life; • manage conflict effectively; • navigate the awesome task of parenting; • keep the marital fire of marriage burning. The author also examines why two people may be attracted to each other in the first place, why many marriages become unglued, why living together before marriage increases the risk of divorce, the characteristics of a strong marriage, and to watch out for various ways to kill a marriage. Nurture a healthy marriage that is pleasing to the eyes of God with the lessons and insights in this guide to enjoying a permanent union.

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with no strategy in mind. In *The Marriage Game Plan*, George and Tondra Gregory draw on their experience to help couples develop a personalized plan for marital success. The Gregorays offer insight on: Following the best playbook: Understand how God's design for marriage forms the foundation for your relationship. Being on the same team: Navigate disagreements in a loving way. Tackling tough conversations: Master the art of effective communication as your relationship grows in grace. Overcoming your opponents: Remain unified with your teammate even in tough times. Winning the home game: Solidify the attitudes, beliefs, and behaviors you need to thrive in your marriage. Including questions and action steps at the end of every chapter, bonus video coaching with the authors, and a guide for writing your own plan for victory, *The Marriage Game Plan* equips you to move forward with purpose and joy toward the same goal.

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**how do you make a marriage work: *Making Marriage Modern*** Christina Simmons, 2009-04-10 The nineteenth-century middle-class ideal of the married woman was of a chaste and diligent wife focused on being a loving mother, with few needs or rights of her own. The modern woman, by contrast, was partner to a new model of marriage, one in which she and her husband formed a relationship based on greater sexual and psychological equality. In *Making Marriage Modern*, Christina Simmons narrates the development of this new companionate marriage ideal, which took hold in the early twentieth century and prevailed in American society by the 1940s. The first challenges to public reticence to discuss sexual relations between husbands and wives came from social hygiene reformers, who advocated for a scientific but conservative sex education to combat prostitution and venereal disease. A more radical group of feminists, anarchists, and bohemians opposed the Victorian model of marriage and even the institution of marriage. Birth control advocates such as Emma Goldman and Margaret Sanger openly championed women's rights to acquire and use effective contraception. The companionate marriage emerged from these efforts. This marital ideal was characterized by greater emotional and sexuality intimacy for both men and women, use of birth control to create smaller families, and destigmatization of divorce in cases of failed unions. Simmons examines what she calls the flapper marriage, in which free-spirited young wives enjoyed the early years of marriage, postponing children and domesticity. She looks at the feminist marriage in which women imagined greater equality between the sexes in domestic and paid work and sex. And she explores the African American partnership marriage, which often included wives' employment and drew more heavily on the involvement of the community and extended family. Finally, she traces how these modern ideals of marriage were promoted in sexual advice literature and marriage manuals of the period. Though male dominance persisted in companionate marriages, Christina Simmons shows how they called for greater independence and satisfaction for women and a new female heterosexuality. By raising women's expectations of marriage, the companionate ideal also contained within it the seeds of second-wave feminists' demands for transforming the institution into one of true equality between the sexes.

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time together and deepen your relationship. From time management to children and from finances to items you may not have considered, you'll find questions that provide... innovative ideas to spark your creativity observations on romance to open up new levels of intimacy topics to strengthen your relationship conversation starters to enhance communication nonthreatening openings to bring up sensitive topics If you want more from your marriage, 101 Ways to Build a Stronger, More Exciting Marriage invites you to learn more about each other through engaging and fun interactions.

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