

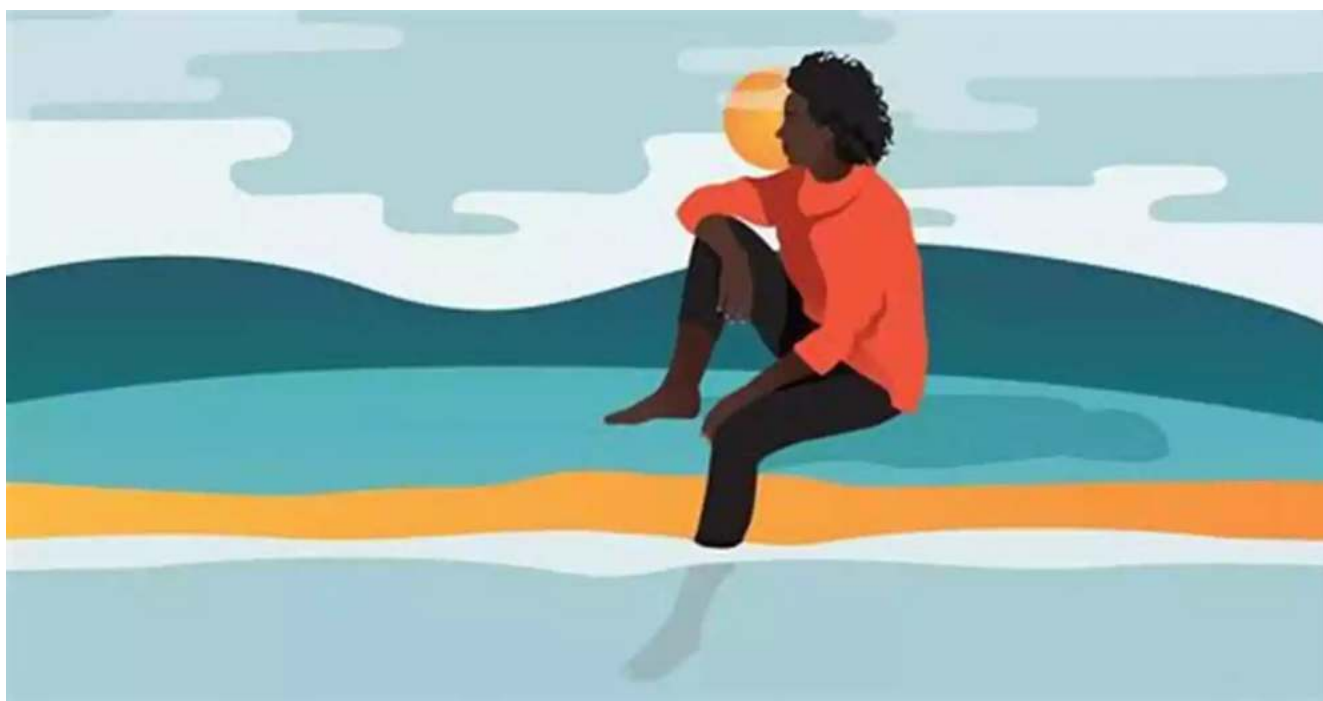
30 Day Guide To Help Save Your Marriage: How To Save My Marriage And Have Happier Days



Marriage is a beautiful journey that requires dedication, effort, and understanding from both partners. However, there may come a time when

challenges arise, and your relationship starts to feel strained. Don't despair! With the right guidance and a determined mindset, you can save your marriage and bring back the joy and happiness you once shared.

Day 1: Reflect and Communicate



Couples Therapy: A 30-Day Guide to Help Save Your Marriage (How to Save My Marriage and Have a Healthy Relationship) by Mary Diyon (Kindle Edition)

★★★★☆ 4.4 out of 5

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| Language | : English |
| File size | : 1863 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 18 pages |
| Lending | : Enabled |

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Take some time to reflect on what has been causing the distress in your marriage. Is it miscommunication, lack of intimacy, or unresolved conflicts? Once you gain clarity, open up and communicate your feelings with your spouse. Honest and open communication is the first step towards healing.

Day 2: Seek Professional Guidance



Many marriages benefit from professional counseling or therapy, especially when the issues seem overwhelming. Don't hesitate to seek the help of a marriage counselor who can provide objective advice and help you work through your problems together.

Day 3: Reignite the Romance



Plan a special date to remind yourselves of the romance that initially brought you two together. Arrange a candlelit dinner, go for a walk in the park, or take a spontaneous day trip to reignite the spark that may have faded over time.

Day 4: Practice Active Listening



Listening is an essential component of any relationship. Often, we are so focused on expressing our own opinions that we forget to listen to our partner. Practice active listening by allowing your spouse to speak without interruption and acknowledging their thoughts and feelings.

Day 5: Set Realistic Expectations

5 STEPS TO STEPPING OUTSIDE OF UNREALISTIC EXPECTATIONS



Unrealistic expectations can put unnecessary pressure on your marriage. Take some time to evaluate your expectations and adjust them to be more realistic. Remember, a perfect marriage doesn't exist, but a fulfilling and loving one is within reach.

Day 6: Prioritize Quality Time



In the hustle and bustle of everyday life, it's easy to forget the importance of spending quality time with your spouse. Make a conscious effort to prioritize time together regularly. It could be as simple as taking a walk, cooking together, or having meaningful conversations.

Day 7: Forgive and Let Go of Resentment



To truly heal your marriage, forgiveness is crucial. Let go of any resentment or grudges you may be holding onto. Forgiveness allows you to move forward and rebuild trust.

Day 8: Be Supportive and Encouraging

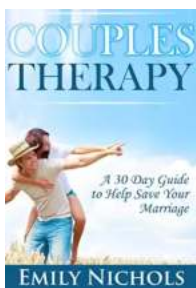


Show your spouse that you are their number one fan. Encourage their dreams and aspirations, be their support system, and celebrate their accomplishments. Small acts of kindness go a long way in strengthening the bond between you.

Day 9: Find Common Interests



Discovering and engaging in shared interests can reignite the connection between you. Find activities or hobbies that you both enjoy and make it a regular part of your routine. It not only brings you closer but also creates opportunities for bonding and laughter.



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Couples Therapy: A 30-Day Guide to Help Save Your Marriage

Are you sick of doing the same things over and over again with your spouse? Are you willing to try and fix your marriage? Are you wanting the same feelings back as you had for your spouse the first time you met? If so, I can help...

What you are going to learn from the book:

- How to keep a happy spouse
- New activities to do with your spouse
- How to communicate your feelings
- How to show your spouse you love them
- And much, much more...

A few ideas from the book:

Day four- We all get wrapped up in our everyday lives, that sometimes we forget about the things that are most important to us. It is very important to set a date night with your significant other, a night for the two of you to get away from everything else in your lives and just be alone with each other. Go get dinner, drinks, go for a walk in the park or on the beach. It is very, very important to spend quality time together and not get lost in your everyday activities.

Day eight- Get crafty and make them something unique. For example, grab a notepad of paper and start writing down 50 reasons why you love them. Put them inside of a jar, and each day they can pull out a different piece of paper to remind them of how much you love them.

Day twenty two- Talk to each other about the things that bother you. Don't get defensive listening to what your spouse has to say. This is a good thing. There are things that you would like them to work on that bother you and I'm sure there are things that bother you that you would like them to work on. Try not to make it into a fight and just listen to what they have to say.

More information from the book:

Day twenty six- Keeping in mind what your goals are and what you are working so hard for. Make a collage with different pictures you have printed off of the Internet. Grab a poster board and some glue. If there is a certain car that you would like to eventually save up money to buy, or if there is a place you and your spouse would like to go visit. Find pictures of these certain things you would like to eventually have and hang the poster board up in your bedroom, somewhere you can see it every day when you wake up so you can see what both of you are working so hard for.

Day thirty- Maybe your spouse always makes the bed, or always cleans up after the kids. Take a day to take control of all of the things that they do so they can just relax. That night when they get home from work, give them a massage. Make a whole day just about them. This day you can make the bed, take their car to the gas station and fill up their gas tank for them, make them breakfast, pack a lunch for them to bring to work, send sweet

text messages or emails throughout the day, and when they get home that evening make them their favorite meal and get them their favorite dessert.

As you can see the information in this book is straight to the point. You will be learning from condensed information on how to exactly save your marriage.

Buy the book now while it is being offered at a low introductory price; you will be so glad you did!

Tags: Marriage advice, marriage counseling, couples therapy, divorce, marriage help, relationship advice, wife, husband, how to save a marriage, how to save your marriage, how to spice up your marriage, how to fall in love with your spouse again, dating advice, marriage, saving your marriage, relationship problems, how to fix a relationship, relationship advice for women, unhappy marriage, how to save my marriage, marital problems, relationship help



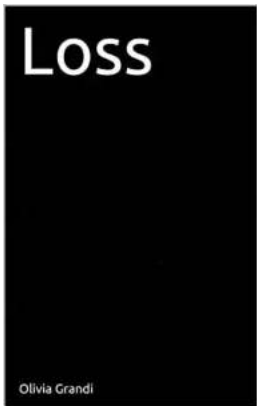
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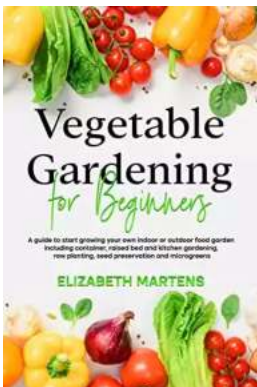
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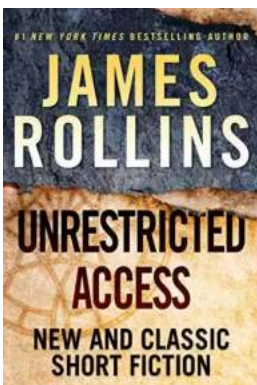
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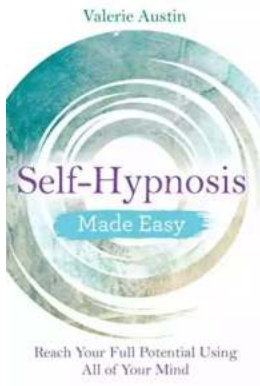
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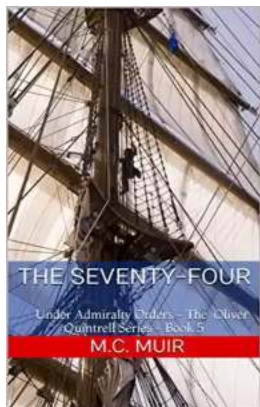
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