



5

Simple Steps  
*to* Take Your  
Marriage  
*from* Good *to*  
Great

BASED ON A GROUNDBREAKING STUDY  
AND MORE THAN 20 YEARS OF RESEARCH

TERRI L. ORBUCH, Ph.D.

Foreword by Pepper Schwartz, Ph.D.

# 5 Simple Steps To Take Your Marriage From Good To Great

**Judith Wright, Bob Wright**



## 5 Simple Steps To Take Your Marriage From Good To Great:

*5 Simple Steps to Take Your Marriage from Good to Great* Terri L. Orbuch, 2015-10-27 Contrary to what you've been told keeping a marriage successful does NOT take hard work. All it takes is making a few small changes over time. If you're feeling your good marriage is starting to show a little wear, zero in on those imperfections right **WRONG**. Focus on what's going well. Enhance the good aspects of your marriage and build on the solid foundation you already have. Dr. Orbuch debunks many common marriage myths and you'll find out who needs more compliments: men or women. Who falls in love faster: women or men. With engaging quizzes and checklists, easy-to-use tips and new takeaways on compatibility, fighting fair and relationship ruts, *5 Simple Steps to Take Your Marriage from Good to Great* will give you perfect ways to say "I love you" and show you how to reignite the passion in your relationship. You'll find out why it's okay to go to bed mad and why you don't want to engage in kitchen sinking. The advice in this smart, entertaining book will help you put the excitement back in your marriage in no time and you'll be amazed at how easy it will be. *5 Simple Steps to Take Your Marriage from Good to Great* is based on the findings of a groundbreaking study directed by Dr. Orbuch and funded by the National Institutes of Health. The study of the same 373 married couples began in 1986 and continues today. Dr. Orbuch is a professor, a renowned therapist and a nationally recognized relationship expert known as "The Love Doctor."

*How Just One Spouse Can Improve Their Marriage* Dr. Mark Avery Reed, 2025-01-02 A hopeless spouse doesn't mean a hopeless marriage. Have you ever felt hopeless about your marriage improving because it seems that your spouse is unwilling to change? You don't think your marriage can get better because you believe your spouse is hopelessly unwilling to change and you assume that their changing is necessary for marital improvement to begin. That assumption is wrong. Seemingly stubborn resistance to change can be overcome. However, it needs to start with us, not with our spouse. This book provides many ways we can act differently to increase the chances our marriage will eventually get better. These are changes we can make that will cause us to be much more attractive to a normal spouse and in time is likely to soften them so they do end up changing. We are not manipulating them to change but making improvements in ourselves and in how we interact with our spouse. As a result, our interactions with them are different, better. The changes recommended in this book are not complicated or too difficult for a normal person to do. In addition, they don't all have to be done at the same time. You could choose the approach that is doable for you, then add in others later. A few of these include acting like a better friend to your spouse, improving your manners with them and/or frequently expressing gratitude to them. Improve your marriage by improving yourself.

**Think Like a Dog** Scott MacDonald, 2019-04-01 In this humorous guide, a CEO and a rescue dog share powerful lessons for living a better life, including how to find treats or knowing when to bark. They're loyal, loving and big-hearted dogs, and they are our best friends for a good reason. Yet they have much more to offer than just love and friendship. Let CEO Scott MacDonald and rescue dog Sadie show you how to have a more rewarding life and a more successful career in *Think Like a Dog*. With whimsy and insight, Scott and Sadie offer important

lessons in loyalty persistence leaving your mark and always being a great sniffer Scott reveals what Sadie and other dogs teach us about successful work habits and organizational strategies for outstanding business success Want a better happier and more satisfying life Want to be successful Start by understanding a dog s perspective and applying the lessons learned

*Improve Your Marriage By Improving Your Focus* Dr. Mark Avery Reed, Dr Mark Avery Reed s book *Improve Your Marriage By Improving Your Focus* shows that God s intent is for our marriage to be happy and mutually enriching as we start emphasizing what we are receiving from our spouse and learn to increase simple marriage building behaviors As we improve our ability to see ourselves our spouse and our marriage as the Lord does we focus less on problems and express greater gratitude to each other We become happier In *Improve Your Marriage By Improving Your Focus* we learn that a healthy happy marriage requires two people who have decent mental health Hence chapter 1 explains the key characteristics of mental and spiritual health Sadly this topic is seldom addressed at length in books on how to have a good marriage Dr Reed offers many surprising and very helpful insights on such matters as appropriate self disclosure romance intimacy proper expectations physical affection sex and the real nature of both agape and erotic love The seldom mentioned but important subject of how to hear from God for our marriage is also discussed with practical ideas which can be applied to any area of our life Other topic areas with valuable input include how to listen effectively dealing with conflict without emphasizing our problems building hope and optimism for our marriage strengthening commitment and how to focus on what is positive *Improve Your Marriage By Improving Your Focus* also points out Forty ways we can improve our self image since someone with a poor self image will find ways to avoid deep intimacy lest they be rejected Fifty five Bible verses which indicate we should focus on what is positive The biblical difference between justified and unjustified complaining and how unjustified griping greatly harms our marriage This book provides practical help by which most any two people with decent mental health can move their marriage from unsatisfying to at least satisfying or from good to even better *Take My Spouse, Please* Dani Klein Modisett,2015-07-07 In love as in comedy timing is everything One bad night doesn t mean it s time to quit Have patience great marriages like a successful comedy career take time Turns out the cardinal rules of comedy have an uncanny resemblance to the rules of building a strong marriage With humor and grace writer and comedian Dani Klein Modisett shares a map for navigating your marriage through rough patches bad jokes and even nights when you bomb *Take My Spouse Please* shows how thirteen tried and true rules of comedy when applied to marriage keep you and your spouse connected enjoying each other and getting through those inevitable tough times Bottom line there is almost always room to laugh at a trying situation and more important with each other Along with anecdotes from well known comedians comedy writers marriage counselors and long term spouses Dani delivers the core premise humor matters *Conceive Magazine* ,2009-07 *The Couple's Road Trip Guide* Josh Parafinik,Aminda Parafinik,2015-05-30 A young Christian couple shares the lessons they learned on the open road in this travel memoir of life love faith and the adventure of marriage When

Josh and Aminda Parafinik embarked on an epic summer road trip of camping biking and rock climbing they had no idea what they were in for which turned out to include a 1 500 pound bear stowaway mice and a toothless tow truck driver Nor did they realize how important these experiences would be to learning about their lifelong journey together in marriage In The Couple s Road Trip Guide Josh and Aminda recount these and other tales from the road and share the wisdom they learned along the way If you are engaged or newly married and tired of hearing that marriage is hard work don t be discouraged God gave us marriage as a gift and He wants it to be enjoyable He blessed us with a wide world to explore side by side So come sit by the campfire with Josh and Aminda as they share their road map for making marriage a joy and lifelong adventure

*Researching Black Communities* James S. Jackson, Cleopatra Howard Caldwell, Sherrill L Sellers, 2012-09-14 Experts from a range of disciplines offer practical advice for conducting social science research in racial and ethnic minority populations Readers will learn how to choose appropriate methods longitudinal studies national surveys quantitative analysis personal interviews and other qualitative approaches and how best to employ them for research on specific demographic groups The volume opens with a brief introduction to the difficulty of defining a population and designing a research program and then moves to illustrative examples drawn from the contributors own studies of Blacks in the United States the Caribbean and South Africa Case studies cover research on the media mental health churches work marital relationships education and family roles God's Covenant - Extinct or Extant? Belo Alvaran ,2021-03-27 Why are there privileged people mostly whites God s Covenant provides for it Blessed shall you be in the city and blessed shall you be in the field said the LORD to a people who were mostly whites Why are the whites being disenfranchised today in many places God s Covenant also provides for it If you break my covenant cursed shall you be in the city and cursed shall you be in the field said the LORD In God s scheme of things whites and non whites have similar potentials Is he the God of the Jews only is he not also God of the Gentiles i e non Israelites Yes he is God of the Gentiles also said the Apostle Paul The sons of the stranger non Israelites that take hold of my covenant will I bring to my Holy Mountain and make them joyful said the LORD Read in this book what privileges God reserves for whites and non whites who take hold of his Covenant Written in simple intelligible everyday English for people of all ages gender color and nationalities Reinventing Connection catalyst MAMTA SINGH, 2022-11-20 The goal of this book is to comprehend what relationships really imply You will receive some really juicy information about your relationships that will cause them to go forward and cause ripples You will discover how to awaken yourself to handle relationships with your spouse in this book How to develop a close linked relationship with each other Relationships should require a lot of effort Have you ever discussed your appreciation for your relationship with them Find out how to identify toxic individuals in your life How a narcissist interferes with your life How to identify the narcissistic presence in your life How many of you felt like you were in a toxic relationship How many of you have experienced a toxic relationship and felt unworthy You feel unlovable Have you ever used the five love languages in your relationships If not then the REINVENTING CONNECTION CATALYST a

hidden guide that will help you overcome these obstacles and develop authentic connections with others and with yourself It demands complete honesty regarding narcissism attachment patterns self worth and other issues Do you yearn for a devoted partner Are you prepared to build the relationship you want Are you concerned about finding a life mate who is deserving of your attention and effort You must read about various practices and NLP techniques in the solution section If so then this book is a good reference Her book expresses her perception of how relationships should develop in a positive ways only as life is too short to live She listed the things you might do to live an amazing life with the use of NLP methods and affirmations for inner peace in order to get beyond mental obstacles and perform at your best in relationships by swapping out shyness and discomfort with a strong mentality and positive conviction Finally I ll admit that after reading her book I had the impression that it was written in a way that would inspire regular people to act and realize their full potential in order to map their relationship progress in their lives using new tools and systems while also understanding their exponential growth She has employed a variety of NLP techniques to address the relationship issues There won t be any divorces or separations if anybody can retain the qualities that have been so effectively stated as the closeness of a partnership Her book serves as a manual for maintaining a strong and healthy relationship By using all the relationship examples Mamta has captured the heart and spirit of relationships in her book

ENGAGEMENT 101 MAGAZINE GBP USA Inc., Engagement 101 is dedicated to help you plan your engagement This issue includes many tips and ideas to plan the perfect proposal Find your dream engagement ring among our selection of hundreds of engagement ring styles Last but not the least the skinny on everything a lady in waiting needs to know

5 Simple Steps to Take Your Marriage from Good to Great Terri L. Orbuch, 2009-10-27  
What makes marriages last What makes couples happy Is it possible for a so so marriage to become a great one From Dr Terri Orbuch the renowned therapist and nationally recognized relationship expert known as The Love Doctor comes a book that breaks new ground in marital relationships The head researcher in a large scale unprecedented study funded by the National Institutes of Health which has followed 373 couples for more than twenty two years and is ongoing Dr Orbuch made some remarkable discoveries about happiness sexuality human mating patterns and relationship longevity In 5 Simple Steps to Take Your Marriage from Good to Great she releases the study s findings to the public in a book for the first time sharing her insights and never before revealed strategies for improving and enhancing your marriage at every stage Do you remember the feeling of first being in love Based on the latest research about what works in happy marriages Dr Orbuch offers an accessible step by step roadmap for reconnecting with those feelings and gaining a deeper appreciation for the things you and your spouse share She defines the five simple strategies to help couples navigate the daily minefield of marriage from defusing frustrations that erode your relationship to the simple things that will keep your partner happy from the 10 minute rule to help you really get to know your spouse to reducing boredom and weeding out unprofitable behaviors Filled with exercises check lists and some surprising statistics 5 Simple Steps to Take Your Marriage from Good to Great will

help you bring happiness joy and fulfillment to the most important relationship of your life From the Hardcover edition

**The Ladies' Home Journal** ,2009-07      **Happily Ever After** Trista Sutter,2013-11-26 Trista Rehn was a pediatric physical therapist moonlighting as a Miami Heat dancer when she heard about casting for a new reality show one guy getting to know twenty five girls in the hope of finding a fianc e As improbable and crazy as it sounded Trista took the chance and had her heart broken on the very first season of The Bachelor But the next season as the first Bachelorette her fairy tale fell into place during a whirlwind courtship with poetry writing firefighter Ryan Sutter and eventually a dream come true wedding on national TV In the midst of building a life with Ryan and raising two kids Trista started to make a conscious effort to remember her favorite part of each day And she s made sure to post these thoughts her own personal expressions of gratitude almost every night on Twitter and Facebook even on days she was dealing with fertility issues a difficult pregnancy family deaths and other challenges that many of us face Sometimes it s the smallest gestures and the most unassuming things that can have the greatest effects Trista is often asked her secret to being one of the rare reality TV relationships to make it to the altar and beyond In this heartfelt book she shares the simple yet profound keys to finding everyday happiness gratitude and grace From the blink and you ll miss them moments we have with our kids our spouses our pets or even strangers to the more obvious lessons we pick up from reading the news or hearing an inspirational story knowing how to recognize accept and be grateful for all of our daily blessings is truly what happily ever after means      *Happiness Hacks: 100% Scientific! Curiously Effective!* Alex Palmer,2018-05-15 Highly Effective Hacks From Totally True Facts Could you be happier at work in love in life You may not need a total overhaul just a few good Happiness Hacks Here are hundreds of shortcuts to brighten your day and boost your mood and the science behind how they work Discover why 57 F 13 9 C is the happiest temperature Selfies give you a jolt of joy Renters have a surprising edge over homeowners 17 minute breaks are the most productive Intimacy is better than sex It s more satisfying to work a full 40 hour week Date night is the key to a happy marriage Just 10 minutes of exercise can cheer you up Whether you re seeking better health stronger friendships or that elusive happy place these stunningly simple tips are proven to help You can hack your way to happiness      **Find Love** Paul Brunson,2024-02-01 FROM THE HOST OF THE 1 WE NEED TO TALK PODCAST FIND LOVE is more than a book it s a compass for navigating the ever changing landscape of relationships This book is your toolkit for identifying and connecting with a partner who not only completes you but also strengthens you It is rich with insights supported by research and steeped in heart Paul Brunson From red to green flags apps speed dating attachment styles trauma dealbreakers compromises and making it past the first date finding love can feel like a minefield In Find Love world renowned relationship expert and Head of Global Research for Tinder Paul Brunson provides you with vital advice for navigating and securing real connections Whether you re single and looking for love or in a relationship and wondering if your partner is the one this book will arm you with the advice skills and simple tools you need to make an informed decision on how to simultaneously love

yourself and find the right partner for you Packed with practical advice and brilliantly researched this is a thoughtful deeply helpful and empowering toolkit for all things relating to love and relationships Fearne Cotton Published by Happy Place Books

**How to Host a Game Night** Erik Arneson,2020-10-27 From party games to legacy games setting up to hosting a crowd tabletop game expert Erik Arneson gives you the strategies you need to host an epic game night Break out the chips and grab a drink With enthusiasm for tabletop games at an all time high and exciting new board games and card games hitting Kickstarter every week game night is more popular than ever But there s more to the perfect game night than choosing between classics like Scrabble and Catan or introducing friends and family to games like Ticket to Ride Carcassonne and Codenames Tabletop gaming expert and experienced game night host Erik Arneson is here to help Organizing his advice by group size Arneson walks you through everything from selecting the right venue and snacks to managing a game library and bad attitudes answering questions like How can I make the most of a small space Am I explaining the rules right What should I do if guests show up late How do I keep my dog from eating the pieces Do I have to invite Sean Marrying the practicality of Emily Post with curated lists of games perfect for every occasion Arneson s humorous down to earth approach will help readers everywhere navigate these fun and rewarding gatherings Ideal for novice hosts and seasoned players alike How to Host a Game Night is the perfect book for anyone wanting to up the ante on their hosting game

*Befriending Your Ex after Divorce* Judith Ruskay Rabinor,2013-01-02 Befriending Your Ex After Divorce presents communication strategies anger management tips and other advice for building and maintaining friendship and a positive coparenting relationship with an ex after divorce

**The Heart of the Fight** Judith Wright,Bob Wright,2016-02-02 In the midst of a disagreement many couples may ask themselves What are we really fighting about As it turns out breakups and divorce don t happen because couples fight they happen because of how couples fight In this much needed book Judith and Bob Wright two married counselors and coaches with over thirty years of experience helping couples learn how to fight well present their tried and true methods for exploring the emotions that underlie many relationship fights Readers will learn how to use disagreements as an opportunity to deepen their understanding of their partner bring more intimacy to the relationship strengthen their bond and learn from the conflicts and tensions that occur in all relationships

*Start With Values* Bradley Hook,2025-01-07 Embark on a journey of self discovery and lead a life of purpose with practical tools and thought experiments that reveal how collective and personal values shape our lives In this powerfully insightful book author Brad Hook founder of the Values Institute brings his years of experience as an executive coach mentor and researcher to unpack the extraordinary impact of values in our lives and helps set you on a journey to live with authenticity courage and passion Three distinct sections guide you toward understanding your core values and their impact on your decision making purpose and daily habits Discovering Your Values Tools lists and thought experiments to help you find your core values and comprehend how they drive their actions and shape their purpose Living Your Values Delves into how well being can



cultivate resilience supporting values aligned action even under stress Sharing Your Values Emphasizes the communal aspect of values fosters you to connect and use your values within a community With its blend of theory and practice the book equips readers with the understanding and tools they need to live a more fulfilling values aligned life It is not just a book but a companion for anyone seeking to enhance their well being resilience and relationships by starting with values

Fuel your quest for knowledge with is thought-provoking masterpiece, Dive into the World of **5 Simple Steps To Take Your Marriage From Good To Great** . This educational ebook, conveniently sized in PDF ( Download in PDF: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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