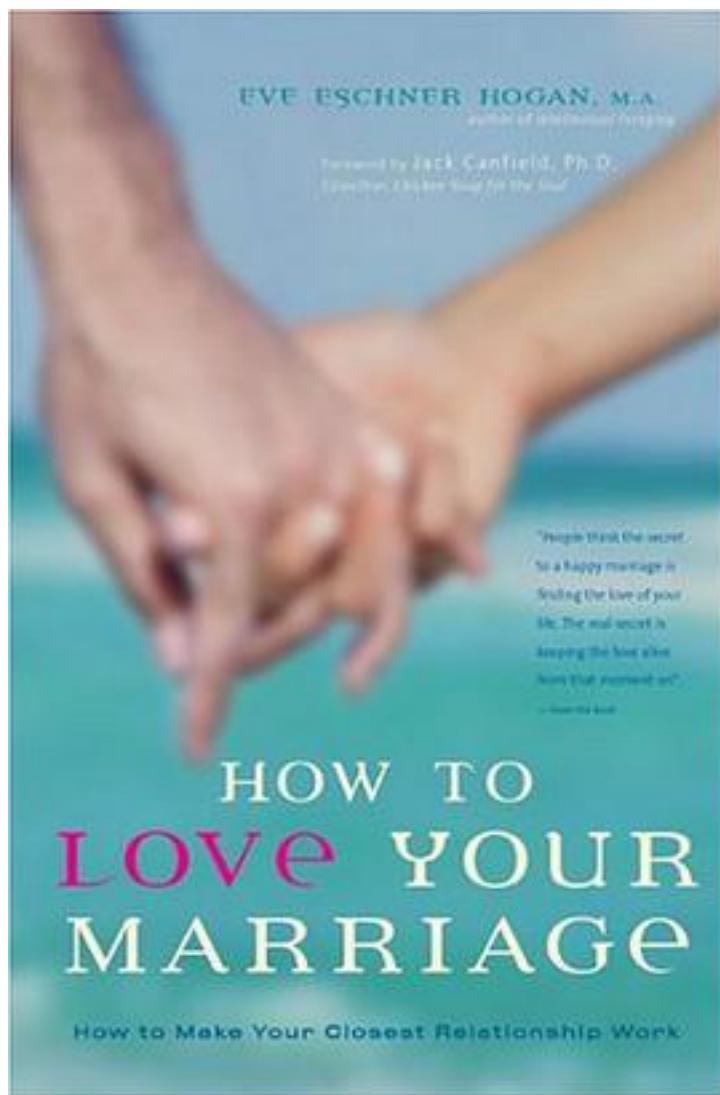


How to Love Your Marriage



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A garden needs constant nurturing to stay healthy, and so does a marriage. As people change and adapt to new circumstances and phases of life, marriages and other close relationships are stressed and can suffer. Relationship expert Eve Hogan explains that love, like self-esteem, doesn't go away, but is blocked by negative experiences, comments, and beliefs that make the love difficult to feel. How to Love Your Marriage helps couples identify and overcome those obstacles, and provides an eye-opening understanding of self-esteem's impact on a relationship — and of a relationship's impact on self-esteem. Full of practical information, including advice for managing emotions, simple tips that can be used immediately, and empowering steps to take even with an unwilling partner, the book gives readers the skills and tools needed to keep a marriage alive and growing.

作者介绍:

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