



# Staying Close: Stopping the Natural Drift Toward Isolation in Marriage

*By Dennis Rainey*

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**Staying Close: Stopping the Natural Drift Toward Isolation in Marriage** By Dennis Rainey

Countless married couples end up living alone – in the same house. Over twenty-eight years of conducting "Weekend to Remember" conferences have convinced Dennis and Barbara Rainey that isolation is the number-one problem in marriages today. But they believe it's possible to overcome "marital drift" and experience the miracle of oneness. This book provides a positive, workable strategy for keeping your marriage vital and intimate. Included are proven principles and hands-on exercises to help you:

- understand the personal and cultural forces that isolate you from your spouse
- manage your schedules, workloads, roles, and responsibilities without losing sight of each other
- allow for (and enjoy) individual differences while maintaining unity
- build an atmosphere of cooperation by meeting each other more than halfway
- "affair-proof" your relationship (or heal it after the fact)
- grow closer during hard times instead of letting your troubles pull you apart
- create a "safe" atmosphere for transparent communication
- discover the secrets of a mutually rewarding sex life
- leave a legacy of love and unity to your family and friends

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## **Staying Close: Stopping the Natural Drift Toward Isolation in Marriage** By Dennis Rainey **Bibliography**

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### **Editorial Review**

#### **About the Author**

Dennis Rainey is the executive director and co-founder of FamilyLife and co-hosts the radio program, FamilyLife Today. He is senior editor of the HomeBuilders Couples Series, which has sold more than 1 million copies worldwide, and author of Parenting Today's Adolescent and The Tribute.

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