



7 Stages of Marriage: Laughter, Intimacy and Passion Today, Tomorrow, Forever

By Rita M. DeMaria, Sari Harrar

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Understand your relationship with this breakthrough guide where you'll learn about the seven natural stages of marriage. Discover the actions you need to take at each step to ensure a healthy, growing bond. Rich with specific advice, quizzes, and exercises, and based in part on the Reader's Digest Marriage in America Survey or 1,001 marriage people, this is the one book you need for a truly fulfilling marriage, no matter how long you've been together, no matter how challenging or happy your marriage is today.

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Editorial Review

From Publishers Weekly

Marriage therapist DeMaria and co-writer Harrar present a short guide to the seven stages of marriage—Passion, Realization, Rebellion, Cooperation, Reunion, Explosion and Completion—along with techniques for "feeling happy, secure and satisfied" in any of them. Told in an upbeat, family-friendly style, most information and advice are specific, practical and reinforced with simple exercises and humanizing anecdotes from Readers' Digest surveys. In the Realization chapter, Harrar and DeMaria urge readers to "understand your expectations" and those of their partner, a tricky proposition for which the authors provide a quick exercise and solid tips: "Be realistic about what you do ask for," "Use disappointment as a signal for unconscious expectations" and "Don't compare your spouse to other people's spouses." Unfortunately, some chapters devolve into vague suggestions that smack of filler: "Pull out the music you enjoyed together and dance in the dining room. Go canoeing. Play Scrabble. Wear your sexiest lingerie under a dress when you go out to dinner." This guide will make a helpful addition to a married couple's library, but it lacks the depth to help anyone more than moderately troubled.

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Users Review

From reader reviews:

Samuel Stratton:

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each publication has different aim or maybe goal; it means that guide has different type. Some people sense enjoy to spend their a chance to read a book. They are reading whatever they get because their hobby is usually reading a book. Consider the person who don't like looking at a book? Sometime, man feel need book once they found difficult problem or exercise. Well, probably you will need this 7 Stages of Marriage: Laughter, Intimacy and Passion Today, Tomorrow, Forever.

Troy Harlow:

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Alice Ybarra:

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