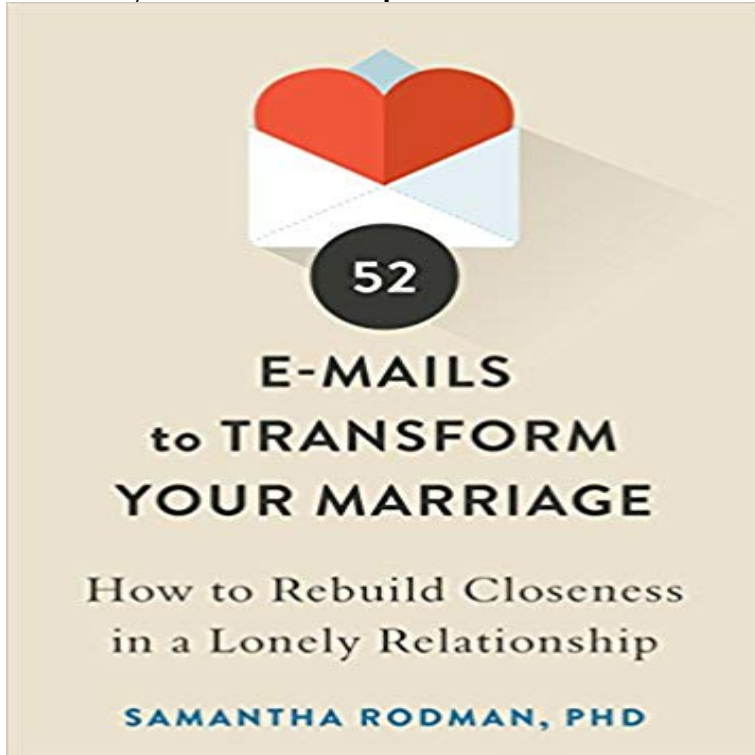


52 E-mails to Transform Your Marriage: How to Rebuild Closeness in a Lonely Relationship



Press send for amazing results! With 52 E-mails to Transform Your Marriage, you'll find a year's worth of e-mails to help you reconnect with your spouse, reignite intimacy, and keep your love alive. There's no doubt marriage can be a challenge, we've all heard that half of marriages end in divorce. A common problem you may face as a couple is feeling stuck or disconnected, lonely within the marriage, as if you and your spouse were worlds apart, even as you present a united front. Attempts to discuss the problem may lead to painful arguments, and even couples therapy may prove more expensive and time-consuming than effective, putting each of you on the spot and moving so quickly that you may leave, session after session, without feeling closer. E-mail, however, can be a much less threatening way to communicate your true thoughts and feelings. Based on the author's popular online relationship coaching sessions, each chapter of this book provides an e-mail writing assignment focused on a different topic, such as sex, intimacy, communication, trust, and the future. These weekly assignments will grant you both the time to write, which can be extremely therapeutic in itself, and read what the other has to say without the need for an immediate response. With 52 E-mails to Transform Your Marriage, you'll discover useful tips for good communication, learn how to respond to messages with empathy and validation, and be well on your way to rediscovering and sustaining the love that brought you together in the first place.

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