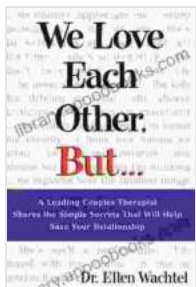


# Leading Couples Therapist Shares The Simple Secrets That Will Help Save Your Marriage

Marriage is hard. But it's also one of the most rewarding things you can do in life.



## We Love Each Other, But . . . : A Leading Couples Therapist Shares the Simple Secrets That Will Help Save Your Relationship by Joseph Alexander

★★★★☆ 4.4 out of 5

Language : English  
File size : 335 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Screen Reader : Supported  
Print length : 225 pages



If you're struggling in your marriage, don't give up. There is hope.

Leading couples therapist Esther Perel has spent decades helping couples save their marriages. In her new book, *The State of Affairs: Rethinking Infidelity*, she shares the simple secrets that will help you too.

## The Simple Secrets of Saving Your Marriage

Perel's research has shown that the most successful couples are not those who never argue or have disagreements. In fact, it's the opposite. The most

successful couples are those who are able to argue and disagree in a healthy way.

So, if you're struggling in your marriage, the first step is to learn how to argue and disagree in a healthy way. This means:

- **Staying calm and respectful.** Even when you're angry, it's important to stay calm and respectful. This will help you avoid saying things that you'll regret later.
- **Listening to each other.** When your partner is talking, really listen to what they're saying. Try to understand their point of view, even if you don't agree with it.
- **Finding common ground.** Even if you disagree on some things, there's always common ground to be found. Focus on the things that you agree on and build from there.

In addition to learning how to argue and disagree in a healthy way, there are other simple secrets that can help you save your marriage.

- **Spending time together.** One of the most important things you can do for your marriage is to spend time together. This doesn't mean you have to spend every waking moment together. But it does mean that you should make time for each other on a regular basis.
- **Communicating openly and honestly.** Communication is key in any relationship. But it's especially important in marriage. Make sure you're communicating openly and honestly with your partner. This means sharing your thoughts and feelings, even when they're difficult.

- **Being supportive and understanding.** Marriage is a team effort. You need to be supportive and understanding of your partner. This means being there for them when they need you, even when it's not convenient.
- **Forgiving each other.** Everyone makes mistakes. If you want your marriage to last, you need to be willing to forgive each other.

Saving your marriage takes work. But it's worth it. If you're willing to put in the effort, you can save your marriage and build a stronger, more loving relationship.

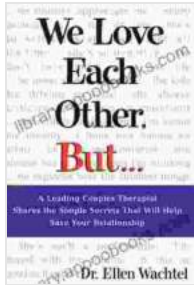
## **About Esther Perel**

Esther Perel is a couples therapist, author, and speaker. She is the author of the best-selling books *Mating in Captivity: Unlocking Erotic Intelligence* and *The State of Affairs: Rethinking Infidelity*. Perel has appeared on Oprah, The Today Show, and other major media outlets.

Perel's work has been praised by experts for its insights into the complexities of modern relationships. She is a leading voice in the field of couples therapy and her work has helped countless couples save their marriages.

If you're struggling in your marriage, don't give up. There is hope. Leading couples therapist Esther Perel has spent decades helping couples save their marriages. In her new book, she shares the simple secrets that will help you too.

Follow these simple secrets and you can save your marriage and build a stronger, more loving relationship.



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