



Save Your Marriage in Five Minutes a Day: Daily Practices to Transform Your Relationship

Bonnie Jacobson

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A happy marriage is within every couple's reach--all it takes is five minutes. In marriage, happiness is a state of mind that you can create together in mere minutes.

In this book, bestselling author and marriage expert Dr. Bonnie Jacobson shows you how to make each other happy with the small yet meaningful gestures that add up to a big difference--one day at a time. From turning your everyday interactions like housework and making dinner into playful bonding to quick ways to have good sex (or *start* having good sex), these are psychologically sound methods that teach the both of you to bring out the best in each other--and your relationship. With this easy primer to marital bliss, not only will you strengthen your marriage in no time, you'll also learn how to keep it strong--and happy--for years to come.

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