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Marriage: Small Steps, Big Rewards



Synopsis

5 compact discs/6 hours (approx.) "The secret of a good marriage, for the most part, is that there are no secrets, only commonsense, time-tested ideas practiced by countless others who have done it well."—from the Introduction Marriage expert Dr. Ray Guarendi has counseled enough couples to know that building a better relationship with your spouse doesn't mean learning exotic new communication techniques or rearranging your lifestyle. In fact, a few of his ten "small steps" are lessons you learned in grade school, such as: say "I'm sorry"; listen a minute; make a list; use your manners. Plus, with his "resistance rationales," Dr. Ray helps you overcome any reluctance you might feel to taking these small steps. Filled with straightforward advice, this book reminds you that a happier, more rewarding marriage is just a few small steps away.

Book Information

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Customer Reviews

RAYMOND N. GUARENDI, Ph.D. is a clinical psychologist and has been a guest on national TV and radio programs such as Oprah, Joan Rivers, The 700 Club, and CBS This Morning. He offers parents and spouses practical help through his private practice and his syndicated radio show, "The Doctor Is In," heard on over 145 stations nationwide, as well as on Sirius satellite radio.

Dr. Ray 's advice makes sense. Advice worth reading and doing. Thanks, Dr. Ray, for bringing common sense into marriage. A healthy marriage creates healthy relationships.

Married 40 yrs and found that there is always room for improving. Some of the advice was sort of

evident, depends just where you are and how you view yourself.

Quick and a good read! It's funny at times and hits the nail on the head as how to improve marriages. I've been married for almost 30 years and as I read this book I thought "I could have written this book, but I didn't so I'm glad Dr. Ray did". Follow his advice even though some may be hard to do and your marriage will see changes.

This is a great marriage 'workshop' . Dr. Ray gives so many practical ready to use immediately ideas for any marriage. It is specifically designed to help couples who are having communication troubles ect but I found it very interesting and useful just as a little "reminder" to think of my spouse from his point of view, good strategies for listening better and ways to be more loving.

Breaks down resistance in a very compelling way...I am pleased and changed having read these words. Very impactful for someone motivated to change for the better!

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