



Marriage: Small Steps, Big Rewards

Dr. Ray Guarendi

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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.

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