

Keys to a Happy Marriage

Divorce proof your marriage by applying these Seven Principles

Adapted from John Gottman's research as to "What Happy Marriages Are doing RIGHT")



1. Develop a Deep Knowledge of One Another
2. Nurture Your Fondness and Admiration
3. Turn Towards Each Other Instead of Away
4. Let Your Partner Influence You
5. Solve Your Solvable Problems
6. Overcome Gridlock
7. Create Shared Meaning