



# Marriage Rules: A Manual for the Married and the Coupled Up

*Harriet Lerner*

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## **Marriage Rules: A Manual for the Married and the Coupled Up** Harriet Lerner

Following a unique format perfect for today's world, the renowned author of *The Dance of Anger* gives us just over 100 rules that cover all the hot spots in long-term relationships.

*Marriage Rules* offers new solutions to age-old problems ("He won't talk"/"She doesn't want sex") as well as modern ones (your partner's relationship to technology.) You'll also learn how to:

- Calm things down and warm them up
  - Talk straight and fight fair
  - Listen well as a spiritual practice
  - Connect with a distant partner
  - Survive the unique challenges of children, stepchildren and difficult- laws
  - Follow a 12-step program to overcome defensiveness
  - Know how and when to draw the line
  - Take back your marriage when things fall apart
- Marriage Rules* is a treasure chest of lively, practical advice to help you navigate your couple relationship with clarity, courage, and joyous conviction. If one person in a couple follows ten rules of his or her choice, it will generate a major, positive change. All that's required is a genuine wish for a better relationship and a willingness to practice.

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