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Choice Relationships: June is Wedding Month

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My Personal Insights:



Since June is stereotypically thought of as the month for weddings, I thought I'd use this month's newsletter to share some important information that I've gathered about marriage and things that will help to strengthen your relationship.

Not a member yet? To receive your copy of helpful tips to create more satisfying and powerful choice relationships, simply fill in your e-mail address in the box below and click "Join." You will receive this newsletter once a month.

Some Real Facts Regarding Marriages

Though some recent statistics seem to indicate that the divorce rate has decreased a bit, here are the accepted numbers: 90% of American adults get married; 50% of those adults get divorced; 80% of people who divorce from their first marriage will remarry; and 60% of those who remarry will divorce a second time. Yet, a happy marriage has been proven to be a wonderful buffer to stress.

That being the case, learning the skills to a good relationship and hopefully marriage is really essential. Additionally, being in a loving relationship makes it easier to cope with the stresses and strains of working life.

Choice Tips:

1. 65% of people spend more time with their computer than with their significant other! Clearly, this is very damaging to both the spouse and children. As attached as you may be to your computer, it won't hug back.
2. When you and your partner have a secret code, a special language between you, it strengthens your bond and makes the two of you feel more connected.
3. Parental stress has a negative impact on a child's well-being; a father's distress level is especially significant in determining how satisfied a child feels in life. So learning stress reducing tools is good for you and good for your kids.
4. When men contribute to doing the housework, there are lots of positive consequences: couples are less likely to separate or divorce, women have less affairs, and there's more sex!
5. When one partner in the relationship is materialistic, regardless of the income level, there's a greater chance of financial tension in the relationship.
6. One of the best ways to have a happy marriage is to focus on areas where you can

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agree and look at your differences as a source of personal growth. Rather than get upset or feel unloved because your mate acts or responds differently than you, embrace the variations and realize how they enhance your relationship.

Additional Resources I Recommend:

Too much computer:

<http://www.christianpost.com>

Secret codes:

<http://lifestyle.msn.com/Relationships>

Stressed parents impact on kids:

<http://ioewebserver.ioe.ac.uk>

Men helping with chores:

<http://love.ivillage.com>

Home renovations:

<http://www.capecodonline.com>

Empowering Information and Tools:

Want to make sure your relationship is stale-proofed? Take a look at my book, *Marriage Magic! Find It, Keep It, Make It Last*

[Click here for more info!](#)

And - whether you have kids or not, everyone can do with a little less stress and some helpful ways to make some self-improvements.

[Click here for *101 Great Ways to Improve your Life!*](#)

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