

Chapter 1 : Marriage Guru Reveals 3 Secrets To Saving Your Marriage

Tips and Advice for Saving a Marriage. Marriage is certainly not easy. When one encounters a couple who's made it to 10, 15, and 30 years together, you know you've met someone who's fought, compromised and stayed committed to one another through a lot.

There is a commonly held belief that going to marriage counseling is almost akin to admitting defeat in a marriage. Marriage therapy should be a regular part of any marriage because matrimony is something that needs to be worked on consistently in order for a union to prosper. Just as football players need to practice in order to stay sharp, married couples need to sustain their relationship by attending marriage counseling on a regular basis. An experienced marriage counselor will have helped hundreds of couples deal with issues in their marriages, so she has the expertise required to help. Making a Mental Shift: Saving your Marriage from Divorce Marriage counseling is like going to the doctor. Keeping your marriage healthy and saving your marriage from divorce entails paying attention and working on it. There are a number of cultural and personal influences that have given the idea of getting counseling a bad name. That sounds more stupid than tough. Your parents also had a rotary dial phone and an antenna on the roof. Times change and we get better at taking care of things. Stop lying to yourself. This is where marriage counseling becomes vitally important. An individual receiving marriage therapy will likely only result in a short-term solution because both people need help in order to figure out a way to mend the relationship. Sometimes, simply listening to the other person can help you understand what is wrong with the relationship, and you may even hear some recommendations on how to save a marriage from divorce. A communication breakdown is often the root cause of relationship problems, so repairing it can be extremely beneficial when learning how to save a marriage. This is at the heart of saving your marriage from divorce. It is never an easy thing to express frustrations and difficulties with the person you love most dearly, so having a marriage counselor, who can mediate and also participate in these exchanges, can give you the confidence to speak your mind while keeping the discourse rational. You should never disrespect or put down your partner because that will just create further animosity and resentment. Marriage therapy is designed to work through the problems you have with your spouse; it is analytical but never critical. How to save a marriage depends on many different factors, but the ability to listen and then share your own feelings can help to address some of the problems. Marriage counseling is a great place to do that because the marriage counselor acts in guiding the discussion between you and your partner. Saving a marriage from divorce also depends on how much each party is willing to accommodate the other person. At the same time, your partner should also be open to your ideas and views. A result of two people willing to bend to the needs of the other is the discovery of a middle ground where they can both be pleased with the dynamics of the relationship. A marriage counselor can act as a guide on this odyssey. Putting primacy on your own ambitions will likely only annoy and frustrate your partner, so how to save a marriage from divorce is all about making sure both people in the relationship are happy. There is an old cliché that it takes two to tango, and this is also largely true in the breakdown of a marriage. It is very rare for one person to be solely responsible for the problems which can arise. Both people in the relationship often have grievances, which they believe were caused by the other party either through a lack of communication or unrealistic expectations. If the marriage has been stressful for quite some time, then spending some time away from each other can help you to reevaluate where things are in your relationship and what you would be willing to change in order to save it. Likewise, it can give your partner time and breathing space to think. After taking some time apart, it may be that you or your partner come to the realization of what it is like to be without the other, and this could be just the impetus needed for both of you to give the marriage another go. Everyone makes mistakes, but learning to forgive those wrongs will pay dividends on your odyssey of learning how to save a marriage. Giving your partner a clean slate each and every day will help your marriage to flourish. Nobody likes being reminded of past slights, whether real or imaginary, and your spouse is no different. Learning to forgive and forget can help to restore the balance to your marriage. Saving a marriage also depends on whether or not your partner has the ability to apologize. Getting guidance from a marriage counselor can be very helpful because

he can put forward some suggestions that are acceptable to both parties in the relationship. Of course, doing this may mean that some compromises will need to be made in order to preserve the relationship, but the ability to compromise is one of the anchors of a solid marriage. There may no longer be many things you have in common with your partner, so agreeing to goals that are acceptable to both of you may take some hard work. Also, if you have kids or plan to have some in the future, it might be good to work out how that situation would play out. In other words, who will stay home to look after the baby and who will continue to work, or will both of you continue to work, and the baby can be placed in childcare? Figuring out some of these key issues before they become a problem can be worked through in marriage counseling sessions. Even though you may not feel like doing it right now, performing a kind act for your partner can help to rekindle the relationship. Also, displaying kindness for your partner can also help to change your own attitude because you may start to see your partner in a different light. Kindness should be the foundation of any relationship, particularly when learning how to save a marriage. And always remember what Joseph Campbell said:

Chapter 2 : 8 Tips on How to Save Your Marriage From Divorce

WELCOME! My Name is Ed Fisher and I can save your marriage. I'm not a marriage counselor or any type of relationship professional. I call myself an expert, however, because I know what it takes to save marriages after going through tough times myself and after my own marriage was almost destroyed by marriage counseling.

A failing marriage is the worst relationship catastrophe that you can imagine. It leaves a trail of pain, anguish, and disenchantment. You may want to be together but feel that there is too much broken or wrong with your relationship to make that happen. You can work through the biggest challenges if you align and address the issues that are bringing you down. If you are wondering about how to fix a marriage, you need to take a step back, reflect, and consider what is truly wrong and then try out these ways to fix a broken marriage

1. Identify what made you fall in love Get back to basics and put yourself into the mindset of when you were first together and first in love. Think about what made you both fall in love with one another and maybe even write it down. Consider what you adored about this person and what made you want to be with them. Though you may have lost sight of this, thinking back to when times were good and you had just fallen in love can really help to lift your spirits. Start to listen to each other again Have conversations again and really start to communicate with one another. Listen to what your spouse is telling you, and then ask the same from them. Really make it a point to listen to one another again and it may very well be what helps you to uncover what was once great about your marriage. Listening carefully will definitely help you save your marriage. Reflect on what has made your marriage feel broken Where did things go wrong? Have you grown apart? Did one of you cheat? Did life just get in the way? Communication gap Lack of communication can be extremely damaging to a relationship. When couples stop sharing things with each other and expressing themselves, they weaken their chord of connection. And when their connection becomes fragile, their relationship also loses its strength. If your marriage is on the verge of falling apart, you must strengthen your connection by communicating more. The dearth of communication can drive a wedge between you and your partner. Infidelity Cheating on your partner is mostly a deal breaker. If one of the partners in a relationship indulges in infidelity, it definitely damages the relationship. Lack of care and affection With time passion fades in a relationship and couples stop showing affection and care towards each other. Eventually, all the sweetness and warmth of the relationship goes away and there is no joy left in the marriage. This can cause a marriage to fall apart. Crisis Crisis situations can either make a marriage stronger or it can break it. In difficult times, how couples support each other determines how good or worse their relationship is going to get. Even if a relationship has gone through such problems, saving a broken marriage is not impossible. There are plenty of circumstances for which you can work through even though they have chipped away at the marriage to this point. Think of when things went from good to bad, and then try to find a solution to work through this and save your marriage. Talk to each other Be patient with one another, even in the areas that seem to present the biggest problems. Talk TO one another rather than AT one another. This is part of listening for when you increase the communication, it helps you to connect again. Be patient and willing to work through the problems and know that it will lead you to better times overall. This is a critical issue to keep in mind to save a marriage. Life gets busy but a couple must grow together and align throughout the good and bad times. Make it a point to date again, to talk more, and to ensure that you are still a unified source no matter how busy life may get. Keep dating your partner, dating is the key to save a marriage. Find a way to connect again Think of what it would take to connect with each other once again. Plan a trip for just the two of you. Commit to spending even a few minutes together every night chatting. Go out on dates and make each other a priority. When you can find your way back to one another again and truly reconnect, then it may help to fix what has gone wrong to this point. These suggestions on how to save your marriage will surely help you salvage your relationship.

If your marriage is on the rocks, you're probably more inclined to direct all of your attention to the signs that point to it being over. But what about taking the time to think about all of.

It lasted about a month before I begged him to come back and we began the process of putting our marriage back together. I retell that history because I know that there are people who are still there and not quite here, and that makes my heart hurt. I know that there are those who contemplate leaving, if only in their secret fantasies. And I know what it is to hear someone gushing about their husband and wonder what the hell is wrong with them, because resentment and annoyance has become the new normal. I want you to know that things can get better. The less time we spend together, the more likely we are to bicker and pick at each other. I realize looking back that Jared and I spent almost no time alone together in the beginning of our marriage. We spent our evenings with the kids and most of our weekends with extended family. We were in the same room with one another nearly all the time, but we very rarely spent time really being together. The flip side of that is that when we would occasionally try to go out together we sat in awkward silence for most of the evening. We were almost always in the same place together, witnessing the same events, except when we were at work. I began to pursue my own interests long before Jared did. I started blogging, for one thing. It came more naturally for me to get out and do things on my own than it did for him. He took a class and got his motorcycle license. He started working out more. He spent more time with his friends, even leaving me home along with the kids to do so. Go to marriage counseling. Counseling taught us how to communicate, and that has made all the difference. I know that some people never go to counseling and they stay married forever and ever until someone dies. It is really that good. Secrets to a Happy Marriage, According to Everyone Else As someone who has come perilously close to the edge of divorce, I am keenly aware that I am not an expert on marriage. With that in mind, I took to the Internet aka Facebook and Twitter and asked them what they thought was the secret to a happy marriage. When you have blow-ups, just remind yourself they are temporary bumps, but the road goes on. Accepting that they cant be at their best at all times because Lord knows we ourselves fall often enough and choosing to not take it personally when they arent. Invest into each others interest and go on weekly dates. Without those two, a marriage is merely a legal agreement to have a roommate. Also it helped me to be able to cook well. Oh, and living in adjoining condos has always sounded like a good idea to me.

Chapter 4 : How To Save Your Marriage & Prevent Divorce

In order to save your marriage, you and your spouse both need to keep your emotions in check. Inhale slowly, close your eyes, count, and remind yourself that you'll only solve your problems with mutual respect.

Even if your spouse is unwilling to talk about the issues or to try and work things out, these tips will usually be very effective. How can I make such big claims? Many of these clients were facing truly desperate situations where there appeared to be no real hope for reconciliation. Of these marriages, over half ended prematurely in separation or divorce. How do they remain loyal, committed, and in love with one another? Based on a long-term study by The Gottman Institute, researchers have identified the two most important traits for a long, lasting marriage: So how does this affect you and your marriage? Will being kind and generous all of a sudden fix all of your problems? Unlikely, but it will help. The key is how you handle them. Are you unwilling to negotiate? Do you feel like your partner is being too stubborn? By continuing a pointless argument, you run the risk of escalating it into something bigger and more terrifying – this is how things get blown out of proportion. The correct course of action when this kind of situation comes up is to bite your tongue. By holding in your grievances for an hour or so, two things will happen. Changing just a few words during your argument can make all the difference. For example, if your spouse is always late for social gatherings and this annoys you, then you could say: Now look what happens when you change the way you bring up this grievance: Again, small changes in the way you say certain things can have a big impact on how your comments are perceived. Sometimes, a big argument can be almost impossible to avoid. In situations where you have to discuss something really important, it can be helpful to make a small joke if things start to get out of hand. To avoid escalating the argument, be cautious of when and when not to make light of an issue. When feelings are getting hurt and ugly words are being thrown around, you both lose. The only way you can truly win is if you both come to a mutual agreement in a civilized manner. The next time you feel like you could be wrong, take a step back and breathe. Then say something like: Since arguments can be the backbone of marital problems, learning how to deal with them properly can make or break your marriage. Still, learning how to argue better is only part of the solution. When this happens, it can shift your position from bad to worse, which is why one of the first things I tell my clients before trying to save their marriage is what not to do. These are the Big Marital Mistakes. Marital Mistake 1 – Initiating needless conflict with your spouse. While communicating is important when it comes to rebuilding a broken marriage, what your marriage does not need is additional arguments or conflict. Before you try and fix things, plan your discussion in a rational and meaningful way. Little changes in your language and gestures can have a profound effect on how your spouse perceives you. Marital Mistake 2 – Begging, pleading, or being highly emotional. This is easier said than done, but preventing yourself from lashing out could save your marriage. Marital Mistake 3 – Making drastic changes to your life or work habits. When you begin struggling with issues in life, your marriage will feel the effects. On the other hand, if you let your marriage affect your work or other areas of your personal life, your marriage will suffer even more. Marital Mistake 4 – Nagging your spouse. Similar to mistake number one, avoid any sort of conflict wherever possible. Instead of nagging any time your spouse annoys you, find the willpower to hold it in for now. Marital Mistake 5 – Being negative. You thought about them all the time and could feel the chemistry and passion between you. Yet with time, things began to change. In short, you became complacent. Humans, by nature, tend to get accustomed to their environment. Sometimes we stop appreciating the things that make our lives so great. When that happens, our spouses can become victims to that lack of appreciation. Consider these five tips: Tip 1 – Force a conversation once in a while. Having an open, intellectual conversation with your spouse every now and then can keep you feeling connected and even bring the two of you closer. Tip 2 – Take care of your body. Tip 3 – Show love and affection on a regular basis. Tip 4 – Plan exciting adventures. For instance, you could pack a picnic for the park, rent scooters and head to the beach, go skinny dipping in the lake. Whatever you choose, just remember that when you get outside your comfort zone things will start to feel new again. Tip 5 – Surprise your spouse. Since routines are boring, surprising your spouse is a great way to make your marriage feel fresh

and alive. Awe your spouse with a gift, woo them with dinner, or fuel the flame by trying some new sex moves. Brad is also the author of *Mend The Marriage* , a comprehensive self-help guide that teaches married couples how to save their dying marriage and prevent divorce.

Chapter 5 : How to Save Your Marriage - Life, Hope & Truth

If your spouse is the one with the problem, trying to learn how to save the marriage may be a mistake. Either build a new kind of marriage where these do not occur, or end the marriage. 6.

The conversation at the kitchen table went on for over an hour as the couple sometimes tearfully described the tattered remnants of what used to be a marriage. No big incident had blown their relationship apart. Rather, they had experienced a continual series of hurts and offenses that created more and more tension and drove them farther apart. The relationship had disintegrated to the point where civil discussions were few and far between. It seemed the marriage was all but over. Tragically, millions of couples repeat a similar scenario over and over again every year. Various researchers report that roughly half of all marriages eventually end in divorce. This is not how marriage was designed to be, and it is not what the Creator of mankind wants to see. Marriage is a blessing from God. The Bible describes marriage as a special relationship between a man and a woman that is to be cherished and treasured. God describes marriage as a wonderful relationship to look forward to – it is a blessing from God! Solomon also wrote in Proverbs 5: If your marriage seems to be struggling or even teetering on the precipice of divorce, you probably are looking for concrete steps for how to save your marriage. While no one can give you a guarantee, there are things you can do to give your marriage the best chance of success possible. Commitment is the key. Ask yourself first of all, are you percent committed to your marriage? A good marriage requires dedicated hard work from both husband and wife. You must be fully committed to your marriage if you are going to save it! Commitment to anything in life has a profound impact on your thoughts and actions. If a child dreams of being an Olympic ice-skater, he or she must commit to many years of training and practice. Commitment to that goal inspires the young skater to make sacrifices. It drives virtually everything he or she does toward that goal, from getting up for the 5 a.m. Commitment dictates practicing, learning new jumps, traveling to meets and improving skills on the ice with the goal of being among the best in the world! Similarly, commitment to marriage will drive a couple to make the sacrifices needed to put a marriage on safe and solid ground. Do you have that level of commitment? Are you dedicated to finding how to save your marriage? But it is amazing how many times we tend to overlook this powerful tool. Hezekiah took a threatening letter he received and spread it out before God, explaining the problem and asking for wisdom and help. Isaiah You can follow that example and take marital problems to God, lay them all out before Him and ask His guidance and wisdom for how to save your marriage. After laying out the problems and your perceptions before God in prayer, take time to pray specifically for your mate. Spend time praying for God to help and bless your mate, thanking Him for bringing him or her into your life. Not only may God answer your prayer with blessings and good things for your mate, but the very act of praying for him or her can have a positive effect on you as well. If you are committed to finding how to save your marriage, make praying for your mate a part of your daily routine. Perhaps a series of hurts and offenses, maybe without any malicious intent or forethought, has created a wall between you that now seems impenetrable. Such walls usually form because of a lack of attention and care, combined with our innately selfish human nature. Or perhaps a traumatic incident like an affair has appeared to come out of the blue. While adultery is reprehensible and destructive, research shows that oftentimes people give in to temptation because hurt feelings, harsh words and feelings of isolation or not being appreciated are eroding the trust and loving bond of the marriage relationship. Recognizing long-term problems is not an excuse for the sin. If you are reading this, it seems you are committed to finding how to save your marriage, and to do that requires understanding of such long-term problems. We have to be realistic and understand that a good long talk or a single weekend retreat is not going to make problems that took years to build simply vanish. Once again, your commitment to your marriage may be tested, and it will be revealed by the amount of patience you show. You must be patient with your mate, and you must also be patient with yourself. Change may not come quickly or easily, and two people seldom change at the same rate of speed, but you must patiently keep doing your part. Remember, you are working through the problems with the goal of restoring your marriage to stability and happiness. Seek wise counsel. None of us see ourselves as clearly and objectively as we may need to in order

to resolve serious problems in our marriages. You may well need to seek the counsel and advice of others in discovering how to save your marriage, but be cautious about what you choose to reveal and to whom. In other words, a true friend will be honest with you and tell you where you could change and improve the relationship as well. Be wary about listening to those who may counsel you to bail out of the marriage. Remember, you are committed to saving it! It is also wise to keep the intimate details of marital problems, especially matters of infidelity, private. Such talk will only hurt both you and the marriage, and it can make it increasingly difficult for the marriage to succeed. When private details start flying around, not only will you have the original problem to work on, but you will also face the weight of negative public opinion. It is also wise to be very careful about confiding intimate details to, or seeking the comfort of, a member of the opposite sex. People who feel wounded emotionally tend to be more vulnerable than they know. The last thing you need is to have a desire for support and encouragement turn into another affair! Seek out wise and trained counselors. Competent pastors and wise counselors can give you a better perspective on yourself and how to save your marriage. They can guide you through the process of healing and restoring the love and trust of marriage. They can be there for you if your resolve falters and help you develop realistic expectations for yourself and your mate. Learn from the past Someone once said that the definition of insanity is doing the same thing over and over, but expecting a different result. It is right and proper to sincerely apologize and ask forgiveness for unkind words or thoughtless actions. But it is also important to evaluate how, when and why we might have acted in that manner and take steps to change. Once again, a competent pastor or counselor can be invaluable to you. A wise neutral third party can point out areas you may not recognize and can give you techniques for change. He can help you understand signs you may have missed or ways in which you were failing to appreciate and meet the needs of your mate. Those important lessons must be learned and put into practice from now on. It was never His intent that human beings should marry, then later hurt each other to the point that the marriage dissolves and a family is shattered. He wants you to be happy, and He wants you to be in a loving, solid and stable marriage. Contrary to the sad experience of millions of people, that kind of marriage really is possible! Commitment, prayer, patience, wise counsel and a willingness to learn from the past and change are all solid steps toward helping you save your marriage.

Chapter 6 : saveyourmarriage

Are you trying to save your marriage but you're the only one making any effort? Are you wondering if it's possible to get your partner to fall back in love with you? The good news is that one committed partner can make a huge difference in a relationship.

How to Save Your Marriage Is your marriage on the verge of destruction? By Corine Gatti Shutterstock. We go into a marriage thinking we have it all figured out and then you start sleeping in separate rooms, interlock in continuous arguments and find that the intimacy is gone as well. No marriage is perfect and we all know it takes work and a commitment. What can we do since we left so many things unchecked? Is it too late? Joe Beam is the founder and chair of Marriage Helper and suggested: Here are 7 ways that you can save your marriage. Take ownership of your part. Make a mental list or compile a physical list of the pros and cons of the relationship. Sometimes, a person is not aware of how they are acting and they may turn the page if you bring problems up. If they are hot-headed and if the conversation becomes heated then you need to take a break. Take the approach of being humble and seek forgiveness. When we do this, we take down the walls. If you commit to God and your mate, you will wrestle with the forces of darkness, author Domeniek L. When we start using "You" statements it puts the other person on the defensive. Now we need to become an active listener as well. This means no distractions like texting, cleaning or cooking while you are talking. Another effective way of communicating is to not assume anything as this leads to jumping to the wrong conclusions. Try spending time together to reconnect and find out why you came together in the first place. Do something that you love doing together and remember the reasons that you started to date. Sometimes we go on autopilot and forget to spend quality time together. Making goals as a team will help keep the relationship more fluid and it will make you much stronger. Having shared dreams like saving for a vacation or saving for a home can also help you reconstruct your bond. Put your spouse first. The Bible warned us about being selfish. Selfishness could be that you spend more time with your friends and on your career than you do with your spouse. When was the last time that you really showed your appreciation towards your spouse? They might think something is the wrong at first because most often, we rarely show gratitude towards one another. This will be hard at first, but once you make it a practice, it can change the trajectory of your relationship. Leave notes, send flowers or buy a little gift. Find a marriage counselor. If you want to make the relationship work but are feeling that you need help, seek a marriage counselor. When you need to find neutral ground, a counselor can assist you to become more unbiased and set goals to help repair hurts. There is nothing wrong with soliciting guidance. In fact, it shows that you want the marriage to work. Having a willingness to make it work is the first step in mending old wounds. Take a stand for your marriage today by crafting a plan that will help bring restoration.

Chapter 7 : How to Save a Marriage (with Pictures) - wikiHow

If your marriage seems to be struggling or even teetering on the precipice of divorce, you probably are looking for concrete steps for how to save your marriage. While no one can give you a guarantee, there are things you can do to give your marriage the best chance of success possible.

At Bonnier Corporation, your privacy is important to us. This Privacy Policy applies to all of the products, services, and websites offered by Bonnier Corporation and its subsidiaries or affiliated companies collectively, "Bonnier". To better protect your privacy, we provide this notice explaining our privacy practices and the choices you can make about the way your information is collected and used by Bonnier. Jeremy Thompson, General Counsel N. Privacy Department N. Orlando Avenue, Suite Winter Park, FL You may also ask for a summary of the information that we have retained, how we have used it, and to whom it has been disclosed. For your protection, we may require that you authenticate your identity before we provide you with any information. An overview of the information that Bonnier may collect You are able to take advantage of many Bonnier products, services, and websites without providing any information that personally identifies you by name, address, or other personally-identifying information. We only collect personally-identifying information when you voluntarily submit it to us. Sometimes, we need personally-identifying information in order to provide you with the products and services that you request. Depending upon the product or service, we may ask you for a variety of personally-identifying information. This might include, for example, your name, address, e-mail address, telephone number, gender, and birth date. We may also ask for other information about you, such as your credit card information when you are making a purchase , interests, income, or education level. We consider certain identifying information "sensitive. Some types of personal information will NEVER be requested or collected, such as information on your race or ethnic origin, political opinions, trade union memberships, religious beliefs, health, sex life, or sexual orientation. You may choose not to provide us with any personally-identifying information. In that case, you can still access and use many portions of our websites; however, you will not be able to access and use those portions of any Bonnier website that require your personal information. Many Bonnier websites include community features, such as online forums and message boards. Information that is posted in these areas becomes public information and the use that any third party makes of this information is beyond our ability to control. You should exercise caution before disclosing any personally-identifying information in these public venues. If you elect to submit content that includes information that can be used to identify you, you must assume that the content can and will be displayed on any website on the Internet. At some Bonnier sites and through certain promotions, you can submit personally-identifying information about other people. Some Bonnier websites also provide referral services to help you inform a friend about our websites, products, or services. We will only ask you for the information about your friend that we need in order to do what you request. Our properties may feature Nielsen proprietary measurement software, which will allow you to contribute to market research, such as Nielsen TV Ratings. To learn more about the information that Nielsen software may collect and your choices with regard to it, please see the Nielsen Digital Measurement Privacy Policy at [http:](http://) These companies may use information you have shared e. Our partners use this information to recognize you across different channels and platforms over time for advertising, analytics, attribution, and reporting purposes; any information collected is stored in hashed or non-human-readable form. These companies typically use a cookie or third-party web beacon to collect this information. To learn more about this behavioral advertising practice or to opt-out of this type of advertising, you can visit [http:](http://) Bonnier websites sometimes may offer contests, sweepstakes, or promotions that are sponsored by or co-sponsored with identified third parties. By virtue of their sponsorship, these third parties may obtain personally-identifying information that visitors voluntarily submit to them in order to participate in the contest, sweepstakes, or promotion. If a third-party sponsor beyond our control will obtain information that you supply us, we will notify you at the time we collect the information from you. Some of our websites contain links to other sites. By clicking on these links, you will leave the website operated by Bonnier and this Privacy Policy will no longer apply. How we use the

information we collect We use the personally-identifying information that you provide us to fulfill your requests for our products, programs, and services, to respond to your inquiries about offerings, and to offer you other products, programs, or services that we believe may be of interest to you. We sometimes use this information to communicate with you, such as to notify you when you have won one of our contests, when we make changes to subscriber agreements, to fulfill a request by you for an online newsletter, or to contact you about your account with us. We do not use your personal information to make automated decisions. We may syndicate the publicly available content of our community areas to unaffiliated third-party websites, using RSS or other technologies. The information you have shared in the community areas may be included in this syndication. We will use the personally-identifying information that you provide about others in order to provide the products or services that you have requested; for example, to enable us to send them your gifts or cards. These lists will never contain sensitive information. If you do not wish for your e-mail or postal address to be shared with companies not owned by Bonnier who want to market products or services to you, you have the opportunity to opt out, as described below. You may also opt out of the receipt of any marketing materials from Bonnier as described below. We may transfer your sensitive personally-identifying information to other Bonnier offices for internal management and administrative purposes. In addition, your personal data will be transferred to other Bonnier offices where necessary for the performance or conclusion of our contractual obligations to you or for your benefit. Transfers of personally-identifying information may also be made where necessary for the establishment, exercise, or defense of legal claims. We do not transfer personal information internationally. Bonnier will only share your sensitive personal information with outside companies or individuals in any of the following limited circumstances: When we use trusted businesses or persons to process personal information on our behalf. Before sharing any personal information with outside parties, we require that these parties agree to process such information based on our instructions and in compliance with this Privacy Policy and any other appropriate confidentiality and security measures. Before we share your sensitive personal information outside of the previously listed circumstances, we will ask you for permission first. Please note that this only applies to sensitive information, as defined above. We may also use, transfer, sell, and share aggregated, anonymous data about our users for any legal purpose, such as analyzing usage trends and seeking compatible advertisers and partners. In no event will this aggregated data contain any information that could be used to identify individual users of our products or services. How we protect the safety and integrity of the information we collect We take appropriate physical, electronic, and procedural measures to safeguard and protect your personal information. We use a variety of security measures, including encryption and authentication, to maintain the confidentiality of your personal information. We store your personal information on systems behind firewalls that are only accessible to a limited number of persons, each of whom is required to keep the information confidential. When you transmit sensitive personal information to us, like credit card information, we offer the use of a secure connection to our servers. To the extent you select the secure connection method or your browser supports such functionality, all credit card account information that you supply is transmitted via secure encryption technology. We will provide notice if we become aware of any security breach that may affect any sensitive personal information pertaining to you that we have stored on our systems. Bonnier employees, agents, and contractors who have access to personally-identifying information are required to protect this information in a manner that is consistent with this Privacy Policy and may not use the information for any purpose other than to carry out the services they are performing for Bonnier. These individuals are bound by confidentiality obligations and may be subject to discipline, including termination and criminal prosecution, if they fail to meet these obligations. Bonnier only collects personal information that is relevant to the purposes for which it will be used. Though we do take appropriate steps to review and update the information that we store to ensure that it is accurate, complete, and current, we also depend on you to update or correct your personal information when necessary. You may correct or delete any or all of the personal information you have provided to us at any time. Many of our websites provide means to review and update the personal information that you have provided on that website. To inquire about personally identifiable information that Bonnier has collected about you, or about other ways to correct factual errors in that information, please send us an e-mail at privacy@bonnier.com

bonniercorp. Do not use this email address to send questions about your subscription. To protect your privacy and security, we will take reasonable steps to help verify your identity before granting access or making corrections. We will decline to process requests where we cannot verify the identity of the requester. We may also decline to process requests that are automated, repetitive, systematic, or impractical, or that might jeopardize the privacy of others. In some limited circumstances, such as to resolve disputes, troubleshoot problems, and enforce our policies, we may retain some of information that you have requested us to remove. Therefore, you should not expect that all of your personal information will be completely removed from our databases in response to your requests. We only use the information we collect for purposes consistent with this policy. If we propose to use your personal information for purposes beyond that explained in this policy, we will provide appropriate notice before doing so and we will provide you with the means to opt out of those uses. We will not use your sensitive personal information for any purposes other than those described in this Policy unless we have obtained your consent. Your privacy options If you prefer not to receive e-mail communications from other companies, you may choose to remove yourself from any e-mail lists that we provide to third parties for marketing purposes by sending us an e-mail at emailoptout@bonniercorp.com. You will still receive information from Bonnier and its various brands, but we will not share your address information with anyone else. If you prefer not to receive postal communication from other companies, you may choose to remove yourself from any postal mailing lists that we provide to third parties for marketing purposes by sending us an e-mail at emailoptout@bonniercorp.com. Box , Harlan, IA We only want to communicate with you if you want to hear from us. If you prefer not to be contacted at all, you may opt out of receiving any communications from us at any time by notifying us at emailoptout@bonniercorp.com. You may also notify us by sending mail to the following address:

Chapter 8 : Save Your Marriage - Expert Tips & Advice | calendrierdelascience.com

You get your own personal copy of Save The Marriage System that is % guaranteed to help save your marriage starting within the next few minutes. Plus If you order now, you will also receive the Quick-Start Guide To Saving Your Marriage module.

Chapter 9 : Consent Form | Working Mother

"It takes two people to couple up and get married," says Harriet Lerner, PhD, celebrated author of The Dance of Anger, "but only one to make a relationship better."Waiting for your spouse to change first, she believes, is a recipe for unhappiness and divorce.