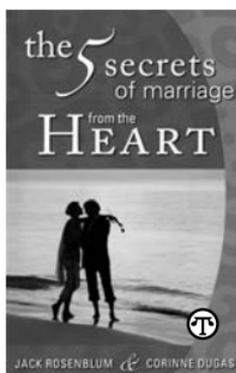


# Books Worth Reading

## Authors Share Secrets Of A Happy Marriage

(NAPSA)—An inspiring new book about marriage and relationships offers advice straight from the HEART. Only in this case, “H-E-A-R-T” is an acronym for what the authors assert are five secrets that, if applied consistently, can make a positive difference in an intimate relationship.



**A new book suggests steps couples can take for a happier marriage.**

According to the authors, Jack Rosenblum and Corinne Dugas, “The 5 Secrets of Marriage From the HEART” (Tate Publishing) was written primarily for people whose marriage may not be going as well as they would like and are looking for ways to make it better.

The book, in part, is the authors’ response to data that suggests 43 percent of first marriages in the U.S. and 60 percent of second marriages end in divorce. Research indicates an inability to communicate in conflict situations is the most significant factor.

The authors’ goal was to create a reader-friendly, modern-day parable about marriage that would identify a series of behaviors that could serve as leverage points to help couples communicate and manage conflict.

They believe a key problem is that in our society most of us

were never taught the skills to enjoy a dynamic, fulfilling relationship.

The “five secrets” refer to what the authors believe are the unspoken requests that underlie a healthy relationship or marriage:

- Hear and understand me.
- Even if you disagree, please don’t make me wrong.
- Acknowledge the greatness within me.
- Remember to look for my loving intentions.
- Tell me the truth with compassion.

They believe if couples honor these five unspoken requests, partners will feel more loved and more respected, conflicts will be fewer and shorter, and there will be more time and energy for fun.

In the book, the authors also offer practical ideas for friends and family who would like to support a marriage or relationship that may be in trouble.

Rosenblum has a doctorate in education and a law degree. He has over 30 years’ experience as a management consultant helping people work together effectively.

Dugas is a lifelong educator. After receiving her master’s degree in counseling, she was a facilitator conducting training for trainers and personal growth workshops for nonprofit organizations.

They have been conducting couples education workshops together for 25 years.

The book is available online at [Amazon.com](http://Amazon.com) and [BarnesandNoble.com](http://BarnesandNoble.com).