



How to Make a Marriage Last

by Ken Johnston

Love and Marriage

“Make a Marriage Last”

<http://www.Relationship-Insurance.com>

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(Nobody likes to read this kind of stuff. We wish we didn't have to do it.)

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Introduction to: The Secrets to Love and Marriage

Love and marriage go together. Half of all marriages fail because they can't protect the love they begin with. Discover how to keep a happy marriage. Learn to protect and grow your love and marriage.

But first, relax a little. Everyone says that a good marriage takes a lot of work. Our job is to turn that 'work' into fun. If you are serious about your marriage, it's helpful if you can start by relaxing. The first three things you need to do are relax, decide not to aim for perfection, and laugh a lot. Click on: relax, be imperfect, and laugh

Amazingly, there are happy marriages

Sadly, many couples have never seen a loving happy marriage up close. Some can't even imagine that there are any loving happy marriages. We are surrounded by the quotes and jokes about love and marriage. Explore some samples of the quotes and jokes that show us how marriage is ridiculous.

How To keep A Happy Marriage

Here is the secret formula for a happy marriage. Start marriage with lots of love. Protect that love and actively take steps to grow it. Avoid fights, harsh words, any expressions of disgust or contempt that erode the bundle of love you had when you married. Learn to recognize bad feelings about your partner and cope with them immediately. Learn to accept, forgive and forget any foibles, failings, or flaws in your partner and yourself. That's all. Pretty simple, huh? Don't worry, we'll show you how, step-by-step and we'll hold your hand the whole way.

Relax, Be Imperfect, and Laugh

Marriage is a wonderful and serious thing, but it's also pretty ridiculous. To take a man and a woman, with all their differences, and bond them together full time for a long time (and expect smooth sailing), is pretty silly. Laughing helps. To make it work, you need to relax, be imperfect, and laugh a lot.

Why marry? The genes make you do it.

There are 50 different answers to the question, "Why Marry?" Every theorist has a different reason. The fact is, we don't exactly know. We just know that with our DNA, our genes and our hormones, we humans — like many other species — are driven to pair-bond (find a mate). Culturally, we formalize our pairing with marriage (often, but not always).

Men and women are a total misfit

Surely, you've heard that "Men are From Mars and Women are from Venus." John Gray, who created the metaphor, has book after book about how different men are from women. Gray says it's like two different alien species coming together in a marriage.

When women talk together, they 'know' how men are, and they roll their eyes. and say "Just like a man." When men talk together, they 'know' how women are, and they roll their eyes, and say "Just like a woman."

Marriage is actually very good for us!

All of the studies show that we married people are healthier, happier, and wealthier. We give our children two parents, and we have larger combined families to create a wider support base. So, if we're driven to marry, and it's really very good for us to be married, just imagine how much better it would be if we could make the marriage happy, loving, and lasting.

Nobody can do marriage perfectly

You must understand this: no one can do marriage perfectly. There is no point in trying to be a perfect spouse. You'll just get an ulcer or IBS or something else from trying to do the impossible. It is much wiser to relax, accept your imperfections, and laugh as often as you can.

There are happy marriages, and we'll give you the formula that will help you create one for you and your partner. Read on.

Marriage Jokes and Quotes

Marriage jokes are used by every stand-up comic. Everybody laughs at marriage. Yet, everyone wants to be married. Are we conflicted? Yes. My life is about helping people have happy marriages that last. I take marriage very seriously. Yet, I laugh at marriage jokes. Go figure. Well, to help you relax and laugh about a serious subject, here are some marriage jokes.

Marriage Jokes About Marriage, Wives and Husbands

My wife and I have the secret to making a marriage last. Two times a week, we go to a nice restaurant, a little wine, good food ... she goes Tuesdays, I go Fridays.

Marriage is a great institution, but I'm not ready for an institution yet.

"I am" is reportedly the shortest sentence in the English language. Could it be that "I do" is the longest sentence?

By all means marry; if you get a good wife, you'll be happy. If you get a bad one, you'll become a philosopher.

Getting married is very much like going to a restaurant with friends. You order what you want, then when you see what the other person has, you wish you had ordered that.

My spouse and I were happy for twenty years. Then we met.

I love being married. It's so great to find that one special person you want to annoy for the rest of your life.

We always hold hands. If I let go, she shops.

A man doesn't know what happiness is until he's married. By then it's too late.

Marriage is nature's way of keeping us from fighting with strangers.

More Marriage Jokes About Marriage, Wives and Husbands

My spouse and I have been married for forty-seven years and not once have we had an argument serious enough to consider divorce; murder, yes, but divorce, never.

Marriage is very much like a violin; after the sweet music is over, the strings are attached.

It is true that love is blind but marriage is definitely an eye-opener.

Love is one long sweet dream, and marriage is the alarm clock.

Do you know what it means to come home at night to a woman who'll give you a little love, a little affection, a little tenderness? It means you're in the wrong house.

Marriage is give and take. You'd better give it to her or she'll take it anyway.

They say when a man holds a woman's hand before marriage, it is love; after marriage, it is self-defense.

Marriage Jokes and Quotes that can Inspire

Not everything said about marriage is negative. To better prepare you for discovering the secret to a happy marriage that lasts, we've included some wise and inspirational quotes as well.

A good marriage is the union of two good forgivers. (Ruth Bell Graham)

It is not your love that sustains the marriage, but from now on, the marriage that sustains your love. (Dietrich Bonhoeffer)

Marriage is one long conversation, checkered with disputes. (Robert Louis Stevenson)

The first duty of love is to listen. (Paul Tillich)

Chains do not hold a marriage together. It is threads, hundreds of tiny threads, which sew people together through the years. (Simone Signoret)

For a marriage to have any chance, every day at least six things should go unsaid. (Unknown)

The development of a really good marriage is not a natural process. It is an achievement. (David and Vera Mace)

People think they have to find their soulmate to have a good marriage. You're not going to "find" your soulmate. Anyone you meet already has soulmates. Their mother. Their father. Their lifelong friends. You get married, and after 20 years of loving, bearing and raising children, meeting challenges - then you'll have "created" your soulmate. (Diane Sollee from "Smart Marriages")

I have no way of knowing whether or not you married the wrong person, but I do know that many people have a lot of wrong ideas about marriage and what it takes to make that marriage happy and successful. I'll be the first to admit that it's possible that you did marry the wrong person. However, if you treat the wrong person like the right person, you could well end up having married the right person after all. On the other hand, if you marry the right person, and treat that person wrong, you certainly will have ended up marrying the wrong person. I also know that it is far more important to be the right kind of person than it is to marry the right person. In short, whether you married the right or wrong person is primarily up to you. (Zig Ziglar)

And my favorite:

It is necessary but insufficient to stay married for the children's sake. It is also necessary to stay happily married for the children's sake. I'm so glad someone noticed that marriage doesn't have to make you miserable. It is just so easy to be happy I don't understand why it isn't more popular. (Frank Pittman)

Finally, it's time to get to the point

Now, you're relaxed, you've had a laugh or two, you've been inspired a little, and you're ready for the secret formula for how to keep a happy marriage that lasts.

Make a Marriage Happy

To make your marriage last, make it happy. It's much easier to make a marriage happy when you learn the simple steps summarized on this page.

Start Your Marriage With Lots Of Love

You make a marriage happy when it's filled with love. Most marriages begin with each person having a big bundle of good feelings toward the other. Attraction, infatuation, and romance are not love, but they all play a part in building the collection of good feelings that is real love. (This is all explained in the next section: "What is love.")

The success of some arranged marriages proves that you don't have to start with a big bundle of love. However, to make a marriage happy, you need to build love as you go.

Our advice: start the marriage with as big a bundle of real love as you can.

Actively Grow Your Love Continually

Love is a collection of positive memories of shared experiences. You grow your love by remembering, re-experiencing, marking, or talking about those loving memories.

Such things as diaries, photos, blogs, and love letters all help to keep growing your bundle.

You grow your love by continuing to have more positive shared experiences with your partner.

You grow your love by keeping some romance alive in your lives.

Avoid fights or harsh words that could erode your love bundle

Identify the irresolvable issues in your marriage and agree to never, ever, fight about any of those. Treat those issues with humor, acceptance, and grace. This will eliminate 70 to 90 percent of the fights you might otherwise have.

You'll still have your fights, spats, and tiffs. Research proves you can make a marriage happy — even with lots of disagreements — if you begin and end each 'issue' discussion in a positive and respectful way.

Hurtful fights, expressions of disdain, disgust, or contempt, all erode your love bundle and hurt your efforts to make a marriage happy.

Cope Immediately With Bad Feelings About Your Partner

As quickly as you realize you're experiencing bad feelings toward your partner, shift to an easy coping strategy, which will limit the damage that bad feelings about your partner can do to your happiness and your love bundle.

You protect your loving feelings and make a marriage happy, by coping to minimize the damage that bad shared experiences can do.

Practice Accepting, Forgiving, and Forgetting

Accepting, forgiving, and forgetting are powerful tools you need to make a marriage happy.

Failing to accept or forgive — and never forgetting — will damage and can even destroy your bundle of loving feelings. They are the perfect recipe for *unhappiness* for you, your partner, and your marriage.

You accept, forgive, and forget, not because your partner deserves it, but because you want to make a marriage happy, and Ruth Bell Graham said, "A good marriage is the union of two good forgivers."

You *accept* what you can't or won't change, otherwise you make yourself miserable.

You *forgive* because you want to maintain your love for your partner and make a marriage happy.

You *forget* because the happiest person is the person with the happiest memories.

This Book Explores Each Step

This page has been an overview of the secrets to make a marriage happy. The steps discussed above are explored in far greater depth in this e-book.

Our mission is to help couples build happy marriages that last. We encourage you to make that part of *your* personal mission: to have a happy marriage that lasts.

If you do make having a happy marriage that lasts a part of your personal mission, we're delighted you found us. We should team up.

If you'd like to learn more about making marriage last, join the teams of couples committed to that goal, go to: <http://relationship-insurance.com>