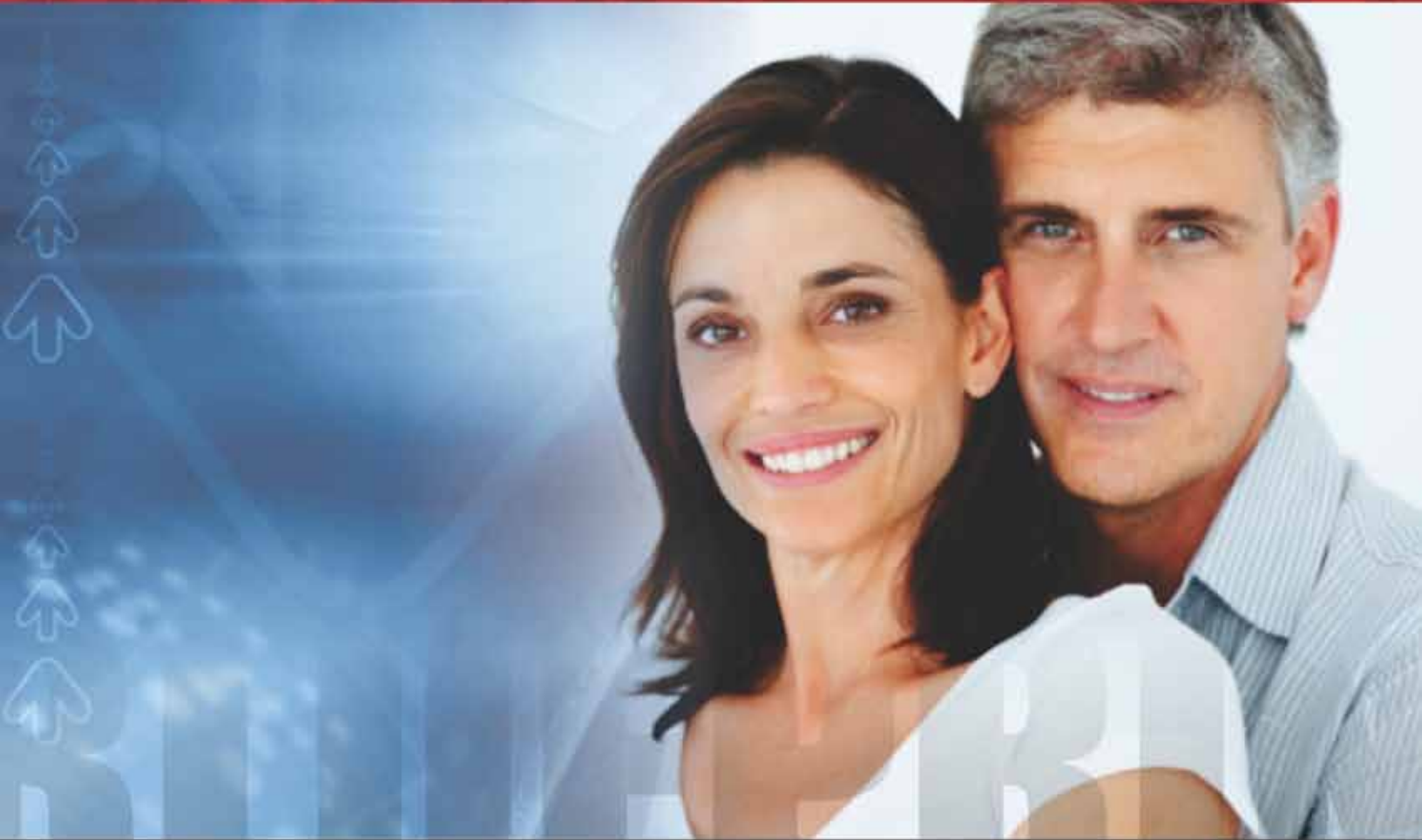


# YOUR BLUEPRINT

for Saving

# Your Marriage



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# What You Need to Do to Save Your Marriage

**R**ebuilding your marriage into a wonderful, loving, truly open and intimate relationship requires three things.

- A willingness to confront problems
- A willingness to make changes
- A willingness to engage with your spouse

Right now you may feel lonely, discouraged, and hopeless because you are not aware of what's ruining your marriage. And you don't know how to start fixing it, because it feels like there are too many problems in your marriage.

Inside this special report, we're including the introduction from Dr. Gunzburg's marriage-saving self-help program which will inspire hope and give you an overview of the marriage saving blueprint over 15,000 couples have used to stop a divorce and make their relationship better than ever.

Please read through the entire 8 pages. When you are done, we're convinced that you will feel confident that Dr. Gunzburg's program will help you diagnose what's wrong with your marriage and give you the tools to fix it.

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3. Bring the Spark Back: 101 Creative Dating Tips
4. How to Connect Emotionally
5. 5 Ways to Build Trust Passion and Romance

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## INTRODUCTION

# Why this is the Most Important Book You'll Ever Read: How to Save Your Marriage and Stop a Divorce

### **In this section you will learn:**

- ▶ Where the real problem in your marriage lies
- ▶ How to use this book as a blueprint for rebuilding your relationship
- ▶ The almost undreamed of benefit you can expect if you commit to the work ahead of you
- ▶ How one couple used this program to turn their marriage around and where they are today

## Don't Blame the Victim: Marriage is Innocent

**B**y the time Sam and Brenda came to see me they were on the verge of getting a divorce. Sam had left home and moved into a hotel after a particularly vicious argument over a weekend he spent on the golf course with the guys. He had come home late without calling (something he did fairly regularly), and his wife accused him of having an affair...

*"I know you've been seeing somebody. I know the way those trampy bartenders look at you. They're half your age. I mean REALLY Sam!!!"*

This was the end of Sam's rope. So he dropped his golf bag in the middle of the hall, turned around, and walked out the door. He didn't speak a word. Brenda screamed at him: Everything from epithets to pleas that he should stay. He didn't even look at her. He just left.

And he didn't come back or call for two weeks.

As far as I know, Sam wasn't having an affair. But there would have been no way for Brenda to know that based on his actions. Her jealousy, while out of control, was understandable.

When Sam finally did return home, he came with divorce papers.

*"Brenda, this has gone on long enough. You don't trust me anymore and all I seem to do is hurt you. It's time to end it so we can move on with our lives."*

He held out the papers and produced a pen from his jacket pocket expecting her to sign.

Brenda flipped through the papers briefly. They were incredibly simple. Sam and Brenda had no children and the property settlement proposed was straight-forward. She was stunned by the raw directness of the wording. This was a business transaction that had little to do with a marriage.

*"Can't we talk about this Sam?"*

*"Talk?! All you ever want to do is talk! I've talked until I'm blue in the face. There's nothing left to talk about. I'm sick of talking. It's over Brenda and we both know it. Our relationship was doomed the minute we got married!"*

Brenda was crushed. But she was also angry, resentful, and wanted revenge for what Sam just said. So with tears in her eyes she signed the papers...

*...and slammed the door in his face.*

In time I came to understand this was a typical pattern for Sam and Brenda.

That night, Sam went back to the hotel he was staying at, sat down on the bed and looked at the papers expecting to feel triumphant... or at least relieved... but he felt nothing. He looked inside himself and all he found was a slight headache starting to creep in behind his eyes. For one fleeting moment there was sadness, then the possible rush of tears, but he slammed the door shut on those emotions as soon as they surfaced. He didn't want to feel.

Two more weeks went by, and then Brenda showed up at Sam's hotel room. Some friends of theirs had tipped her off about where he had been staying.

He let her in, but he was wary.

*"Sam, I don't want this. I don't want a divorce. I want you to come back. But I don't want it to be the way it was before."*

Again, Sam said nothing. Instead he went to his jacket and pulled out the divorce papers she had signed and tossed them on the table. He hadn't done anything with them. He hadn't been able to take that final desperate step at ending their marriage.

That's when they came to see me and learned a surprising lesson that changed their whole perspective on marriage and started them on the road to healing...

Does the pattern in Sam and Brenda's story sound familiar to you? Have you spent months or years trying to work out the problems in your marriage? Do you feel hopeless because you've been to therapy and read other books, yet still find yourself on the edge of divorce every time you have a significant argument?

Or have you become convinced, as Sam and Brenda were, that marriage itself is the problem? Maybe you have stood by, helplessly watching as the love and happiness you once felt in each other's arms dissolved

as the mundane necessities of every day married life—work, chores, finances, kids—slowly crept in, took over, and tore apart your relationship.

Are you on the verge of divorce because years of anger, jealousy, frustration, and heartache have finally driven you so far apart that it seems you will never be able to bridge the gap?

Perhaps your case is even more desperate. Have you suffered from the sense of betrayal, the feeling of despair, and the lack of trust that follows an affair? Are you wondering whether or not you should even try to put your relationship back together again after such a terrible fall?

If you have been suffering inside an unhealthy relationship and have felt these feelings or have been asking yourself these questions you may have started to wonder if the whole institution of marriage is a hoax, a lie, a terrible joke foisted off on us by the culture we live in.

If so, I want to share with you the same secret I taught to Brenda and Sam that started them on the road to building a better relationship than they had ever dreamed possible. This secret is simple, but powerful. And it's the first thing you need to understand if you're going to save your marriage.

*Marriage isn't the problem. No marriage (not even yours) is inherently bad. In fact, the opposite is true. Marriage is perfect. It's the two people inside the marriage that create the problems.*

You can heal your relationship. You can move past each of the problems mentioned above (including infidelity) and make your relationship better than it has ever been. But to do that you need to understand the importance of the statement above.

On the surface that idea may seem so obvious as to be meaningless. But it's actually quite profound if you think about it. People who are living with unhealthy marriages and don't know how to fix them are often

trapped by the idea that it's the *marriage* that has the problem. You hear this in colloquial speech all the time. People often say things like, "My marriage is having problems," or "I wish I could fix my marriage."

This kind of thinking reinforces the idea that "marriages" have problems. But there's a major flaw in this kind of thinking.

It isn't true.

Marriages don't have problems. Marriages CAN'T have problems. Marriages are, after all, created by people. And it's people that have the problems, not the marriage.

It's not until you accept this truth that you can begin to heal your relationship and make your marriage wonderful.

Things might seem more hopeless than ever to you now that you've read that. You may read that statement and think, "Oh great! It's not the marriage but my spouse and I that are the problem. Now we're really out of luck."

But that isn't true either. Because there's another part of the secret I shared with Sam and Brenda that I haven't shared with you yet:

*People can change.*

I know people can change because I've seen it happen time and time again in my 30 years as a couple's therapist. Over the years, I have helped innumerable people confront the problems in their marriage and overcome those problems so they can lead a happy, healthy, prosperous life together.

I can help you do that too.

But right now you may not know HOW to change. Stuck in patterns that have been built over many years of marriage, you may feel at a loss about what you could possibly do to change your relationship, to improve it, or to rebuild it.

Maybe you're even ready to give up and consider divorce as a way out of an unhappy life. The awful

irony is that divorce doesn't solve problems. In fact, it tends to create new ones. In the study, "Does Divorce Make People Happy? Findings from a Study of Unhappy Marriages" by Linda J. Waite, Don Browning, William J. Doherty, Maggie Gallagher, Ye Luo and Scott M. Stanley, which was released in July 2002 the researchers analyzed data from the University of Wisconsin's National Survey of Family and Households.

The study analyzed 645 spouses in the late 1980s who said they were in unhappy marriages. Five years later, they were re-interviewed.

AmericanValues.org, in its executive summary of this study, lists the following three conclusions among many others:

1. Unhappily married adults who divorced or separated were no happier, on average, than unhappily married adults who stayed married. Even unhappy spouses who had divorced and remarried were no happier, on average, than unhappy spouses who stayed married. This was true even after controlling for race, age, gender, and income.
2. Divorce did not reduce symptoms of depression for unhappily married adults, or raise their self-esteem, or increase their sense of mastery, on average, compared to unhappy spouses who stayed married. This was true even after controlling for race, age, gender, and income.
3. Sixty-four percent of unhappy spouses who avoided divorce ended up happily married five years later. The most unhappy marriages experienced the most dramatic turnarounds: **Seventy-eight percent of adults who said their marriages were very unhappy and who avoided divorce ended up happily married five years later.**

These findings are surprising considering how strongly our culture teaches that ending marriage is an easy way to solve problems like the ones you are dealing with right now. Many people who are stuck in unhappy marriages believe, at least on some level, that divorce will help them solve their problems. In many

cases this simply turns out not to be true.

Having said that, I don't want you to think I am going to take a "Pollyannaish" approach to marriage and tell you that you should stay together no matter what. This also isn't accurate.

Not all couples are able to overcome the difficulties they face or manage to make the transition to a happy marriage. In some cases divorce really is the best option (an issue I will address in greater detail in section 1). For most of you, however, doing the work necessary to make your marriage happy and healthy again is going to be far more rewarding than the possible alternatives. The last finding in the study above supports this idea.

Even if divorce does turn out to be the best option for you, getting your marriage to the best place it can be is critically important before you make a decision to divorce. So many people end up as unhappy as they were before the divorce (and in some cases even unhappier), that doing the work to rebuild your marriage is going to benefit you regardless of what decision you ultimately make. At the very least, it will give you practice toward long-term relationship skills, and you will be in a better position to evaluate the marriage you are in.

Again, I will discuss these issues in greater detail in section 1. For now, just be aware that if your marriage is in trouble, the best thing you can do for it and for yourself is to move forward to the happiest, healthiest relationship you can possibly create.

I know that may sound daunting. Mired in the difficulties that surround your marriage, it's unlikely you can see a way to make this happen. You may even believe it is impossible for you to rebuild your marriage. Worse, you may have begun to believe that you no longer truly love your spouse, or that you never really loved him or her, or that your marriage was simply "not destined to be."

Let me share something with you that a lot of people whose marriages are in trouble lose sight of.

Even marriages with great difficulties can heal. You once were ready to commit your life to the person who is your spouse right now. You may have lost

those feelings somewhere along the way, but they can be regained.

I know. I have seen it happen many times over the years. And if you're willing to follow my instructions, I can help make it happen for you.

Buried in the muck that life has given you is a beautiful diamond. Over the years this diamond has been covered in the dirt and grime of arguments, hurt feelings, betrayals, mistrust, and the day to day struggles life gives us. Dirty and damaged though it may be, it's still a diamond. Would you walk away from a diamond buried in the dirt and grime at your feet without even trying to bend down, pick it up, and clean it off? Would you walk away from this precious jewel if you knew it was right before you even if it were buried beneath dirt, garbage, and grime?

Of course you wouldn't. So why would you walk away from a marriage that has the potential to be beautiful even if it is a bit yucky right now?

The diamond in front of you right now is your marriage. It may not look very good at the present. It may be a little smelly and unattractive at the moment. But underneath the pain of the years, the disappointments, and the lost hopes and dreams is still a diamond, shining and beautiful. And I can help in giving you guidance so you can clean off the grime and regain this beautiful marriage.

We can save the diamond at your feet if we work together.

To make this work, you have to read this book, digest the concepts, and do the activities throughout. It's a bit like training for an athletic event. Some of you will do the work to gain an "Olympic" marriage—others will settle for just doing the training and maintenance. You have to decide what level is right for you. Not every couple is cut out to do the work necessary to maintain an Olympic-level marriage.

Regardless of what you choose, this book can help you. The system I have created is a step-by-step process that is designed to help you make your marriage the best marriage it can be.

However, you should also keep in mind that no matter how well you follow this or any other program, you will never be, nor will you ever be married to, the perfect spouse. Whatever irritations you end up with, switching partners would just get you different irritations. Sometimes the irritations take a year or two to really develop. But, no matter how wonderful the person is or was when you started, there are bound to be some recurring problems because no one is perfect. I know, we all say, "No one is perfect," but most people don't really mean it when they think of expectations for their spouses and sometimes for themselves. This is just something to keep in mind while you repair your marriage.

Considering that we already know you are going to have some problem behaviors and that your spouse is going to have some problem behaviors, you can still make certain specific changes that can be significantly helpful to your marriage. Let's look at how this system works so you can start making those changes and take your first steps down the road to a wonderful marriage.

## **Your Blueprint for Saving Your Marriage: How to Use This Book**

Over the course of my career as a psychologist working with couples, I have found many steps that are helpful in creating, repairing, and maintaining a solid foundation for marriage. I will be utilizing that practical knowledge in this book to help you move through a step-by-step system for working your way out of the problems in your marriage.

This is no easy task, and that's why so many books on the market deal with only one aspect of marriage. Issues in marriage are complicated. There's no way around it. And it isn't a simple matter to figure out what's wrong with your marriage and then do the work to heal that particular problem.

What's more, most marriages that are in trouble suffer from more than one problem. Okay, so you have problems communicating. Do you have any idea how many other areas of your marriage that affects? Or perhaps you have blowouts on a daily basis. Well, you can't be doing very well in the other aspects of your

marriage if you spend so much of your time arguing and dealing with the associated bad feelings left over from those arguments.

The problems in a marriage can be awfully confusing. Problems are piled one on another and have to be separated out in order to find some peace.

You start with one problem, and before you finish it, at least one, and more likely several other problems have come out of the closet to be thrown into the mix.

If your marriage is particularly dysfunctional you might find yourself living in an immense puzzle box: compartments upon compartments of problems. Some that loop back onto themselves. Some with openings in the floor that don't make any sense at all. Some with doors that open into nothing whatsoever. You step out of one problem compartment looking for the next logical step, but instead you're lost, having no idea at all where you should turn next.

The only way to weed through this mess is to get yourself an instruction or solution book so you can see the entire structure and figure out which areas need particular work, and how to get at those areas so you can work on them. Most couples don't even know how to determine a starting point.

And that's what I have intended with this book. This book should be your instruction manual to a better marriage. It will take you on a path that will lead you step-by-step through the difficulties you face so that you have the best possible chance of rebuilding your marriage.

Each section builds on the next to give you a complete picture of the struggles most marriages face and the techniques you can use to overcome these problems. I encourage you to read through the entire book even though you might be tempted to scan over the table of contents, look for your major issue(s), and focus in on just those areas.

Some areas won't even apply to you. For example, you might not have suffered from infidelity. So why should you read the section about it?

If you skip or omit sections, you will short-change yourself. Some of the solutions or techniques are

cumulative. That is, they build on each other. Also, there is material in each section that will strengthen your relationship. For example, if you want to know how to stop the fighting, you really need to know how to communicate first. Consider infidelity: Most affairs actually occur in relationships where the idea of breaking the vow of fidelity is inconceivable. To keep this from happening to you, you have to protect your relationship from potential affairs; you can't take the promise for granted.

Even though I recommend you read through this entire book, I believe it is worthwhile to give you an overview of the book so you can prepare for what's to come. It's always helpful to prime the pump, so to speak. So what follows is a section by section breakdown of what you will find in this book.

### **Section 1: Your Spouse is Right: You are the Problem in Your Marriage**

You will find that this book is filled with a lot of surprising information. One of the truths I will share with you early on is something I have already hinted at in this introduction. With certain exceptions, such as being the victim of abuse or infidelity, you are a significant part of the problem in your marriage. In this section I will teach you why that's true and how you can commit to change so you can save your marriage.

### **Section 2: Lost that "In Love" Feeling: How to Deepen the Emotional Connection with Your Spouse**

If you don't connect emotionally with your spouse, or you feel as though the "in love" feeling in your relationship has disappeared over the years, it will be very hard to repair your relationship until you get this back. Marriages are built on intimate emotional connection. You create emotional intimacy through communication—not just talking. This section will focus on teaching you how to communicate better so you can reconnect with your partner.

### **Section 3: We Can't Stop Fighting: Stop the Raging Before it Starts**

Does it seem like all you and your spouse ever do is fight? While conflict is normal in any marriage, arguing all the time isn't. Learning how to resolve conflict in a more positive and less destructive way is a big step toward healing the pain in your relationship right now. Even if you don't fight all the time, knowing what to do and what not to do during arguments can only help improve your relationship.

### **Section 4: Blowing Up: How to End the Anger that's Destroying Your Relationship**

Anger can be a destructive force in any relationship, even if you don't end up in arguments when you're angry. Exposing your partner to rage or being exposed to it on a regular basis tears away the love over time. But anger is just an emotion, and you can learn how to handle it without acting on it. This section will teach you how to do that.

### **Section 5: Reigniting the Spark: Romance, Intimacy, and Sex—The Confusing Triangle**

Is your sex life less fulfilling than you would like it to be? Or are you tired of the expectation that every intimate moment should turn into a sexual encounter? Perhaps you're just confused about the whole relationship between romance, sex, and intimacy. If so, this section will give you some answers. Understanding the differences and connections between these three parts of a relationship can be very confusing. And, it can cause a lot of problems in your relationship if you don't have a clear understanding of them. This section will help with this area of your relationship.

### **Section 6: The Ugly Green Monster: Overcoming Your Jealousy to Heal Your Relationship**

Jealousy can be a demon that rips apart your relationship if it's acted upon in unhealthy ways. But did you know that there are good forms of jealousy? Did you know there are even justifiable reasons to be jealous? In this section you will learn the difference between good jealousy and bad jealousy and how to handle each of them.

### **Section 7: The Ultimate Betrayal: How Infidelity Can Ruin Your Relationship and How to Heal if it Has**

Infidelity is one of the greatest betrayals a person can suffer. It decimates the love, trust, and stability that your relationship is founded on. But you can also heal from the wounds infidelity has caused. It isn't easy. It takes time, love, patience, and a commitment from both partners to make it through, but it can be done.

Even in the healthiest relationships, the danger of infidelity still exists. In this section you will also learn how to inoculate your relationship from affairs even if infidelity is not a concern for you.

Moreover, this section will be an overview of the major aspects of healing from infidelity and should be helpful in moving on from the affair. There is too much material to cover this topic completely in a general book on marriage; there is simply too much information you need to overcome this problem. If the infidelity material in this book does not cover your needs, I suggest you purchase my book, *How to Survive an Affair* which was written specifically for people who have suffered from the wounds infidelity causes.

### **Section 8: How Do We Get the Trust Back?: How to Rebuild Trust after It's Been Lost**

When the trust is lost in a marriage, the entire relationship suffers. What do you do when you can't trust the person you are supposed to trust most in the world? How do you rebuild trust after it's been lost? This section will help you answer those questions and teach you some techniques for reestablishing trust with your partner.

### **Section 9: What about the Good Times?: How Having Fun Together Will Rebuild Your Relationship**

Do wish you could go back to the way it was when you were first dating? Do you miss the good times you and your spouse used to have together? Well, there's only one way to make it happen and that's to start

having fun together again. After all, your relationship can't be all work and no play. If it is, it will deteriorate just as it would if you were fighting all the time. This section will give you some suggestions on how to have fun together (even if money is tight), and offer you some tools for developing your own ideas on having fun with your spouse.

## **Section 10: Building a Fence: How to Protect Your Marriage and Keep it Healthy and Happy**

The final step in the program is learning how to build a fence around your marriage to protect it and all the hard work you've put into it. Just as the fence around your house is built to protect your home and your family, a fence around your marriage will keep temptation out and love in. It's an important final step in securing a lifelong, happy relationship.

A few more notes are in order about the practical structure of the book before we get into the program.

The stories you will find throughout the book are composite cases stories. They are based on thousands of clients I have worked with over the years. So while they are true, they are not "biographical" in the strictest sense.

The techniques in this book work for relationships even if you aren't currently married. If you are in an intimate relationship with a boyfriend, girlfriend, or domestic partner, most of the techniques you find here will work just as well for you—you just might have to adapt the wording to fit your circumstances.

And finally, a note on stereotypes: I am quite aware that each relationship is different and that every scenario in your relationship may play out slightly different. Nonetheless, there are certain commonalities that I have found in each partner's perspective on their relationship.

Generally, men are more likely to want more sex and women are more likely to want more communication. Generally, if there is physical aggression, it is more likely to be from the man. Generally, it is more likely that the man is going to cheat in a relationship. Generally... I use the term "generally" to mean that if

we divided the world by gender, there would be more of the one gender than the other in these particular characteristics. I am not defining each gender or sex with my descriptions because there are way too many exceptions to these generalizations.

In most cases, I try to be careful to make the distinction that "your relationship may operate a little differently," but if there are times when I have forgotten this phrase please forgive the oversight. I don't intend to offend anyone. I am simply speaking to some of the gender differences I have noticed over the years.

Now on with the program.

## **What Will it Take?: Doing the Work to Save Your Marriage**

I'm not going to sit here and pretend that saving your marriage is going to be easy. If it were easy, you would have already done it by now. I know how hard you've tried to heal the wounds you're suffering from, and I know the heartache you face when you worry your wounds can't heal.

Nonetheless, saving your marriage IS possible. It isn't going to be a walk in the park or a bed of roses though, and neither is this book. What I'm offering you here are real tools to make real changes in your relationship. And the reality is that real change is not easy.

To save your marriage you're going to have to face some hard truths about yourself and your relationship. That path can get pretty rough sometimes. And it may not always take you where you expect it to.

In some cases, as I stated above, there are relationships that can't be saved. That's the sad reality, and there's no use denying it.

But a lot of relationships can be saved. Divorce should be considered the FINAL option, sort of like going to war or getting in a fist fight. It's worth working through your difficulties now as best you can to give yourself the opportunity for the happiest possible

future. There is a depth of relationship that can only come from staying together through the years and working out the tough times. Those who consider relationships disposable will most likely never experience that fulfillment.

I'm telling you now; you are going to have to commit to real change in yourself if you want to save your marriage. You will learn a lot more about this in section 1. But you should know up front that there is simply no way to save your marriage if you are unwilling to change yourself.

And if your relationship is truly going to heal and become better than ever, both of you are going to have to commit to change. If you are the only one wanting to work on your relationship, there are also ways to start the healing process yourself. (You will learn about this in section 1.)

The road isn't easy. But the potential rewards are extraordinary. You could have the relationship you have always dreamed of. You could rebuild your marriage and be as happy and in love as you once were. You could live in the peace, safety, and comfort that a truly rewarding marriage provides.

It can happen. I've seen people change. I've seen couples change. And it can happen for you, as well.

You only live this life once. Why not make it the best life it can be—for you, and your spouse?

Before we get started on that path, I want you to hear how things worked out for Sam and Brenda after they did the hard work necessary to change their relationship.

### **Brenda's Story**

*I loved Sam. I had always loved Sam. That really wasn't the issue. But everything changes with time and there's just no way to stop it. By the time it came to the point where we had actually signed the divorce papers we had gotten lost from one another. I loved him. But the emotional connection was completely dead. We were together, but we weren't TOGETHER. Somehow there's a difference.*

*We fought nonstop over the most ridiculous things. I would make outrageous accusations just to get a rise out of him because otherwise it seemed like he wouldn't talk to me or*

*react at all.*

*Then he'd blow up and we'd fight and that seemed better than no connection whatsoever.*

*I guess what I really wanted, what I really expected, was that we would be able to keep the youthful, passionate, spark we had when we first got together. When that seemed lost, I started blaming it on the marriage. I started believing that if we hadn't gotten married we might be happier.*

*But when I learned that marriage wasn't the problem and that we could change, it opened up a new world for me. It was like a light switch was turned on inside me.*

*We did the work and we were able to make it through the trials. Now we are so much better off, I can't tell you. I love Sam. And now I have found ways to express that love, even better than when we were young. Now I can look at him with the eyes of the experiences we have shared and tell him how much he truly means to me, and thoroughly mean it.*

*And that's a long way to come.*

### **Sam's Story**

*I'm a guy's guy. I play golf and drink beer on the weekends. I watch football and make bets with my buddies depending on how good the spread is. I'm not much of a romantic and I don't talk a whole lot. Never did. The way I grew up men were supposed to leave the talking and tears to the women in the kitchen.*

*But there's one thing I know.*

*I'd never hurt my wife. Never.*

*But that's how it turned out. I hurt her a lot and I couldn't handle it.*

*So I thought if we got a divorce it would be better. I got the papers and figured if we put an end to it we'd save each other a whole lot more pain.*

*After all, our marriage was screwed up and we couldn't seem to fix it. And there's only one thing to do with a lame horse.*

*But I'm so glad that didn't happen. I never wanted a divorce. I just wanted us to be happy together. I know I'm not the perfect man or anything, but me and Brenda used*

*to be happy and that was enough for me.*

*It took some time. It took some work. And both of us had to change. I had to learn to talk more and open up to my emotions which was really hard for me.*

*But in the end it's worth it. I have Brenda again, and she has me, and we're happy. Maybe happier than we've ever been.*

*And what else is there really? Life's short. I know that for sure. I want to make it as good as it can be. And for me that means sticking with Brenda.*

You can change the same way Brenda and Sam did if you want to. It won't be easy. But it WILL be worth it. Take the first step now. You'll be happy you did.

## Summary

- Marriage isn't the problem. No marriage is inherently broken. It's the people in the marriage that have problems.
- People can change. You CAN change if you want to save your marriage.
- This book is your blueprint to change. It will guide you on a path that will help you heal your relationship.
- The road isn't always easy. You will have to commit to real change in yourself and face some hard truths along the way.
- If you do commit and you make it through, the reward could be a relationship that is truly better than ever.

## What's Next

In the next section we will start in earnest on the work ahead of you. The first thing you need to understand if you are going to save your relationship is that there is only one person you have the power to change—yourself. In the next section I will teach you what that means and how you can commit to changing yourself so you can save your marriage.

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