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Lessons for a Happy Marriage

Paul Friedman

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Lessons for a Happy Marriage Paul Friedman
Through his own family's experiences, Paul Friedman discovered how dangerous modern western psychology has been to relationships and families. The current divorce rate (the same for psychologists and the general population) is a clear testimony to the fact that western psychologists' principles are simply incorrect. As a successful pragmatist, Paul decided to skip the psychobabble and self-serving excuses for poorly working marriages. He found scientific explanations that could be communicated in simple language for dealing directly with the root causes of failing relationships. Paul does not believe therapy is the answer for the vast majority of individuals in unhappy marriages. In fact, he believes all married couples need to know what thoughts and actions will cause what results and why. The behaviors and thinking that cause the trend of an unhappy marriage need to be stopped. Then, new and correct thinking and effort needs to be exercised to move the marriage in the beneficial direction of happiness. Lessons For A Happy Marriage explains the science of marriage. It is written as a step by step format to guide each reader to guaranteed success and happiness. Paul thoroughly explains the steps so you can put them into practice with foundational knowledge instead of blind faith. He also prioritizes which things need to be done to turn your marriage around quickly. It is all common sense and immediately usable.Utilizing this book is no different than using a manual to get the most out of a computer program; it covers everything. Paul states, "An epiphany is the collapse of bad habits under the weight of accumulated wisdom." This book shares wisdom accumulated over 15 years of experience.

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