

## What are the most successful marriage tips?

### Compliments of eHarmony Marriage

Successful marriage tips can often involve complex and time-consuming processes. Successful marriage tips also, though, can require very little effort and still offer significant payoffs. Simply by giving your marriage a bit of attention, and following these successful marriage tips, you can immediately improve the interactions between you and your spouse.

#### **Successful Marriage Tip #1: The "One Minute" Secret**

Successful marriage tip #1 is all about focus. When you both return home after a day of work, before you do anything else, spend 60 seconds sharing a hug and a kiss, looking into each other's eyes, and talking. If you're the first one home, when your spouse arrives, stop what you're doing and give him or her 60 seconds of affection and attention.

This successful marriage tip is powerful because of what happens between you on a subconscious level. It soothes your subconscious to press your bodies together and focus on each other for a full 60 seconds (and that's longer than you think). It says warmth, home, love, and security in a very primal way.

#### **Successful Marriage Tip #2: The "Best Sex" Secret**

Successful marriage tip #2 has to do with understanding each other.

##### **MEN — Become a master masseur.**

It's been said that when it comes to sex, women are like ovens and men are like microwaves – quick to get hot. So this successful marriage tip encourages you to get good at relaxing your wife and creating a real physical connection. A 5-minute foot massage at the end of the day. A caressing neck massage at bed time. A lower-back massage with some scented oil. These sensual acts show your commitment to her pleasure and can chase away any thoughts that block physical intimacy.

##### **WOMEN — Seize the day. Initiate sex with your husband!**

This successful marriage tip is pretty simple. Men love it when women initiate sex. Plan to make the first move once a week, and make him an offer he can't refuse.

#### **Successful Marriage Tip #3: The "Cats and Dogs" Secret**

Successful marriage tip #3 deals with conflict. When you two are arguing, call a time-out and take turns stating the other person's argument in your own words. You can even say, "TIME OUT!" Then each person must repeat the other person's side of the argument to his or her satisfaction before the debate can continue.

The reason this successful marriage tip is so powerful is because every person in this world wants to be understood. When you interrupt the fight and say to your spouse, "I REALLY need to hear and understand what you are saying," your subconscious message is, "I value you and respect you. What you are saying is important to me." And when people feel understood, the anger often evaporates.

### **Successful Marriage Tip #3: The "Last Laugh" Secret**

Successful marriage tip #4 is to get serious about laughter. Grab a pen and make a list of five things that your spouse thinks are humorous. Then choose one and share a laugh tonight. Maybe it's a DVD or humorous book. Perhaps your children did something hilarious or you heard a great joke at work. The point is, be on the lookout for stories and laughter-inducing incidents to share with your spouse.

We strongly recommend this successful marriage tip because studies show that couples who laugh together on a daily basis have less stress, better sex, and a stronger connection. People also look forward to seeing an individual who helps them laugh...and that's no joke.