

Introduction

An ounce of prevention is worth more than a pound of cure. We have all heard this saying before but what does it mean for our marriages?

On the day couples get married they almost all share the same dream. A lifelong healthy and happy marriage. Yet within a few years that dream has been shattered by divorce for so many young couples. In fact by the time the couples lives on this earth have come to an end, less than 50% will have achieved their dream.

So why is it that over 50% of couples never achieve the dream they shared on their wedding day. For almost all of them it is because they failed to learn and follow a few simple rules and insights researchers have found that couples in healthy and happy marriages follow.

The next question you might ask is, with the consequences of divorce being so horrific for the couple and their children why don't more couples learn and implement these skills and insights? The answer is somewhat complicated but in essence it is because almost all couples are currently satisfied with their marital relationship. And if you are satisfied with the way things are you are not very likely to use your time and energy to prevent problems you don't think will ever happen to you. A common thought is "It will never happen to us because we are different". Everyday people who had the exact same thought are now filling out divorce papers.

Unfortunately the majority of the couples who are motivated to take the time and effort to learn these skills

and insights do so because the pain level in their marital relationship is so high they are willing to do just about anything to relieve it. This is much like the person with a severe sunburn. They are very willing to apply just about any cream to their body to alleviate the pain but just a few short hours before thought that it would be too much of a hassle to apply some sunscreen.

We have created this book to help you apply some sunscreen to your marriage. While each short story is fun to read on its own we hope you will take the time to complete the worksheet created for each short story. The worksheets have been designed to help you start applying some sunscreen to your marital relationship by implementing the skills and insights researchers have found can help couples to form and sustain healthy marriages.

There is a story about two farmers who lived next to each other. One farmer plowed his fields but would never get around to planting and nurturing them. His neighbor would not only plow, plant and nurture but at the end of the season would harvest a bounteous crop and enjoy the fruits of his labors. If you only read these short stories and never implement what you learn you will reap the same benefits as the farmer who plowed but never planted. On the other hand if you choose to implement what you learn then you can reap the rewards of a lifelong healthy and happy marriage.