



Fighting for Your Marriage: The Bestselling Book on Marriage Enhancement and Divorce Prevention

Howard J. Markman, Scott M. Stanley, Susan L. Blumberg

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A new and updated edition of the all-time bestselling book on marriage enhancement and divorce prevention. Since it was first published in 1994, *Fighting for Your Marriage* has been the bestselling book in its field. As in the original edition, the book offers invaluable advice on achieving better communication and problem-solving skills, using structured techniques to resolve conflicts, sharing a core belief system, understanding commitment and forgiveness, restoring intimacy, increasing fun, and improving your sex life. The authors show that conflict in intimate relationships is as normal and essential as love-but it's how you fight and resolve conflicts that determines the difference between a sustained healthy marriage or a painful divorce.

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