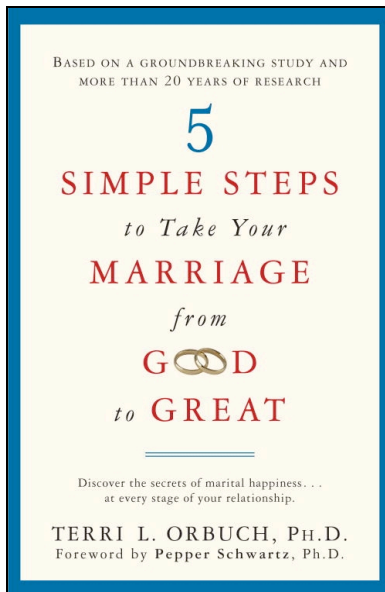


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5 SIMPLE STEPS *to Take Your* MARRIAGE

from
GOOD to GREAT
Foreword by Pepper Schwartz, Ph.D.

by Terri L. Orbuch, Ph.D.

To be Published as a Delacorte Press Hardcover on October 27, 2009

For over two decades, Dr. Terri Orbuch, a marriage expert and therapist, Professor at the Institute for Social Research at the University of Michigan, and host of the weekly “The Love Doctor Radio Show” on VoiceAmerica.com, has followed hundreds of married couples as part of the landmark National Institutes of Health funded Early Years of Marriage study which set out to identify what keeps happy married couples thriving and what factors tear them apart. Now, in her new book **5 SIMPLE STEPS to Take Your MARRIAGE from GOOD to GREAT** (A Delacorte Press Hardcover on sale October 27, 2009), Orbuch reveals for the first time the marriage secrets she uncovered in this groundbreaking research and shows how – in an easy-to-follow five step plan – it just takes simple, targeted actions to create significant, positive changes in your relationship – instantly.

In **5 SIMPLE STEPS to Take Your MARRIAGE from GOOD to GREAT**, Orbuch reveals that great marriages don’t just “happen” nor are they the result of long hours of tedious “hard work”; her research shows that it is actually the small changes in behavior and attitude that can create happiness over the long term. She outlines five simple strategies that refocus couples on the positive areas of their relationship and helps them navigate the most common minefields of marriage. Couples can learn how to:

- 1.) **Expect less and get more.** Orbuch's research shows one trait happy couples share is having realistic expectations of their spouse. She debunks the ten common myths that feed unrealistic expectations (such as "if you truly love your spouse passion will never fade" and "opposites attract and stay together") and shows how to become more in touch with a spouse's needs through the exercises in her "Marriage Expectations Toolkit."
- 2.) **Give and you shall receive.** Surprisingly, Orbuch discovered it is the simple gestures that have a profound positive effect on a marriage. One method, she says, is through "affective affirmation" – complementing your spouse verbally or doing kind things for him/her. Tell your husband how attractive you find him or fill up your wife's car when you know she's almost out of gas.
- 3.) **Practice the "10 Minute Rule."** Orbuch says her "Ten Minute Rule" – a 10-minute daily briefing with your spouse to talk about anything except the relationship, kids, work –will help you learn the vital areas happy couples need to know about their spouse (friends, stressors, life dreams, and values) and learn to anticipate problems before they arise.
- 4.) **Flip the sheets!** Orbuch's research shows, again, it just takes small behavioral changes to get out of a relationship rut and spice up your sex life. Give a spontaneous hug, talk about sex, share sexual fantasies and change it up in the bedroom to reignite the passion in your marriage.
- 5.) **Keep costs low and benefits high.** Orbuch reveals the six negative marriage behaviors (such as fighting, unfair division of household responsibilities, jealousy, and secrets) and offers tips on everything from how to fight fair to how to get along with your in-laws.

With **5 SIMPLE STEPS to Take Your MARRIAGE from GOOD to GREAT** Orbuch has created a cutting edge approach for making any marriage strong and enduring by revealing how the simplest efforts have the most powerful impact.

ABOUT THE AUTHOR:

In addition to her role as project director of the Early Years of Marriage Project (funded by the National Institutes of Health), Terri Orbuch, Ph.D., is a research professor at the Institute for Social Research at the University of Michigan and a professor at Oakland University. The host of the weekly "The Love Doctor Radio Show" on VoiceAmerica.com, she's been a marriage therapist for more than twenty years. Her website is www.drterrihelovedoctor.com. She lives in Detroit with her husband of sixteen years.



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