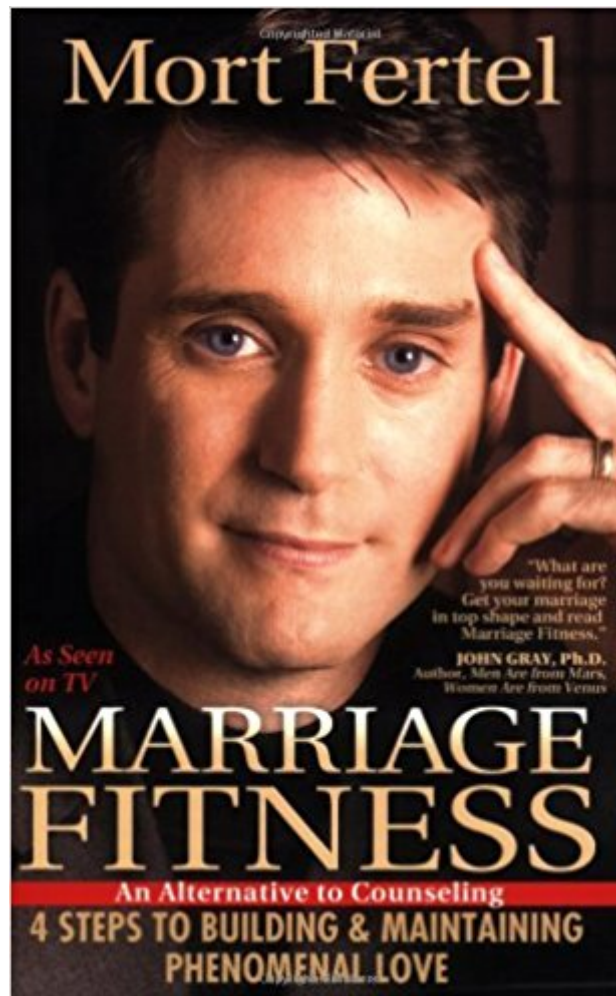




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# Marriage Fitness: 4 Steps To Building & Maintaining Phenomenal Love



## Synopsis

Revolutionary step by step marriage success program.

## Book Information

Paperback: 192 pages

Publisher: MarriageMax, Inc. (September 25, 2004)

Language: English

ISBN-10: 0974448001

ISBN-13: 978-0974448008

Product Dimensions: 8.5 x 5.5 x 0.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 127 customer reviews

Best Sellers Rank: #66,103 in Books (See Top 100 in Books) #82 in [Books > Parenting & Relationships > Family Relationships > Divorce](#) #281 in [Books > Christian Books & Bibles > Christian Living > Marriage](#) #394 in [Books > Christian Books & Bibles > Christian Living > Self Help](#)

## Customer Reviews

surprisingly sound methods...excellent choice --Library Journal, September 2004

Should you buy my book?    It depends.    I have helped thousands of people save their marriage, stop their divorce, and recover from infidelity. However, those people went through my main program, the Marriage Fitness Tele Boot Camp.    The book is not a "save your marriage" book.    Don't get me wrong, it's a great book (of course I think so, right?). But if your marriage is in BIG trouble or if you're dealing with infidelity, it's not the best solution.    The Marriage Fitness Tele-Boot Camp is for people with severe marriage problems. Marriage Fitness (the book) is not. The book is for people who want to upgrade their marriage or who want to learn a bit more about me and/or the Marriage Fitness methodology before registering for the main program (the boot camp).    The Marriage Fitness Tele-Boot Camp is much more extensive than the book and includes precise coaching about how to rescue your marriage, halt a divorce, end a separation, restore trust, heal big hurt, as well as comprehensive guidance on how to end their affair and heal from infidelity.    Marriage Fitness (the book), is an introduction to the Marriage Fitness way. It outlines the basic tenets and exercises.    Good luck to you and feel free to contact my office if you have any question about which Marriage Fitness product is right for your situation.

Sincerely, Mort Fertel

I liked the book overall and love how it incorporates achievable basic steps to keep love first. Mort Fertel has lists of things that can be done daily and other things that should be done weekly and even suggests weekend retreats twice a year without kids to recharge love. I think my expectations of this book may have been too high after reading other reviews. It is a good book and worth reading, however even for a type A (ish) person like me some of these lists of things that were strongly recommended to be done were a little too rigid for me such as devoting one day a week to discussing family business (i.e. bills, house maintenance, appointments). I like the idea of dedicating one day and time a week to discuss unpleasant business, however it's not realistic for me, things come up and I think taking a minute or two here and there to mention responsibilities is a part of life. As far as basic suggestions such as touch charges (affectionately touching your partner multiple times a day) are vital and I'm glad the author focused on the basics because they are so important when you want the person you love most in life to feel that love. I don't do too well with rigid guidelines or having to keep count of how many times I say sweet/kind words to my husband, to me when I do that it feels forced and unnatural. I appreciate the read and I'm glad my husband was willing to read the book too. We may need to reread the book in the future if we get stressed with each other, but for the most part what I got most out of the book is to put love first and when I do that and consider my husband's feelings and needs above everything else then our love ends up the top priority in our life. I recommend buying this book but to have realistic expectations and to be able to adjust the author's suggestions to fit the needs of your marriage.

Marriage Fitness is an excellent step by step plan to rebuild or strengthen your marriage. Mort Fertel's common sense approach is easy to follow and gives everything you need. The rest is up to you and your spouse.

My marriage is having its fair share of trouble I bought marriage fitness in hopes it would help give me insight. I receive the daily emails from Mort Fertel already and figured right now I am willing to try anything. I got this book yesterday and literally read it in one day. It has so much to offer and it's a very easy read. I know I will have to go back and review it, but it really pulled me in. It made me see where some of the problems lie and helped me to stop pointing fingers and really open my eyes. To look at the big picture. I have not implemented any of the processes yet as

I just got the book yesterday but I think they are feasible and doable. Mort talks about how we need to have talk and touch charge. He talks about planning business meetings with your spouse. He opens your eyes up to how giving is better than receiving and how to know what to give. Love conquers all and Mort explains that in this book. It's very easy to read and to understand. The words just flow, you are drawn in. He often references problems he had in his marriage so you can see the results. I would recommend this book to any one that is either struggling in their marriage or looking to revive their marriage before it's too late. This book is not directed to either spouse so it can be read by either or both parties.

Going through his Marriage Fitness Teleconference program now. This guy is brilliant! He repeats the same message a dozen times, which is great! He makes sure you couldn't possibly miss the point! Hoping for a successful turnout to his program with the addition of this book.

Good 'how to' on rebuilding the fundamentals of marriage. Like anything else, it takes forming good 'muscle memory' and habits. This walks you through and provides checklists to help re-develop the good habits.

Very good works as expected ....

This book is filled with a lot of great information explaining how people fall in and out of love, and it explains how to counteract those negative feelings and keep love alive in your marriage. A must read for any married couple.

This approach is amazing. Instead of picking your marriage apart, this book shows you how to build it up. Already I can see a difference in how I relate to my husband and how that makes him feel better.

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