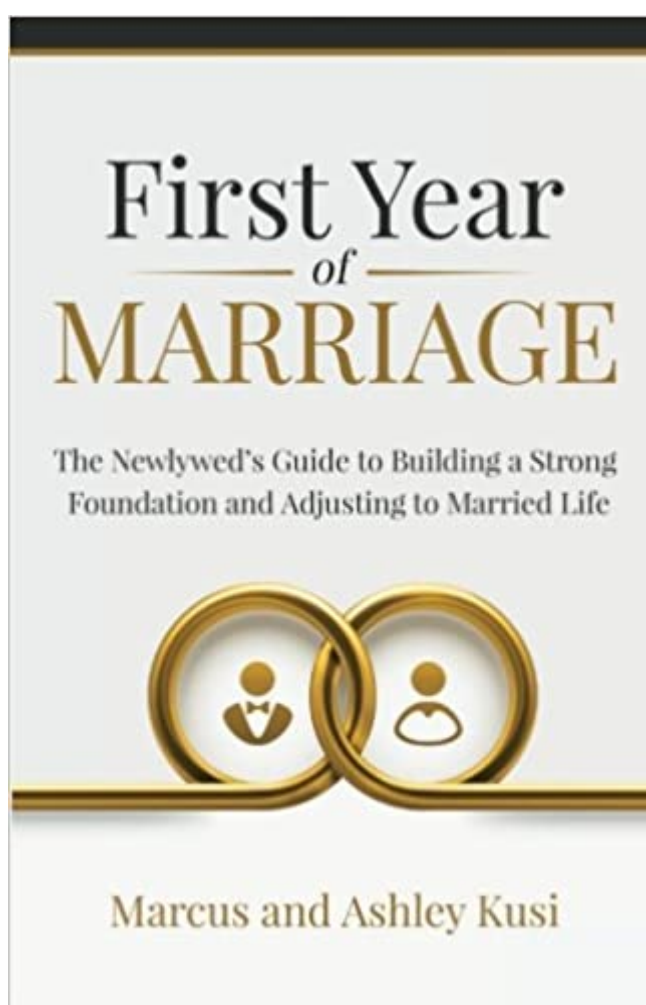


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# First Year Of Marriage: The Newlywed's Guide To Building A Strong Foundation And Adjusting To Married Life



## Synopsis

**\*\* Revised and Updated - May 24, 2017 \*\*** How to adjust to married life, build a strong foundation, and survive your first year of marriage. - EVEN if you don't know where to start. Do you feel overwhelmed and completely unprepared for marriage? Are you worried about failing in your marriage, second-guessing your decision to even get married, or considering a divorce? Do you want to have the best marriage you possibly can, but not sure where to start? You are not alone. It is easy to feel like you are the only newlywed struggling with married life; the frustrations, sadness, hopelessness, silent treatment, name calling, anxiety, disagreements, anger, disappointments, coping with new behavior discoveries, wondering if this is what marriage is supposed to be like, etc. We know how you feel because we experienced these struggles after getting married too. We have also listened to great married couples share their first year of marriage struggles on our podcast, The First Year Marriage Show, and countless others. So, we understand the problems you are facing and want to help you have a better marriage. To be honest, the first year of marriage is the hardest year for most married couples. However, you can avoid the marriage problems newlyweds face every single day by reading this guide for newlyweds and engaged couples today. We strongly believe this book will change your marriage. Because the lessons come from our own first-hand experience and gleaned knowledge. We share our struggles and how we overcame adversity to build a strong foundation for the healthy, happy, and fulfilling marriage we have today. In this First Year of Marriage book, you will learn: 1. How to transform your mindset from I into We. 2. How to build a safe environment for your marriage, so you can express your feelings and opinions without feeling judged. 3. Our simple and proven communication strategies that have helped many couples to communicate better. 4. Get a better idea of what is at the root of the issues troubling your marriage, and how to fix it. 5. The glue that holds your marriage together and what we did after one of us changed our faith. 6. How to be independent and interdependent without losing your identity. 7. How to connect and grow together as a couple. 8. Why it is important to create a vision for your marriage, and the four steps we used to create a vision our marriage. 9. Why your first year of marriage is critical to the success of your marriage. And much more. This is the book that we wished was out there when we first got married. If you are a newlywed, just got engaged, looking to remarry or improve your marriage, this indispensable guide is for you. Filled with ideas you can apply immediately to your marriage. Marriage counselors, coaches, educators, pastors and wedding officiants can also use this book for premarital counseling. You can have the satisfying marriage you both desire. Marriage does not have to be hard. Practice everything we share in this newlyweds guide with your spouse, and you will both be heading towards a happy,

healthy, and fulfilling marriage. If you like reading books that are practical, easy to read and straightforward. Books you can instantly apply what you learn to your life, then you will enjoy reading this guide for newlyweds. More importantly, read this book with your spouse, discuss the questions, and complete the workbook together. Then apply everything you learn to your marriage. You wouldn't build a million dollar home on a weak foundation. Why would you consider the same for your marriage? Get your copy of this book today.

## Book Information

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## Customer Reviews

This book leaves nothing out. Want to create a solid marriage foundation for you to build upon? This is the book to use. Marcus and Ashley weave in personal stories and gentle advice. They carefully cover topics of finances, communication, sexuality, and more with a refreshing honesty. It's not a book that will leave you feeling beat up and bruised as you navigate your relationship.

It's a book that is along for the ride. Truly a guide. I particularly loved the chapter on creating a family theme. Not only was this applicable for me NOW, but I think newlyweds will appreciate the "vision board" mentality for the new family marriage creates. It was also perfect timing for that chapter as my husband and I had just discussed our family theme and goals the week before I read it! This is the perfect book to give to engaged couples and newlyweds. It's not the size of a textbook, but it is LOADED with easy to read and easy to apply the advice. We all know newlyweds or newly-engaged couples; grab this book for them!-- Bethany Armstrong, BookReviewMama.com, USWritten like the transcript of a conversation between some of your best married buds. -- E. Ce Miller, Books Writer, Bustle.com This book is about how to live through the first years of marriage.

The book discusses many topics from money to intimacy, from communication to spirituality, and other aspects of marriage life. The experiences of the authors are also included which helps the reader get a profound view of the marriage life. This book is written simply and in a way that the readers feel like discussing marriage life directly with the authors. The authors provide the helpful list of what the spouses need to discuss for every topic presented. After reading this book, the spouses will know how to understand each other better, to maintain the communication, to grow together, and to get through the difficult times together. This book is not only useful for the newlyweds, but also for everyone who is not married yet to help them to be a good husband or wife. I highly recommend this book for everyone.-- Fajriy (Reader, Goodreads.com ) Very reader friendly and practical. The authors have made the book appeal to all cultures. The additional links and references are also very useful. -- Reader, .co.uk

Waste of money; information was no more helpful than the average magazine article. A brief book full of typos and grammatical errors which made reading it distracting and annoying. Self-published by lay people with no editorial oversight and rife with personal stories that had little relevance to the reader. Find another book, this one is not worth your money.

Dating is for testing, doing research and asking your partner questions and watching their reactions, to determine if they are the right choice (fit) for your "forever" person. That person you can as Disney puts it live "Happily Ever After" with. It's (the dating process) all part of our innate and natural mating rituals whether you're conscious of it or not. With the selection process out of the way, during your engagement more tests to your relationship are presented as to whether or not your dispositions mesh. Often times this is through the various upheavals within your family or friends whether it's an illness, infidelity, divorces, engagements or just the family drama queen. All of this is thrown into the microcosm of your engagement and if both of you can weather that storm; you realize how blessed you are to have each other and continue toward your wedding day. Just as you think you are home free, your patience is tested on your wedding day and wrongly you believe as long as you get through all of that, your marriage will be an oasis of love, understanding and fun. Or will it? Have you talked about the various parameters within your marriage? For instance, have you ascertained how each of you discusses loudly or fights? Do you know each one's mechanism for making up? Do you know how few or many children you each desire? How many times during the week or month or quarterly you'd like to have sex, work on the budget, go grocery shopping or buy a big ticket

item? Have you discussed eating patterns, anniversary, birthday gifts, what, where or with whom you celebrate holidays, or even your vision for your marriage? Not yet? This book is your new best friend. It is your new toolkit for having a successful marriage that can last a light lifetime. A lifetime filled with happiness, understanding and communication. Nothing prepares us for all the parameters of marriage in a balanced form for both partners. Not through our parents, who probably duplicated what they each saw their parents do whether that worked for them or not, depends on their baggage. You might duplicate them or use some polar opposite form that you are dragging around with you into your marriage. I see this book as the perfect foil of misunderstandings between you and your spouse. It engages you from every angle, so that there are only minor surprises throughout the rest of your lives. The authors believe much like me that communication is the basis for everything and especially in marriage. In order to fully understand your partner, you will need to talk to them, ask them their hopes and dreams and really listen. Listen without something blaring in the background or showing on a 40+ inch screen. First Year of Marriage is well researched and they offer examples from their own marriage to assist deeper understanding of using their tools in real-world situations. There are many books on the subject but some of them read like theorems conjured up in a laboratory. First Year of Marriage offers not only reading materials based on their research of their marriage and other peoples' marriage, it is also your guidebook. Used as your self-guided written handbook within your own marriage, also a workbook to ultimately assist you in achieving your own specific handbook. Does this sound like a lot of work to do on your marriage? First of all, get the idea of your working on your marriage out of your vocabulary and that you're working within your marriage, to implement enhancements to your marriage together. You could use the questions within the book as a retreat getting to know each other better. Knowing your vision together for your marriage is just icing (frosting) on the cake to lead you to continue going forward in the same love direction. Now, don't get me wrong, this is not like what business plans used to be, you are not working on these questions and parameters once and then throwing them in a drawer somewhere, no this is the heart of your marriage. It is pumping much needed oxygen into your system, so that you can breathe deeper, love deeper and achieve that dream (from your engagement or wedding day) of living successfully happily ever after. And now with this book, as your toolkit you have your blueprint to perceive, conceive and achieve your living breathing developing marriage filled with happiness (with knowledge) over your lifetime.

I bought this book right before my wedding and I am so glad I did! The writing was beautiful and had every topic from Communication to Budgeting. It was easy to read and well written. I will be

recommending to every new married couple out there! If I had a nickel for every time someone told me and my spouse that we should go to marriage counseling before getting married, I would probably be a billionaire. And while we both discussed that it could be beneficial, we both felt that we didn't necessarily need it. (Especially considering that everyone who gave us that 'advice' had some sort of 'failed' marriage or relationship). We both decided ultimately decided to take a different approach. And so far, it has been working for us. After reading several articles on marriage, we came across *First Year of Marriage*. And I could not have been more thrilled. This book touches on topics that my husband and I discuss every day but more in depth. Including topics like: Communication, Finances, Intimacy, Expectations. This is the no-nonsense guide to making the first year of marriage an easy one. It's an easy read and is super friendly. It doesn't FEEL like it's trying to counsel you and everything just seems to flow. Kind of like the conversation you will have with your spouse while reading this book. Whether you are engaged, or a newlywed, do yourself a favor and pick up this book.

Bought this book as a part of my wedding gift to my husband. He loves it. Very pleased. recommend other couples get it.

My husband and I decided to read this book, once we start facing some challenges in our marriage, and we didn't know how to deal with them. feeling that you are not alone in this process and finding different ways to communicate and solve common problems in a marriage have been some of the things that we have learned. We highly recommend this book for the ones that are in the first, second and even third year of marriage. You are going to learn about yourself and your partner

Great resource.

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