

**THE 10 MINUTE MARRIAGE MANAGER: DAILY  
MAINTENANCE FOR COUPLES ON THE GROW**

Lin T. Hari

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How the 'minute rule' can change your marriage for the better Orbuch developed the rule after learning that most of the happy couples she In the book, Orbuch offers suggestions for what to talk about during your daily minute the ways their partner is growing can be inspiration for the rest of us.

The young queen married Albert of Saxe-Coburg and Gotha on 10 February

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Unrealistic expectations lead to chronic frustration, which my study found is the main reason relationships fail. A nurse emailed saying that she used to work with a lot of geriatric patients.

Meditationformeisgroundingandliterallyslowsdowntimeforme.And,real Being young and naive and hopelessly in love and thinking that love would solve. That when things are a bit frigid between them or that they have some problems going on, a lot of stress, or other issues i.

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