

becoming ONE

nurturing your marriage



Staying Connected to Your Spouse

In the article, "Three Daily Rituals that Stop Spouses from Taking Each Other for Granted," the author, Peter McFadden, maintains that the following three daily practices contribute to a growing connection between husband and wife: 1) a habit of reunion, 2) two minutes of undistracted communication, 3) an appreciation ritual.

The brief but valuable article can be found at: bit.ly/taking-for-granted.

