



# Making Marriage Simple: Ten Relationship-Saving Truths

*Harville Hendrix, Helen Lakelly Hunt*

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**Change the relationship you have into the one you want.**

Welcome to the Relationship Revolution! *Making Marriage Simple* is the accessible, essential road map to building a strong marriage in the modern world. Bestselling authors Harville Hendrix and Helen LaKelly Hunt distill into ten essential truths what they've learned about how to create a successful and satisfying relationship—both from their decades of “R&D” in the marriage lab of their workshops, and from their own relationship journey. In each chapter, Harville and Helen introduce a simple truth—such as “a frustration is a wish in disguise,” “incompatibility is grounds for marriage,” or “conflict is growth trying to happen”—and then walk couples through easy yet effective exercises to help them apply each truth in real life, every day.

Harville and Helen have spent their careers helping couples transform their marriages through research, workshops, and counseling. But marriage—even for marriage experts—is never easy, and a number of years ago they found themselves on the brink of divorce. Harville and Helen put themselves back through the exercises they'd coached so many other couples through, saving their marriage and helping them achieve a true partnership.

This book is for **all** couples. It offers the practical tools needed to transform one's relationship into a rewarding and joyous marriage. Written with humor, compassion, and honesty, and illustrated throughout with engaging line drawings, *Making Marriage Simple* is a strategic blueprint for creating a stronger, more satisfying partnership in today's world.

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