



The Art of Marriage Maintenance

Sylvia R. Karasu, T. Byram Karasu

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Given the fact that 50% of marriages end in divorce, you would think marriage wouldn't be so popular, but getting married is one of the most popular of all life events. In fact, many new couples are willing to face considerable debt for the wedding ceremony alone! It seems that many people spend more time on planning the wedding than on thinking about marriage and what it entails. The Art of Marriage Maintenance is about marital life after the wedding. It is about psychological and biological difficulties between men and women that make marriage so challenging. It is about why passion is in danger of fading within marriage, how hormones exacerbate behavior, and how the brain confounds us. It is about how pregnancy and having young children and adolescents often catapult a marriage to its breaking point and how the stresses of mid-life contribute to marital discord. It is, in effect, how to ensure a happy enduring marriage. It is the art of marriage maintenance.

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