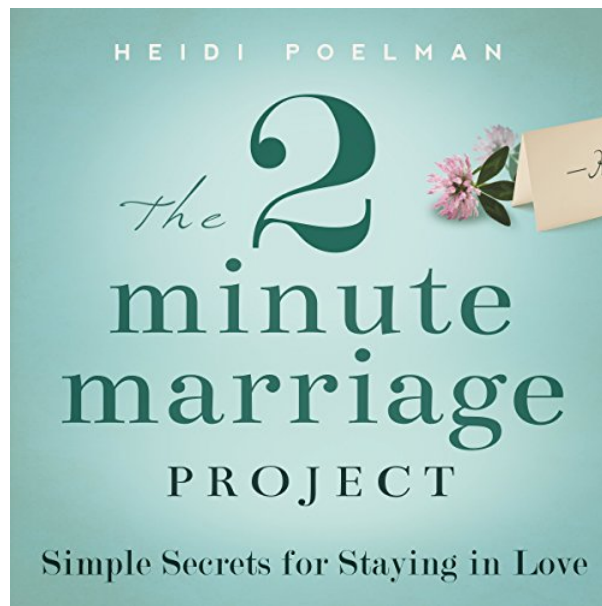
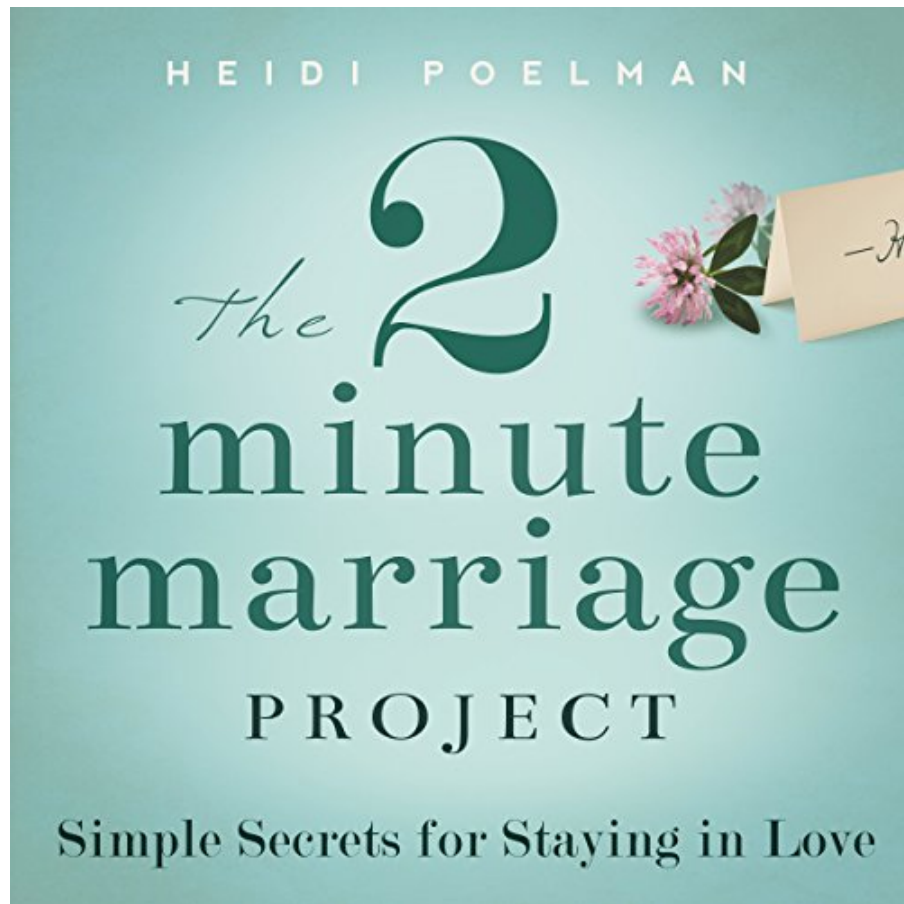


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Marry the one you love and love the one you marry. It sounds simple enough. But staying in love turns out to be a whole lot different than falling in love. In a world of constant distraction, marriage experts agree that the little things matter - a lot.

The Two-Minute Marriage Project explores the little things couples think, say, and do to stay in love for the long haul. Supported by expert studies, interviews with happily married couples, and years of personal experience, author Heidi Poelman shares the simple secrets that keep love alive. Whether it's choosing an attitude of gratitude, leaving a love note, giving a welcome-home hug at the door, or calling just to say "hello", The Two-Minute Marriage Project is full of simple ways to love the one you married, two minutes at a time.

- Sales Rank: #159927 in Audible
- Published on: 2015-02-04
- Format: Unabridged
- Original language: English
- Running time: 264 minutes

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Do what this book says and you will find joy!

By Ron Poelman

This book is a gem! Read it, do what it recommends, and you and your spouse will find joy. Why? Because the author (my daughter-in-law, Heidi, of whom I am very proud) clearly and succinctly summarizes the principles of a joyous marriage, both as friends and lovers. As friends, she writes, such joy derives from mutual commitment and making each other number one, followed by regular listening, regular sharing, and daily acts of care, gratitude, praise, and selfless service, along with calm and empathetic resolution of differences, topped off with ready apologies and forgiveness. She also describes bad behaviors to avoid, such as defensiveness, accusations, anger, and keeping score. As lovers, she writes, such joy derives from regular hugs and kisses, regular acts of romance, and regular love-making. In her life, I personally witness Heidi's sincerely seeking to do what she espouses in her book, thereby creating joy in her marriage with my son, who sincerely seeks to do the same in return. May you follow Heidi's example and advice and, in your own marriage, may you too create such joy.

2 of 2 people found the following review helpful.

Wonderful book!

By Scott Poelman

I'm Heidi's husband, so I'm clearly biased, but Heidi is truly a fabulous wife and author. In this book, Heidi illustrates how the little things can be so powerful in a marriage. How we think, what we say, and what we

do can have a big impact on happiness. Heidi draws from experts and the real-life experiences of married people, and she covers many of the important aspects of marriage from regular time to communicate and play together, to intimacy, to dealing with conflict, to forgiveness, to loving. I've read the book a couple times already and each time I learn more and am amazed that I get to be the lucky man married to Heidi. If you want great perspective on how to improve your marriage and tips for little things that can help, then you should buy this book.

2 of 2 people found the following review helpful.

Great Book!

By susan taylor

What a great book! Heidi Poelman writes with insight and humor. The suggestions in the book are easy, doable and meaningful ways that we can keep the love ignited in our marriages. The book is backed by credible research and countless interviews with happy couples. I would recommend The 2 Minute Marriage Project to all couples!

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