

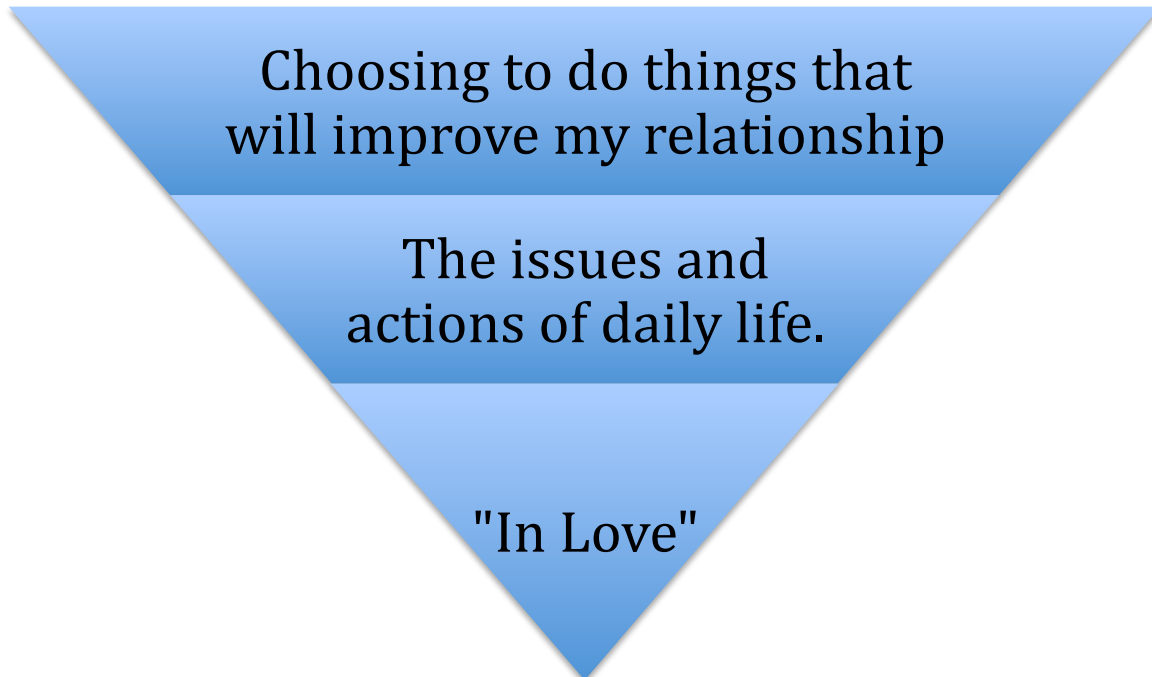


The 30-Day Challenge

I want you to take **the 30-day challenge**. For the next 30 days follow the Ten Principles in *You Can Save Your Marriage* to the letter. Do not deviate, do not rationalize to do something different, and do not avoid doing them simply because you “do not feel like it,” or your “mate was mean” to you. Follow them. 30 Days. Then honestly evaluate where things are in the relationship. Are they better? I guarantee they will be.

At that point, I think you will see the importance of following these *Ten Principles* as a path to overall life change. The simple truth is that most people have not learned the right way to have a healthy marriage. They’ve learned from watching their own parents, TV, movies, reading books and friends. *The Ten Principles* apply for the rest of your life.

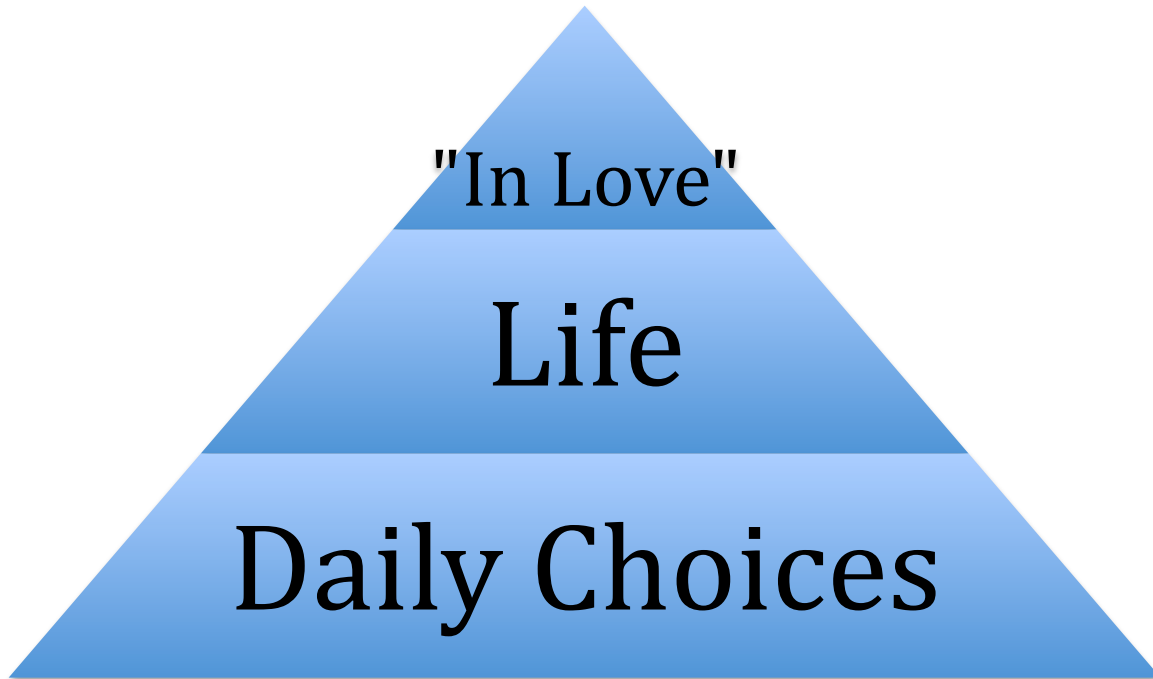
Most people get married and plan to build their lives together on “love.” Love is a good thing. As a matter of fact, love is the *best* thing. However, the *feelings of love* or “falling in love” are only part of the picture. If we base our marriage on “feeling in love,” then our life will look like this:



If being “in love” is the foundation of our relationship, then the issues and actions of daily life such as the annoying behaviors of our mate, the reality of work and financial pressures, sick kids, a messy house, and more, will weigh heavy on that love. Even heavier will be those choices I know I can make to help my relationship (like simply being nice to my mate). If I don’t *feel* in love, which is part of the natural cycle of love, and I base my behaviors on those feelings, then I simply won’t do things that will help my marriage because, well, “*I don’t feel like it!*” And just like an upside-down pyramid, sooner or later it will wobble, fall over and crash.



However, if we *choose* to build our marriage on the most important component of love, the *love of the will* that chooses what it is going to do regardless of how it may feel, our marriage will look like this:



With our ability to “choose” as the foundation, we can make the daily choices to be nice to our mates, to fulfill the vows we made, or to follow the **Ten Proven Principles** I have laid out in ***You Can Save Your Marriage***; then even in the midst of the daily struggles of life, we will ultimately return regularly to feeling “in love.” That will be a great “bonus” of our relationship, like the proverbial icing on the cake. But you have to choose to make the cake first. We don’t always feel like paying bills, going to work, or even getting up in the middle of the night to take care of a baby, but we choose to do those things because they are the *right* things to do.

There is not a quick fix to your marriage. There is not one paragraph you can turn to that will magically change everything. Your relationship didn’t show up in crisis mode over night and the crisis will not subside in a day.

But you can make choices now to make things better. And if you will follow these Ten Principles for 30 days, I guarantee that you will see a change in your mate...*and* yourself. 30 Days. And, if at the end of the 30 days you don’t see a change, then I will gladly refund your money. All you have to do is send me an email and I will immediately refund your money.

But you’ve got to take the 30-Day Challenge.
That’s not really too much to ask to change your life, is it?