REKINDLING YOUR MARRIAGE



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Your brain flooded with a chemical called Phenylethylamine (PEA), which remains in your brain from 6 months to 2 years. PEA produces a feeling of euphoria, a sense of belonging, and a feeling of obsession (which is why you want to talk and be with your new found love every moment).

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10 Ways to Rekindle the Passion in Your Marriage

Focus on meeting your partner s needs and communicating your own needs in a loving, respectful way. In The Science of Trust, Dr. Gottman explains that couples who want to rekindle their passion and love need to turn towards each other.

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A key part of how to rekindle a marriage is increasing positivity and warmth in your relationship. This means catching yourself when you make negative comments and reactions. This is tricky because they are often automatic! It also means being loving. Love is sharing, appreciating, and admitting mistakes. It is also showing affection, with gestures big and small, physical and verbal, sexual and non-sexual.

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10 Ways to Rekindle Your Marriage Marriage Tips

Simple Ways to Rekindle Your Marriage 1. Make your marriage a priority. One of the simplest, best ways to rekindle your marriage is to make it a priority. Sure, the kids need to be carted to practice and the house may be dirty, but if your marriage is failing, everything else should be pushed to the back burner.

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Rekindling A Marriage Top 9 Relationship RescueTips

Rekindling your marriage, DOES takes a bit of work to make the magic happen! With a little effort and your imagination, you can have the relationship that most people only dream about. With a little effort and your imagination, you can have the relationship that most people only dream about.

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Ways to Rekindle Love in Marriage. Although there are many ways of rekindling love in a marriage, but I m sharing just a few of them. While I ve tried some of these restorative ways, some I still need to.

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