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Everything You Need to Know about Marriage You Can Learn at the DMV: How Everyday Insights Can Transform Your Relationship

Rich Nicastro PhD

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What does marriage have in common with the Department of Motor Vehicles?

If you answered, “Uh…absolutely nothing,” you’re not alone.

But a veteran couples counselor asks you to think again.

No one says “I do” and really means “I won’t.” People who get married or commit to a long-term relationship want it to work. But the bleak statistics reveal that love and good intentions at the outset aren’t always enough.

One of the main obstacles to improving a faltering relationship is the tunnel vision with which couples typically see it. In other words, they mentally isolate the marriage away from their life at large, treating it more like a patient on an operating room table than the dynamic, movable entity that it is.

They are looking at the symptoms, not the whole patient.

Considering your marriage in this compartmentalized way means that whatever underlying mindsets are causing or exacerbating the problems can’t be examined and, ultimately, corrected.

In this latest installment of the Enhance Your Love series (little books that pack a powerful punch for your relationship), Dr. Nicastro takes you on a field trip to the DMV. No worries if you don’t drive, though—your marriage or long-term relationship is the focus here. Dr. Nicastro will uncover the wisdom that’s all around us (the kind we often miss) and show you how you can use it to transform the way you think about your relationship, and therefore transform your relationship itself.

Best of all, this approach is very much DIY: if your partner is not on board (or thinks the marriage is “just fine” as-is), you can indeed do it yourself. With the right tools (in this case, the right information), one person can get the car back on the road and moving in the right direction.

So buckle your seatbelt, check your mirrors, and start your engine—we’re headed to the DMV. And we’re carrying precious cargo…your marriage/relationship!

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Charles Bock:

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