

Praise for MARRIAGE FITNESS

“Once in awhile, I come across a book that can really make a difference... This is one of those times. MARRIAGE FITNESS will not only improve your marriage significantly, but I believe you will become a better individual by following its guidelines. With marriages falling apart all around us, this timely book can and will work!”

—Dr. Stephen R. Covey, author
The 7 Habits of Highly Effective People

“A breakthrough for the institution of marriage. This should be required reading for every spouse in America.”

—David J. Lieberman, Ph.D.
New York Times Bestselling Author, *Make Peace with Anyone*

“Deeply rooted in psychology, theology, and the pragmatic realities of day-to-day living, MARRIAGE FITNESS—like the best exercise regimen—increases stamina, flexibility, and overall well-being. MARRIAGE FITNESS offers a step-by-step, wonderfully practical way to strengthen, revive, or rejuvenate any marriage.”

—Dr. Richard J. Levin
Author of *Shared Purpose*

“Mort Fertel does a wonderful job explaining the root of marriage success, organizing a clear plan to achieve it, and interweaving fascinating stories as well as his own personal journey to make MARRIAGE FITNESS a pleasure and a power.”

—M. Gary Neuman, M.S., LMHS
Author of *Emotional Infidelity*

“Excellent! Great ‘marriage’ of theory and practice...Mort Fertel’s comprehensive book is a practical, hands-on approach to gaining and maintaining the love we all want . . .”

—Michael Adamse, Ph.D.
Author of *Anniversary: A Love Story* and *Affairs of the Net*

“MARRIAGE FITNESS is a valuable and sophisticated psychological tool for empowering and enhancing marriage. Mort Fertel sheds light on ‘Love’; a concept too often misrepresented by mainstream psychology as esoteric or vague. He then elevates the paramount driving force of ‘Love’ in an exceedingly spirited and practical way, giving the reader new hope, new direction, and a new set of techniques to overcome the challenges of marriage. This book will take your marriage to new heights of clarity, intimacy and connectedness beyond your wildest dreams!”

—Dr. Brian Greer
The Center for Family Development
Diplomate American Boards of Child &
Adult Psychiatry and Neurology

“MARRIAGE FITNESS is a splendid, must-read text providing those in significant yet challenged relationships a true opportunity to relocate and protect the charm and spirit in their lives. MARRIAGE FITNESS is among the most enjoyable and pragmatic ‘relationship-saving workouts’ that I have had the pleasure to review. Taken seriously with meticulous attention paid to the detail of its broad genre of relevant exercises, there exists little doubt that many couples will find excitement and exhilaration re-establishing and supporting the love in their lives.”

—Robert L. Hersh, Psy.D.

“MARRIAGE FITNESS is practical and enjoyable. It offers a step-by-step plan for a strong and healthy marriage and the stories make it a joy to read. Mort Fertel is highly motivating—he’ll inspire you get your marriage in top shape!”

—Ashira Bunder Drury, M.S. Ed.

“The premise of MARRIAGE FITNESS gives an entirely new meaning to ‘self help’!”

—Jill Oppenheimer Kaplan, Ph. D.

“Mort Fertel has formulated the best plan for marriage I have ever seen. His research is extensive, his approach practical, and I guarantee he’ll inspire you to action.”

—Elyse Hurtado, Ph.D.

“MARRIAGE FITNESS sets the standard upon which all future relationship success strategies will be measured. Bravo!”

—Rebecca Carner, Ed.D.
Diplomate Neuropsychology

“Mort Fertel draws masterfully from diverse wisdoms and synthesizes the best ideas on relationship success into a clear and compelling message. MARRIAGE FITNESS incorporates the wisdom of psychology and theology, and utilizes some of history’s greatest thinkers including Einstein, Plato, Sophocles, Emerson, and Oliver Wendell Holmes. Mort Fertel blends all that with fascinating stories, a children’s tale, and his own personal journey. This is a book that *everyone* can relate to.”

—Allen Segal, Ph.D.

“This is the only book of its kind. A standing ovation for Mort Fertel.”

—Melissa Rosenberg, MSS, NHA

“MARRIAGE FITNESS provides a well conceived plan based on love and alliance that gives life to the institute of marriage threatened by today’s culture.”

—Ambassador David M. Walters