



Make sure you never under-estimate the benefits of a good long walk together. It's all about communicating honestly while taking in nature.



1st thing you need to remember is to not get stressed. And if anything contentious comes up, nap on it first before engaging again. Time helps provide a realistic perspective, and never sweep it under the rug, deal with it honestly.



And make sure you don't miss church. Great strength comes from the Gospel program.

Life together is always better.
Love Karl & Nancy & Sam.



Hi Cupido's. I'm Dr. Sam Burndorfer. Couples come to me all the time for sound marriage advice.