



## A Married Man's Survival Guide

By David Plante, Kris Girrell

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A Married Man's Survival Guide is a straight-shooting, no-nonsense guide to what it takes to thrive and prosper as a man in a long-term committed relationship. Based on the guidance of "masters" who have 30 or more years of committed married life, the Guide takes men through such things as preparing for life in this wilderness called marriage to your personal "fitness" routine to ensure lasting success. Along the way, the Guide deals with handling your wife's emotions, dealing with her "upsets" and even walks men through such touchy subjects as separation, divorce and affairs. The concluding chapter contains "250 things you can do to bring a smile to her face" and is based on a challenge the authors gave a men's class they were teaching. The editor writes, "Smartly written as a jungle survival manual, the Guide relies on generous doses of tongue-in-cheek humor to move the reader along at a comfortable pace with plenty of been-there-done-that candid anecdotes add appeal and credibility."

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