

DR. LAURA'S 3 A'S FOR A HAPPIER MARRIAGE

In her New York Times Bestseller, *The Proper Care and Feeding of Husbands*, Dr. Laura Schlessinger gives women the tools they need to have the marriage of their dreams.



PROBLEM



Marriages suffer when, in reaction to life's many challenges, we turn from each other instead of toward each other. If you find yourself growing apart, let the 3 A's guide you back to your beloved.

ATTENTION

You like attention, and so does your man! Start giving your husband a hug on his way out the door, a kiss when he gets home, ask about his day, show interest in the things that interest him. When you pay attention to the feelings and needs of your man, he will give you the world.

SOLUTION



thank you



AFFIRMATION

Men want to know that the things they do for their family are appreciated - working hard to provide, being a good dad, spending time working in the yard, on the car and around the house.

Start noticing the things that your husband is doing and let him know you appreciate him.



AFFECTION

You feel close when he listens to you. He feels close when you're making love. It's a different language, but the same sentiment. Spend 15 minutes minimum every day flirting, hugging, kissing, caressing. #BeYourHusbandsGirlfriend



Love is not a feeling. It's a behavior. Do something loving towards your husband each day. When you pay attention to the feelings and needs of your man, he will give you the world.