

A close-up portrait of Mort Fertel, a man with short dark hair and blue eyes, smiling slightly. He is resting his chin on his right hand, which has a ring on the ring finger. The background is dark and out of focus.
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Mort Fertel

*As Seen
on TV*

"What are
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Get your marriage
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Marriage Fitness."

JOHN GRAY, Ph.D.
Author, *Men Are from Mars,
Women Are from Venus*

MARRIAGE FITNESS

An Alternative to Counseling

**4 STEPS TO BUILDING & MAINTAINING
PHENOMENAL LOVE**

Mort Fertel

Marriage Fitness: 4 Steps to Building & Maintaining Phenomenal Love



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Revolutionary step by step marriage success program.



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Good Read That Emphasizes Marriage Basics I liked the publication overall and like how it incorporates achievable basic steps to keep love first. Mort Fertel provides lists of issues that can be done daily and other activities that should be done every week and even suggests weekend retreats twice a year without children to recharge love.. That which was most helpful to me was recognizing the items my husband and I already do without recognizing it (e.e. He gives practical steps to put into action in a good good marriage, that i possess. I like the thought of dedicating 1 day and time weekly to go over unpleasant business, nevertheless it's not realistic for me, things come up and I think taking a minute or two here and there to mention responsibilities is a part of life. So far as basic suggestions such as touch charges (affectionately touching your partner multiple times a time) are vital and We'm glad the author focused on the fundamentals because they are so essential when you wish the person you love most in life to believe that love. I don't do as well well with rigid suggestions or having to maintain count of how many times I say nice/kind terms to my hubby, to me when I do that it feels forced and unnatural. I appreciate the browse and I'm glad my husband was willing to browse the book too. Like anything else, it takes forming good 'muscle memory' and habits. The program is total rubbish and a ripoff. I just wasn't sure from reading it how to apply it when the issue in the relationship is something bomb-sized like infidelity or addiction and such. a Tele-fitness training for lovers and I've heard great things about that I know that Mort Fertel has a Tele-fitness boot camp for lovers and I've heard great things about that, and this book has some excellent and practical factors.... And the way he explains love and what factors make marriages work differs than quite a few mainstream tips about love and romantic relationships, so I also appreciated that. Little expenditure for what it could do for your relationship in a few days of practice. I think the book is a superb tool if you are acquiring that your reference to your spouse has become weak or your marriage feels program or even though you feel just like you're "falling out of love". I really believe that seeing items in a whole new light and implementing the strategies and jobs in the book will do wonders for many relationships. . Maybe those ideas are addressed more straight in the Boot camp he offers. Excellent step-by-step plan to strengthen or rebuild your marriage Marriage Fitness is a great step by step plan to rebuild or strengthen your marriage. Mort Fertel's common sense approach is easy to check out and gives everything you need. The rest is definitely up to you and your spouse. good to listen to to re-energice your commitment with your spouse Its ok, great to hear to re-energice your commitment with your spouse. Mort may be the man! Good 'how to' on rebuilding the basics of marriage. This guy is brilliant! He repeats the same message a dozen times, which is great! Five Stars amazing smart man, anything he offers buy do his online therapy. Hoping for an effective turnout to his proram with the help of this book. Highly recommend to any married few- whether you have complications to sort out or just want a happy, loving marriage! Going through his Relationship Fitness Teleconference program right now. We may have to reread the book in the future if we obtain stressed with one another, but also for the most component what I acquired most out from the book is to put love first so when I really do that and consider my spouse's feelings and requirements above everything else then our love eventually ends up the best priority in our lifestyle. This walks you through and provides checklists to greatly help re-develop the good habits. Some good info Some good ideas but both people have to be onboard to make it work. He ensures you couldn't possibly skip the point! Everyone needs this Mort Fertel is awesome! Damaged Arrived damaged Great book. . It requires effort to apply the concepts, but the rewards are huge. However, while his site appeared to suggest that this publication could help you if you are fighting infidelity and addiction etc in your marriage, I didn't actually find any of that actually

dealt with in the book. Highly recommend. That's somehow been the missing link for all of us - intentionality. I just recently read it.. Some of his explanations had been a little cheesy for me, but the almost all his message was really helpful. bills, house maintenance, appointments). They are things I'd never before considered or described, like "talk charges" or "very talk fees" or planning a lavish birthday party for your spouse each 12 months. It is a good book and well worth reading, however actually for a sort A (ish) person like me some of these lists of things which were highly recommended to be done were a touch too rigid for me such as for example devoting one day a week to discussing family business (i.g., talk costs), defining it, and making it more intentional. Classic marriage helper Mort Fertel wrote the 1st edition of the book almost 15 years back. A few of the exercises within the last principle, "SAVE" honestly didn't apply for us. For example, I'm a stay-at-home mom and don't need to "dress up" each day to impress my hubby. But overall, this book seemed to me to become a classic. I'd leave zero celebrities if it had been possible. It takes effort to apply the concepts Great book. I believe my expectations of the book may have been too high after reading other testimonials. THEREFORE I loved that about any of it. I would leave zero superstars if it was possible. I recommend buying this book but to have practical expectations and to be able to adjust the writer's suggestions to match the requirements of your marriage. They scammed several hundred dollars and refused their therefore called 'guarantee.' Run the other way Such a great book. Highly recommend to any married few- whether .. Interestingly, his principles are timeless. Such an excellent book. Worth the cost and then some.



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