

stormy weather

Staying in love requires hard work.

Lots of it.

Whether you're a newlywed or going on a golden anniversary.

Fact is, sustaining the main relationship in your life is no different than any other goals you're striving to achieve — maintaining your weight, maintaining your home, maintaining your career — if you didn't put time, thought, and energy into those things, you wouldn't have them around for much longer either.

It's the same with marriage.

A long relationship has to weather many storms. Sometimes it's sunny, sometimes it's dreary, sometimes it's blustery.

There are no guaranteed strategies for staying in love. All couples must find their own secrets.

And that's half the fun.

Here's how.

