

The 4 Habits of *Joy-Filled* Marriages



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THE FOUR HABITS OF JOY-FILLED MARRIAGES

What separates happy marriages from miserable ones? Surprisingly, it's not healthy communication. It's not conflict resolution skills. It's actually the size of the marriage's **joy gap**.

Marcus Warner and Chris Coursey have studied relationships (and neuroscience) and discovered four habits that keep joy regular and problems small. Some couples do them naturally, but anyone can learn.

In this seminar you will learn new skills including how to:

- Return to joy more quickly after disconnection
- Create stronger bonds and lengthen times of happiness
- Boost your enjoyment of physical and emotional intimacy
- Develop a P.L.A.N. to grow an increasingly joyful marriage

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