

“Love is not a matter of chance; it’s your choice,” says **Mort Fertel**, author of *Marriage Fitness: 4 Steps to Building & Maintaining Phenomenal Love*.

Here Fertel taps into his storehouse of relationship-building tips and reveals seven ways you can reconnect with your spouse and “make” more love in your marriage:

1. **Talk Charge.** Talk to your spouse about something fun or frivolous 5 times each day for a minimum of 60 seconds.
2. **Touch Charge.** Touch your spouse in a loving way at least 3 times each day.
3. **Date Night.** Take your spouse on a date once each week.
4. **Romantic Retreat.** Take your spouse away with you for a minimum of 3 days/2 nights.
5. **Photo Opportunity.** Proudly display flattering pictures of your spouse in your office or car.
6. **Birthday Party.** Plan an elaborate birthday party for your spouse; make them the ONLY guest.
7. **Super Talk Charge.** Talk to your spouse about something personal and meaningful for a minimum of 25 minutes each week.

“It doesn’t take a Herculean event to build lasting love,” says Fertel. “You can get there doing small things in great ways.” How does YOUR relationship rate? Take the FREE assessment “How Well Do You Know Your Spouse?” PLUS get the FREE report “7 Secrets for a Stronger Marriage” at www.YourMarriageFitness.com.

Mort Fertel is a sought after public speaker on relationships and the world’s premier marriage coach. The president of MarriageMax, Inc., Fertel is the first to approach marriage success from the perspective of health and wellness rather than problem-solving. His revolutionary MarriageMax 4-Step Plan is consistent with traditional family values and on the cutting edge of sociological advancement. A graduate of the Wharton School of Business and the University of Pennsylvania, Mort Fertel worked on Wall Street, founded a direct mail advertising company, and was the CEO of an international non-profit organization. He is also a former marathon runner and is committed to physical (as well as marriage) fitness. He lives with his wife and four children (including triplets) in Baltimore, Maryland. Marriage Fitness: 4 Steps to Building & Maintaining Phenomenal Love MarriageMax, Inc.; 2004; ISBN: 0-9744480-0-1; \$13.95; www.MarriageMax.com