The quality of your life is the quality of your relationships. --Anthony Robbins

Longevity in Relationships: 10 Tips

What's the secret to a successful, long-lasting relationship? After the initial 'Honeymoon Phase,' why is it that we might find ourselves increasingly impatient, resentful, jealous, or annoyed by our once blissful relationship? Upon ending her 17-year marriage, New York Times Well Blog columnist Tara Parker-Pope seeks out the answers in her book, "For Better: The Science of a Good Marriage". Subtle things like planning together, learning to "fight productively," celebrating the small stuff, or being aware of body language can make all the difference. Whether you think of your significant other as your soul mate, partner, husband, or wife, Parker-Pope offers insights to help you strengthen your most profound relationship in life.

Be The Change:

Cultivate a healthy relationship: Practice one of Parker-Pope's suggestions each day for the next ten days...and beyond!