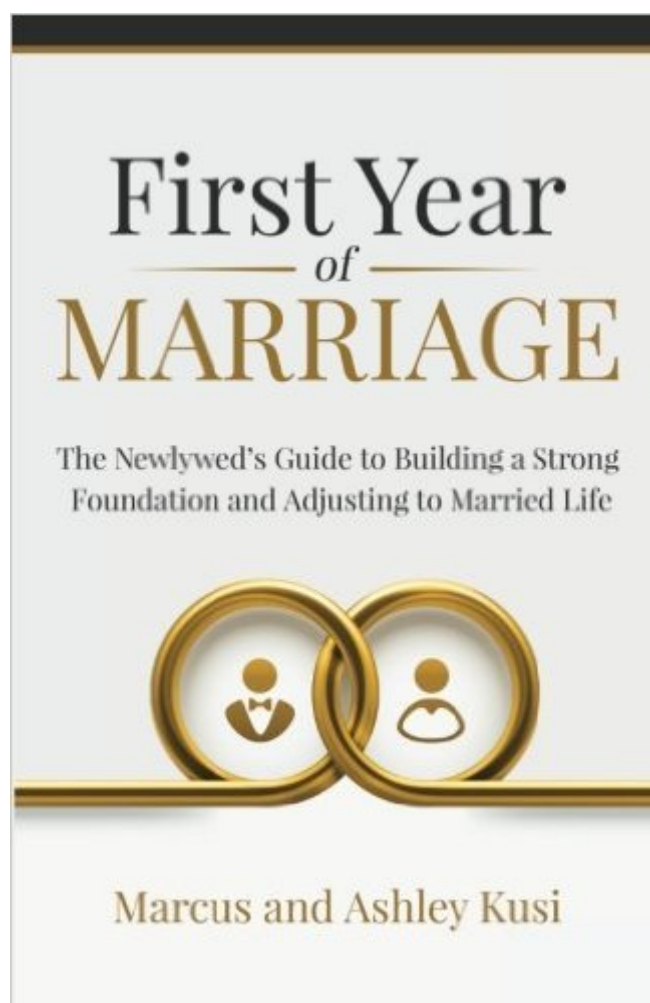


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# First Year Of Marriage: The Newlywed's Guide To Building A Strong Foundation And Adjusting To Married Life



## Synopsis

Do you feel overwhelmed and completely unprepared for marriage? Is your first year of marriage filled with conflicts, disappointments, misunderstandings, and frustrations? You are not alone. We know how you feel because we have been there too. We have experienced the same struggles most newlyweds encounter. In this book, we share our struggles and how we overcame adversity to build the great marriage we have today. If you are a newlywed, just got engaged, looking to remarry or improve your marriage, this book is for you. It's an indispensable guide for building a strong foundation and adjusting to married life. In this First Year of Marriage book, you will learn: 1. How to transform your mindset from I into We. 2. Our simple and proven communication strategies that have helped many couples to communicate better. 3. The glue that holds your marriage together. 4. How to connect and grow together as a couple. 5. How to be independent and interdependent without losing your identity. 6. And much more! You can have the great marriage you both desire. Imagine how much better your marriage could be if you take the time to build a strong foundation for it. This book will help you build a resilient foundation for your marriage. It will provide you with the tools you need to nourish and grow your marriage to its fullest potential. Get your copy of this guide for newlyweds today.

## Book Information

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## Customer Reviews

Dating is for testing, doing research and asking your partner questions and watching their reactions, to determine if they are the right choice (fit) for your "forever" person. That person you can as Disney puts it live "Happily Ever After" with. It's (the dating process) all part of our innate

and natural mating rituals whether you're conscious of it or not. With the selection process out of the way, during your engagement more tests to your relationship are presented as to whether or not your dispositions mesh. Often times this is through the various upheavals within your family or friends whether it's an illness, infidelity, divorces, engagements or just the family drama queen. All of this is thrown into the microcosm of your engagement and if both of you can weather that storm; you realize how blessed you are to have each other and continue toward your wedding day. Just as you think you are home free, your patience is tested on your wedding day and wrongly you believe as long as you get through all of that, your marriage will be an oasis of love, understanding and fun. Or will it? Have you talked about the various parameters within your marriage? For instance, have you ascertained how each of you discusses loudly or fights? Do you know each other's mechanism for making up? Do you know how few or many children you each desire? How many times during the week or month or quarterly you'd like to have sex, work on the budget, go grocery shopping or buy a big ticket item? Have you discussed eating patterns, anniversary, birthday gifts, what, where or with whom you celebrate holidays, or even your vision for your marriage? Not yet? This book is your new best friend. It is your new toolkit for having a successful marriage that can last a light lifetime.

Marcus and Ashley Kusi co-author this book on marriage and each gives some insight as to their motivation in the bio section: Marcus - "I'm a dedicated husband, passionate father, and love spending time with my family. I enjoy cooking, watching/playing sports, reading, and helping people achieve their goals in life and host the First Year Marriage podcast on iTunes. Ashley and I, have been committed to living a mutually happy marriage with equality and living a peaceful lifestyle since 2010." Ashley - I am an artist, author, marriage blogger, podcaster, stay at home mom, but most importantly wife and mother to two daughters. Together with my husband, I also help newlyweds adjust to married life. And married couples to improve their marriage. I love learning about marriage, clean living, and giving my family the healthiest life they can lead in all aspects of life, which is where breastfeeding naturally came into the picture. I tandem nurse my toddler and baby, practice gentle parenting, and considers myself a breastfeeding advocate and an activist. With that background and some introductory comments they open their book with "As humans, we never realize how selfish we are until we get married and have to put someone else's needs before our own wants. Sharing our life with someone can be a big adjustment; it was for us. When you get married most of those "I" statements change to "We" and "Us" statements. The fact of the matter is, when you are a single unmarried person you only have one person to think about,

yourself. However, marriage changes it all; at least it should. You have now committed to spending your life with your spouse, so everything you do should be geared towards cultivating a lasting marriage.

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