

# INTRODUCTION



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## *Why this book is important...*

It's rather ironic that people tend to take better care of their cars than their marriages. Think about it: in preparing for a long automobile trip, all systems—brakes, coolant system, tires, engine, etc.—are checked out and tuned up. People about to embark on a long journey don't want to risk breaking an axle or having a tire blow out somewhere along the way.

Yet most couples, when they are embarking on the journey of a lifetime, don't give their relationship even a quick once-over. Sadly, many of them may even ignore clear warning lights on the metaphorical dashboard before taking their wedding vows.

And of course we know what happens all too often. Taking note of the divorce rate can be alarming: depending on whose figures you use, the divorce rate for first marriages is between 41% and 50%. For second marriages, it's estimated to be 66%, and for third marriages, 75%. Such figures should give anyone pause.

However, to continue with our road-trip analogy, if even a modest investment of time and money were applied to preparing for the marital journey, couples could avoid all kinds of heartache and trouble and avoid either dissolving their marriages, or staying together for life—unhappily. With proper preventive maintenance, the marriage journey could be far safer and more enjoyable.

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