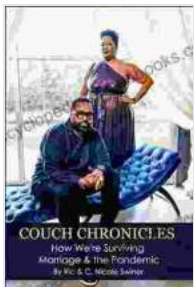


How We're Surviving Marriage in the Pandemic: A Couple's Guide to Keeping the Love Alive

The pandemic has put a strain on many relationships, but especially on marriages. Couples are spending more time together than ever before, and they are often feeling stressed, anxious, and overwhelmed. This can lead to conflict, resentment, and even separation.



Couch Chronicles: How We're Surviving Marriage & the Pandemic by Steven Fawcett

★★★★★ 5 out of 5

Language : English
File size : 1955 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 21 pages
Lending : Enabled



But it doesn't have to be this way. With the right tools and support, couples can learn to survive and even thrive during this difficult time.

This book offers practical advice and support for couples who are struggling to survive marriage in the pandemic. It covers topics such as:

- How to manage stress and anxiety

- How to communicate effectively
- How to resolve conflict
- How to keep the love alive

This book is a must-read for any couple who is struggling to make their marriage work during the pandemic. It offers practical advice and support that can help couples to weather this storm and emerge stronger than ever.

Chapter 1: The Impact of the Pandemic on Marriage

The pandemic has had a significant impact on marriage. Couples are spending more time together than ever before, and they are often feeling stressed, anxious, and overwhelmed. This can lead to conflict, resentment, and even separation.

In this chapter, we will explore the impact of the pandemic on marriage. We will discuss the challenges that couples are facing and the ways that they can cope with these challenges.

Chapter 2: Managing Stress and Anxiety

Stress and anxiety are major challenges for couples during the pandemic. Couples are worried about their health, their finances, and their jobs. They are also feeling isolated and alone.

In this chapter, we will discuss ways to manage stress and anxiety. We will provide practical tips and techniques that couples can use to cope with these challenges.

Chapter 3: Communicating Effectively

Communication is essential for any marriage, but it is especially important during the pandemic. Couples need to be able to talk to each other about their feelings, their needs, and their expectations.

In this chapter, we will discuss tips for communicating effectively. We will provide strategies for resolving conflict and building stronger relationships.

Chapter 4: Resolving Conflict

Conflict is inevitable in any marriage, but it is especially common during the pandemic. Couples are spending more time together than ever before, and they are often feeling stressed, anxious, and overwhelmed. This can lead to conflict.

In this chapter, we will discuss ways to resolve conflict. We will provide practical tips and techniques that couples can use to de-escalate conflict and build stronger relationships.

Chapter 5: Keeping the Love Alive

It is easy to let the love die during the pandemic. Couples are stressed, anxious, and overwhelmed. They are also spending more time apart than ever before.

In this chapter, we will discuss ways to keep the love alive. We will provide practical tips and techniques that couples can use to stay connected and build stronger relationships.

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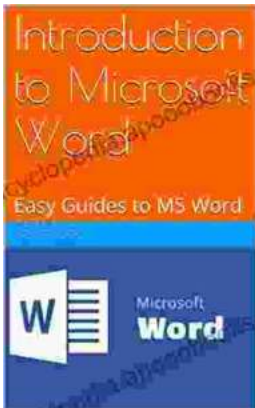
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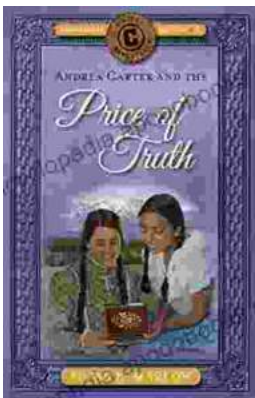
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