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Marriage Fitness is an innovative step-by-step relationship-changing

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system. In this groundbreaking book, Mort Fertel teaches you to neutralize your problems and put into practice 20 positive relationship habits that will shift the momentum of your marriage.

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Once you fully
understand this
concept, your marriage
(and innerhappiness)

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will be changed forever. Part 2 is Fertel's 4 step program for building and maintaining love in your marriage, as well as his twenty exercises.

Marriage Fitness: 4 Steps to Building &... book by Mort Fertel

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seller. The book comes with 4 distinct steps that have helped marriages transform and couples learn to love each other again. Step one is put love first, this step teaches spouses to prioritize each other as well as giving attention to each other.

Mort Fertel Marriage Fitness Bootcamp: A Comprehensive Review

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The Marriage Fitness
Tele-Boot Camp. This is
not marriage
counseling; it's
Marriage Fitness. The
program is an AT-
HOME (you don't have
to go anywhere),
PRIVATE marriage
renewal program that
uses a proven step-by-
step relationship
changing system to
shift the momentum of
your marriage and
restore intimacy
between you.

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**The Marriage
Fitness Tele-Boot
Camp with Mort
Fertel**

The Marriage Fitness Audio Learning System includes over 5 1/2 hours of listening with step-by-step instructions on how to save and restore your marriage, inspiring stories that'll offer you hope and motivation, and special relationship practices

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**Marriage Fitness
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System**

With MARRIAGE
FITNESS, the results
are predictable--you
can "make" love. In
this groundbreaking
book, Mort Fertel
reveals the
MarriageMax 4-Step
plan along with 20
exercises, 5 marriage
assessments, and a

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14-week
implementation
schedule--all carefully
designed to build
phenomenal love in
your life.

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So, if you and/or your spouse have been thinking about becoming more physically fit, you might be wondering if there is a marriage

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fitness book on the
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market that can assist
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you. Well, there is a
book entitled Marriage
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