

20 Day Challenge for a Happy Marriage After Kids

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Synopsis

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Just had a baby or planning to have a kid? Either way, congratulations, mommy and daddy! How thrilling it is! You just had or will have an unforgettable moment in your life.

But,

Are you now buried beneath hurried life taking care of active children?

Do you find yourself walking into a room full of scattered Oreos, crusty sippy cups, and dirty pants?

Are you missing your first kiss when washing dirty diapers?

You start to search on the internet:

- How to bring passion back into a relationship
- What is marriage all about
- How to love your spouse after a kid
- How to have a happy marriage after kids

If this sounds like you, search no further. This book is for you.

Upgrading from "married" to "married with children" can be stressful. Think about it: Who loves to find him or herself in a minivan loaded with noisy kids? Or, as much as you love your children and work hard to nurture them for the future, the challenges that come with parenthood can make the "for better or for worse" promise a hard one to honor.

How can this book help me?

This book is full of ideas, exercises, and reliable advice. It breaks down critical post-kid intimacy habits into a 20-day challenge with a carefully designed curriculum. Each challenge includes easy-to-implement steps. You can practice the skill by following the curriculum from day one to day 20 or picking a random day to practice.

In this 20-day challenge, you two will sit together to:

- Find answers to those headache issues after a kid
- Discover practical strategies that will help you find balance amidst all the busyness
- Learn easy steps to communicate effectively during chaos and arguments
- Perform small actions that will rekindle the intimacy in your marriage
- Learn the way to create a mindful and intimate relationship that will make your kids jealous

Ideal audience:

New parents, or those who are thinking about having a kid.

The best way to live

happily even after having kids is to have a beginner mind-set. Why don't you tune in to this book, sit together, and start practicing the steps to regain intimacy despite all the chaos of having a baby?

Reader's comments

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