

5 Keys to Building Lifelong Healthy Relationships

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Synopsis

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If you are seeking insights and answers on what may have caused a failed relationship, or you need answers or assurance whether you are doing the right things to maintain or improve your new, or long-term, or future relationship, then keep listening.

According to researchers Acevedo and Aron in a study about romantic relationships in 2012, only 10 percent of American marriages are very healthy and happy.

In this book, you will discover in-depth:

- Five keys to building and maintaining happy and healthy relationships
- The dos and don'ts to be aware of in a relationship
- Why simply having frequent conversations with your partner is not enough
- Why sexual intimacy is one of but not the most important thing in a relationship
- Ideas to re-ignite or keep the spark in your relationship
- The one thing you need to be mindful of in a relationship that people tend to disregard
- Insights and inspiration for your own roadmap to building the kind of relationship that everyone dreams of
- And much more

The latest research in psychology and relationships is out there, and adding to that my personal experience, and firsthand experience of others, you will get practical, proven strategies for creating and maintaining a loving, healthy partnership. You will discover how to navigate better the inevitable challenges that arise in any relationship, even if you think everything is already common sense.

Whether you're single and looking for love, or already in a relationship and seeking to improve it - if you want to create a life-changing partnership that lasts a lifetime, then scroll up and click "Buy now" now to get your book instantly!

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