



# Love Me Slender: How Smart Couples Team Up to Lose Weight, Exercise More, and Stay Healthy Together

*Thomas N. Bradbury PhD, Benjamin R. Karney PhD*

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## **Love Me Slender: How Smart Couples Team Up to Lose Weight, Exercise More, and Stay Healthy Together** Thomas N. Bradbury PhD, Benjamin R. Karney PhD

Based on cutting-edge research with more than 1,000 married couples, this “revolutionary book” (Harville Hendrix, PhD, coauthor of *Making Marriage Simple*) shows you how to bolster your resolve by strengthening your relationship, offering a fresh approach to weight loss that will turn your spouse from diet saboteur into your most loyal health ally.

First comes love, then comes marriage...then comes a larger pant size? Many couples find themselves gaining weight as they settle into a relationship, but some couples manage to buck this trend. They exercise (together or separately), they support each other's healthy eating habits, and their relationships are stronger as a result. What are their secrets?

It turns out that many of us are ignoring the most powerful tool we have to help us get healthier and stay healthier—our spouse or significant other. For more than twenty years, Drs. Thomas Bradbury and Benjamin Karney, codirectors of the Relationship Institute at UCLA, have been studying how couples communicate around these issues, witnessing firsthand how partners can help (and hinder) one another's progress toward better health. In *Love Me Slender*, they identify the specific principles that successful couples use in their quest to improve their health.

*Love Me Slender* offers new solutions based on a remarkable insight: The powerful connection we share with our mate can influence what we eat, how much we exercise, how well we age, and ultimately how long we live. Strengthening this connection, and using it to influence our daily habits, holds the key to better health.

Featuring self-assessments and case studies from real couples working to stay healthy together, *Love Me Slender* is an eye-opening, uplifting guide to changing the dynamic of your relationship and improving your health—and the health of those you love most.

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#### **Alicia Romero:**

The book untitled Love Me Slender: How Smart Couples Team Up to Lose Weight, Exercise More, and Stay Healthy Together contain a lot of information on it. The writer explains her idea with easy means. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read the item. The book was compiled by famous author. The author will bring you in the new era of literary works. You can easily read this book because you can keep reading your smart phone, or program, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice learn.

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Is it you actually who having spare time in that case spend it whole day by simply watching television programs or just laying on the bed? Do you need something totally new? This Love Me Slender: How Smart Couples Team Up to Lose Weight, Exercise More, and Stay Healthy Together can be the reply, oh how comes? It's a book you know. You are therefore out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these textbooks have than the others?

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