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Long-lasting Love in Marriage



Coming from a couple who has been married for 50 years, Rodney Grubbs' article, *3 Kisses a Day* give us some ideas on how to keep their love for each other fresh and alive.

"Sharing two hobbies, having three cuddles every day and enjoying two romantic meals a week are all important," according to Rodney Grubbs. Interestingly, he says, "Researchers also discovered the husband and wife do part' vow will have met through friends – years together." The research he cites in his article is from a poll of more than 3,000 married adults.

Here are some of the main factors that Mr. Grubbs says are important for a long marriage:

The "ideal partnership" involves an older groom and a younger bride, possibly due to the increased emotional and financial stability of such unions.

"Regular kisses, cuddles and romantic nights out" are critical to keeping the magic alive after the honeymoon is over. Ideally, married couples should say "I love you" at least once every day and have sex three times a week.

It doesn't hurt to plan at least two romantic meals out per month and three nights of cuddling on the sofa per week.

An "ideal" couple, according to the research, maintain regular contact, even during work hours, "through at least daily emails."

"Two surprise weekends away every year, will also keep the marriage strong."

Mr. Grubbs concludes with a reminder that all this togetherness is great, but some time apart each month (a minimum of two weeks) is also important. **Do you think? Do you do these things with your spouse? Are they a good idea and why or why not? Are they realistic or not?**

I know phone calls, texting, and emailing while at work was a particularly surprising notion for us. Is it worthwhile? At the moment, we are still figuring out about these little pointers now.

Source: *3 Kisses A Day*. June 5, 2009 by Rodney Grubbs. Filed under Simple Marriage Boosters,
<http://www.neverendinghoneymoonblog.com/?p=23>.

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Agreed and Trying

written by [Melanie Nathan](#), May 08, 2010

My Wife and I have been married since July 2008. We do a lot of what you describe here and will follow your shining example. We enjoy a magnificent 30 years. Thanks for posting. 😊

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