



Love Tune-Ups: 52 Fun Ways to Open Your Heart and Make Sparks Fly

Matthew McKay, Carole Honeychurch, Angela Watrous

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Even the best relationships need care to maintain their peak performance. Whether a relationship is experiencing bumps in the road or it's just time for a little preventative maintenance, this guide offers weekly activities for enhancing intimacy, bridging communication gaps, spending more quality time, and strengthening your bond. Psychologist Matthew McKay teams up with relationship experts to make sure that each of their suggestions feels like fun and is based on the kinds of tested strategies that help keep couples happy with each other. Each tune-up offers specific tips that can be put into practice straight away, including ideas for exchanging daily compliments, sharing old pictures, reminiscing, getting out for some vista gazing, exchanging fantasies, setting up weekly "check-ins", and engaging in exercises that build trust.

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