



Loving in Flow: How the Happiest Couples Get and Stay That Way

Susan K. Perry

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Based upon the concept of Flow, Mihaly Csikszentmihalyi's international bestseller, *Loving in Flow* combines the author's own experiences with studies of dozens of unusually happy long-term and married couples to discuss how compromise and communication, and being "in flow," are the keys to building solid and long-lasting relationships. Perry uses interviews and recent research to discuss every aspect of a relationship, from the initial meeting through childbearing and beyond. With uncommon candor, she tackles often-neglected subjects such as:

- Dealing with crazy-making habits
- Communicating about sex
- Solving the chore wars
- Making sense of infidelity
- Adjusting to the strain of parenthood

Loving in Flow spotlights the most successful couples and offers readers a practical and positive guide to getting more out of their relationships and helping them sustain a joyous love life that truly flows.

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