



The Exceptional Seven Percent

Gregory K. Popcak

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The Exceptional Seven Percent Gregory K. Popcak What Do Exceptional Couples Know That Others Don't?

If roughly fifty percent of marriages fail, what about the other fifty percent--the ones that "succeed"? Are those couples who stay together necessarily happy?

No, not necessarily. In fact, many marriages that remain intact are far less than ideal. A mere seven percent are *really* good--in fact, exceptional. These couples have much greater than average passion, happiness, longevity, and fulfillment.

But if less-than-exceptional marriages are made up of men who are supposedly from Mars and women who are supposedly from Venus, what planet do exceptional husbands and wives come from? What are the secrets of exceptional couples. . .and what can they teach us?

Marriage therapist Gregory K. Popcak believes that ways of relating employed by exceptional couples can benefit all marriages. In *The Exceptional Seven Percent*, he looks at the most successful couples and exposes their secrets. Each chapter examines in detail the basic characteristics of exceptional couples, including:

- Developing a marital imperative
- Setting and achieving emotional goals
- Cultivating exceptional levels of fidelity, loving, service, rapport, negotiation, gratitude, joy, and sexuality

Through anecdotes, analyses, exercises, and quizzes, you'll learn what your weaknesses are and how you can begin to make positive changes. You have the power to turn your marriage into the most precious thing in your life. Why settle for anything less?

Gregory K. Popcak, MSW, is a licensed psychotherapist who developed and now runs marriage preparation and enrichment seminars. He also writes regular marriage and family columns for popular and professional journals and runs a private practice. He lives outside Pittsburgh.

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