

A PRACTICAL RELATIONSHIP GUIDE

How to Have a *Successful* MARRIAGE LIFE

*A Practical Guide to Building Love, Trust,
Respect, and Lifelong Happiness*



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*To every couple who chooses each other
again on the ordinary days —
and especially on the hard ones.*

Acknowledgements

No book about relationships is written alone. This one grew out of countless conversations — with married friends who were generous enough to share what worked and what nearly broke them, with elders who have been married longer than I have been alive, and with young couples who were brave enough to admit they did not know what they were doing.

I am grateful to my family for showing me, in everyday ways, that love is less about grand gestures and more about tea made without being asked, about patience during difficult seasons, and about forgiveness that arrives quietly.

I owe a deep debt to the researchers, counsellors, and therapists whose decades of work on relationships, attachment, communication, and emotional health have made it possible to talk about marriage with evidence rather than guesswork. Their ideas are referenced throughout this book, and any errors in explaining them are mine alone.

Thank you to the readers and community of Amazeazaar.com, whose questions and feedback shaped the practical tools in these pages.

And finally, thank you — the reader — for caring enough about your relationship to pick up this book. That care is already the first step.

— Suman Biswas

Preface

Most of us spend years preparing for a career. We study, practise, take exams, and ask for advice. Yet for the relationship that will shape our daily happiness more than almost anything else, we receive almost no training at all. We are expected to simply *know* how to communicate under stress, manage money as a team, handle in-laws, raise children together, recover from betrayal, and keep romance alive for decades.

No wonder so many good people struggle.

I wrote this book because I believe a successful marriage is not a matter of luck. It is not reserved for people who found a "perfect match." It is built — slowly, deliberately, and imperfectly — through skills that anyone can learn. Listening is a skill. Apologising well is a skill. Disagreeing without wounding each other is a skill. Even keeping love alive is, to a large extent, a set of habits.

This book is designed to be practical. Every chapter contains real-life stories, simple explanations of what psychology and relationship research tell us, word-for-word communication examples, common mistakes, exercises, reflection questions, and a clear action plan. You will also find worksheets, checklists, and a 30-Day Marriage Challenge at the end of the book.

You can read this book alone, but it works best when read together. Take one chapter a week. Do the exercises side by side. Talk about the reflection questions over a cup of tea. Disagree with me where your experience says otherwise — every marriage is unique, and you are the experts on yours.

Whether you are newly engaged, freshly married, twenty years in, or going through a painful season, I hope these pages give you hope, clarity, and practical tools. A happy marriage is not a destination you reach once. It is a home you keep building, every single day.

— Suman Biswas
Kolkata, India · 2026

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