



# Married to Distraction: How to Restore Intimacy and Strengthen Your Partnership in an Age of Interruption

*Edward M. Hallowell M.D., Sue Hallowell, Melissa Orlov*

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Are you more distant from your spouse than you'd like to be? Do you or your spouse waste time mindlessly viewing email or surfing the Web? Welcome to the club! Modern marriage is busy, distracted, and overloaded to extremes, with ever-increasing lists of things to do, superficial electronic connections, and interrupted moments. The good news is that there are straightforward and effective ways to restore communication and connection, resurrect happiness and romance, and strengthen—even save—a marriage.

- Observe the natural sequence of sustaining love: attention, time, connection, and play.
- Develop and nurture empathy—the essential building block to healthy communication.
- Carve out small moments of uninterrupted attention for each other.
- Identify the pressures that our crazybusy lifestyles put on love and marriage, and fight back with tenderness and appreciation.

Complete with scripts, tips, communication techniques, and a detailed 30-day reconnection plan, as well as inspiring real-life stories, *Married to Distraction* will set couples on a course of understanding, healing, and love.

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