



# Empty Nesting: Reinventing Your Marriage When the Kids Leave Home

*David H. Arp, Claudia S. Arp, Scott M. Stanley, Howard J. Markman, Susan L. Blumberg*

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Fighting for Your Empty Nest-Marriage offers clear-cut instructions for dealing with one of the most difficult periods in any marriage. . .the transition period when the children leave home. Based on the Prevention and Relationship Enhancement Program (PREP) and the results of a national survey of long-term married couples, this warm and helpful guide is brimming with practical suggestions and wisdom for learning to let-go of the kids and preserving the sense of commitment, love, partnership, sensuality and fun within a marriage.

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