

These days, many of us enjoy unrivalled freedom and equality when it comes to choosing and building a relationship. Yet new myths about how to live and love compromise that happiness. Kate Figs argues that, whether married or cohabiting, gay or straight, remarried or a couple living apart, the quality of our intimate relationship is fundamental to our long-term health and happiness, because our need for commitment and love hasn't changed. This is not a handbook. There are no easy Mars and Venus universal recipes for success, because relationships are far too complicated, individual and important for easy answers. But learning how others sustain lifelong love, and what really goes on in other people's lives can help us to understand our own partnerships and take responsibility for making them work. *Couples* is an incisive and important look at how we can learn to make love endure.

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