

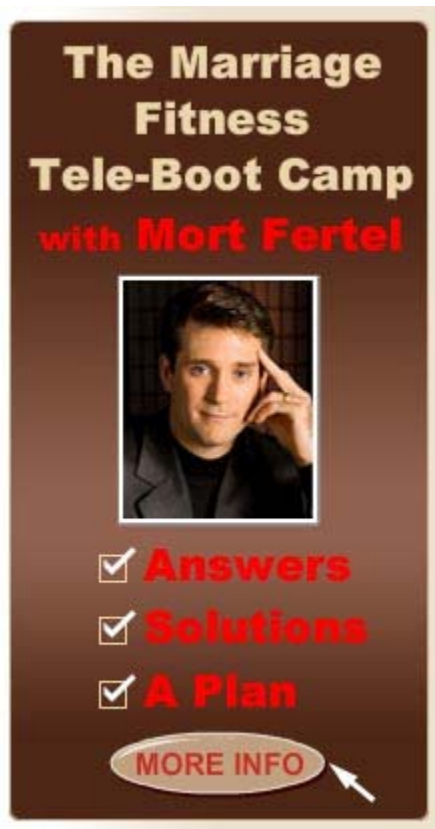
# "Marriage Fitness" Proves More Successful Than Traditional Counseling



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Baltimore, Maryland, May, 2009 -- Marriage Fitness (Marriagemax.com) is an innovative, step-by-step self-help system designed by world-renowned marriage expert Mort Fertel. The program has helped couples around the world reignite the passion in their relationships without the need to shell out for expensive and ineffective counseling sessions.

A trusted authority on the psychology of relationships, Mort Fertel's unique approach to marriage counseling has led to appearances on ABC, NBC, CBS, PBS, and the Fox News Network. His breakthrough program was featured in the New York Times, Chicago Tribune, Los Angeles Times, USA Today, Family Circle, Psychology Today, Ladies Home Journal, Glamour Magazine, Parent & Child Magazine, Philadelphia Inquirer, Library Journal, Women's Health, Denver Post, Orlando Sentinel, Baltimore Sun, and Toronto Sun. Mort is also a frequent guest on talk radio programs.

People looking for marriage help can visit his website to learn more about the system and sign up for a free [marital help](#) email service. More than 100,000 people subscribe each year to receive the free report "7 Secrets for Fixing Your Marriage." Fertel also offers visitors five marriage assessments free of charge, which allows couples to get started on the healing process without delay.

Marriage Fitness shuns the concepts of traditional marriage counseling and most relationship advice books, which tend to focus too much on problem solving strategies and developing communication skills.

As Mort Fertel explains, "Marriage Fitness is an innovative step-by-step relationship-changing system that will save and restore your marriage. You'll learn to neutralize your problems and put into practice a system of positive relationship habits that will shift the momentum of your marriage. And the best news is—you don't have to dig into your past, dredge up your problems, or practice communication techniques. This is not marriage counseling; it's Marriage Fitness!"

The Marriage Fitness course includes seven Tele-Boot Camp sessions, fifteen CDs, a journal, and private one-on-one phone conversations. For the couple on a budget, the Marriage Fitness Audio Learning System is the more economical choice. Mort also offers a Marriage 911, 24-hour solution for urgent and crisis situations.

For additional information on the "Marriage Fitness" program, visit [MarriageMax.com](http://MarriageMax.com).

**About Mort Fertel:** Mort Fertel is a world-renowned expert on relationships and a sought after marriage coach. As founder of the Marriage Fitness System for relationship renewal, he teaches people just like you [how to save your marriage](#) using powerful techniques designed to approach marital success from a perspective of health and wellness, rather than problem-solving. If you need an answer to the question, "How do I [save my marriage](#)?" the Marriage Fitness program is for you. Mort graduated from the University of Pennsylvania, was the CEO of an international non-profit organization, and a former marathon runner. He lives with his wife and 4 children (including triplets!) in Baltimore, Maryland.

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