

# Mary's Formula to Keep Relationships Alive and Passionate

## MARY'S FORMULA TO KEEP RELATIONSHIPS ALIVE AND PASSIONATE:

### AVOID

Overworking and underplaying.

### ACTIVITIES

The majority of activities should be done by the couple alone.

### DO DAILY

Three lingering hugs and one deep passionate kiss.

### DO WEEKLY

Go on a date.

### DO EVERY 3 MONTHS

Go on an overnight date.

### DO EVERY YEAR

Go on a weeklong vacation.



### ABOUT MARY PENDER GREENE

Mary Pender Greene, LCSW-R, CPG is an accomplished individual and group psychotherapist with more than 25 years of experience and a thriving private practice in Midtown Manhattan.

Mary is also an engaging professional speaker, organizational consultant, clinical supervisor and career coach. She has been instrumental in helping many therapists start and build their private practices.

Her background also includes executive and management responsibility for America's largest non-profit – The Jewish Board of Family and Children's Services, a non-sectarian mental health and social service organization.

Mary frequently appears in the media and her expertise is sought after by non-profits, corporations and professional associations.