



The Normal Bar: The Surprising Secrets of Happy Couples and What They Reveal About Creating a New Normal in Your Relationship

Chrisanna Northrup, Pepper Schwartz, James Witte

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Based on data obtained from nearly 100,000 respondents, here is the ultimate resource for anyone who wants to learn the relationship-tested ways couples can achieve satisfaction and contentment in areas such as communication, sex, affection, and financial cooperation.

What constitutes “normal” behavior among happy couples? What steps you should take if that “normal” is one you want to strive for? To help answer those questions, wellness entrepreneur Chrisanna Northrup teamed with two of America’s top sociologists, Yale Ph.D. Pepper Schwartz and Harvard Ph.D. James Witte, to design a unique interactive survey that would draw feedback from around the world.

What has resulted is the clearest picture yet of how well couples are communicating, romancing each other, satisfying each other in the bedroom, sharing financial responsibilities, and staying faithful – or not. Since the *Normal Bar* survey methodology sorts for age and gender, racial and geographic differences and sexual preferences, the authors are able to reveal , for example, what happens to passion as we grow older, which gender wants what when it comes to sex, the factors that spur marital combat, how kids figure in, how being gay or bisexual turns out to be both different and the same, and –regardless of background -- the tiny habits that drive partners absolutely batty.

The book is dense with revelations, from the unexpected popularity of certain sexual positions, to the average number of times happy – and unhappy -- couples kiss, to the prevalence of lying, to the surprising loyalty most men and women feel for their partner (even when in a deteriorating relationship), to the vivid and idiosyncratic ways individuals of different ages, genders and nationalities describe their “ideal romantic evening.”

Much more than a peek behind the relationship curtain, *The Normal Bar* offers readers an array of prescriptive tools that will help them establish a “new normal.” Mindful of what keeps couples stuck in ruts, the book’s authors suggest practical and life-changing ways to break cycles of disappointment and frustration.

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