

# RHYTHMS OF RELATIONSHIP

BY JESSICA SHORT

RELEASE DATE: JANUARY 25

# MEDIA KIT

## CONTENTS

Author Bio

Book Bio

Testimonials

Target Audience

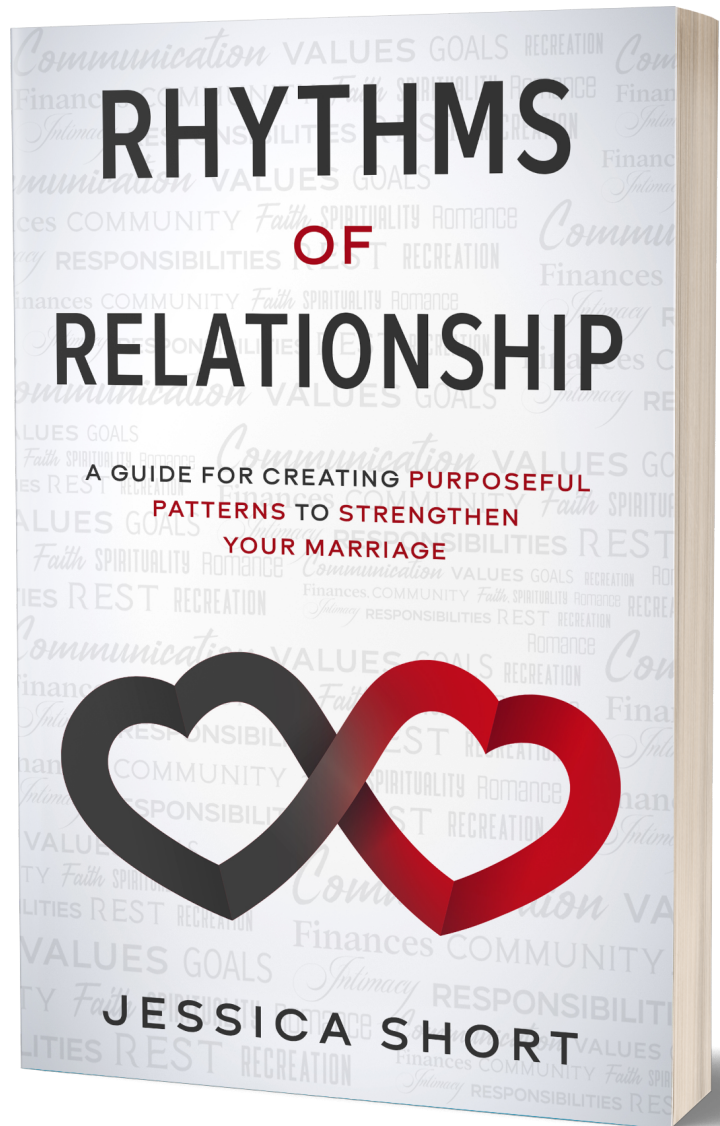
Book Excerpt

Sample Quiz

Interview Questions

Downloadable Assets

Contact Author



# AUTHOR BIO

Jessica Short is a Christ-follower, wife, and blogger who is passionate about healthy marriages. She has a bachelor's degree in Communication Studies and a master's in Executive Leadership. After moving across the country for her husband, Matt, to attend medical school, Jessica developed rhythms of relationship to grow her own marriage despite the demand of her husband's medical career. High school sweethearts, Jessica and Matt call the west coast home. Since 2016 she has been blogging at [Shortandsweetblog.com](http://Shortandsweetblog.com) about marriage, medical school, and reaching your goals.



# BOOK BIO

Do you want to grow in your marriage, but aren't sure where to start? *Rhythms of Relationship* will help you make real progress toward the marriage of your dreams, no matter how busy you are. Experience success in the Eight Keys of Marriage Growth by choosing one of many actionable steps in this book that work for you. You already know that marriage takes commitment; this book will show you how and why rhythms of relationship produce results. Rhythms will help you take purposeful steps in your marriage to connect with your spouse, get in sync, and reach your marriage goals. Don't have marriage goals? No problem! *Rhythms of Relationship* will help you create actionable, achievable targets to jump-start your success. Whether you're engaged, newlyweds, or have been married for a few years, *Rhythms of Relationship* will give you the tools you need to strengthen your marriage by helping you grow rather than plateau.

# TESTIMONIALS

This is truly one of the best marriage books I have ever read, and I've read a lot of them! Most marriage books you read once and move on. I love that we can return to this book year after year as we change and continue to grow together. - **Amber A.**

Every couple is just a few rhythms away from a super satisfying and pleasurable marriage! With this incredible book as a guide, the real question is, "When will you start?" - **Mathew S.**

I loved the practical rhythms at the end of each chapter, as well as the journaling/discussion questions. Oftentimes we want to have conversations around these topics but don't know where to start. The questions are perfect conversation starters to encourage healthy and productive conversations. - **Laura H.**

This book was never judgmental as "self-help" books can be and could meet anyone where they were at - those in easy and happy marriages could take away as much as those in rough patches. - **Amy P.**

We really enjoyed the idea of rhythms being flexible and a consistent source of reflection in our marriage. We aren't very "rigid" planners, but by incorporating more fluid rhythms in our marriage, we will have a bit more structure so issues don't fall through the cracks! - **Audrey and Jack R.**

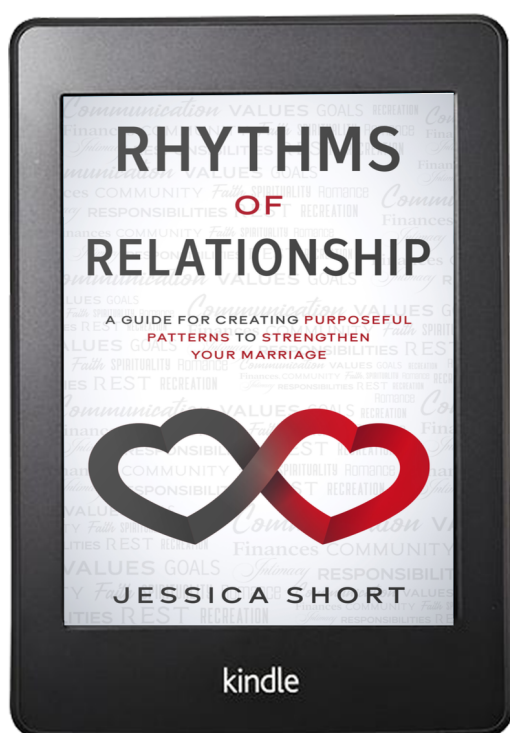
My biggest takeaway from *Rhythms of Relationship* is recognizing the power of seemingly small additions to your normal relationship routine. Being intentional in establishing these rhythms of relationship can have a huge impact on the growth of your marriage over time. - **Elizabeth V.**

*Rhythms of Relationship* is a powerful book! It helps you evaluate and assess where you and your spouse are truly at. Not only that, but it also gives practical steps on how to improve your marriage in every aspect of your relationship. It is a holistic approach to intentionally cultivating a stronger marriage with your spouse. - **Jon O.**

# TARGET AUDIENCE

## WHO SHOULD READ

- Engaged couples who want to prepare for marriage
- Newlywed couples who want to start their marriage off strong
- Married couples who want to grow in their marriage
- Millennials and Gen Zs
- Marriage mentors and counselors



## BOOK BENEFITS

- Create purposeful patterns for marriage growth
- Learn about the Eight Keys of Marriage Growth
- Get clarity on the direction you and your spouse want to go
- Plan action steps to achieve real change
- Reflect on progress with journal questions

# BOOK EXCERPT

## CHAPTER 1 - THE NEED FOR RHYTHMS

"As a couple, you will either grow together, or grow apart." - Unknown

In which direction are you and your spouse growing? If you picked up this book, my guess is that you want to grow closer as a couple. Maybe you've seen couples who act more like roommates than spouses and you don't want to get to that point. Or maybe your marriage has plateaued and you want to get it back on track. Perhaps you've spent years working your marriage but still wonder, "How do I make sure we keep moving forward together?" In each case, the solution is: by creating rhythms of relationship.

### **What are Rhythms of Relationship?**

A rhythm is a regular, recurring movement. Rhythms of relationship are commitments you and your spouse make to regularly work on your relationship. They are not simply good habits, which are individual, frequently repeated behaviors that may or may not require effort to cultivate. Rather, rhythms are intentional actions you undertake with your spouse toward the goal of marriage growth. Rhythms are planned, yet flexible. They are repeated, but change over time depending on your relationship's needs.

Rhythms are crucial to the success of your marriage because they ensure you're always moving forward. They also provide a cadence for your relationship, such as: when you will communicate, how to spend your time, what is important to you, and how to achieve your goals. Rhythms help you and your spouse stay in sync no matter your stage of life. Most importantly, they will inspire you and your spouse to continue growing in your marriage for a lifetime.

Rhythms of relationship will show you how to commit to your marriage through repeated, purposeful action steps you take together. Each chapter will discuss how to build rhythms for the Eight Keys of Marriage Growth: communication, values and goals, finances, community, faith and spirituality, romance and intimacy, responsibilities, and rest and recreation. This book provides a variety of rhythms so you and your spouse can choose what works best for your marriage.

# SAMPLE QUIZ

The Eight Keys of Marriage Growth are the areas couples will practice their rhythms. Here's a small portion of the quiz in my book to help couples determine how they are doing in each area.

## **Communication**

This refers to communication between you and your spouse, especially in quality, frequency, and type.

- ☐ We usually understand each other when we communicate.
- ☐ We communicate regularly.
- ☐ Communication is important in our relationship.
- ☐ We are on the same page with when and how we communicate.
- ☐ We know each other's communication styles.
- ☐ TOTAL

## **Finances**

This includes how you spend your money, your financial plan, budgeting, and the degree to which you agree on financial matters.

- ☐ We have identified financial goals.
- ☐ We talk about our finances regularly.
- ☐ Finances are important in our relationship.
- ☐ We are on the same page with our finances.
- ☐ We have a plan for how to use our shared finances and agree on if and/or how to maintain private funds.
- ☐ TOTAL

## **Romance & Intimacy**

This includes what you consider to be "romance," your dating life, and sex life.

- ☐ We spend a similar amount of effort on being romantic with each other.
- ☐ We talk regularly about romance and intimacy.
- ☐ Romance is an important part of our relationship.
- ☐ We are on the same page about what "being romantic" means.
- ☐ We make time for sexual intimacy with each other.
- ☐ TOTAL

# INTERVIEW QUESTIONS

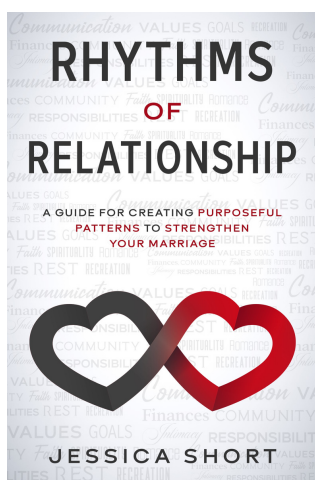
- 1 Why are rhythms of relationship important for couples at any stage?
- 2 How does *Rhythms of Relationship* help couples prepare for marriage?
- 3 Today's couples are so busy, how will they have time to read and implement this?
- 4 How did you come up with the concept for *Rhythms of Relationship*?

- 5 What are the Eight Keys of Marriage Growth? How did you come up with them?
- 6 What's an example of a rhythm of relationship?
- 7 How does the journal component help couples with accountability?
- 8 How have you seen rhythms of relationship impact your marriage?

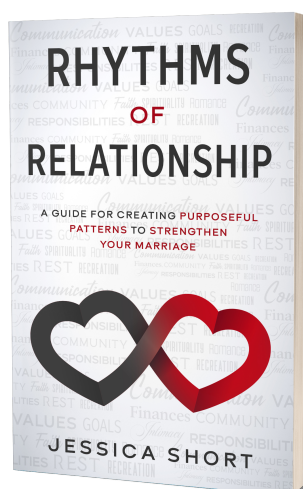
# DOWNLOADABLE ASSETS



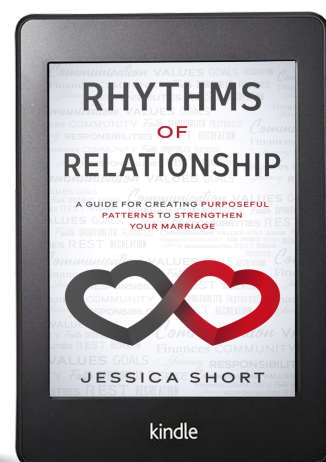
HEADSHOT



COVER



3D MOCKUP



KINDLE MOCKUP

# CONTACT THE AUTHOR

**Email:** [jessica@shortandsweetblog.com](mailto:jessica@shortandsweetblog.com)

**Website:** [www.shortandsweetblog.com](http://www.shortandsweetblog.com)

**Author Instagram:** @author\_jessicashort

**Blog Instagram:** @shortandsweet\_blog

**Author Facebook:**

[facebook.com/AuthorJessicaShort](https://facebook.com/AuthorJessicaShort)

**Blog Facebook:**

[facebook.com/ShortandSweetBlog](https://facebook.com/ShortandSweetBlog)



## COMING TO AMAZON ON JANUARY 25

