



31 Days to a Happy Husband

Arlene Pellicane

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What does a man need most from his wife? Arlene Pellicane, author of *31 Days to a Younger You*, asked numerous husbands that question. Based on their answers, Pellicane identified five keys that will give wives a new appreciation and understanding of how to love and care for their mates.

- *Domestic tranquility*—A husband needs a peaceful haven.
- *Respect*—A husband needs to be honored in his home.
- *Eros*—A husband needs a fulfilling sex life.
- *Attraction*—A husband needs to be attracted to his wife.
- *Mutual activities*—A husband needs to have fun with his wife.

Along with identifying a husband's needs, Pellicane provides practical instruction to motivate and equip wives to show their husbands the care and affection they long for. Every day a wife is either building her husband up or tearing him down. This book offers wives a 31-day, no holding back, life-changing building program for their marriages.

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