

Fan the Flame of Marital Love
Adapted from The Ten Second Kiss.
By Ellen Kreidman, Los Angeles: Renaissance, 1998

The K.I.S.S. Plan

Keep It Something Special

Components of the Plan:

- The Ten-Second Kiss
- The Five-Second Compliment
- The Thirty-Minute Talk
- The Twenty-Second Hug
- The Sixty-Minute Seduction
- The Two-Hour Fantasy
- The Three-Minute Quickie
- The Two-Minute Belly Laugh
- The Twenty-Four Hour Day



Helpful Principles:

- Act "As If" – You can create love every day by acting in a loving way and not worrying about whether you feel loving.
- *The Action Causes the Attraction* – In the beginning, they kissed, made each other feel special, talked, spent time together.
- Styles of Loving: time spent together; service; touch; thoughtfulness (also, words).