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TIPS FOR A
PERFECT
MARRIAGE

A guide to **maintaining the perfect marriage**, no matter what it takes!

By Jill Tingley



Introduction

Marriage is a sacred bond that requires dedication, vigilance, and sometimes... creative problem-solving.

As a devoted wife of twenty-five years, I've learned that keeping your husband happy—and close—is both an art and a science. Follow these tried-and-true tips for a marriage that will last forever.



7

Keep Your Secrets Together

A husband and wife should share everything, especially their deepest secrets. Once you've weathered a storm together, you'll find yourselves bound by something stronger than love: necessity. Remember, dears, what happens in the marriage, stays in the marriage.

2

Maintain a Picture-Perfect Appearance

Your neighbors should never suspect anything amiss. I recommend daily yoga to maintain both flexibility and a calm exterior. A serene smile and designer athleisure wear can hide a multitude of... concerns.

An illustration of a living room. In the foreground, a yellow vintage car is parked. Behind it, a lamp with a white shade stands on a table. To the right, a sofa with a floral pattern is visible. The background is a light green wall. The number '3' is in a white circle at the top left, and the number '4' is in a white circle at the bottom right. There are decorative swirls around the text boxes.

3

Monitor His Schedule

A good wife always knows where her husband is, even when he doesn't realize she's keeping track. Modern technology makes this easier than ever! Remember, it's not snooping if you're protecting your marriage.

4

Plan Regular Trips Together

Nothing brings a couple closer than a long drive through remote locations. The Utah national parks are particularly lovely—so private, so quiet. Sometimes the best conversations happen when there's nowhere else to go.



6

Stay Close to His Workplace

If possible, take up activities near his office. The Shady Canyon Golf Resort offers wonderful pickleball lessons! It's amazing what you can learn about your husband's day while enjoying a healthy workout.

5

Keep His Favorite Meals Ready

The way to a man's heart is through his stomach, and a well-fed husband is less likely to stray. I always keep Jack's favorites on hand: pot roast, apple pie, and just a hint of... something special when needed.



7

Befriend the Right People

Maintain cordial relationships with everyone in your husband's circle. You never know when you might need a favor—or an alibi. Remember, dear readers: keep your friends close and your husband's friends closer.

8

Document Everything

A meticulous record of your happy marriage is essential.

Photos, receipts, text messages—these precious memories might come in handy someday. After all, evidence of happiness is almost as good as happiness itself.



10

Never Let Go

Marriage is forever, darlings. If you've invested twenty-five years and one very important secret in your relationship, you simply can't let it end.

Remember: what brought you together should keep you together—one way or another.

9

Practice Forgiveness

Every marriage has its rough patches. Sometimes your husband might say he wants a divorce, or you might discover he's planning a new life with someone else. These are simply opportunities to practice creative conflict resolution.



About the Author

Jill Tingley lives in Laguna Beach with her loving husband, Jack. She enjoys yoga, pickleball, and long drives through the desert. Her marriage tips come from years of experience in keeping her relationship exactly how she wants it. After all, if Jill isn't happy, nobody's happy.

Disclaimer

Results may vary. The author takes no responsibility for any actions readers might take to preserve their marriages. Some techniques may not be strictly legal in all states.



Recipes

to Keep Him Home

A collection of tried-and-true recipes
guaranteed to maintain domestic bliss

A decorative border with intricate white floral and scrollwork patterns on a pink background, framing the central text. The border consists of large, symmetrical floral motifs at the top and bottom, and smaller, repeating scrollwork and leaf-like elements on the sides.

Introduction

Darling wives, as I always say, a well-fed husband is a faithful husband. These recipes have kept Jack coming back to my table for twenty-five years. Some ingredients may require... creative sourcing. But anything worth keeping is worth cooking for!



Sleep-Tight Pot Roast

This comforting dish ensures a peaceful evening

Ingredients

- 3 lbs beef roast (like your marriage, the more tender the better)
- 2 cups red wine (the stronger the better, dears)
- Special seasoning blend (my secret recipe)
- Root vegetables (they hide so many things)
- A dash of patience

Instructions

- Marinate meat overnight (timing is everything)
- Add special seasoning blend gradually (what they don't know won't hurt them)
- Cook low and slow (like revenge)
- Serve with a loving smile

Tip

- Perfect for those nights when you need to have a serious conversation



Binding Beef Bourguignon

This rich stew creates unbreakable bonds

Ingredients

- 2 lbs beef chunks (the ritual of cutting is so therapeutic)
- 2 bottles red wine (one for the pot, one for courage)
- Assorted herbs (some from my hydroponic garden)
- Mushrooms (carefully selected varieties)

Instructions

- Simmer for hours (like a well-maintained grudge)
- Stir occasionally (while maintaining vigilance)
- Serve piping hot (when he least expects it)

Note

- Best served before long road trips

Till-Death-Do-Us-Part Pie

Apple pie with a binding twist

Ingredients

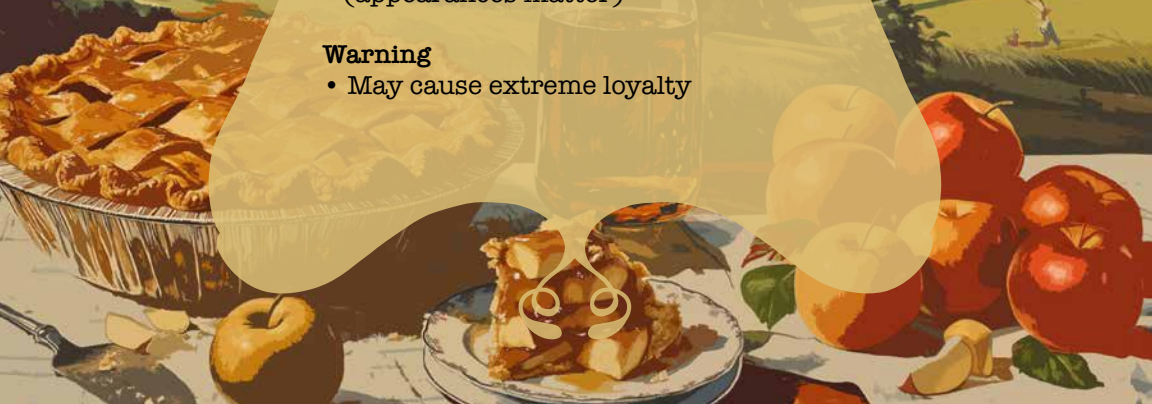
- Fresh apples (sweet, like revenge)
- Secret spice blend (my special recipe, similar to my salad dressing blend)
- Flaky crust (like promises)

Instructions

- Slice apples paper-thin (practice makes perfect)
- Add spices gradually (building slowly)
- Bake until golden (timing is crucial)
- Serve with vanilla ice cream (appearances matter)

Warning

- May cause extreme loyalty



Country Club Cookies

Perfect for pickleball practice

Ingredients

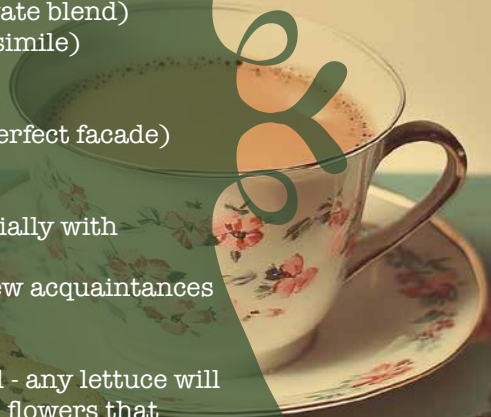
- Sweet butter (smooth as deception)
- Brown sugar (dark as secrets)
- Special mix-ins (my private blend)
- Flour (or reasonable facsimile)

Instructions

- Cream together (like a perfect facade)
- Mix thoroughly
- Bake until done
- Share generously (especially with his new friends)
- Wonderful for making new acquaintances

Note

- As for Jill's famous salad - any lettuce will do. It's the special, edible flowers that make all the difference.



Forever-Yours Fig and Arugula Salad

A special salad that ensures lasting devotion

Salad Ingredients


- Fresh arugula (bitter, like betrayal)
- Ripe figs (sweet, like revenge)
- Toasted pine nuts
(expensive, like his girlfriend's taste)
- Shaved parmesan (aged, like our marriage)
- Edible flowers (beautiful, like lies)

Special Love Potion Dressing

- 1/2 cup extra virgin olive oil
(pure, like my intentions)
- 2 tablespoons aged balsamic
(dark, like my thoughts)
- 1 tablespoon honey (sweet, like my smile)
- Special herbs from my hydroponic garden
(carefully selected)
- A pinch of... personal seasoning
(my mother's secret recipe)
- Dash of fresh ground pepper
(to mask any unusual flavors)

Instructions

- Toss everything together and serve. Best enjoyed on a peaceful evening at home, perhaps while discussing his future plans. Pairs wonderfully with a strong red wine.



My darlings, nothing says "I care" quite like a homemade salad dressing. This recipe is particularly effective when served before important conversations about divorce lawyers or new job opportunities at golf resorts.



Happy Wife. Happy Life.

Remember, dears: The way to a man's heart is through his stomach... one carefully prepared salad at a time.

For more of my happy marriage tips, please read **JILL IS NOT HAPPY**, available wherever books are sold.

Always serve with love,

Jill

