THE ALL-OR-NOTHING MARRIAGE

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Historical shifts in the institution of marriage in America have produced two major consequences. First, the quality of average marriages has weakened over time. Second, the quality of the best marriages has strengthened over time. In tandem, these two consequences have pushed marriage toward an all-or-nothing state. This presentation introduces a theoretical framework for understanding such temporal effects, along with science-based analysis of how individuals can strengthen their own marriages.