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PUBLIC AFFAIRS PAMPHLET No. 113

BUILDING YOUR MARRIAGE

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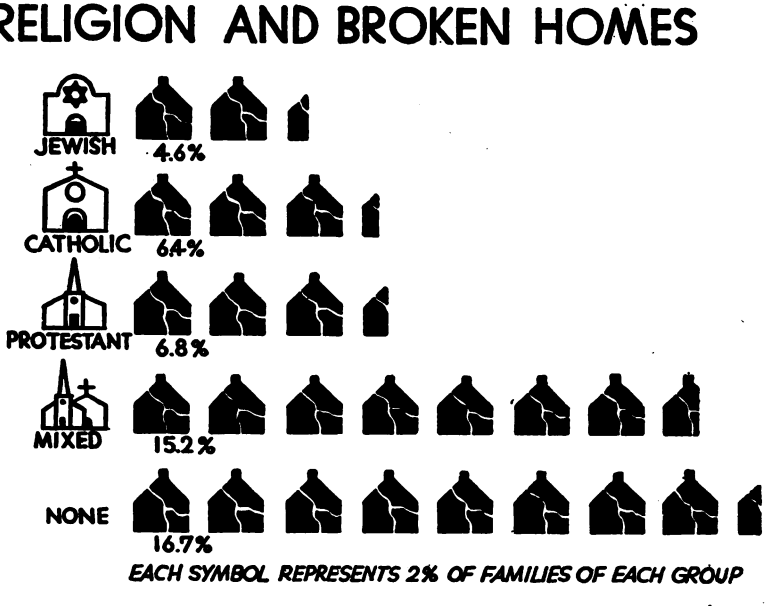
ciation, or Society for Mental Hygiene.* From this list choose two or three in your general neighborhood. The final decision may be on the basis of personal choice of personality, scale of fees, size of practice, hospital patronized, and similar factors.



Once you have contact with a doctor in whom you have confidence, you can get from him recommendations for specialists in fields other than his own. When in doubt, take to your doctor problems of mental or emotional or sex adjustment. He can advise you of services and specialists that can help.

Finding a Church Home

It is a fact that couples having church connections have more stable marriages than those with none. The accompanying chart, based on a survey by the American Youth Commission, shows the relation between religious affiliation and broken homes.

*The National Committee on Mental Hygiene, 50 West 50th Street, New York 20, N. Y., will send a list of accredited psychiatrists in any given community upon request.

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