

Practical Wisdom for Relationships: Read to Each Other

A friend recently brought up this topic: He is regularly reading to his partner in the evening, and they are both enjoying it very much. I told him that my partner and I have discovered the same thing.

Pick something that interests you both. It's wonderful quality time. You are near each other. You learn something, or entertain each other. You have the opportunity to discuss the topic. And you can perfectly wind down and then go to bed.

How I have made this into a habit:

1. After my [Downtime](#) kicks in, I brush my teeth and prepare myself for bed
2. I have added a daily "Reading time" calendar entry from 21:00-22:00

Our current topic is [Nonviolent Communication](#) by Marshall Rosenberg. We love this topic and are taking a deep dive by reading everything we can.