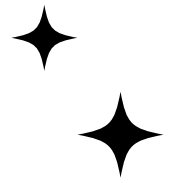
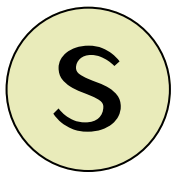


Grow Closer Every Day with The SYNC Tool.



SYNC = SALUTATIONS • YES • NURTURE • CHERISH

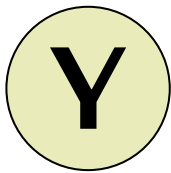
Deep emotional connection and a satisfying intimate life don't happen by accident. Shift out of autopilot and into **science-backed ways to feel closer** every day. The more consistent the habit of connection, the less reactive the relationship becomes. Connection takes practice. The SYNC habits makes it simple.



Salutations with Affection

Turn daily comings and goings into moments of warmth and reconnection.

TOUCH & EYE CONTACT

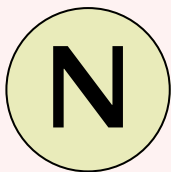


Yes to Bids for Connection

Lean in with your attention, care, and time when your partner reaches for you..

TURN TOWARDS

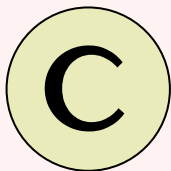
MORNING



Nurture the Friendship

Stay curious about each other's interests and dreams with open-ended questions.

HOW or WHAT?



Cherish Your Differences

Cultivate admiration, appreciation, reminisce, and celebrate wins together.

I LOVE IT WHEN...

EVENING



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