

# Jordan Peterson's Advice on Marriage is Brilliant

What's the key to a healthy, long, and fruitful marriage? It's the million dollar question, and one Dr. Jordan Peterson was recently asked by a YouTube viewer.

Peterson, a clinical psychologist and a professor at the University of Toronto, offered a response that's well worth hearing. He begins by touching on the importance of physical chemistry, noting that "there are weird and mysterious things that determine whether or not people are sexually and physically attracted to one another." (These apparently include not just facial symmetry, but the scent of shirts worn by men with symmetrical faces.)

Peterson says physical attraction is a "very important part of a marital relationship," but one senses that he believes it's much less important than the second point he raises: trust.

"There is no marriage that is successful without trust," he says. "You have to tell each other the truth."

Sounds easy, right? Well, actually no. He explains:

*"Telling the truth to someone is no simple thing. Because there's a bunch of things about all of us that are terrible and weak and reprehensible and shameful, and all of those things have to be brought out into the open and dealt with."*