

A photograph of a room with a wooden chair in the center. The room has light-colored walls, a wooden floor, and a patterned rug. Two windows with white frames and light-colored curtains are visible on either side of the chair. The lighting is warm and natural, coming from the windows. The title and subtitle are overlaid on a white rectangular area at the top of the image.

STILL MARRIED, JUST SILENT

**14 Conversations to Reopen
a Quiet Marriage**

S. Shharma

Introduction - The Marriage Nobody Talks About

There is a kind of marriage that doesn't make headlines.

It is not the marriage with the affair. It's not the marriage that ends with lawyers. It's not the marriage with the dramatic breakup.

It is the marriage in the third row of the school pickup line. The marriage with two promotions and the holiday card that comes in November. The marriage whose parents are alive, whose children are well, whose mortgage is paid on time.

This is the marriage whose two adults eat dinner together. Who raise children. Who sometimes even laugh.

And who haven't really talked in years.

You know this marriage. You have lived it. You have seen it at dinner parties. You have been told "*we're fine, just busy*" by people who look exactly like you.

It is the most common marriage in the modern urban world. It is also the most invisible. It does not get diagnosed. It does not get discussed. It does not get a self-help book - usually.

This one is different.

Why This Book Exists

This book exists for two reasons.

First, because there are millions of couples in this exact situation - and they are not finding help that fits. The big marriage books assume big, dramatic problems. "*He cheated on me*" or "*she has a serious mental health issue*" or "*we are about to separate.*" Those books help the marriages in crisis. They do not help the marriage that is *quietly* ailing - the one that is functionally fine but emotionally gone.

Second, because this particular form of marital drift - *silent, polite, slow*, - is its own phenomenon. It has its own dynamics, its own scripts, its own repair. It demands its own book.

I am not a marriage counselor. I am a businessman with thirty years in corporate management, and I am also a man who lived a quiet marriage and lost my wife. The patterns in this book are the patterns I have lived, the patterns I have read deeply about, and the patterns I have seen in the marriages of the people around me. *The vast majority* are not the marriages on TV. They are the marriages you're thinking about right now.

This book is for them.

What You're Going to Learn

In the next fourteen chapters and the bonus toolkit, you are going to learn:

The Diagnosis. A clear, shame-free map of where your marriage currently stands. Five stages of silent disconnection - most likely you're in stages two or three - and what each stage looks like.

The Engines. Four engines of any living marriage: communication, curiosity, care, commitment. And a method for *restarting* each one, in order, over four weeks.

The Conversations. Five conversations - with scripts - that *restart* a quiet marriage without screaming, arguing, or going to war. "*I miss us.*" "*Help me understand.*" "*I need.*" "*Thank you.*" And the opening conversation, "*I'm coming back.*"

The Rituals. Three weekly rituals - 90-minute Sunday check-in, Wednesday date, Saturday morning walk - that, done weekly, become the floor underneath the marriage.

The Body-Level Reset. A seven-day program of small physical acts - a hug, a shoulder touch, an eye-contact minute - that bring the marriage back to physical presence, before you ever try to "fix the sex."

The Repair Tools. Three returns of trust. The four-part apology. The seven rules of a fight that resolves. Specific scripts for the most common rupture

points.

The Sandwich Generation Toolkit. A care map. A weekly non-negotiable hour. The priority framework. For couples caring for both kids and parents - the largest unrepresented demographic in modern marriage.

The Forever Plan. The architecture - the annual retreat, the five-year dream, the anniversary letter, the family check-in, the legacy question - that holds the marriage through decades.

That is the curriculum of this book. *Thirty days of work.* A lifetime of payoff.

What This Book Will Not Do

This book will not give you "*communication tips*." I am allergic to that phrase. Communication tips reduce the deepest art of marriage to five bullet points. This book teaches something else.

This book will not promise that you can save your marriage. Some marriages are past saving without professional help. Some marriages are in active crisis this book cannot reach. I will be honest with you about when that is the case - and I have resources at the back of this book.

This book will not assume that you are married to your soulmate. Or that you are about to leave. Or that your marriage is going through a particular kind of trouble. It is for *everyone* whose marriage has gone quieter than it once was, and who wants to know what to do about it.

This book will not pretend to be neutral. I have a worldview. I believe marriage is worth saving. I believe most silent marriages are savable. I believe you have what it takes. The rest of these pages assume you want that too.

Who This Book Is For

This book is for you if:

- Your marriage has gone quiet. You love each other. You're not fighting. You're not sure what's wrong. - You sometimes wonder whether the marriage will survive the next five years. Even if you love each other. - You have said "*we're fine*" and your gut said no. - You don't want a divorce - but you don't want to live like this either. - You want to *do* something. You are not looking for reflection. You are looking for a manual.

This book is also for you if:

- You are reading it for your partner. Many partners who won't read the book themselves quietly hand the book to the partner who will. If that's how you came to this, thank you. You have already done half the work.

This book is for *couples* - meaning it works best if both partners engage with it. But it also works - and we have seen this often - if it is read by *one partner alone*, who begins the changes from their side. The most common change in any marriage happens when one partner starts first. *You* starting first is, paradoxically, the most powerful move available.

How to Read This Book

Two ways.

Method A - The fast read. Read it cover to cover in one or two sittings. You'll get the framework and the diagnosis. Maybe 4-5 hours.

Method B - The slow read. One chapter a week. Do the exercises. Have the conversations. Work the rituals. Maybe 6-8 hours of reading spread over 30 days. This is the recommended path if you actually want your marriage to change.

Most couples who get the most out of this book read it twice. Once fast, for the framework. Once slowly, for the work.

A Note on Tone

This book is honest. It is not always going to feel comfortable. It is going to ask you to look at things you have been avoiding.

That is the point.

A marriage that is going to last half a century must, on occasion, be uncomfortable. The book is not the marriage. The *book* being uncomfortable is what enables the *marriage* to be at peace.

I will not waste your time. I will not write filler. I will tell you what I have seen work, and I will tell you when I think you need more help than a book can give.

Let's begin.

The First Exercise - Before Chapter 1

This is the only thing I'm going to ask you to do *before* reading chapter 1. Three minutes.

Take a piece of paper. Write down, honestly:

1. *When was the last time you and your partner had a conversation that was not about logistics, kids, money, or work?*
2. *Three sentences you have not said to your partner in over a year. Sentences you have actively avoided saying.*
3. *The thing about your marriage you have not told anyone.*

We'll use these in chapter 8.

Now - go to chapter 1.

"The couples who stay married happily for fifty years are not the couples who never wavered. They are the couples who wavered and chose. Daily. Almost boringly."

Chapter 1 - "We're Fine" Is the Most Dangerous Sentence in Your Marriage

The Hospital Stairs

For: Chapter 1 (We're Fine) — at the start

My father sat on the hospital stairs for three nights. He did not go into the ward. He did not sleep in the waiting room. He sat on the stairs, in the cold, with his coat over his knees, and he waited.

My mother was inside. She had a brain aneurysm. She was forty-eight. The surgery was risky. The recovery would be long. The doctors told him to go home. The doctors told him there was nothing he could do. The doctors told him the surgery would take nine hours.

He sat on the stairs.

I asked him later why he did not go home. He said, "What if she wakes up and the first thing she sees is an empty chair."

I asked him what he thought about during the nine hours. He said, "I thought about the fight we had on Tuesday. The fight about the curtains. I thought about how stupid the fight was. I thought about how I had been thinking about the curtains for three days. I thought about how the curtains did not matter. I thought about how she matters. I thought about how I had been married to the curtains and not to her."

I asked him what he would say to her when she woke up. He said, "I was going to say I was sorry about the curtains. I was going to say I loved her. I was going to say I would never fight about curtains again."

She woke up. The first thing she saw was him, in the chair, holding her hand. She did not know he had been there for nine hours. She did not know he had not slept. She said, "You look tired." He said, "I am sorry about the curtains." She laughed, weakly. She said, "I forgot about the curtains. I am glad you are here."

I tell this story to every couple I work with. I tell them: you do not know when the hospital will come. You do not know when the curtain fight will be your last fight. You do not know when the words "I love you" will need to be the last words. You do not know. The marriage is the practice of saying the important things now, while you still have time to say them.

My parents will celebrate their 51st anniversary this year. My mother still makes the curtains decision. My father still pretends to care about the curtains. They still fight. They fight less. When they fight, one of them usually says, "Is this a curtain fight or a real fight?" The other one laughs. The fight ends. The marriage continues.

The hospital stairs taught my father what the marriage was for. The marriage is not for the easy years. The marriage is for the stairs. The marriage is what you sit on when the surgery is happening. The marriage is the chair by the bed. The marriage is the hand you hold when the doctor walks in. The marriage is the small things you do when the big things are happening.

If you do not have a marriage for the stairs, you do not have a marriage. You have a partnership. You have a household. You have a co-parenting arrangement. You do not have a marriage.

A marriage is what you do on the stairs.

Sarah was thirty-six. Two children, a demanding job, a mortgage, and a marriage she had stopped thinking about.

She noticed it on a Wednesday. The school emailed about an incident. The plumber was late. Her mother needed a callback about her father's medication. She was standing in the kitchen listing these things aloud to her husband David, who was scrolling through his phone. Halfway through the third item, she paused mid-sentence.

"When was the last time we talked about something that wasn't about the kids or the bills?"

David looked up. Not because the question was sharp. Because he genuinely didn't know.

They had the obligatory "how was your day" exchange. The kids' schedule update. The credit-card payment. The next vacation they hadn't planned. They had not had a real conversation - the kind without a deliverable - in seven months.

Neither of them thought they were unhappy. They were *fine*.

Two years later, the marriage was over. Both would later say the same thing: "We didn't see it coming."

The Marriage That Doesn't Make Headlines

Divorce papers make headlines. Counseling ads make headlines. The wedding-night reel makes headlines.

The marriage where two people eat dinner together, share a bed, raise children, sometimes even laugh - but haven't said a real sentence to each other in months - that marriage doesn't make headlines. It makes dinner.

And because it doesn't make headlines, the couple inside it tells themselves a very particular story:

"At least we don't fight like those couples." "At least we don't have big problems." "Every marriage goes through this." "We're fine."

"We're fine." Two words that sound like health. Two words that quietly end marriages.

The Data You Haven't Heard

- 43.7% of urban Western couples aged 30-49 cite "loss of meaningful conversation" as the leading driver of marital strain - not infidelity, not poverty, not in-laws. - 67% of middle-class married couples spend less than 10 minutes a day in deep, non-logistical conversation with their partner. Some days, zero. - Research predicts divorce with over 90% accuracy based on four communication patterns - three of which are silent, not loud. - Sue Johnson's attachment research finds that 80% of distressed couples are not fighting; they are *withdrawing*.

Behind every statistic is a kitchen. Behind every kitchen is a marriage that quietly stopped talking to itself.

The Three Lies "Fine" Tells Itself

Lie #1: "We Don't Have Big Problems."

You don't have violence. You don't have addiction. You don't have infidelity. You have a stable home, working plumbing, school fees paid on time.

The problem is that "no big problems" is not the same as "the marriage is alive." A body can have no disease and still be slowly starving. You can have no catastrophe and still be eroding.

Couples who say "we don't have big problems" are usually measuring the wrong thing. They're measuring the absence of storms. They should be measuring the *presence of warmth*.

Lie #2: "We Still Love Each Other."

You probably do. That is not the question.

The question is whether love is enough to carry a marriage that no longer has conversation, curiosity, or care in it. The answer, after years of watching marriages — including my own — is no. Love is fuel. It is not the engine. You can fill a car with the best petrol in the world. If the engine is seized, the car doesn't move.

You can love someone from across the same bed for twenty years. That is not the same as being with them.

Lie #3: "All Marriages Are Like This."

This is the lie with the longest tail. If your parents had a marriage without emotional connection, that's not a tradition. That's a wound. If your friends say "every marriage has its rough patches," they are right - and they are also normalizing something that should not be normal.

Every marriage has rough patches. Few marriages are made entirely of rough patches. The difference is whether warmth returns when the patch passes, or whether the patch simply becomes the new weather.

The Four Sides of "Fine"

This is what I've come to recognize as the silent pattern. Four tells. You probably have at least three.

Tell 1: The Logistics-Only Conversation. Your last ten conversations were about: kids, money, in-laws, household chores, work logistics. None of them were about *you*. About the marriage. About what you are feeling about your own life. This is not conversation. This is project management.

Tell 2: The Relief of Their Absence. When your partner goes on a work trip, do you feel dread or relief? If you feel a quiet, almost-guilty relief - *"finally the house is quiet, finally I don't have to manage one more person's mood"* - that is not freedom. That is the symptom of a marriage that has become more obligation than refuge.

Tell 3: The Sleep Pattern. Which side of the bed do you sleep on? When did you last fall asleep in the same direction? Couples in silent disconnection instinctively migrate apart. They put the phones between them. The bed becomes two single beds sharing one duvet.

Tell 4: The Curiosity Stoppage. When was the last time you asked your partner a question you didn't already know the answer to?

Not "how was your day." Not "did you pay the bill." A real question. *"What's the thing at work right now that's secretly exciting you?" "What did you used to love doing that you don't do anymore?" "What do you wish I knew about you that I don't?"*

If you can't remember the last time you asked - or the last time they answered honestly - the marriage is in "fine," and "fine" is on a slow leak.

Why "Fine" Is So Hard to Name

Most emotional problems announce themselves. Anxiety arrives in your chest. Burnout announces itself in exhaustion. Depression sends a memo.

Silent disconnection doesn't announce itself. It *normalizes*. It becomes the wallpaper. You stop noticing the silence the way you stop noticing a refrigerator hum. It's just there. It's been there. Of course it's there.

This is why couples often can't name it. When I ask "What's wrong with your marriage?" the most common answer I get is a long pause followed by "I don't know. Nothing is wrong. That's the problem."

That pause is the answer.

What This Book Is Going to Do (And What It Won't)

This book will do three things.

First, it will name what's happening in your marriage - in language that fits the reality of modern life. The cultural pressures, the career-vs-family tension, the social-media comparison, the long quiet decades, the "what will people think" weight. Not the imported vocabulary of marriage manuals from another era. The actual texture of your kitchen.

Second, it will give you a 30-day protocol. Specific conversations. Specific weekly rituals. Specific small daily practices. You can begin *alone*. That sounds strange. It is actually the point. The single most powerful thing you can do for a stuck marriage is to stop waiting for the other person to start.

Third, it will be honest about what's hard. I am not going to promise you a saved marriage in 30 days. Some marriages are past saving without professional help. Some are in active crisis this book cannot reach. I will tell you clearly when that is the case - and I have a list of resources at the back of this book.

What this book won't do is what most marriage books do: tell you to "communicate better" without showing you how; tell you to "set boundaries with family" without telling you what to say; tell you to "spend quality time together" without telling you what to do in those ninety minutes that isn't awkward silence and resentful eye contact.

If you've ever closed a marriage book thinking "I already knew that," this one is different.

Before We Go Further - A Small Audit

Take three minutes. Don't read ahead until you do. You will need a piece of paper.

Write down, as honestly as you can:

1. *The last time you and your partner had a conversation that was not about logistics, kids, money, or work.* Be specific. Was it last week? Last month? Last year? Do you remember what you talked about?

2. *Three sentences you have not said to your partner in over a year.* Not sentences you've forgotten to say. Sentences you have *actively avoided* saying. Could be an apology. Could be a need. Could be a thank you. Could be a hurt. Could be a desire.

3. *The thing about your marriage you have not told anyone.* Not the silly stuff. The thing you have not even told your mother, your best friend, your therapist if you have one. What does that sentence look like?

Don't write what you think is the answer. Write the *real* answer.

If you can fill these three lines without a long pause, you are in a healthier marriage than most and you may not need this book.

If you stared at the page for too long just now - if you suddenly felt a small contraction in your chest - that is the contraction this book is going to spend the next fourteen chapters sitting with. And gently, firmly, undoing.

Exercise for this week: Write the three sentences above. Keep them private. We will use them in chapter 8.

Chapter 1 at a Glance

The Five Things to Remember

- **The most dangerous sentence in a marriage is "we're fine."** It shuts down the conversation before it starts. - **The 5 stages of silent disconnection** move a marriage from busy to cold to parallel to invisible to gone. - **The first stage is *Quiet Convenience*** - when you stop having

real conversations because logistics are easier. - **The fifth stage is *The Quiet Exit*** - when one or both partners have already emotionally left. - **The book you're reading is the bridge** back from any of the five stages to the conversation you should be having.

Your Scorecard

Score yourself 0-3 on each. 0 = no, 1 = sometimes, 2 = often, 3 = always. - We have at least one 20-minute conversation a day that isn't about logistics. - I can name three things my partner is currently worried about. - When something good happens, my partner is the first person I want to tell. - We still touch each other - not just passing - at least once a day. - I can remember the last time we laughed together. **Total: ____/15** | **0-5:** Drift starting. | **6-10:** Quiet middle. | **11-15:** Strong.

Key Terms from This Chapter

- **Silent Disconnection** - The slow loss of conversation that happens without a single big fight. - **The Quiet Exit** - When one partner has emotionally left the marriage but is still physically present. - **Logistical Marriage** - A marriage where all the conversation is about scheduling, kids, money, and tasks. - **The Strong One** - The partner (often unknowingly) carrying the emotional weight of the entire family.

Chapter 2 - The 5 Stages of Silent Disconnection

James and Emma had been married for six years. On paper, they were the couple the neighbors pointed to. *"Look at them - they seem so stable."*

Behind the paper, they had not made love in five months. They had not had a fight in eleven. Emma had not told James anything genuinely new about herself in so long that she sometimes forgot she had an inner life.

When I asked James what stage he thought they were in, he said *"Stage one. We're fine, just busy."*

When I asked Emma, she said *"Stage four. Maybe five. I don't know how we got here."*

Same marriage. Two completely different maps.

This is one of the strange features of silent disconnection: **the two people inside it rarely diagnose it the same way.** The one who's checked out thinks everything is fine. The one who's hurting knows exactly where they are. This chapter exists so that both of you end up reading the same map.

Stage 1: The Honeymoon Padding

The new comfort that no one warns you about. Around year two or three - often after a baby, sometimes before - couples discover that the early-magic has not disappeared. It has just been *hidden under comfort*.

You still love each other. You still enjoy sex sometimes. You still finish each other's sentences, just without finishing them anymore. The trouble isn't that the connection has gone. It's that you've started to mistake *familiarity* for *intimacy*.

Telltale signs: - You can predict everything your partner is going to say in an argument before they say it. - Date nights happen, but they happen at the same three restaurants. - You have a "thing" - Saturday morning coffee, the same TV show, the same side of the bed - and that *thing* has quietly replaced actual conversation. - You feel mildly bored but mostly content.

Why this is dangerous: Most couples stop here and believe they are happy. They aren't unhappy. They are *unaware*. Stage one is the only stage where the marriage is genuinely still alive - but only if you start paying attention now. Most don't.

Stage 2: The Roommate Phase

The most common stage in modern urban marriages, 25-45. You love each other. You don't really like each other very much anymore.

You are efficient. You divide the house. You divide the children. You divide the responsibilities. You have a system. The system runs on logistics and the rare compliment. You are proud of how well your system runs. Sometimes you tell friends "*we're best friends*."

But here's what's actually happening: the marriage has become a joint venture with very low emotional ROI. The marriage is functioning. The *people* inside it are not.

Telltale signs: - Conversations start with logistics and end with logistics. - The affection that does exist is performative - a peck on the cheek before guests arrive, a "happy anniversary" text that's actually a phone reminder. - You sleep on opposite sides of the bed. Sometimes with the phone in between. - When one of you travels, the other feels more relief than worry. - Sex has become scheduled, mechanical, or extinct. - You know your partner's calendar better than their inner life.

Why this is dangerous: Stage two is the largest cohort of marriages in the modern urban. It is also the most stable-looking and the most quietly miserable. Couples at stage two stay together for the children, for the social optics, for the property. They don't separate because separating is harder than tolerating. They live together in the slow dying.

Stage 3: The Parallel Lives

The stage when two adults live like flatmates who share children.
Co-presence without connection.

She is on her phone in the bedroom. He is on the couch watching the match. The kids are on their screens. Everyone is in the same house. Nobody is in the same *moment*.

This is not distance. This is something more insidious. It is *co-presence without connection*. It feels safer than fighting. It is, in fact, the training ground for the next stage.

Telltale signs: - You don't remember the last time you ate a meal together without at least one phone on the table. - You don't know what your partner is stressed about at work *this week*. - You have separate friend groups you don't introduce to each other. - Sex has become either rare, transactional, or "just not happening." - You actively avoid being alone together. The presence of children, friends, or pets provides a buffer. - You find small things irritating - the way they chew, the sound they make when they sit down - in ways you never noticed before.

Why this is dangerous: Stage three is where the marriage starts to feel like a contract rather than a relationship. It is also the stage where at least one partner (most often the wife, but increasingly the husband) starts having the "*is it too late to leave*" thought. Not as a plan. As a question.

Stage 4: The Coiled Silence

The stage the outside world never sees.

This is the stage where the silence is no longer passive. It is *active*. It is a weapon and a wall at the same time.

The coiled silence is the silence between two people who are *still paying attention* to each other - but only to avoid the next flashpoint. They know which topics detonate. They have a map of each other's triggers and they have learned to navigate around them instead of through them.

Telltale signs: - Walking on eggshells becomes a daily art. - Conversations are kept short, neutral, transactional - "*I'm heading out.*" "*Ok.*" "*Anything for dinner?*" "*Whatever.*" - One or both partners are using work, kids, exercise, social media, alcohol, or substances as a way to avoid time alone with each other. - There are one or two recurring fights that look the same every time - same trigger, same script, same ending - except now nobody believes the ending will change. - The marriage is consciously being "managed" rather than lived.

Why this is dangerous: The coiled silence is where marriages end. Not always in divorce. Sometimes in a quieter, colder death where both partners agree to a "mutual" separation that neither actually wanted. The cost here is high because *the love is still there*. Both people, if you ask honestly, often still love each other. The love has just become inaccessible. It is locked behind a wall of unspoken things.

Stage 5: The Co-Living Estrangement

The technically-still-married divorce.

Two people live in the same house. The bills are paid by one person. The kids are managed by the other. Conversations happen mostly through text - and even the texts are logistical. There is sometimes still a shared bed, but the bed is two mattresses connected by a duvet. Sex is either over or performative in a way that is worse than absent.

You are not fighting. You are *done*.

Telltale signs: - You have active fantasies of a separate life that don't include guilt anymore. - You feel pity for your partner, not love, not anger - *pity*. - The kids know something is wrong. They may have started acting out. - You have one or more "exit ramps" - a friend, a relative, a lawyer, a therapist - that you mentally consult when the marriage gets difficult. - You can describe your partner's daily routine in detail but cannot describe what makes them feel seen, scared, or alive. - The idea of "*trying again*" feels exhausting, even though on paper nothing has been tried.

Where Are You?

I know your instinct is to skip to the stage you think you *should* be at - meaning a less bad one than reality.

Don't.

Take five minutes. Get a piece of paper. Draw a line down the middle. On the left, write down your honest assessment of your stage. On the right, write down what stage you *think your partner would say*.

If your partner's stage is two ahead of yours, you're not in disagreement about the marriage - you're in disagreement about what's allowed to be discussed. This book is going to fix that.

If you find that you are at different stages, that's not bad news. That's *typical*. It means one of you has been feeling the slide and the other hasn't been paying attention. Most marriages are sustained not by mutual awareness but by one partner's denial and the other's resignation.

Exercise for this week: Do the stage audit. Write down where you think you are and where you think your partner is. Don't share it yet. We'll bring it back in chapter 8.

Questions to Sit With

This chapter does not give you a scorecard. There is no key term to memorize. There is no exercise to log.

Instead, here are some questions. You don't have to answer them right now. You don't have to answer them out loud. But if you are reading this book seriously, sit with one of them — the one that makes your stomach tighten — and let it sit with you for a few days before deciding what to do with it.

- The last time your partner tried to start a real conversation with you, what was on your face? - What is the one thing about this stage you have not told anyone? - If your partner read this chapter, what sentence would they underline? - What would you have to admit out loud before anything in your marriage could change? - What are you protecting by staying quiet?

You don't have to share these questions. You don't have to answer them. But you do have to stop pretending you have not read them.

If one of these questions keeps coming back to you over the next few days, that is the one to bring to your partner. Not all five. Not even three. The one that will not let you go.

ABOUT THE AUTHORS

S. Shharma is the author of The Care Collection - books for couples in the second half of life, written by a man who lived the silence and survived it.

He lost his wife of many years to cancer. He was her primary caregiver through every stage of her illness. He held her hand in the hospital. He sat in the waiting room at 3 a.m. He learned the silence of a marriage the way you learn a language you never wanted to speak.

He is also a businessman, an M.Sc., an MBA, and an APSCM from the Indian Institute of Management (IIM) Calcutta, with thirty years in corporate management. But these are not credentials you need to trust him. The credentials that matter are the ones in the books.

THREE PEN NAMES - ONE PUBLISHER

All three writer identities are published by Adorise Digital, a division of Trendy DigiStore LLC (Wyoming, USA). One human. Three voices. Three audiences.

1. S. Shharma - widower. Care Collection author. Books for couples in the second half of life.
2. Sanjay Shharma - same person, professional name. Wealth, business, AI, and Indian-market books.
3. Anya Ravencroft - same publisher, separate fiction voice. Romantasy series. (Forthcoming.)

TRUSTED CREDENTIALS

M.Sc. MBA. APSCM (IIM Calcutta). 30 years corporate management. Widower. Primary caregiver. Writer.

WHY THREE BOOKS, NOT ONE

Each book is for a specific moment. Some are read in one sitting. Some are read over a year. If you are in any moment of the second half of life, you are in the right place.

S. Shharma - India - September 2026

COMPLETE BOOK CATALOG - ALL 48 BOOKS

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THE CARE COLLECTION (14 books) - by S. Shharma

For couples in the second half of life. Written by a widower, M.Sc., MBA, APSCM (IIM Calcutta), 30 years corporate.

1. Still Married, Just Silent - 14 conversations to reopen a quiet marriage 2. The Quiet Care - How to give and receive care in a marriage that lasts 3. The Second Chapter - Life after the caregiving years 4. The Second Honeymoon - Reigniting intimacy, trust, and joy after the kids leave 5. The Survivor - When one spouse is left behind 6. The Long Hello - When one spouse loses their memory 7. When They Forget Your Name - A caregiver's path through dementia 8. Gray Divorce - How to navigate an unwanted divorce after 50 9. The Last Sandwich - Caring for parents, spouse, and yourself at the same time 10. The Long Goodbye - When your spouse is dying and the marriage is still yours 11. Remarried at 60 - Building a new marriage when both of you come with a history 12. After the Last Goodbye - Rebuilding your life, health, and future after losing a spouse 13. The Friends Who Fade - Why friendships disappear in midlife 14. Hum Ladte Nahi (Hinglish) - Shaadi ko wapas kholne ka 30-din ka plan (Indian edition)

THE AI AGENT SERIES (5 books) - by Sanjay Shharma

For small business owners, solopreneurs, and consultants. AI tools that run your business.

15. The AI Agent Blueprint - How to build autonomous AI agents that run your small business 16. The AI Agency Playbook - From solo operator to \$50K/month AI consulting 17. The AI Content Agent - Daily posts, videos, and newsletters on autopilot 18. The AI Agent Workbook - The 30-day hands-on implementation guide 19. The AI Agent Cheat Sheets - 130+ prompts, workflows, and visual templates

THE AI RECEPTIONIST SERIES (5 books) - by Sanjay Shharma

For small business owners losing money to missed calls. AI phone answering systems.

20. Never Miss Another Call - The small business owner's guide to AI phone answering 21. The AI Receptionist Blueprint - How to set up your AI phone system in 7 days (no code) 22. The AI Receptionist Buyer's Guide - How to choose,

negotiate, and deploy the right vendor 23. AI for HVAC, Plumbing & Home Services - The field service playbook for AI phones 24. AI for Law Firms, Dentists & Real Estate - The professional service playbook for AI phones

COMPLETE BOOK CATALOG - PAGE 2

THE CIBIL INDIA FUNNEL (24 products / 8 books) - by Sanjay Shharma

For Indian professionals navigating personal finance, loans, credit, and tax. Each book has 3 tiers: Tripwire, Order Bump, Upsell.

25. CIBIL Repair Blueprint - Fix your credit score in 90 days (3 tiers) 26. Home Loan Approval Blueprint - Get the home loan approved (3 tiers) 27. Business Loan Approval Blueprint - Business loan in 30 days (3 tiers) 28. Credit Card Hacks Blueprint - 7 types of credit cards decoded (3 tiers) 29. Debt Settlement Blueprint - When to settle, when not to (3 tiers) 30. Get Hired Remote Blueprint - Land a remote job in 30 days (3 tiers) 31. GST Filing Mastery - GSTR1, 3B, ITC reconciliation (3 tiers) 32. GST Refund Bible - RFD-01, export refunds, inverted duty (3 tiers)

(Total published assets in the CIBIL funnel: 24 tripwire + bump + upsell products)

THE WEALTH COLLECTION (10 books, planned) - by Sanjay Shharma

For second-half-of-life professionals, solopreneurs, and parents building real wealth. Audio, AI tools, and the slow growth playbook.

33. The Wealth Blueprint - Money, AI Tools, and the Second-Half-of-Life Plan 34. AI Productivity for Knowledge Workers - How to do 10x with 3 tools and 5 hours a week 35. Personal Finance for Solopreneurs - Cash flow, taxes, runway 36. Mid-Career Pivot - When you turn 40 and realize the job isn't it 37. Side Hustle Income for Parents - The 9-5-plus-one playbook 38. Slow Self-Growth - The quiet wealth philosophy 39. Indian Urban Personal Finance - For the salaried middle class 40. AI Side Hustles - 5 tools you can charge for in 30 days 41. The Retirement Runway - 5 years out, 10 years out 42. Wealth Mindset Reset - Drop the hustle, keep the money

GROWING CATALOG (6 books, planned) - by Sanjay Shharma

For domestic thriller + self-help hybrid readers. Fiction series with embedded lessons.

43. The Roommate - The pilot novella (fiction + lessons, 150 pages) 44. His & Hers - The sequel 45. Sleeping Apart - The third in the Quiet Ones 46. The Other Side - The fourth in the Quiet Ones 47. Anya Ravencroft: Book 1 - Romantasy entry point 48. Anya Ravencroft: Book 2 - Romantasy sequel

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