Conventional wisdom says that long distance relationships don’t work, but in fact they do work for many people, including me and my husband. We met in college and navigated a transatlantic long distance relationship for three years before marrying. Originally from the UK, I now live in the US with my husband and son. When I tell people our story they are usually amazed that we made it work, but we did, and so can you.

So how to make a long distance relationship work? As with any relationship, the key is how much you both care about each other, and whether you are both willing to invest in the relationship. While you may be willing to keep up a casual relationship with a partner who lives in the same town, you may not want to invest in a long distance relationship with someone that you are not crazy about. If you both feel that the thought of breaking up is more painful than the thought of going long distance, then you have a good shot at making it work. Here are some tips for how to keep a long distance relationship going strong:

• Don’t be afraid to try – If you really love each other but have to live apart, you have nothing to lose from trying a long distance relationship. Just because you try long distance doesn’t mean you can’t end the relationship if it isn’t working. Sometimes relationships - long distance and local - work out and sometimes they don't, but if you don't try you will never know whether it would have worked or not.

• Ignore the doubters – If you mention that you are in a long-distance relationship to friends, family, or co-workers, you will probably hear “I could never do it,” “it’ll never work out,” or “don’t you miss having sex?” These comments will make you wonder how to ever make a long distance relationship work, but try to ignore any and all inane comments on your relationship - it doesn't matter what anybody else thinks.

• But what about sex? - Obviously the main thing missing in a long distance relationship is physical contact. Perhaps even worse than not having sex is to know that there is someone out there who wants you as badly as you want them, but that you cannot be together. There are many ways to keep the spark alive, even at a distance. Although you will still miss the real thing, today's technology gives couples lots of ways to connect through typing, talking, and video.

• Have a plan – It helps to have a plan for the future; what will it take for you to be together permanently? Will one of you need to move to another city, state, or country, or will you move somewhere new together? Will either of you need a visa and how will you go about getting one? Discuss a timeframe for implementing the plan - it is a lot easier to deal with being apart if you can count down the weeks, months, or even years, until you can be together again.

• Visit as often as you can – sometimes you just can’t find the time or money to visit, especially if your partner lives in a different country, but try to visit each other in person as often as you can. Even if you only manage to visit every six months, having the trip booked will give you both something to look forward to.

• Keep in touch – my husband and I sent emails, letters, and cards to each other while we were separated by the Atlantic Ocean. We also chatted online and on the phone at least every other day. Now there are even more ways to keep in touch through social networking sites and online video chat sites.

• Don’t lose hope – remember that love usually finds a way. While we were struggling with how to keep a long distance relationship going, my husband used to tell me “if we can get through this we can get through anything.” We did get through the long distance part of our relationship, and I think that our marriage is stronger for it.

If you love each other, and if you can come up with at least a vague plan of how you will one day close the distance between you, then there is no reason that you can’t make it work, regardless of what anyone else might think.