

Chapter 1

Strengthening Your Marriage

In this chapter I will tell you some important things that can make your marriage stronger and healthier.

They include:

Mutual Responsibility

Responsibility is a very important factor in a marriage, but many couples, people or families misunderstand this condition of responsibility and believe that a husband is solely responsible for everything that exists in a marriage. But that is not a true fact because both husband and wife are also responsible for making the marriage successful. If one of them thinks he is irresponsible or leaves the other to shoulder the entire responsibilities, things start to go wrong. The types of responsibilities are different for both partners. The wife has a more supportive role while the husband handles everything carefully by making moves that shows that he is the “man of the house”. There will always be a little misunderstanding between couples when it comes to responsibility, but if they (husband and wife) are wise enough to recognize their fault, have a deep conversation and develop a sense of responsibility in their marriage, then this misunderstanding will strengthen their union.

Make Care A Necessity in Your Marriage

This is human nature that we always love to get care. This is true in husband wife relationship because the more you care for each other, stronger will become your relationship. Care is also a mutual action because if you are not caring for the other partner then, he or she will also not bother to care about you. Care is not something very hard and precise thing that you cannot do instead there are some very small things included in this care. For example if you can just give an extra phone call to your wife for asking her that how she is feeling and for telling her that you always remember her, will make it a huge gesture for your wife.

Similarly if you are a wife then, just a soothing smile to your husband, when he comes home after a tiring day in office, is enough to make him believe that you always care for him. You can consider it just as an emotional bank account and you have to deposit all the good feeling, better gestures and caring words in that bank account. If you do not deposit enough of this stuff in that emotional bank account then, you cannot expect anything in return.

Eliminate Communication Gap

The connection gap is another important factor that can weaken your marriage. In new and old marriages, communication is paramount. Without good communication, you cannot have a clear understanding of your partner and that will affect your love for him or her. If you communicate less with your spouse, you will eventually end up knowing less. To get to know your partner well, you have to improve your communication with him or her and uncover everything you can about him/her. Don't just limit your communication with your partner to **ONLY** important and big questions. You can start with regular and easy discussions and then move on to complex questions relating to his or her life. Remember this: Communication attracts closeness and helps to improve your knowledge of your husband or wife's attitude, likes, dislikes, etc.

Also, talking much and listening less is not healthy for a marriage, because there's no way you will get to know your partner very well if you don't pay serious attention to what he/she is saying or has to say. The best way to communicate and get to know your partner well is listen to him/her attentively. Shared communication is very effective. It doesn't just strengthen your marriage, but it also helps to minimize misunderstandings, because as soon as something goes wrong in your marriage, you can easily talk about it with your partner.

Adequate Time for Your Marriage

Time is very critical in the success of a marriage, and you need to ensure that you dedicate valuable time to your marriage. The truth remains that the less amount of time spent on marriages is the primary cause of

breakups recently. These days, life is very busy. Majority of people work every day to survive, pay bills, make investments as well as maintain or upgrade their standard of living in today's society.

But one important thing that couples shouldn't forget is that while striving to make ends meet, most marriages are often overlooked unknowingly and this eventually leads to severe marital crises and breakups. If you are a career or business man or woman, it is important to plan and rearrange your schedules most times. This will enable you to create the much needed time for your family and partner. Also, proper planning of your schedules will reveal how much you need to work on your marriage and the amount of time that will be valuable to your partner. Sometimes, you'll have to give up that old 9-5 routine and habit so as to improve your marriage and create a happy and strong home. In addition to creating time for your partner, you need to introduce some simple and vital elements to your marriage such as coming early from the office. These gestures will be very effective and will not cost you anything, but they will make your spouse happy, and really show him or her that you care.

Trust

Trust in life is crucial therefore its importance in marriage cannot be overlooked. It is a mutual feeling that couples need to develop and maintain in their marriage. Don't expect your partner to trust you if you can't trust him/her. When the trust is mutual, the bond between couples is unbreakable. Trust is not easy because of recent happenings but it is necessary to give it a big shot. If couples can trust each other to a large extent, there will be lasting peace in marriages. There is no harm in letting your partner know some things about you or informing them about your colleagues, close friends, likes and dislikes. This will enable them to develop a clear understanding of you and TRUST starts from there. Don't hide anything from your partner.

All of the above factors listed in this chapter are very easy to apply in your daily life and they aren't too complicated. If you put in little efforts, these things listed in this chapter can make your marriage very strong and healthy. Good and stress-free relationships can also improve your overall wellbeing because stress is always harmful to health.

Chapter 2

Control and Make Your Marriage Concrete

In this chapter, you will know all those important things that can lead you to a stronger and controlled marriage.

Make Some Rules and Follow Them

Living with someone else (a partner) can be tough at times. This is because the both of you are from different backgrounds which makes it very stressful and difficult to deal with your varying individual differences. Rulemaking and adherence is a simple act that helps couples to live without issues in a marriage. Both the husband and wife need to sit down, plan together and set important rules that can improve their respect for each other and make the marriage successful. For these rules to work, there should be compliance from the both parties. Most times, husbands and wives find it so difficult to reveal their likes and dislikes to each other. Couples end up discovering their partner's likes and dislikes whenever there is a misunderstanding, and this is not right. Opening up on the things you like and dislike makes marriages much easier for couples. Setting and complying with important rules in the house or marriage will make a union simpler and smooth. For example instead of coming back home and rejecting your wife's food or just having a little bite of the food because it is not your choice, you should boldly tell her before leaving the home or call her from work to notify her about your preferred dinner or lunch. Don't just assume that she knows what you want. If you don't tell her, she won't know and the issue will keep repeating itself. Another example: couples should agree on who takes the kids to school and brings them home, the driving speed limit when the family is travelling or making a short journey, who pays certain bills, what should be served as breakfast, the kind of savings culture to practice, etc. Additionally, there are various easy rules that couples can introduce into their marriage which can save them from any form of misunderstanding if there is adherence.

Providing Assistance to One Another

When living under a roof with your partner, both of you have to take on certain responsibilities which are very vital. As the husband, you must contribute dedicate time to help put your wife with some household chores especially on weekends when you are free. Ensure that you support her in executing certain household chores. Hey, that doesn't make you less of a man rather it builds and strengthens the bond between you and your wife. Your wife needs rest too and any help you render, either big or small will show her that you love and care for her. It's always a good feeling for women whenever their husbands help them with in house chores. It is important to delegate tasks among yourselves but the best feeling comes when there is a voluntary help from the both of you.

As a wife, your objective should focus on making your husband as comfortable as possible. Instead of yelling at your husband or bringing up certain issues that might disrupt peace in the home immediately he gets back from work, you should welcome him with a delightful smile. It is not easy to put on a smile even when you had a bad day or he (your husband) pissed you off but it is achievable as smile will give him a special feeling that his day was well spent. But yelling at your husband or picking unnecessary offenses will create severe tensions and make your husband uncomfortable. Additionally, there is nothing wrong in helping your husband do the laundry, drop off the kids in school, polish his shoes, iron his clothes or provide any necessary help to him.

Never Let the Romance Die from Your Marriage

The importance of romance in marriage cannot be overlooked. Without an active romantic life, marriage becomes boring for many couples after some time together. Everything is now known by you two and if no proper care is taken, the love and bond will be weakened. Romance is one of the vital things that helps couples in building and sustaining a happy and loving marriage. A marriage with an active romance life gives couples a special feeling of love and safety. Note that romance is not all about sex. There are certain romantic gestures that will spice up your marriage and make it more beautiful as each day passes. For

example, you can plan and organize a surprise birthday party for your partner. You can send some flowers and chocolates to your partner at his or her office or work place. You can surprise your partner by arriving before her closing time to take him or her home. You can decorate your beds with flowers and make your bedroom so romantic with some sexy light. These and more small and inexpensive romantic gestures create an unforgettable feeling about you in the heart of your wife or husband. Some couples stop exhibiting certain romantic gestures (that they showed during relationships/courtships) once they get married and that is totally **WRONG**. I don't think you want to imagine a marriage without romance because such marriage is on the verge of crashing. Therefore, if you don't have an active romance life in your marriage, start building one today. If you have been exhibiting romantic gestures, don't stop doing it. Just keep romance alive in your marriage and surely, you won't have complex marital issues.

Financial Stability

Financial stability is an important factor that determines if there will be a happy marriage or not. I will advise you not to pay attention to people who say that love or marriages doesn't need money if your partner truly loves you. That's a wrong perception. You guys won't eat love when you get married. You can't pay bills with love. You can't receive medical attention or sort your wife maternity bills with love. You can't have water running in your house with love. All these and other essential needs requires MONEY. Achieving financial stability will save you a lot in your marriage and will make your marriage glow. The financial burden in a marriage shouldn't be shouldered by just one person as it will eventually cause discomfort, disrespect and other issues. Therefore, to run a marriage smoothly, financial stability is necessary. Many times, men complain of their wives inability to support them financially. If a man loses his job or suffers a setback in his business, the wife should step in and provide the needed financial support. To ensure peace in the home, a man should keep making great efforts to bounce back financially by securing another job or reviving his business in one way or the other. It is not fair for a man to start acting lazy and leave the whole financial burden for the wife. In some reports, people go to the extent of stealing or cheating just to cater for their family needs. I'm not advising you to walk that that but I used that to illustrate the

importance of financial stability or steady income flow in a marriage. For wives, it is not advisable to be a housewife. Your role in a marriage isn't just about birthing kids or cleaning the house. Even if your husband is the richest man in the world, there is still need for you to work and provide financial support in your little way. It is important to note that there is no woman or man that won't like to support his or her partner during difficult times, but issues usually set in when you quit trying to make things better. Remember: two heads are better than one.

Chapter 3

Eliminating Marital Differences

In this chapter I am going to tell you some secrets tips that can get you out of the troubles, if you have any in your marriage.

Positive Thinking and Accepting Responsibilities

This is an understood thing that whenever a misunderstanding occurs then, it is not from one side only and both partners hold equal shares in that fight. This is a fact that very few people can accept because everyone starts to play the blame game and no one accepts his or her faults. This attitude should be corrected and you need to be brave enough that you should say ok I did or said this wrong and I am sorry for that. Once you have said and realized that fault or mistake was on your end then, it becomes easier for the other person to accept his or her fault too. You need to be positive about your relationship and never think about breaking up the relationship instead always look for a way out.

Unconditional Happiness

Some people associate happiness with certain things like if they will go on vacation then, they will be happier but living in home is dull and boring for them. This should be not the case because life is full of happiness and you need to just search smaller but very enjoyable moments of life in everyday life. For example when you play basketball with your kid then, it also should bring some happiness. Similarly when your daughter helps you out first time in the kitchen then, it should also bring happiness for you and similar other smaller things. These days' people often forget about these smaller happy moments and they are always looking for some big occasions and this attitude is also not very helpful for relationship and creates stress and tension.

If You Want Your Partner to Change Then Change Yourself First

Some people always want to integrate some unique things in their lives and these unique things become very difficult to integrate in the lives of other person. This is not the right way to change someone instead you need to initiate change from yourself and bring some changes that your partner likes. When you will bring those changes in your personality then, your partner will be automatically motivated to change him or herself because he or she will know that you have respected their ideas and changed yourself so now it becomes their responsibility to bring the changes that you like.

Forgiveness Can Make Your Relationship More Concrete And Invincible

As I have mentioned above that life has become very tough these days and there is not much time to look after each other. This busy life has also taken forgiveness and tolerance away from this society and wherever you see, there is a situation like chaos and extreme stress. No one is ready to forgive even the smallest of mistake of others. If you also have that kind of unforgiving attitude then, you need to change it for greater cause and to make your relationship more concrete. Forgiveness always helps to build relationships and when you forgive small mistakes of your partner then, he or she starts to respect you more and smaller misunderstandings can never shatter your relationship.

Spirituality Can Bring Harmony and Modesty in Your Relationship

Our life has become too much materialistic and there is very little margin of spirituality available. To exercise spirituality, it is not necessary for you to have faith in a certain religion but you just need to be very straight about your opinions and try to make your life smoother by practicing some mind cooling exercises. These exercises can help you a lot in bringing about the calmness and modesty in your approach towards relationship.

VIEW AND RESTORE YOUR PAST

How do you and your spouse view the early days of your relationship? Can you recall each other in a more positive light? Give it a try. Begin by reminiscing about your dating or courtship days; if you can recreate the excitement, anticipation and love of those early days in your relationship, that's encouraging.

Actually, it's more than encouraging. It's therapeutic as well as the springboard to restoring your marriage.

Having this fundamentally positive view of your past is a powerful boost to your marriage. It's like having a reserve of feelings to fall back on during marital stress. Many couples don't realize the importance of these early feelings. After continued arguments, feelings of contempt and mistrust and negative comments about each other, it's all too easy to lose touch with the spark that started it all. And that's exactly where the "looking backward" part of this secret comes in. As in the example we talked about earlier in this chapter, you can begin simply enough.

Chapter 4

How to Avoid Break Ups in Your Marriage

Here, I will tell you some tips that you can apply and avoid any break ups in your marriage. The following are some tips that you need to follow and you can avoid all types of disagreements and break ups.

Know the Family Differences

There can be lots of problems in your new marriage but to solve that problem you need to understand the family differences. There can be lots of different patterns and traditions in both of your families and to adopt these traditions and family patterns you will need to do some compromises. This is also a mutual understanding that you have to adopt and both the partners are needed to participate in this setting actively.

Give Proper Time to Your Marriage

Timing is also crucial in every marriage and especially when you are in a new marriage then, it is necessary to give proper time to your union. Life can be very busy and especially these days you have to work very hard to meet your daily needs but marriages always need care and time. You also need to break that routine that develops with time. Always have an element of surprise in your daily life. Even if you have met some fight or misunderstanding then, you should give each other some time to settle in. If you start to make efforts to resolve everything right after the fight then, it could make things worse.

Emotional Support Is Important

Emotional support means that you need to accept the differences that you have in each other's lives. There is a saying that you need to agree to disagree. This saying is very true and very concrete that you have to execute in your marriage. You also need to give some support to your partner and realize about his or her position carefully.

You need to understand that adjustments should be made from both ends. You should play your role while allow the other partner to play his or her role.

Agree To Disagree Is the Best Policy

Here can be two situations in your life, whether you can have a fight or break up and you will never want a patch up but there can be a different situation in which you can be itching to patch up. In that situation you should agree to disagree and accept your faults. This can be the simplest solution of your problems and is also very effective. I have seen people that become victim of their egos and they never accept that there is anything wrong with them instead they keep playing the blame game that makes things worse for them. Avoid that attitude and develop an accepting and responsible attitude to save your marriage.

Clarify Things and Then Listen To the Other Person

This is another very commonly found problem that when some misunderstanding happens between the couple then, both of the partners do not listen to each other and they keep telling their point of views separately. This is not the right approach and it will never solve your problems instead you need to adopt an approach of doing everything clear once and then start to listen to the other partner. This will allow you to clear your front and also listen to the other person and it can make things lit better and easier to understand. In short, you can say that you should be a very good listener and apply those listening skills in your marriage.

Always Be On the Point In Your Misunderstandings

This is another very common mistake that most of the couples make that they start the blame game and once some misunderstanding is developed then, they keep bringing everything from past in that misunderstanding. This should be avoided because it makes things complex and you should be always on point about a certain misunderstanding. Do not stray from the core issue and try to resolve it as one issue rather than mixing all the past issues in it and confusing each other about the solution.

Chapter 5

Romance In Marriage

Set Up A Sexy Date Night

For most people today, the idea of setting up a date night can be viewed as quite exciting and interesting. However sadly most married couples don't understand the importance and significance, of this practice, as being part of keeping the marriage fresh and exciting. It should be explored as an activity that would further enhance the marriage and create a lasting relation that is both healthy and successful.

The following are some of the interesting ways individuals can go about crating sexy date nights to indulge in for the sake of keeping the excitement in the marriage:

1. Some find it rather exciting and sexy to take time off to indulge in a short getaway. This will allow the couple to get away for all the distraction that would usually take both their time in attention and instead allow them the leeway to focus on just each other.
2. Camping or simply dining under the stars is another inexpensive, yet exciting way to get the sexy romance going again, as has often proved to be the ideal sexy date night indulgence. This activity also allows the couple for refocus on each other and leave all else behind for at least a little while.
3. Another great way to create a sexy date night would be to pick a favorite bottle of wine and some food which is noted for its sexy appeal and then share a quite night together enjoying these items while exploring each other's mind and body.

Wine, barbeque, sharwarma, pizza or African salad when carefully selected have often proved to be the ideal ingredients that put people in the mood for a relaxing and enjoyable experience thus creating the ideal mindset to the sexy date night indulgence.

Wow Your Partner With Romantic Gestures

Making the effort to extend a romantic gesture is usually always well greeted by the receiving party, and when this is well accepted, the chances of both parties benefiting from the outcome of the romantic gesture is indeed quite fulfilling.

The following are some very simple and comparatively cheap ways of creating circumstance to extend romantic gestures with the intention of wooing the other party and keeping the marriage alive and fresh.

1. Creating a weekly schedule that includes one date night is very important. If doing this on a weekly format is not possible, then both parties should commit to a date night at least twice a month. Once the commitment is made the date night should be taken seriously and not cancelled frivolously. It would show the level of interest of both parties when the date night are kept according to schedule.
2. Creating a relaxing environment where the conversation can be done in a leisurely and non-threatening manner is very much an enjoyable activity to indulge in. Couples who are able to communicate on a variety of topics that don't necessarily revolve around their daily routines are usually able to see each other as new and exciting individuals who are constantly evolving and confident.

This will help to keep the freshness element in the relationship as both parties become more aware and interested in extending other romantic gestures towards each other and the possibility of staleness is firmly kept at bay.

3. Giving each other a full body massage is also another romantic gesture worth indulging in. This is both inexpensive and does not necessarily demand the expertise of a masseur's knowledge. Being able to extend this to each other will allow both individuals to explore and relax and enjoy each other.

Learn To Be Seductive

Being seductive come easy for some while for others, there may be a need to have some insight into the various methods that can be used to successfully take on the persona that will give the impression that the individual is indeed quite a seductress.

Perhaps the most important element to understand about the art of seduction is being able to create the perception of allowing the other party to think their every whim and fancy is being addressed, and therefore indulged in.

Learning how to feel and extend this natural aura or power will help the individual better understand the various ways of creating the ideal seduction methods that will help the keep any relationship exciting and alive.

One way of learning how to be a successful seductress would be to constantly study and understand the other party's mental and physical makeup. Using self-discipline, will power, patience and coquetry is important in the quest to create the ideal seductress mode. Learning the art of the power of persuasion, influence and enticement is important as this advantage will give the individual a better chance of coming off as a seductress than a needy individual. Taking the trouble to be well groomed and indulging in the art of personifying the aura of sexiness is also advantageous and will help to promote the individual as a seductress. However it should be noted that there is a fine line between presenting oneself as a cheap tart and as a refined yet sexy seductress and in being able to get a good understanding of the difference will allow the individual to exploit the benefits thoroughly. Tools such as an enticing yet light perfume, simple and delicate looking jewelry and clothing that is complimenting to the individual's form would be a good starting point.