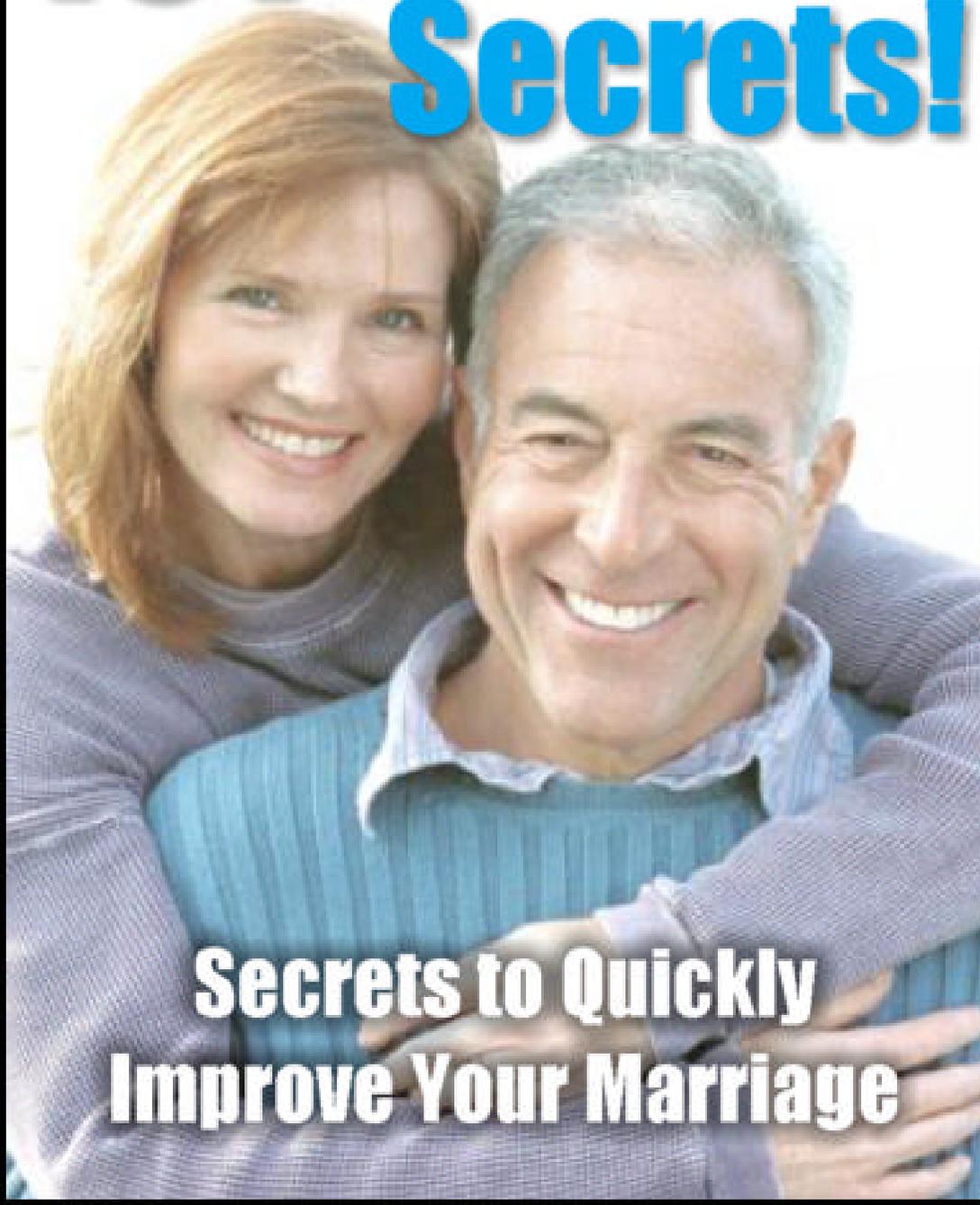


# **101 Marriage Secrets!**



**Secrets to Quickly  
Improve Your Marriage**

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## Introduction

*No marriage is perfect, among these 101 pearls of wisdom; everyone will find tips that could improve their marriage.*

*Whether your marriage relationship experiences a few bumps now and then, or you are in the midst of a crisis, one of these tips, when applied, will strengthen your marriage.*

*As we go through the different seasons of our life, our marriage relationship evolves as well. In this book you will find secret tips that can take your marriage relationship to the next level.*

*Remember, information is necessary, but implementation creates change.*

This ebook is brought to you by...



## 10 SECRETS to CREATE a HAPPY FAMILY

**Secret # 1.** Since the majority of parenting disagreements are about how and when to discipline children, it's important to discuss your parenting plan in advance and in private. Then you will have a united front as you discipline your children and they will not be able to play one parent against another.

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**Secret # 2.** Have a family counsel or meeting every week to help keep your family connected and to strengthen your family relationships and keep your marriage strong.

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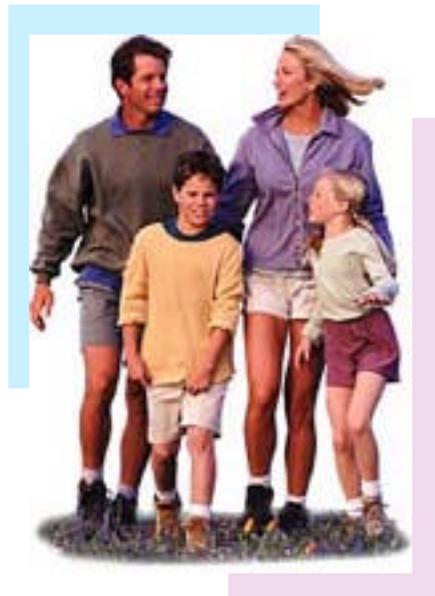
**Secret # 3.** Family meetings provide a great way to show appreciation to family members, learn and teach important principles, discuss family plans, and solve problems as a family.

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**Secret # 4.** If you want to have secure and happy children, your marriage relationship comes first and children come second.

Many people mistakenly believe that if the children are happy, the marriage is happy. That idea is completely backwards in its application.

In reality, if the parents focus on making the children happy, they typically neglect making each other happy. Yet if they strive to have a strong, loving and happy relationship with their spouse, their children will see that bond and happiness between their parents. This helps the child to be more grounded and secure.



An added bonus of putting your relationship with your spouse first, is your children will learn patience, tolerance, kindness, love, and forgiveness by seeing the example of their parents.

If you raise a child who is the center of the family, they believe their needs are more important than anyone else's and will easily grow up to be demanding, self-centered children. Remember, "The most important thing a father can do for his children is to love their mother." -- Theodore M. Hesburgh

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**Secret # 5.** When both parents are involved in parenting of children, both the marriage and children benefit. A recent study found that the average dad, in America, only spent 47 seconds per day in conversations with his children.

It's critical to have fathers involved in shaping the character and moral values of our children. Effective interaction with fathers can help our children develop a greater understanding of who they are and who they can become.

Spend enough time with your child to let them know that you are on their side and want what is best for them.

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**Secret # 6.** Although it is "common" for teenagers to rebel and have conflict, it is not "normal". We often hear of the turmoil of the teenage years; however, the teenage years can actually be a time that parents and their teenagers grow closer together.

As parents and teenagers discuss their differences of opinion, their relationships will be strengthened and there will not be an open rebellion against parental authority. Teenagers still needed reasonable and appropriate boundaries, as these are discussed and reinforced, a parent can help guide their teenager through the years of discovery that will help them develop into a contributing young adult.



**Secret # 7.** The key to raising a 'successful child' is by being a successful parent. A parent cannot 'make' their child successful; they can only give them the tools to find success themselves.

These tools include modeling appropriate behavior in relationships, how they work around the home and serve in their community. As your children see the happiness that comes from maintain a strong working relationship in your marriage, they will want to model this in their lives as well.

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**Secret # 8.** There are times when all children choose not to obey or comply with directions from their parents. Some parents hope in vain that if they ignore this non-compliant behavior it will go away.

However, not only will it not go away, your child will begin to test you in other areas of their life. In reality, children want and need boundaries and consequences for their good and bad choices, without consistent boundaries and consequences it is difficult for children to function appropriately in their family, school and neighborhood.

Therefore, non-compliant behavior needs to be dealt with swiftly and consistently and should not be allowed to divide the parents.

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**Secret # 9.** Child idiosyncrasies you must accept and use:

- ?? Children do not think like or view the world like adults...they will do weird things. If it doesn't hurt them or destroy their outlook on life, let them be weird kids some times.
- ?? Children will do foolish things; it is your job to help them learn wisdom.
- ?? Children will model behaviors that they see, so don't expect more from them than you are willing to demonstrate and live yourself.
- ?? Children do things for a reason; sometimes they even choose to misbehave on purpose. They are testing you to see if you will stick to the lines you have drawn in the sand. Their 'free expression' is not going to be squelched by boundaries, maintaining these boundaries will only help them better understand the world they need to live and function in for a life time.

**Secret # 10.** A child's behavior depends upon who the child is, what they know or can expect from you and what they want. Typically, they want either positive reinforcement or to try and get out of something they don't want to do. Therefore, consist and united parenting in your marriage will help guide your child through their toddler, adolescent and teenage years.

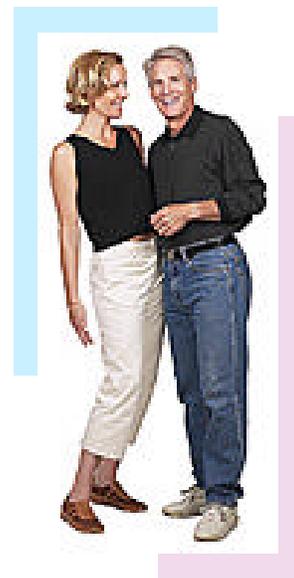
## 10 SECRETS for a HAPPY CHRISTIAN MARRIAGE

**Secret # 11.** A powerful tool in healing a damaged relationship or maintaining a strong relationship with your spouse is to have regular prayer together. As you pray for yourself, each other and your concerns, you will have God's help in healing and protecting your marriage.

Taking this a step further would include having prayer with your family. Imagine the impact it will have on fortifying your family when you unite as a family and pray for the individual needs and concerns of each family member.

**Secret # 12.** Marriage is a covenant relationship and should be treated as such. It is not just a contract, convenience, or a promise to live together as long as it's easy and fun.

It is a covenant to love and care for each other forever, through the good and the bad. If more marriages were treated as a covenant, greater joy and trust would be experienced in the marriage relationship and marriages would be better able to make it through the difficult times.



**Secret # 13.** When God created Eve, he created her from Adams' rib, to be at his side, his equal and his companion. So when the scriptures teach that a wife should submit to her husband, it does not mean that she is inferior in any way.

Christ submitted his will to the Father, thus, submission is showing a voluntary reliance on another person. To best strengthen our marriages, we can follow the counsel of wives submitting to their husbands, husband to their wives and both submit their will to Christ. By following the example outlined by the Savior, husbands and wives should show kindness, considerations and serve one another.

By creating this Christ-like atmosphere, we open the way for the Lord to magnify our love for each other and bring additional happiness as individuals and as families.

Following the Savior's example, husbands and wives should treat each other with care and courtesy, come to know each other well, and serve or help one another. In an atmosphere of consideration, understanding, and service, husbands and wives open the way for the Lord to magnify their love for one another and their happiness as individuals and as a family.

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**Secret # 14.** The Savior has warned "that every idle word that men shall speak, they shall give account thereof in the day of judgment." (Matt. 12:36.) This means that the words we use will either help or haunt our lives.

As we consider the importance of how and what we say to our spouse, let's keep the warnings of the Savior in the forefront of our mind so that we use words of loving kindness.

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**Secret # 15.** Paul counseled the Ephesians, "Let no corrupt communication proceed out of your mouth, but that which is good." (Eph. 4:29.) He further counseled to be "kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." (Eph. 4:32.) As we follow Paul's counsel, we will treat others as we would like to be treated and it will be consistent with God's plan for His children.

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**Secret # 16.** Christ like communications are expressed in tones of love rather than loudness. They are intended to be



helpful rather than hurtful. They tend to bind us together rather than to drive us apart. They tend to build rather than to belittle. They may be tender or they may be tough, but they must always be tempered.

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**Secret # 17.** If we are to have a spirit of peace in our home, rather than a spirit of contention, we need to remember that peace can prevail only when that natural inclination to fight is overcome with a greater desire to be a peacemaker. (Matthew 5:9, "Blessed are the peacemakers: for they shall be called the children of God.")

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**Secret # 18.** Christ taught the Golden Rule: "All things whatsoever ye would that men should do to you, do ye even so to them." (Matthew 7:12) This principle is found in nearly every major religion. Others such as Confucius and Aristotle have also taught it.

This concept of treating others as one would like to be treated is easy to understand. And it acknowledges the precious nature of each of God's sons and daughters. (Matthew 25:40)

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**Secret # 19.** Jesus taught people how to live with one another. He declared that the two great commandments were first, to "love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind," (Matthew 22:37) and the second, to "love thy neighbor as thyself." (Matthew 22:39) If we put God first in our lives, and then treat others, specifically our family, as we would want to be treated, our relationships will flourish and we will be able to resolve even the most challenging conflicts or trials in the lives of our family.

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**Secret # 20.** Broken marriages are a result of allowing Satan's influence to permeate our marriages. Marital contention and strife is of the devil and he wins and rejoices when we argue and fight with each other.

If we would just turn our attention toward fighting Satan's influence in our lives, rather than turning on our spouse with criticism, we would be able to overcome many of the problems we face in our marriages. Satan is the enemy, not your spouse!

## 10 SECRETS to IMPROVE COMMUNICATION with YOUR SPOUSE

**Secret # 21.** There is nothing wrong with having less than loving feelings about your spouse when you've had a major disagreement. However, there is something wrong with harboring those ill feelings to that point of harming your relationship. Following those times of disagreement, help yourself to calm down by reminding yourself of your spouses many positive traits and you'll be surprised at how easily those loving feelings return.

**Secret # 22.** It is common for partners to assume that if their spouse really loved them, they would know their needs or wants without telling them. The reality of any relationship is that the responsibility of knowing what is needed or wanted rests upon each person to clearly communicate their needs. Thus, giving feedback and insights into what you really want is a critical component of good communication.

**Secret # 23.** Many people are uncomfortable with expressing anger for fear that it will damage relationships. However, if feelings are buried, they don't go away, they just fester. It's critical to learn how to disagree respectfully and without attacking your spouse. If a safe environment is created for discussing feelings, it's much easier for the reticent spouse to have the courage to share from their heart and resolve any conflict.



**Secret # 24.** It may surprise you to know that men want to be understood, just like woman want to be understood. They want and need marriage, and are willing to learn a few new 'dance steps' if given the opportunity. Just let them lead, occasionally.

**Secret # 25.** Brain researchers have found that when people are scared, hurt, or angry, stress hormones will flood their body and this results in the rational part of their brain shutting down.

When the irrational part of the brain takes over, that is not the time to try and have meaningful discussions with your spouse. Angry people don't discuss, they rant and rave.

**Secret # 26.** As soon as you notice yourself getting uncomfortable with the way your conversation is going, STOP and take a time out away from your spouse. Go away for a short time (30-60 minutes) and coming back after both of you have calmed down. While you're gone, review your behavior and figure out how you can move from attacking or defending to discussing the problem.

**Secret # 27.** An important step in communication is letting go of your need to be right. If you feel you need to win the argument or prove your partner is wrong, then you are impeding the opportunity for your conversation to have a win-win result.

In the long run, does it really matter who is right? Or is it more important to create an environment where the opinions and ideas of both spouses are of value? A wise religious leader once said, "Pride is concerned with who is right. Humility is concerned with what is right." It's not a matter of who is right; a marriage partnership works together to humbly do what is right.



**Secret # 28.** To completely accept your spouse, you also accept and respect their point of view, even if you don't understand their point of view. Accepting their viewpoint doesn't mean you agree with them, it only means that you are willing to consider their point of view and try to understand what they are trying to say. Trying to look through the eyes of another person helps bring understanding.

**Secret # 29.** Communication involves much more than words. The tone of your voice and your body language create messages as well. Try to be sensitive to the other messages you are portraying with a calm or angry tone. Work on explaining your point truthfully and calmly, and keep your body relaxed as well.

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**Secret # 30.** If you expect to get along with your spouse, you will. Talking respectfully and looking for creative solutions to the problems you face as a couple and as parents will go a long way in creating a strong and enduring marriage. If you expect to have a confrontation, you will. If you expect to resolve a conflict with respect and love, you will.

## 10 MARRIAGE COUNSELING SECRETS

**Secret # 31.** Many people feel that getting counseling is admitting defeat, or implies that they are weak in some way. However, in reality, many very strong people seek guidance from counselors to help them maintain or restore a marriage relationship that is facing problems.



You wouldn't hesitate to go to a medical doctor if you were ill and over the counter medicine was not helping. So it also stands to reason that you would go to a counselor if your efforts to solve a problem in your marriage were not being resolved by the lone efforts of you and your spouse.

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**Secret # 32.** Counseling keeps problems from escalating. If conflicts are resolved early on, a couple may stew over these problems for years and this creates negative behavior patterns that become difficult to reverse. Obtaining professional help sooner rather than later will reduce verbal sparring, poor or no communication and acting out.

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**Secret # 33.** It is to your benefit to find a counselor that has been on the receiving end of counseling. Your counselor needs to be very familiar with the terrain, not from only textbook knowledge but from personal experience. This allows them to more effectively counsel you without getting any of their personal issues all tangled up with your problems. Having been through counseling allows them to be a more effective and empathetic counselor.

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**Secret # 34.** Counseling can help couples overcome the obstacles that routinely prevent us from resolving our differences. A nice bonus is that when you find the right therapist, you usually improve your relationship in ways you never imagined.

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**Secret # 35.** Finding the right therapist is two fold. You need a one with expertise in the area of your concern and they also need to have the personality, therapeutic style and values that match yours as well.

Consequently, it's important to shop around before deciding on a therapist. A good starting place is talking with people who have had a positive experience in marriage counseling. A trusted friend, family doctor, or your minister would be a good start.

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**Secret # 36.** It is important to realize that your time in counseling may become very intense at times as you explore the causes and solutions to your problem. However, it will be well worth the effort to explore issues that may have been avoided for a long time. As you show your willingness to invest in your relationship, you will find that relationship strengthened and able to withstand many additional challenges later down the road.

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**Secret # 37.** Don't expect to get instant results; it takes time to see progress. However, your efforts to maintain your marriage will be well worth the time you invest. You will discover that your marriage will be fortified with a renewed hope.

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**Secret # 38.** Men typically don't seek outside help for their relationships. They hate not being able to figure something out on their own. Men, by nature, are trained to be independent and self-sufficient.

They would rather learn from doing than from discussing. Therefore, it is more difficult for men to see a therapist. So if the idea of having a male therapist makes a big difference to him, this would be good time to give in to his request.

For men who are uncomfortable with the thought of a one-on-one session, many therapists say group therapy is a good starting point. Sitting down in a group setting--usually with six to ten other individuals--can address feelings of isolation and improve interpersonal skills.

Men in our culture may have more fear of intimacy and revealing emotions, and difficulty with empathy or with 'soft' emotions. By helping people share their concerns and fears, groups can ease men past these barriers to treatment." Therapy groups with a narrow focus can be especially appealing to guys.



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**Secret # 39.** Another thought to keep in mind for helping men to be more comfortable with counseling is starting with group therapy. It is less intimidating working with a group of five to ten other men and address the feelings of isolation, and work on improving interpersonal skills.

Many men in our culture fear intimacy and revealing their emotions. In group therapy, the group can help ease men past their barriers and begin treatment. As a side note, therapy groups that have a narrow focus are usually more appealing to men.

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**Secret # 40.** Anxiety and depression are not caused by a lack of drugs. Drugs do not heal the underlying causes of anxiety and depression. However, when drugs are temporarily used to give a person a window of relief to do the inner work necessary to heal the underlying causes, they can be useful. So it may be necessary to take some medicine for a period of time while you are receiving

counseling so that you are better able to better focus on and resolve your differences.

### 10 WAYS TO AVOID INFIDELITY

**Secret # 41.** Marriage requires a daily commitment if it is to withstand the challenges of life. Although our commitment on our wedding day was of great importance, our commitment needs to be renewed daily. This commitment is reflected in the way we treat each other and our commitment to remain true to our spouse in our interactions with others.

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**Secret # 42.** The best offense in warding off the intrusion of an affair is to have a rewarding, satisfying marriage that meets the needs of both partners.

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**Secret # 43.** An unfortunate reality is that spouses are more vulnerable to flirtations and sexual advances from others when their sex life is unhappy at home. Therefore, it's critical to not only make time for sex but to have open communication with your spouse about your sexual needs.

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**Secret # 44.** It is important to lock your heart against flirtations and sexual advances. This is best done if you and your spouse openly discuss the things you can do to avoid an affair. As you discuss ways to keep your marriage strong, you will garner strength to prevent an affair from happening. It is also important to commit to letting each other know if you are feeling vulnerable or if a situation has the potential of turning in a direction that may get out of control.

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**Secret # 45.** Common situations that could create temptations are business trips, business parties or at work in general. It's important to discuss as a partnership what boundaries should be set to avoid undue exposure to temptation.



A very important boundary would be to never go to lunch or dinner alone with a co-worker of the opposite sex. If you plan ahead, potential problems are easily warded off. If your boundaries are challenged by a co-worker, explain that you and your spouse are committed to keep your marriage safe, and have chosen these boundaries.

Don't make the mistake of implying that it's your spouse's idea and not yours, this would severely undermine the intent of the boundaries and bring into question your commitment to these boundaries.

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**Secret # 46.** In many cases, the first step down the path of infidelity starts with individuals sharing intimate personal information with each other on a regular basis and not confiding in their spouses. Either party could mistake this for feelings of intimacy, and secrecy only encourages this intimacy to grow.

Other warning signs to be aware of are an increased excitement about seeing someone particular. Other dangerous settings include alcohol and drinking when your spouse is not present or if you feel vulnerable because of feelings of loneliness, rejection or anger towards your spouse.

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**Secret # 47.** Let there be no confusion of the fact that online involvement with the opposite sex is a very dangerous activity and robs your marriage of commitment, focused energy and honesty. Some claim it is harmless; however, it will lead so quickly to an affair that your head will spin. **DO NOT GO THERE!**

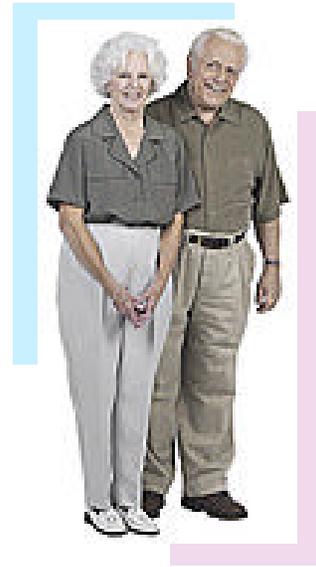
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**Secret # 48.** Trust is a key component in strong marriages. When there is trust between couples, there is no jealousy. You are trusted to do the right thing at all times. Once you have earned the trust of your spouse your life becomes easier. Because of that trust, we work harder at living worthy of the trust and avoiding things that may chip away at our marriage commitment.

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**Secret # 49.** Typically, an affair begins when one partner feels their needs aren't getting met. They may hint that they need more attention, but the other spouse assumes everything is okay and doesn't act on taking care of their spouse at that time.

If the needy spouse comes across someone at work, or in the neighborhood or at a party who shows them attention, their self-esteem is strengthened through that flirtation. If this process goes unchecked, they will soon find themselves seeking support from someone outside their marriage and the seeds have been sown for an affair.



**Secret # 50.** With all that has been said, don't let the perpetrator of an affair try and blame you for their actions. Even if they felt that their needs were not being met, there are so many other avenues that could have been taken to help work through their problem.

These avenues would have strengthened the marriage and opened up lines of communication that would benefit the marriage for years to come. Taking the low road to an affair clearly shows their level of commitment, or lack there of, to your marriage.

## 10 SECRETS TO IMPROVE YOUR MARITAL FINANCES

**Secret # 51.** Statistics show that 43% of all married couples argue over money issues. This data speaks loudly of the major reason most couples fight. If one is frugal and the other spends money like it's going out of style, it can't help but create problems in your marriage.

Therefore, the earlier you and your spouse talk about spending habits the better. It's important to establish spending expectations, set goals and decide on a financial plan for your family.

**Secret # 52.** It's important for newlyweds to realize that they will not be able to live at the same standard as their parents when they first get married.

It took their parents a lifetime to create the financial stability they now enjoy, so new cars and nice homes are a goal to work towards. The reality is they may

need to drive a clunker car and live in an apartment while they get their education and begin their climb up the corporate ladder.

Those days of 'poverty' will be looked back on with fond memories as they remember how they pulled together and sacrificed at the beginning of their life together.

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**Secret # 53.** Problems in the marriage due to money can chip away at a couple's financial stability. An important key in resolving these problems is to not eliminate the differences but to understand each other's viewpoint on these matters and work for solutions. It's important to recognize each other's feelings behind their approach to spending money.

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**Secret # 54.** A good way to start building bridges of trust and communication regarding financial matters is to focus on long-range financial plans and goals. It's much easier to agree on saving for retirement or a college fund for children. When these long-range goals are set, it's easier to manage the money here and now and develop a unified approach rather than attacking each other's view on who money is spent on a weekly basis.

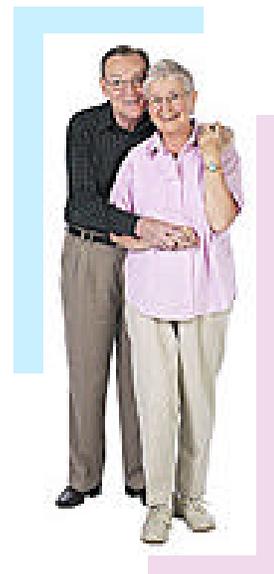
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**Secret # 55.** As with anything you do as a parent, your children will learn their money handling skills by modeling how you handle money. Take advantage of money teaching moments to help teach your children important financial skills.

One valuable tool is to provide an allowance for them to manage their spending on 'non-essential wants'. Little children will budget for toys or candy while older children may need to be sure they use their lunch money/gas money etc. well so they can do all that is required or desired as a teenager. This will allow them to learn life lessons that will help them greatly when they are living on their own.

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**Secret # 56.** Kids will be kids and they are often impulsive. This is especially true when it comes to handling



their money. A child will be well served to learn from their parents the importance of comparing choices, alternatives and the consequences of these money decisions.

This reflective thinking will teach them to reflect upon a decision before and after to assess if they have made the best choice. (This is not the time for the parent to say, "I told you so.") One idea to help them be more reflective and less impulsive is to not buy an item the first time they see it at the store.

Then when they return, they can consider if they still want it, or even remember to go look at again. Another idea would be to put a notation about this item on the calendar the day they first desire to buy it, if they still want it in a month, then they are on their way to reflective rather than impulsive buying.

**Secret # 57.** As long as you are teaching your children life's lessons, it's important to teach them that they can do more with their money than just spend it on themselves. Encourage them to be more compassionate and caring by sharing their money with worthy causes.

Once again, it's important for you to model this behavior. Although writing a check to a worthy charity is a great start, consider a charity that may have special meaning to your family. For example, if family or friends have been afflicted with Alzheimer's, diabetes, kidney disease, cancer, brain tumors etc. consider making a donation to those charities and have your children participate.

Don't forget that when you model charitable behavior, include volunteering at your child's school, the local food bank etc. so that they will learn early in life the joy of helping others.



**Secret # 58.** Remember, if your children do not learn financial responsibility as a child, they will have to learn it as an adult and that can be a much costlier lesson. Along with giving your child an allowance, give them guidance to help develop a balanced perspective about money. Their financial

education should include encouraging them to save, invest, and make donations as well as spending money.

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**Secret # 59.** Developing a work ethic in children is a learned behavior. Obviously, if you want your children to work hard and glean satisfaction from their efforts, you will need to be sure you are modeling the correct message.

Work with your child, especially when they are young so they can better understand your expectations, receive positive reinforcement and learn the joy of a job well done. (That, of course, will require you to be joyful and express your satisfaction of the completed work.)

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**Secret # 60.** On a more serious note, there are extreme money tendencies that can evolve into a money disorder. This can cause major chaos within a family and will obviously send the wrong messages to your children.

There are a variety of money disorders that can range from excessive chopping that creates huge credit card debt, to excessive frugality. Any extreme money tendencies not only confuse your children on appropriate handling of money, it creates insecurity in their lives as well.

## 10 SECRETS to CREATE a LASTING MARRIAGE RELATIONSHIP

**Secret # 61.** There is a story of a Cherokee elder who was sitting with his grandchildren. He told them, 'Life is like a terrible fight between two wolves. One wolf is evil: he is fear, anger, envy, greed, arrogance, self-pity, resentment, and deceit.

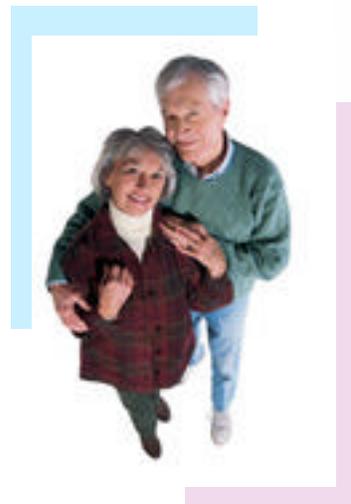
The other wolf is good: joy, serenity, humility, confidence, generosity, truth, gentleness, and compassion. One of his grandchildren asked, 'Grandfather, which wolf will win?' The elder looked him in the eye and replied, 'The one you feed.' Although serious relationship problems need to be addressed, there are many minor issues that should be given less attention.

It really doesn't matter if your spouse puts the toilet paper on 'right', you will be much happier if you focus more on the good things about your relationship than get mired down in the thick of thin things. Remember, an important word to use sincerely and often is 'I'm sorry.' Would you rather be 'right' or would you rather be happy?

**Secret # 62.** A romantic relationship happens because you have hopes and dreams for a happy life together. Your relationship will be fulfilling as long as you pay attention to what inspires those hopes and dreams. A weekly date night will help strengthen and focus these hopes and dreams. Husbands want private time with their wives - not just for sex, although that's important--but also to do activities together on their own. Then they can spend time on building and reinforcing their relationship.

**Secret # 63.** One way to strengthen your relationship is to plan activities with your spouse. It can be as simple as cooking, gardening or being involved with any variety of hobbies. It can be a more planned activity to attend a museum, cultural or social event or involvement in family activities.

Although you may not be a golf enthusiast, if your spouse is, try it sometime for fun. It is important to have some similar interests and also an appreciation for your spouse's favorite interests.



Even if you don't share that same interest, learn a little about it so you can appreciate their enthusiasm. When a couple shares interests, it keeps them involved with each other's lives.

**Secret # 64.** You don't have to have a perfect relationship to plan fun activities. Your relationship will be benefited in many ways because when you are happy there is a natural sex appeal about a happy person.

When you're living a full life with both peaceful and adventurous activities, your spouse will want to spend more time with you. Some activities could include: a

community class to learn about kayaking, gourmet cooking, or drumming. Make a list of places in your town or a nearby one that you'd like to visit.

Search the local newspaper for plays, concerts, new movies, museum exhibits, neighborhood fairs and festivals, and new restaurants that are advertised. Branch out, learn new skills, and broaden your world. Not only will this bring more joy to your life, it will strengthen your relationship as you spend time together in enjoyable activities.

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**Secret # 65.** If you desire a happy, peaceful relationship, you will need to be a happy, peaceful person. This may require you to work on a few things about yourself before you try and fix your relationship. Once you are stabilized, it is much easier to work on stabilizing your troubled relationship.

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**Secret # 66.** A big mistake that many people make is to wait and see what will happen to their troubled relationship rather than take steps to create a more satisfying life and relationship.

Would you prefer to spend your time with someone who is always miserable or unhappy, or with someone who is doing interesting and fun things to enjoy life? Enthusiasm and a sense of fun are powerful aphrodisiacs that attract others like a magnet.

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**Secret # 67.** As a rule, men typically don't seek outside help for their relationships. They prefer being able to figure something out on their own. Men, by nature, are trained to be independent and self-sufficient. They would rather learn from doing than from discussing. So it may take a while to strengthen a troubled relationship with your husband.

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**Secret # 68.** If you hit a rocky road in your relationship, try and keep an open mind when looking for solutions rather than work off of preconceived notions on what you used to think you would do in that situation.

You may have said if your spouse ever had an affair you'd get a divorce. However, every situation is different and there is no cookie cutter answer for every case. Thus, it's important to look very carefully at the details of your situation and any extenuating circumstances. You are in a better position to make a decision when you consider all the facts.

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**Secret # 69.** If you want a perfect marriage partner, then you need to work at being the perfect marriage partner. It's easy to criticize your spouse for not being perfect while we ignore our own imperfections.

We need to focus on what we can do and give to our relationship rather than on whether or not our spouse is putting forth an equal effort. As we have a balance in our life between family, friends, work, sports, hobbies, recreation, and other interests, we will be less likely to hyper focus on the imperfections of our spouse.

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**Secret # 70.** When your spouse expresses serious concerns about your relationship, take a step back to give them space, and then work on something you can do to strengthen you both emotionally and physically.

These steps could include: working out, pampering yourself with a massage or pedicure, walking or hiking, gaining support from close friends, listen to uplifting tapes, read a book about some one who overcame a difficult time, attend religious meetings at your church, temple, or mosque and consider individual counseling.

## 10 ROMANCE SECRETS to SPICE UP YOUR RELATIONSHIP

**Secret # 71.** Keeping love alive in a marriage requires work and communication. If you feel like you have fallen out of love, take some time to list

why you think you are out of love, then decide if those reasons really will prohibit the rekindling of your love.

Next, make a list of the things that attracted you to your spouse, the things you loved about them. Those things are still there; they just need to be rediscovered. If you find yourself in a loveless marriage, you don't have to keep it that way. Look for ways to make your partner's life easier and to show your love.

Your marriage should be worth the work to rekindle the love you had before. As you put forward these efforts, you will grow both as a person and as a spouse.



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**Secret # 72.** Romance is more than just a candlelight dinner. It is looking for opportunities to pamper and spoil your spouse.

Pampering could include letting your spouse sleep in late while you get up with the kids, or having them sit down and relax while you clean up the dinner dishes.

This pampering should include comments about nothing is too good for your sweetheart, etc. It wouldn't hurt to include a hug or kiss with this comment as well.

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**Secret # 73.** Do you remember when you used to just talk? Not about who's going to take out the trash, pay the bill, or book the flight, but just talk to be with each other.

Most couples don't talk anymore-unless they have something to communicate, a decision to make, or a task to complete. But the most important thing about talking to each other is not communicating; it's connecting. A "Talk Charge" is a 60 second personal conversation with your spouse about something non logistical.

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**Secret # 74.** Touch your spouse in a loving way at least 3 times each day. It is not foreplay or a sexual advance; it is purely for the sake of connecting at the

moment of the touch. When either of you are leaving or returning to the house, give your spouse more than a quick peck. Give them a kiss that will help them feel your love while they are gone or show that you are glad they have returned.

**Secret # 75.** Even though you both have busy schedules and you may not feel like you have enough time to get the basics done each day, take time to be intimate. Sex is a basic human need that has to take priority over other things, if you have a sexless marriage, feelings of being taken of granted or uncared for will creep into your marriage. As you set this as a priority, the other things in your life will fall into place as your marriage is strengthened.

**Secret # 76.** It's difficult to have a successful marriage and experience true love without spending at least one night a week together that is free from distractions of family and work. Have some fun with date nights, experiment with silly and inexpensive dates. Experiment and find fun things to do together.

Take a board game to a coffee house, climb a tree together, go to an amusement park, or have a picnic in the park. Whatever you do, focus on each other. Date night is not about what you do; it's about you. By the way, a true date night includes activities where you look at each other, not at something else.

So if you are movie buffs, dinner before or dessert after will give you that time face to face that really constitutes a date night.

**Secret # 77.** In addition to having a weekly date night, you should also plan romantic retreats. The retreats should be at least 2 nights and 3 days so you can more fully tune in to each other.

Occasionally, plan a surprise weekend retreat. It doesn't have to be expensive or complex, although those are fun occasionally too. It could be as simple as a picnic at a park in a nearby town and staying the night to explore the town the next day.



The idea is to spend quality time together where you don't have to worry about kids, work or things around the house. You can just worry about each other's needs.

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**Secret # 78.** A fun thing to do for your loved one is to hand-write a love letter. It's easier to write a love letter when you are in a good mood so keep this in mind the next time you've had a great day and want to do something special for your spouse.

You could also consider buying a sound track from a movie you both enjoyed. It makes a great surprise gift and you can take it a step further by picking out a song that reminds you of your spouse and tell them some positive reason why it reminds you of them.

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**Secret # 79.** To be sensitive and caring doesn't require a lot of work; it just requires you to be a good look out. Be on the lookout for ideas for birthday, holiday, and anniversary gifts, plus no reason surprise gifts. Not only is it fun finding the perfect gift that you know they will appreciate, it is fun seeing the joy you will bring to them as they open a gift that took time and effort to find.



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**Secret # 80.** The human touch is a vital part for us all to stay healthy, so in addition to holding hands, hugging and touching, offer foot, shoulder and full-body massages to your spouse. If no strings are attached, you will still be amazed at the brownie points you'll earn for your relationship bank account. A relaxing massage tonight may mean some amazing intimacy tomorrow.

## 10 SEX SECRETS to SPICE UP YOUR MARRIAGE

**Secret # 81.** Lets just make it perfectly clear up front, marriage does not assure you of unlimited great sex. The strength of your emotional intimacy with your spouse has a direct impact on your physical intimacy. Developing good communication, sensitivity, empathy and a host of other qualities that will build your emotional intimacy will require work and determination. Only then does the truly great sex follow.

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**Secret # 82.** A sexless marriage is not a marriage doomed to divorce, but it is a marriage with a serious problem. There are many feelings that occur in a sexless marriage such as feelings of loneliness, listlessness, confusion, lack of confidence and others.

They are challenging feelings to overcome, but not insurmountable. It's important to discover the reason why you and your spouse are no longer sexually active, once this has been figured out and resolved, other things will fall into place.

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**Secret # 83.** You might find the need to include in your busy schedule time to be intimate. Although spontaneity is great, which would you prefer, sex between two exhausted people, late at night after the kids are down, the dishes are done and the laundry is washed.

Or perhaps it's more appealing first thing in the morning, half asleep, with bad breath? Now picture a wife climbing out of a relaxing candle light bath applying enticing lotions and meeting her husband in bed with a smile and a twinkle in both of their eyes.

If sex is important, it is worth treating it as a key part of keeping yourself and your family running smoothly and being sure to include it in your busy schedule. If it's in the schedule, you'll find other opportunities for spontaneity.

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**Secret # 84.** A fun way to initiate intimacy is to seduce your husband. Men are visual and seducing him in a sexy nightly as you whisper flattering and suggestive words will heat things up quickly. Tease him, but don't be a tease.

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**Secret # 85.** Husbands, believe it or not, great sex can start in the kitchen. Consider helping wash the dishes, taking out the trash and letting her know that she is appreciated. Exhaustion and sex do not mix...so help her avoid exhaustion and you'll have many more rewarding nights. Plus, you might be surprised and how enjoyable working side by side with your wife can be.

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**Secret # 86.** Remember, sex is not a quick run to the finish line, take time to have fun, relax and enjoy the build up to sex. Consider music, a back rub and cuddling to help evolve to the grand finale.

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**Secret # 87.** Try to keep your spouse guessing, surprise them with flowers, a note on their windshield, in their lunch or brief case. Call them by their pet name in an e-mail that is filled with code words of intimacy that only they will understand. It sets the tone for the day, and can continue into the night.

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**Secret # 88.** Did you know that sex in a loving relationship has many health benefits? When women have sex it triggers the release of oxytocin. This promotes feelings of affection and triggers a nurturing instinct. When men have sex, it encourages the flow of testosterone and testosterone strengthens bones and muscles. It also helps transport DHEA, this is a hormone that may be important in helping the body's immune system function.

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**Secret # 89.** Men, did you know that one very important key to increase your sexual desirability in the eyes of your wife is your ability to affect her mood in a positive way? Your ability to do this depends greatly on your ability to communicate with your wife. As you master the ability to get

your wife in a good or positive mood you will master your ability to better communicate with your spouse and become more sexually desirable.

**Secret # 90.** Sex alone will not sustain a marriage relationship. It's critical that both partners take responsibility for their part in building a relationship that has intimacy, passion and communication. It takes a lot of work to balance spontaneity, playfulness and novelty with predictability to create an intimate framework that will survive for the long haul.

## 10 SECRETS to BALANCING YOUR WORK and LIFE

**Secret # 91.** Fathers, you may be a hero on Wall Street or in your office, but the most important hero you can be is to your children. Don't spend so much time at work solving the problems of the world and that you have no time to help your family solve their problems of the day.

It's important for children to look up to heroes like Martin Luther King, Abe Lincoln or Paul Revere, but it's even more important to have a hero close to them at home. Then they can ask questions and talk over their concerns of their life one on one. When all is said and done, the most important work you will ever perform will be within the walls of your own home.



**Secret # 92.** Some of the most successful people know the importance of having balance in their lives by setting aside time for their family and recreation activities. You will be more effect at your work if you keep a balance in your life.

**Secret # 93.** Many therapists stress that taking a break from your busy work routine can help benefit your mental and physical health. If we take a hint from nature we realize what farmers have learned, there is great value of letting the soil in a field rest for a season so it will be more fruitful at the next planting.

**Secret # 94.** Today more and more people are having problems with burnout, low productivity, insomnia and stress related illnesses. This is due to a lack of balance between our work and personal lives. Without balance, we can't truly be effect in any of our life's endeavors, so it's important to take time for our personal needs so that we can be more effect in our work needs.

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**Secret # 95.** Consider scheduling an entire day every few months where you have nothing on your schedule. It doesn't matter if you stay in your pajamas all day and read a book or make impromptu plans to go to do something relaxing like get a massage, take a walk, hike or a movie. Just keep a day open to enjoy life and allow your mind and body to be rejuvenated.

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**Secret # 96.** Being successful isn't only about your career and your possessions, it's about waking up every day and feeling good about the person you are and the life that you have created.

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**Secret # 97.** One way people are trying to get out of the rat race and create more of a balance in their life is by working from their home. This can create it's own set of problems; however, if you can focus on setting a work and home schedule, blending the two environments can be very rewarding.

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**Secret # 98.** As a side note, there are times when mixing work and home life and be beneficial to everyone within the home. If you work from the home try and adapt ways to fit your work demands in with your family, this flexibility can really personally enrich your efforts and make working at home even more enjoyable.

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**Secret # 99.** Another way to balance your life is to take the time to figure out what your real values and priorities are in your life. Once you are clear on what really matters in your life, it's easier to say 'no' to the things that will take you away from your priorities and 'yes' to the things that will help you attain your goals and priorities.

Keep in mind that there are things each day that will surface and present themselves as a block to the balance you're trying to achieve. Just keep focused on your true priorities and you will be better able to side step these blockers. Remember, who we are is not our career; it is a balance of our family, our work, our church, our community and who we are as individuals.



**Secret # 100.** It's critical to realize that if you don't create balance in your life and are addicted to your job, then you will very likely lose everything that is of value to you, just like a drug addict.

Without balance you could lose your family, lose perspective at work and have degrading performance and ultimately lose your job. So take the necessary time to invest in the things that really matter in your life so that everything else will come into balance.

**Secret 101.** Perhaps the most important secret to a great marriage is the idea that you can never change your partner, no matter how hard you try.

The number one mistake we make as spouses is that we try hard to change our spouse through criticism. It doesn't work and it never will.

All forms of criticism are destructive. If you spend the same amount of energy simply **improving yourself, rather than criticizing your partner**, you'll find that you'll be happier and that your partner will start responding to you more positively.

You see, the more you change yourself into the person you think you should be, the more your partner will change into the person you want them to be. Focus on **YOU** and the rest will take care of itself.



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