

7 SECRETS TO A HAPPIER MARRIAGE

Inside information can be a wonderful thing. In an instant you can get a tip or guidance that can change your life forever. In an area like marriage, a secret tip can make you happier, more fulfilled, and even healthier. It can literally help you enjoy a better life.

We have found these "**7 Secrets to a Happier Marriage**" to be the most useful secrets to the greatest number of couples. They will help you think about the ways you can strengthen your relationship.

- 1. The "One Minute" Secret**
- 2. The "Best Sex" Secret**
- 3. The "Cats and Dogs" Secret**
- 4. The "Last Laugh" Secret**
- 5. The "Lavish Praise" Secret**
- 6. The "Chemistry" Secret**
- 7. The "Big Dream" Secret**



1 The "One Minute" Secret

When you both return home after a day of work, before you do anything else, spend 60 seconds sharing a hug and a kiss, looking into each other's eyes, and talking.

Put a GREAT picture of
the two of you here!

It's this simple: when you come in the door, FIND YOUR SPOUSE. Go to him or her and offer 60 seconds of affection and attention. If you're the first one home, when your spouse arrives, stop what you're doing and give your mate 60 seconds of affection and attention.

What happens between you on a subconscious level is extremely important. Pressing your bodies together, focusing on each other for a full 60 seconds (and that is longer that you think), soothes your subconscious. It says warmth, home, love, and security in a very primal way.

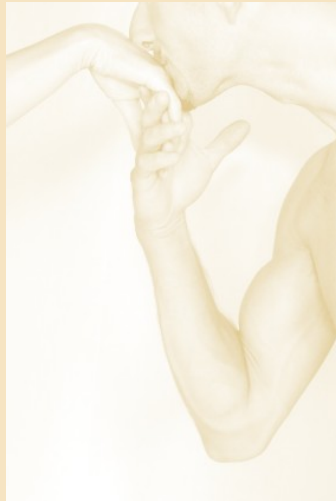
2 The "Best Sex" Secret

MEN — Become a master masseur.

It has been said that when it comes to sex, women are like ovens and men are like stove-top burners — quick to get hot. One of the surest ways to get good at relaxing your wife and creating a real physical connection is to get good at massage. A 20-minute foot massage at the end of the day. A caressing neck massage at bed time. A lower-back massage with some scented oil. These sensual acts show your commitment to her pleasure and can chase away all the thoughts and pressures of the day that can get in the way of physical intimacy.

WOMEN — Seize the day. Initiate sex with your husband!

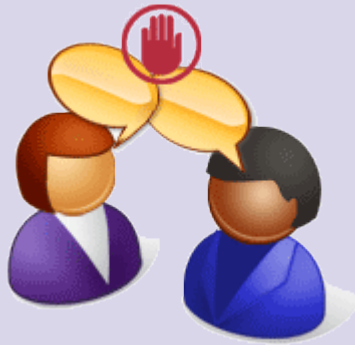
Men love it when women initiate sex. Plan to make the first move once a week, and make him an offer he can't refuse.



3 The "Cats and Dogs" Secret

When you are arguing with your spouse, call a time -out and take turns stating the other person's argument in your own words.

You can even say, "TIME OUT!" Each person must repeat the other person's side of the argument to his or her satisfaction before the debate can continue.



Every person in this world wants to be understood. When you interrupt the fight and say to your spouse, "I REALLY need to hear and understand what you are saying," your subconscious message is, "I value you and respect you. What you are saying is important to me."

And when people feel understood, the anger often evaporates.

The "Last Laugh" Secret

Get serious about laughter. Grab a pen and make a list of five things that your spouse thinks are humorous. Pick one up and share a laugh tonight.

5 Things My Spouse Finds Humorous:

- 1.
- 2.
- 3.
- 4.
- 5.

Maybe it's a DVD or humorous book. Perhaps your children did something hilarious or you heard a great joke at work. The point is, be on the lookout for stories and laughter-inducing incidents to share with your spouse.

Studies show that couples who laugh together on a daily basis have less stress, better sex, and a stronger connection. People also look forward to seeing an individual who helps them laugh...and that's no joke.

5 The "Lavish Praise" Secret

Recognize your spouse's best traits and praise them regularly to create a reservoir of good feeling and appreciation.

We're not talking about an occasional "Nice meal." This is a scheduled and deliberate effort to pinpoint and praise the things that make your spouse special.

Create a short list of the five ways your mate is truly outstanding...and start praising him or her for one trait every day. Start tomorrow. When you get to the end of the list, begin again.

Five ways my mate is truly outstanding:

- 1.
- 2.
- 3.
- 4.
- 5.

Over the years together, couples tend to take each other for granted, but people need praise. Just hearing the love of your life say, "Wow, I really appreciate the way you...", will create a dynamic of affection and appreciation.

6 The "Chemistry" Secret

Keep your eyes open for things that your spouse thinks are sexy. When you find something he or she likes, buy a gross.

Within the limits of your authenticity, you want to be what your spouse thinks is sexy.

If you hear your wife say, "I think you look great in those jeans," go out and buy three pairs. When your husband says, "I love that perfume," keep some on hand.

Of course, this suggestion really has impact when we talk about non material things. If your wife responds to your holding her hand when you walk together, hold it every chance you get. If your husband thinks it's sexy when you give him a neck massage, look for every opportunity to do it. Make a habit of doing the things that build sexual interest in your relationship.

My spouse likes:

- 1.
- 2.
- 3.

7 The "Big Dream" Secret

Build a BIG DREAM for your relationship and watch your life together take on a new passion and sense of adventure.

You probably have a dream for your children and a dream for your retirement, but how about a dream for your relationship? Where do you want your MARRIAGE to be 10 years from now?

We're not talking about trips and vacation homes. The first step in dreaming about your relationship is getting concrete about the relationship you hope to have in ten years. Here's the best way to do it:

Grab a piece of paper and write down 5 things you want your spouse to be able to say about you to his/her friends. Some examples might be: "Sarah, really shows her thanks and appreciation when I make sacrifices for our family" or "Sarah is great at giving me perspective and helping me see the positive side of our challenges."

5 Things I Want My Spouse to Say About Me:

- 1.
- 2.
- 3.
- 4.
- 5.

Once you've created your list, you have your first set of goals. You can start today working on this set of goals and periodically checking to see if you're consistently making the grade.

Remember, the REAL power of dreaming comes when you set goals that are HIGH. A lofty goal has a way of making you rise to the challenge.