



MARRIAGE BLISS

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How To Have A Wonderful
Marriage And Grow Old Together

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Foreword

Unhappy people who think that ending their marriage would make them more pleased are frequently living a myth. Chances are that they've ascribed the failure of the marriage to their mate, relinquishing introspection. Blaming the other rather than oneself becomes the favorite pursuit, the handiest means to walk away.

By failing to admit their own debilities, and not recognizing that they've entered the marriage with absurd demands and unrealistic expectations, they unconsciously freed the forces leading to a likely separation.

There's likewise the phenomenon of short memories. Somehow, the same people who vowed to support one another have forgotten their commitment and vows to love one another through thick and thin.

Our modern society has become a disposable society. When our once dear partner is no more of use to us, we call our attorney and instruct him/her to initiate a divorce.

Truth is, is that divorce has an atrocious side to it. It's the simple way out for individuals who haven't an ounce of bravery to salvage what deserves to be salvaged.

Marriage Bliss

How To Have A Wonderful Marriage And Grow Old Together.

Chapter 1:

The Bad Side

Synopsis

Divorce un-builds and unties what took years to nourish, and sadly, frequently the only individuals who benefit from it are greedy attorneys who will utilize every trick in the book to strip the other assets, till no remnant of the person's investment - physical, monetary and emotional - persists.



The Damages

While divorcing couples spend their mental energies charging the other with causing anguish and disharmony, they forget that the youngsters suffer in double - triple doses. Couples blank out that the sentiments of youngsters are more delicate and harder to mend. This is when the concept of human selfishness and self-interest become transparent. It's odd how the true character of individuals comes out when they're the actors in a divorce.

The conclusion not to be swayed by the lows of a relationship mirrors strength and integrity, let alone the power to see beyond one's personal sadness. And by saving the marriage, more than one human is saved.

This is the essence of this e-book in your hands right now; maybe the most crucial that you'll ever read.

Getting married is entering into a contract - but it's likely the one contract that's the easiest to break because divorce has made it simple for husband and wife to walk out when they go through a distressed period in their life, albeit impermanent.

Just think - attorneys will fight tooth and nail to protect businesses in their contract relations or between you and your landlord, your auto-mechanic and your physician, but can't prevent you from breaking up with your mate. In fact, they'd even counsel you to break up your marriage and then discuss division of belongings as the next logical step.

Marriage is the sole contract that anybody can break, at any time, and not be held responsible for it.

From a cost position, divorce may be economically damaging not only for the state but likewise for couples.

Think about these figures:

US divorces cost the nation \$33 billion annually or \$312.00 per home;

The average divorce in America costs state and federal authorities \$30,000 in direct and indirect costs. Direct costs to the state include youngster support enforcement, Medicaid payments, temporary assistance to needy families fund (TANF), food stamps and housing project assistance.

To the couple, divorce costs about \$18,000 and this would include lost work productiveness, relocation costs and legal fees that vary vastly, depending upon the nature of the divorce and the state of affairs of the couple.

There are other reasons why divorced individuals don't end up happier:

Depression symptoms do not necessarily diminish with divorce, nor did divorce raise people's self-esteem;

Unhappy marriages were less common than unhappy spouses.

Chapter 2:

Why Work On Your Marriage

Synopsis

It all boils down to mental attitude, doesn't it? Cynics have named marriage the "old ball and chain." Many happily wedded individuals disagree, as they don't view marriage as bondage and slavery, where one's innate instincts and desires have to play second fiddle to the felicity of the other half.

Happily wedded couples state that marriage has taught them to accept each other's fortes and possibilities. They argue that by exercising that, they transform themselves from the average to the extraordinary.

Marriage consequently is an "enabling" sort of situation where it means the freedom to be who they truly are, to reach for the stars and discover what they're meant to be without ridicule or rejection.

Why You Should

A lot of us have read reports that deliver the message: married individuals are healthier and happier, and hence live longer than single or celibate mortals.

For one, there's the emotional support they get when the going gets rough, and the fact that married life supplies the opportunities to maintain communication between two individuals, even if one of the mates just wishes to vent. In fact among the reasons individuals say they like being married is the assurance that there's somebody they may come home to at the end of a difficult day.

“For better or for worse” is yet very much a strong argument for getting - and remaining - married. While some individuals would be too shy to admit it, the love and support in times of sickness may speed up recovery.

People in fact like the “for better or for worse” aspect of wedlock because it tells them that regardless what occurs, somebody will be around.

It goes beyond having a surety or safety net. It's the knowledge that they may count on somebody when times are tough, and that alone returns a considerable degree of peacefulness and a sense of calm for the soul.

And here's a romantic - but real - notion of wedlock, to which happily married couples will concur: “Marriage moves us from ego to we-go.

The single self switches from me first to the sacred union of us...values like love, honesty, regard, fidelity and dependability form the engine of a great marriage. Little benignities are the oil. Without the oil, it will grind. With it, it slides.”

And how about the barest reasons for marriage like: cockamamie little jokes, hugs and cuddling, traveling together, expressing joy together, quiet times together, mutual acquaintances, sexual intimacy, pillow talk, kissing and making up? Can anybody truly put a price tag on these simple pleasures? Don't they echo the saying that the finest things in life are free?

Oh yes, there is love in relationships, but there's deeper love in a marriage that is on its way to its 25th or 50th year. Individuals who have remained happily married are those who recognize gradually that there are really two marriage contracts, not simply one.

The 1st contract is what everybody is acquainted with - the one that the clergyman in a wedding ceremony makes official. The 2nd contract is what couples call the silent contract. It's secret, implicit and mostly unconscious. It's this 2nd contract that assigns standards and behaviors our partner ought to fulfill.

The distinctive feature of this contract is our secret belief that our own feelings, needs, and sense of what is correct are most crucial. One's expectations of the other may carry risks and may lead to clashes, which couples attempt to resolve among themselves.

Regrettably, as mentioned earlier, these conversations are seldom objective or profitable, given that people rarely ask if their expectations are fair and sensible - they simply complain endlessly.

Happily married couples are those who comprehend this 2nd silent contract and all of its ramifications.

Happily married couples are those who carry on investing in the marriage, knowing that for love to prosper, it takes hard work and hearty amounts of creative thinking.

Love and physical attraction might take the backseat, particularly when the youngsters arrive, but fulfilled couples know that they have to stick it out, through thick and thin, for the sake of the emotional welfare of the youngsters.

When couples consider others and not just themselves and make a continuing attempt to make the marriage work, they've made the best investment they may ever make and they firmly trust in this.

The motivation to make the partnership work is frequently the secret of happy marriages.

Chapter 3:

You Have To Be Friends

Synopsis

Friends are forever. Even if we move out of town or move abroad, we preserve our friendships.

We surely don't divorce our friends just because of a misinterpretation, so if we treated our mate as a dear friend, we likely won't ever need a divorce attorney and go through the awful exercise of property division - a course that may spell financial downfall for many.



Maintain It

As love is less permanent (we fall in and out of love a few times in our life) and friendship more lasting, every attempt has to be made to make our mate not only a lover and a partner, but likewise a friend.

Friendship is apparent manifestation of maturity. Marriage is an obligation larger than life, and may be a source of bother or profound joy. Only when we turn those bothers and joys into building blocks for a lasting friendship can we say that we've taken the unbendable path to a marriage made in heaven.

If there's true friendship between husband and wife, the marriage wards off landing on the rocks. Rather it becomes a rock-hard marriage where no person or circumstance may put it asunder.

As a matter of fact, it's the genuine friendship between two individuals that put more meaning in the words, "for richer or for poorer, for better or for worse, till death do us part".

Friendship in a marriage implies that the marriage will be fraught with memories of laughter and humor, for didn't we pick those friends who made us laugh the most? Didn't our mothers forever tell us, "When picking out a husband, count the times he made you laugh."

Friendship likewise means open and honest communicating; a no holds barred type of union where our comfort level with our mate goes beyond

100%, assured that what we say and how we say it won't be labeled or taken in a damaging light.

If you speak to married individuals, a wish they frequently express is that they stay the best of friends and the closest of companions. Surveys in point of fact reveal that if there's one component that will enable a couple to brave the tough times, it's friendship.

As a celebrated poet once stated, "No man is an island." friendship is the counter poison to loneliness. Getting married doesn't mean that individuals will never go through loneliness, "but it does decrease our sense of separateness.

Friendship between couples yields wholesome feelings of goodwill and fidelity. Our mate - our friend - has our interests at heart, won't betray us and will be our most steadfast supporter. Friendship likewise makes spouses solider; this strength is reinforced by the delight of shared history, of nostalgia and designs for the future.

Romance is a great thing, and we could utilize heaps of it when our relationships become rocky. But mature friends know that romance may be a barrier to friendship.

How come? Because romance hides the darker side of our existence - our fears, anxieties, and insecurities. Yet, it's those concerns, anxieties and insecurities that by nature draw us to our friend.

Friendship in a marriage produces the recognition that flux, de-stabilization and disturbance are the first steps in the dynamic procedure of repair, reconstructing and replenishment.

Familiarity doesn't breed contempt. It breeds content. A sensation of contentment equates with satisfaction, fondness, and unwavering assurance. Sharing a life together in love and friendship makes for a book that has deeper and thicker in shared stories, in content.

If you were to ask a happy unmarried man and a happily married man to each compose their stories, you'd get a favorable narration from both.

The single individual's perspective would however be I, me and myself - and perhaps a string of blind dates and Saturday nights lonely.

The married man will discuss "us", of mutual interests - an account definitely made richer because there are 2 stories, not one.

Chapter 4:

Matrimony and Inherent Aptitude

Synopsis

The family is still an all-important unit of the community. When individuals get married, their hopes are linked to establishing a home and family.

Families are ancient institutions. Ever since humans cut across the savannas in search of food, our families have been unparalleled...

Homo sapiens need families to endure, and well done to those millions of parents who are attempting to do the correct thing.



Relying On What You Know

Happily married individuals understand this very basic concept. It is not just their own core that needs caring, but the whole institution of marriage and the social unit called a family.

When marriages prosper, so do families, and as a result, communities everywhere in the world likewise flourish. That's how societies become more substantial and progressive. When the littlest unit survives, the larger ones survive.

I write of families as I love them. When I travel alone far from home, I consider my children's faces to calm myself. I picture them grinning, studying, playing. I picture my hubby's face bent over his guitar or relaxed and refreshed, the way it is on the mornings when we have coffee together. Those faces are my rock. They comfort and secure me. The faces of those we love are the first, the key, rocks for us all.

These are the views that happily married individuals nurture and have in their hearts. If they centered on their rocks rather than on their frustrations and unrealized wants, these are the individuals who have shown an unbelievable willingness of reaching out, of seeing past their own self-importance.

Marriage isn't the extension of the romance addict phase. It's equivalent to a long term commitment that emotionally smart husbands and wives comprehend totally.

They understand, deep in their hearts, that love and passion won't always be on the day-to-day agenda, and might diminish as the responsibilities of their marriage take them to the following level - family life.



Chapter 5:

Consider What You Do and Say

Synopsis

“Don’t sweat the small stuff” is likely one piece of advice that doesn't always work for marriage, as it's crucial to notice the little stuff, if the marriage were to thrive. Most of the true work in relationships is happening in quieter moments in littler spaces.



Some Tips

Quashing bringing up the faulty garage door while your hubby is rushing to meet a deadline and needs to center on his project for a couple of hours;
Attending the youngsters and keeping them away from the kitchen when your wife fixes supper;

Offering to get your hubbies shirts at the cleaners because he forgot to do it yesterday;

Filling up the car if you know that your hubby must drive out of town on a customer visit;

Taking your wife dancing as she's forever loved to dance even if you have 2 left feet and have always despised it.

One thorn in a marriage is income. Chances are mates have their own ways of spending and preserving money. If both husband and wife earn like wages, agree on how to split the home expenses before getting married so no one feels betrayed or deprived financially.

While it was fine to expect him to pay for supper and the film while you were going out, marriage demands a genuine economical partnership. Or, if you know that your hubby is especially averse to un-needed shopping sprees, make an effort to reduce your buying trips and center on the essentials rather than on your impulses. Don't forget to talk over your investment preferences and attempt to stick to a budget and a savings plan.

The same is truthful for sex and politics: if your hubby likes to watch porn as a prelude to making love, let him know that you're not especially in favor of this exercise but do indulge him at times. If your wife likes to visit temple and do charity work in her parish, don't convey any bitterness or complain that she's spending too much time on her fundraising actions.

Work at keeping your mate stimulated intellectually. If there's anything that grates, it's a married woman who constantly discusses what's on sale and a married man who knows nothing but what squads made it to the playoffs this year.

Look backward to wooing days when both of you could talk till the wee hours of the morning as you were interested in what each of you did in the office that day, or how the Dow-Jones Industrial Average sparkled as of news about Intel or Microsoft, and so forth.

Enrich one another with your experiences and vicarious lives. Let the other know that you've an interest in life and what it has to provide, and make every attempt not to be a boring better half by reading more, trying out more, and living more.

A lot of individuals say that youngsters put a damper on the union. Who has time for passion and love when the children are crying their lungs out or running a fever? Or once money has to be foraged for to pay for those expensive dental visits? Raising kids may turn us into impatient, stressed-out beings so if employing a sitter overnight won't disrupt the monthly budget, do so and leave - just the two of you.

But don't utilize that time away from kids to complain about each other's beliefs or to raise preceding incidents!

Rather than looking at marriage blessed with high points or fraught with depressed points, consider it instead as a series of landmarks. These landmarks have to be regarded as chances to make a marriage solidier and more fulfilling. These landmarks become lucid at mid-life where couples have built up a keener sense of time limits and urgency in their want to make the most out of their union and their lives.

The mid-life years are an innate time for reflections: couples now have the benefit of being able to see where they've been, where they are and where they wish to go.

Provide credit where it's due, be generous with compliments and be earnest in your praise. Do you occasionally find yourself wishing that your mate would compliment you the way your boss does following a job well done? A lot of couples discover that as they settle into their union, the compliments or kind kudos are not as frequent as while they were dating.

Making it a pattern to provide credit where it's due and being sincere about your kudos go a long way toward reinforcing health in a marriage.

If you see that your wife works religiously on the treadmill to avoid the weight, did you ever think that she's likely doing this to please you? Saying something like, "You're in such good condition, I'm proud of you" will add

to her confidence and reinforce her mental attitude that she's doing something that's healthy and that you value.

If your hubby is great at the budget, praise him for his skills. "You're astonishing with numbers" will give him a sense of pride, and he will feel significant to you.

Without doubt a lot of authorities and marriage counselors will differ in popular opinion on how to save a marriage, but they all concur on the accompanying key elements of a solid marriage - only the words and the way they're conveyed are changed:

Trust and communicating

Regard for each other's ideas and anticipations

Faithfulness

Physical and intellectual arousal

Preserving their own personalities, but supporting each other's aspirations

Wrapping Up

Much as it sounds awfully outmoded, marriage is a commitment, and people have to make every attempt not to cheapen that commitment in any way. Remaining married is a lifelong effort.

It requires guts. It requires nerves of steel to make a marriage work. A sense of humor and a lower degree of ego may sustain us in that work.

The roadblocks will be numerous, and there will be spots where we'll question our sanity, unsure if we may really hang on.

It will be a massive effort to stay attracted to the same qualities that pulled you to your spouse on the first day you met. Your mate is still the same individual you fell in love with, he has not altered his soul, his being, only his jacket.

So if there's only way to split up, but a 1000 ways to save your union, which path will you pick? Are you going to fall by the wayside or adopt one more challenge?

There's very little substance to saving face or saving dollars; it's much worthier to save souls.