

SAVE YOUR RELATIONSHIP NOW



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Save Your Relationship Now

# Chapter 1: Introduction

## Save Your Relationship Now

*Why do we choose to love?*

**Being in a loving and nurturing relationship is one of the most fundamental needs of both men and women.**

The idea of being loved and being in love with a special someone is ever present in all cultures, across all of written history. There's something about being loved and being in a committed relationship that makes us feel secure and happy.

**Every person on this planet knows how it feels to love and be loved.**

When two people fall in love, both individuals have these ideal dreams about what the future holds for them. There is always this desire for more happiness and stability as you continue loving and living with the person that truly matters to you.

*What causes relationships to collapse?*

As time wears down the thin veil of idealism, couples often find out that loving someone and staying in love takes a lot more work and energy than expected.

Troubled couples discover that personal dreams for the future can clash frequently and even the smallest personal differences can spark raging flames of discontent and anger.

Sadly, many couples allow themselves to be consumed by these flames and soon enough, what was once a rosy garden of a relationship suddenly becomes a smoldering field of ash.

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*“How can people keep their relationships alive?”*

This is actually **one of the oldest questions in the book** and after many, many decades of debate, relationship experts have finally come to the conclusion that relationship troubles arise not because people are fundamentally incompatible but rather, they lack fundamental skills needed to keep a committed relationship alive.

**Fundamental skills, such as active listening, act as the powerful building blocks that will help build a stable and intimate relationship.**

When a relationship is based solely on physical attraction and “pleasure-seeking” activities, almost nothing will bind the relationship together. If nothing is done to remedy this type of situation, the relationship dissolves into thin air and what was once cherished is fractured, sometimes beyond repair.

*Is there a magic bullet for relationship problems?*

**This book was not designed to be a “cure all” for all known relationship issues.**

Such a book cannot logically exist because human relationships are extremely complex due to the sheer number of factors that contribute to their development.

No, this book will give you something much better than a “love prescription.” It will give you the essential tools that you can use to improve your marriage or repair it before it completely dissolves.

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*Why is change important?*

It is my personal belief that only a very small number of people are incapable of change. A person *needs to change* if what he's doing is not producing intended results.

This book is an open invitation for positive change. If you really want to make a relationship work again, you must be willing to expend just a little more energy to fix it *the right way*.

You cannot "fix" a relationship by trying to dominate the other person or by giving in at all times, just to keep the peace. Both extreme practices are unhealthy for intimate relationships because they are unsustainable and, at the core, unfair.

A healthy, intimate relationship should always provide a balance of give and take. You can gradually achieve this state of balance and happiness by using the skills outlined in this volume.

It is my sincere hope that this book reaches everyone on time and that it provides a bright ray of hope for those who still want to make their marriage to work.

Generally, intimate relationships can be extremely rewarding but they aren't easy to sustain. Like a living, breathing organism, an intimate relationship needs to be nurtured and taken care of on a daily basis.

The volume you are reading now marks day one of your new lease on your marriage.

Remember: there is always hope because we create hope ourselves. Hope is a subjective expression of a person's willingness to attain something. Things might not work out overnight but if you have hope and you are willing to change and work for a better marriage, you definitely deserve a second chance at happiness.

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### Assumptions

#### **This eBook assumes the following:**

1. That you are seeking relationship advice because you are presently encountering difficulties with your present intimate relationship and/or marriage.
2. That you will be using this book as a general reference only and not as a form of therapy or professional advice (e.g. as a substitute for marriage counseling)
3. That you will approach these new skills with an open and positive mind so you can make the most of your new knowledge.

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