

Relationships That Last

**How to Make Them and Keep
Them**



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KEEP THEM SAFE. Keeping Our Children Safe in Dangerous Times.
Abuse Awareness and Protection

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Disclaimer

In this guide, the dating and relationships content discussed focuses on traditional male/female relationships.

This guide presents an overall look at the basics of relationships and dating. Since the latest reports show that nearly everyone can learn the most important social skills needed for relationship building, this guide focuses on the ABC's of Healthy Relationships. And so that you can be alerted to possible problem areas, the ABC's of unhealthy relationships are also covered.

For help, support, a shoulder to cry on, for fun and to meet new people and interact with others, sections follow that offer support groups, organizations, programs, tips, self-help and other resources.

Since Dating and Relationships are such a large, important part of everyday life, this e-book strives to help clear up myths from facts and present an overview of surrounding issues. It includes information along with a variety of helpful tips and resources available based upon the most recent studies, research, reports, articles, findings, products and services available, so that you can learn more about Dating and Relationships.

Note that the contents here are not intended to be or replace medical advice from a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content within only presents and overview of relationships research for educational purposes and does not **under any circumstances** replace medical advice from a physician.

Introduction

Let's take a peek at some of the more common concepts about "love" relationships and see if they are myths or based upon reality.

"All we need is love." myth or not? Since love does seem to be able to overcome anything and everything, at least on television and at the movies, this seems like a reality. However, truth is, making relationships work takes skill and hard work, regardless of the "love" factor. This is a myth here.

Just like in fairy tales, once true love is found, people live happily ever after, truth or myth? Granted couples can look into each other's eyes and have those warm fuzzy feelings. However, truth is, all couples will have their ups and downs. "Happily ever after" seems to imply a perfect, problem-less relationship when in reality, those don't exist. It has to be "love at first sight" in order to work long-term, myth or truth? While this can be true for some, it certainly doesn't have to be for all couples in long-term relationships. Many people grow together over time.

Since practically anyone can learn the nuts and bolts of relationship building, focusing on some basic techniques that **can be learned is a must**. The main ones explained in detail for you to begin activating them today are, in no particular order:

Reading people well.

Rapport: Develop rapport with others well.

Finesse: Have some finesse; i.e. handle conversations and activities with a smile and good humor.

Conflict Resolution: Resolve negative issues and conflicts without causing a load more!

Co-Operation support: Gain the support and cooperation of family, friends and colleagues in working towards a common goal.

Now let's take a little closer look at each one and what learning is involved to integrate them into your life to transform your relational skills, making you a magnet for positive relationships at home, work, rest and play.

Chapter One:

Body Language Essentials

Body language is the meaning behind the words or the “unspoken” language. Surprisingly, studies show that only up to an estimated 10 percent of our communication is verbal. The majority of the rest of communication is unspoken. This unspoken language isn’t rocket science. However, there are some generalizations or basic interpretations that can be applied to help with the understanding or translating of these unspoken meanings. Here are some basics below.

Smile Often

People like warm smiles. You have a problem with smiling? Then think of a heartfelt warm-fussy, maybe your favorite pet, your team scoring the winning touch down at the Super Bowl, that first kiss with the one you love and smile.

Eyes

The eyes are the window of the soul. It is very important to look someone in the eyes when talking with them. If you don’t look someone in the eyes while speaking, this **can be interpreted as dishonesty or hiding something**. Likewise, shifting eye movement or rapid changing of focus/direction can translate similarly. If more

than one person is present in a group, look each person in the eye as you speak, slowly turning to face the next person and acknowledge him or her with eye contact as well. Continue on so that each person has felt your warm, trusting glance. Some suggest beginning with one person and moving clockwise around the group so that no one is missed, and so that you are not darting around, seemingly glaring at people. The vital thing to remember is that eye contact with each individual puts everything on the right footing for success.

Attention Span / Attitude

Other people can tell what type attitude you have by your attention span. If you quickly lose focus of the other person and what is being said, and if your attention span wanders, this shows through and makes you seem disinterested, bored, possibly even uncaring.

A great way to help is to purposely use the individuals name on a number of occasions during the conversation

Attention Direction

If you sit or stand so that you are blocking another in the party, say someone is behind you, this can be interpreted as rude or thoughtless. So be sure to turn so that everyone is included in the

conversation or angle of view, or turn gently, at ease and slowly, while talking, so that everyone is incorporated, recognized and involved in the conversation. Again some suggest the clockwise movement when talking with a group.

Arms Folded / Legs Crossed

This can be seen as defensive or an end to the conversation. So have arms hang freely or hold a glass of water, a business card or note taking instruments while communicating with others. Be open with open arms. Note: If you need to cross legs, cross at your ankles and not your knees. Sitting tightly folded up says that you are closed to communications.

Head Shaking

This is fairly accurate. If people are nodding their heads while you speak, they are in agreement. If they are shaking, "no," disagreement reigns in their minds. The degree they shake their heads is normally a good indication of the intensity of their feelings towards the subject being discussed.

When head shaking is coupled with wandering eyes around the room you are in serious danger of completely losing the other persons interest and attention.

Space / Distance

On the whole, people like their own personal body space. Give people room and keep out of their space. Entering too close can be intrusive and viewed as aggressive.

Leaning

Sitting or standing, leaning is viewed as interest. In other words, an interested listener leans toward the speaker.

Keeping yourself personally aware of these body language messages you are sending out to those you are seeking to build relationship with are essential to make relationship building a success. **But equally important of course is to note the body language of those you are seeking to communicate with** note how their bodies read. If a person suddenly folds his arms across his chest and begins shaking his head “no,” you’ve probably lost him. Might try taking a step back and picking up where the conversation began this time for the negative and regroup. It’s all about strategic planning!

So now you are in control of your body language and know how to read others let's look at developing rapport with those you already have relationship and those you are seeking to build one.

Let us look at developing rapport

DEVELOPING RAPPORT

Let's take a quick peak at the basics of developing rapport with others. In a nutshell, what it takes is to ask questions, have a positive, open attitude and encourage an open exchange of communications (both verbal and unspoken), listen to verbal and unspoken communications and share positive feedback. Here are a few details on each step.

Ask Questions

Building rapport is similar to interviewing someone for a job opening or it can be like a reporter seeking information for an article. Relax and get to know the other person with a goal of finding **common ground or things of interest.**

You can begin by simply commenting on the other person's choice of attire, if in person, or about their computer, if online, and following up with related questions. For example, in person, you could compliment the other person on their color choice and or maybe a pin, ring or other piece of jewelry and ask where it came from.

In online communications, you could compliment the other person's font, smile faces or whatever they use, mention that the communication style seems relaxed and ask if he or she writes a lot. Then basically follow up, steering clear of topics that could entice or cause arguing, while gradually leading the person to common ground you'd like to discuss.

Attitude

Have a positive attitude and leave social labels at home (or in a drawer, if you're at home). Many people can tell instantly if you have a negative attitude or if you feel superior. So treat other people as you would like to be treated. And give each person a chance.

The law of attraction is a reality. What you project from your body, soul and mind will determine what hangs around your environment. You will attract or repulse relationships accordingly.

When you feel a negative environment developing within your feelings or emotions **take time out to the rest room or say you have to make a call urgently and excuse yourself.** This will allow you to get your head back together with a positive attitude.

Open Exchange

Do encourage others to share with you. Some people are shy, scared or inexperienced in communicating and welcome an opportunity to share, so both with body language and verbal communication invite an exchange. Face the other person with your arms open, eyes looking into theirs gently (not glaring or staring), and encourage a conversation with a warm smile.

Listen

Be an active listener! For most of humanity this is a huge problem and takes an act of willpower to control our usual concentration on ourselves. But there are a number of mental decisions that will improve our listening skills considerably.

Don't focus your thoughts on what YOU will say next. **Listen to what the other person is saying** and take your clues from there, while also noting the body language. For example, if the other person folds his arms and sounds upset, you may need to change the subject or let them have some space and distance; maybe even try approaching them later. On the other hand, if the other person is leaning towards you, following your every word and communicating with you as if you were old friends, BINGO. You've built rapport!

Share

People like compliments. So hand them out freely without over doing it. Leaving a nice part of yourself like a compliment is a good memory for the other person to recall - -numerous times. That's good rapport. **But you must, must, must be sincere!**

False compliments aren't easily disguised and even if you do get away with it on first contact. **It is only a question of time** before your true colors will fly from the mast of your life for all around you to see! It is never a pretty sight and guarantees a shrinking circle of friends.

FUNDAMENTALS OF TACT AND SENSITIVITY

Basically using tact and sensitivity in handling relationships means use of subtle skill and diplomacy when handling a situation. This doesn't mean you need to use fancy, flowery phrases or lengthy 10-letter words or anything. Be who you are and be proud of it. Tact and sensitivity means focusing on the positive in a friendly way, and **not embarrassing the other person.**

For instance, sensitivity means not telling a host that he or she has body odor or that his or her house looks and smells like a trash dump. Instead, it means politely excusing yourself upon entering, and informing the host of an unplanned meeting that came up or family member who dropped by unexpectedly, and that you wanted to drop by for a quick "Hello" to thank the host for the invitation before rushing off to your appointment. Keep things simple here, smile and think, "James Bond" with that English gentleman concept.

CONFLICT RESOLUTION

How do you handle conflicts? If you can put your ego aside pretty much and try to keep friction to a minimum, your relationships should move along fairly smoothly. Where you feel a point of disagreement has been reached the goal is if you possibly can is to **"agree" to disagree** on certain things with the other party involved.

Do not take the antagonist route of having to have “the last word” to prove yourself right. This will only stoke the growing fire of verbal conflict.

It is important to recognize **conflict escalation** taking place and distance yourself from it with the method above. In short, conflict resolution means to pretty much deal with others as you would want them to deal with you.

For example, let’s look at fictitious John and Mary, out on their first date at a restaurant.

A drunken man passes by their table and accidentally spills Mary’s glass of water. John gets upset and says something along the lines of, “That makes me mad! I hate drunks. They should all be put in jail.”

Mary, on the other hand, who has an alcoholic father (unknown at this point to John), may feel embarrassed and saddened by John’s revelation and get quiet, giving only brief “yes” or “no” answers from that point on.

Hopefully, John picks up on this. He can use tact and sensitivity conflict resolution and say, “Mary, I’m sorry for my outburst and really didn’t mean that. Actually, a drunk driver caused an accident that I read about recently, and I’d really like to learn about alcoholism and understand it more.”

A statement like this could help ease the conversation into a more productive stage. Then instead of having an argument about social versus addictive drinking and possibly ending or breaking up the relationship because of conflict, the relationship between two people could actually develop a little farther along or deepen. And John and Mary could both learn more about each other and broaden their perspectives in the process.

Tact and sensitivity have three “A rules” that will go a long way to keeping you out of unnecessary conflict and confrontational scenarios.

Agree to disagree: Only God knows all the answers. So remember your place and always be humble.

Alternatives at the ready: Always be ready to tactfully switch the conversation to another one.

Anger management: Be sensitive to your inner emotions and **always** recognize your temperature rising in a situation before the lid blows off!

SUPPORT CO-OP

Relationships may begin with just two people, but as time passes more people will eventually become involved.

Work friends and associates, family members, old school chums and various other assorted persons interact daily, so gaining the support and cooperation in working towards a common goal is a plus in relationship building.

To put this into perspective, we can look at John and Mary again. If John gets along fine with Mary, but can't be in a room for 10 minutes with her dad or the rest of her family and friends, the relationship will probably eventually bottom out; i.e. not grow. However, if John can help build some type of relationship with them as Mary does, like joining and participating in a holiday meal celebration that is a plus and can help build and grow a more solid relationship.

In summary, by learning to use more of these "nuts and bolts" of relationship building, focusing on some of these basic techniques can help build and grow relationships. More can be learned about each technique by simply heading to the local library or typing in the technique into your favorite search engine. Forget that old saying "You can't teach an old dog new tricks," We're not dogs. And humans CAN learn – at any age!

Chapter Two:

Build Happy Relationships

For Healthy, Happy Relationships, here are some basic guidelines for reference. They are in alphabetical order only, **not order of importance**.

These essentials for happy relationships are divided into two sections the Singles and the Couples.

The Single tips are to build relationships with new relational situations; the Couples are tips for relationships already established.

But all the tips in this chapter have varying degrees of relevance to each of the four relational environments of home, work, rest and play.

BUILDING RELATIONSHIPS FOR SINGLES

These tips are applicable to all new relationships in all four relational environments. These are the building blocks for success.

Acceptance

Don't try to change someone. This is a must. If a person really

wants to change, that person will need to be motivated and take action, period. Also regarding acceptance, accept limitations. He is not Superman; you are not Wonder Woman. No one is perfect; so do not expect perfection. Accept the little flaws that come with each person. You accept theirs; they accept yours. That's life!

Bonding

Bonding with another person generally does take time. Communicate – talk, listen, share the good and the bad, ask questions, compliment instead of nag or insult. In short be a friend; make a friend. That is healthy. If this bonding is lacking in a marriage it may mean professional help is needed (like a counselor or therapist) if single it may be time to move on to healthier relationships.

Remember the saying "Rome wasn't built in a day". Never rush the bonding process in new relational contacts.

Communications

Be open to the other person; open the doors of the heart one door at a time. Check judgmental attitudes at the door. And give chances. Be fair, flexible and friendly. If and when things get out of hand and it is your fault, apologize and ask forgiveness and move on. Similarly, be acceptable to apologies and grant forgiveness, too. Life is too short to stay focused on the negative too long. No need to deny it;

face it, deal with it and move on past it to improve and strengthen your relationships.

Relationships truly are a street that both parties involved have to be walking on at the same time and same speed. Good communications are what make this possible.

Dependable

Be a friend; i.e. be dependable. Things happen from time to time and cancellations are a part of life. But on the whole, if you say you'll do something, do it.

Take responsibility for your own actions and **don't wimp out** with lame excuses.

Expectations

Movies, romance novels and television shows often portray life, especially human relationships, very differently than it is in the real world – this is no secret. How many people really **always** look like movie stars, have zero health ailments, endless income without hardly ever going to work, fabulous cars and homes, friends and family who totally adore them and come to their beckon call and no long-term problems

This is Tinsel Town where you can battle serious issues such as one person having an affair with someone else, and wrap the whole storyline up in 90 minutes?

Let's get real. By joining the real world where our expectations must be grounded in what's around us and not the illusions of the media and the silver screen.

Flexible

Real relationships are built on a little give on both sides of a developing relationship. Keep a little mystery in the relationship. Juggle your schedule and invite the other person to a surprise picnic or walk at a local public park area. Remember the flexible will never be bent out of shape.

Goals

People usually have some goals together over time. Develop some together. Toss what no longer works, what you outgrew or what may no longer seem important or is finished.

Then inherit or create new goals. Working toward a common cause like saving for a special event to share together or both do a community project together that's close to your hearts. Let these common goals give you opportunity to learn and grow together.

Health

Take care of your own health and encourage those you are in relationship with too. Even in this day and age of cable television with movies and the Internet available 24 / 7, it's still amazing the number of people out there who can't "Just say no" to unhealthy behaviors like smoking and drug abuse. Don't be afraid to share your healthy views and encourage healthy choices and living with all you know.

Just say no

You don't always have to be voiceless or agree with someone in a relationship. Be able to say, "No" and be an individual, too. Any relationship that tears you down with personal negativity instead of building you up with positive affirmation should be avoided. Every individual is special and should be respected for who they are.

Keep in Touch

Don't let life separate you too long. With technology today, you can stay in touch with cell phones and email. No need to overdo it and be obsessive and controlling, but do stay in touch off and on throughout the day with quick "Hellos" and "How things are going?"

Make lemonade out of those relationship lemons. And yes there will be some, since life is not perfect! For example, when your partner is late and you miss a movie date or restaurant reservation, don't

make it a night of anger, resentment acquisitions. Don't destroy what's left of the evening when you finally do get together. Do something else instead, like relax at home with a video and scented candles, and order takeout and a good bottle of wine and make lemonade out of the lemon you were handed. It may even be a better evening as you have the time to relax together.

BUILDING RELATIONSHIPS FOR COUPLES

Make the Honeymoon Last

Remember how you felt when you first got together? Do those little things that you did at the beginning and make the honeymoon last. Bring home fresh flowers, shut off the television, turn on some music and dance with your mate, compliment your mate, make dates to go to places you used to frequent (the old neighborhood pizza parlor, a local drive in, a hotel you went to on your honeymoon, etc.)

Intimacy

Closeness with a person takes time to develop. And there's more to intimacy than physical contact. Intimacy can mean a hug during a tough time, a smile of encouragement in the face of adversity and compassion when you least feel like giving. Use your eyes and light touches with your partner to communicate love and care at regular intervals. Don't abuse or take advantage of the other person. And don't let yourself be abused or taken advantage of. Intimacy takes

commitment and sharing.

Nuts and Bolts

Don't focus so much on the "nuts and bolts" of who said what, when, how often and why they were wrong.... In other words, sometimes during an argument, try losing your memory of who did what, when and how many times in the past. Instead, humble yourself, apologize for having messed up and hug your mate!

Open

Open windows when doors close. If you feel you've been pushed to the limit and don't want to try one more time, close the door on that angle of the issue. Take a walk, get some ice cream and cool off (literally). Then return relaxed and refreshed, and open a window to air differences.

Parental Issues

Even the best of relationships deal with someone's past parental issues from time to time. Counseling can help, yes, but something out of the blue can still trigger a parental issue that someone struggles to deal with regardless of age, it seems. In these cases, just realizing and stating that it's normal, may never get resolved and is okay to move on, can work wonders – for both parties.

Quality Time

With hectic schedules, quality time is important. So even if you can only meet to watch a 30-minute comedy together every evening, make and keep that date. You'll probably be especially glad you did when times get tough and have the wonderful memories to help get you by.

Respect

Respect not only each other, but each other's property, friendships, time, job and ...everything. Remember you are sharing life together and need to be courteous to one another and all the affects you. You should be more courteous at home with the one you want to keep than you are out at a networking meeting or, in the office or at church. The respect you show will lead to greater trust and intimacy.

Sharing

Likewise share and don't be stingy. "You reap what you sow," and "You can't take it with you" when you die, as the sayings go.

Trust

Healthy relationships involve people who trust one another. One person doesn't get involved in unhealthy risks with a third party or lie

to the other. There is an open, positive exchange of trust. So if this is lacking, seek help from a professional counselor, if necessary, and see what's wrong.

Understanding

Happy, healthy couples try to understand each other even if it means joining a self-help group, reading library books about something foreign or unknown, or taking time to research and delve into an issue. In other words, take time to gain knowledge and wisdom before jumping the gun on something you may not really understand.

Violence

Violence is not welcome, period. **Don't accept it.** Don't dish it out. Anger Management is not just a movie term today. There really is help out there if you or your mate needs it. **If there is violent behaviors in any form get help immediately**

Don't be an X-Ray

Happy people in healthy relationships generally don't look at each other as they look at x-rays. They don't see close-ups of each flaw and character make up. They learn to look beyond the bare essentials and see the whole person.

Youthful Attitude

A youthful attitude can go far in relationships. Old outlooks can spawn resentment, skepticism and other negative connotations. A little dose of daily humor (reading comics, watching or listening to comedy, etc.) and keeping in touch with youth (church activities, neighborhood / social nonprofit functions and events, etc.) can help maintain a fresh, youthful outlook.

Use these relationship building tips as a constant refresher course and they will keep you constantly building strong relationships at home, work, rest and play and strengthen the ones you already have.

Don't go through life like you're a zombie! It's not up to your friends or partner to fulfill your life. You need to take charge yourself!

Chapter Three:

Walking through the Minefield

Even the most committed of relationships can suddenly find themselves in the minefield of relational tensions that can explode without warning then wondering how they got so far off track in the first place.

Relationships that find themselves in the minefield of relational tension have some general notable characteristics in common. Here are some basic guidelines for reference. They are in alphabetical order only, **not order of importance**.

Avoidance

Many people in unhealthy relationships simply avoid facing reality. There are many reasons for this. For instance, deep down inside, the people involved may be trying to make themselves appear superior.

Or perhaps they don't want to face the fact that their mates really aren't who they say they are. For example, Person A might cover up and make excuses for his mate, Person B, who is always late coming home from work and almost always misses family functions. Person A could be trying to avoid reality and make up excuses to cover

up an affair that Person B is involved in so that it doesn't destroy their "perfect image" in everyone's eyes. Or Person A could be avoiding the fact that Person B is a workaholic.

Avoidance is the easy option that sadly many couples take in relationships. It takes courage to challenge the issues of tension in a relationship and it takes great wisdom to do it with tact and sensitivity.

It may be the easy option but it is never the right one. It is only a question of time before you find yourself in the minefield and in serious danger.

This is why it is so important to apply the principles of building healthy relationships in the first two chapters. Apply those principles and stay out of the minefields.

Burnout

Although many can keep the fires of romance burning throughout their entire relationships, others find the honeymoon period does come to an end and never returns. Most others are in the middle of the two extremes. The reality is that no-one can keep the "love" fires burning, 24 / 7 during a relationship. But those that regularly set quality time aside during their relationship for romance and intimacy have much better chances of healthier relationships than those who suffer burnout and don't know where to turn.

In short, every relationship has its highs and lows. During the low times, like maybe when one person begins to feel disillusioned with marriage, or maybe trapped, tired, helpless, depressed or let down, if this person reaches out to unhealthy alternatives, like getting a fake substitution – maybe seeking another mate in secret, getting “high,” or some other negative behavior, once-healthy relationships can suffer disaster in the relational minefield.

Instead of aimlessly wandering around waiting for the next explosion, the couple needs to face issues together; set quality time for romance and dating and the old fire can return. Add some new goals to the relationship, do some fun things together more, talk more, live more do something wild and have sex in the open air etc.

Compatibility Issues

Opposites attract; or do they? Sure it’s great to have some “spice” in your life. But relationships are about both partners working together getting their needs met and their dreams kept alive. – At least on some level. Constant negativity can certainly hinder the couples intimacy and life achievement goals.

So those who have a difficult time focusing on what attracted them to their mates in the first place can suffer unhealthy, sad relationships, constantly in conflict over issues with which they can’t agree.

It is very important to be open and honest with each other and set time to rediscover the reasons that brought you together in the first place. Sprinkle the magic again.

A lack of commitment or ardent love can make for unhappy relationships. Being friends or roommates is one thing. Being committed, loving soul mates is another. Being “in love” 24/7 doesn’t necessarily have to be a requirement, but being in a “loving” committed relationship can make the difference.

Be Flexible not Dogmatic

Instead of voicing your opinions over issues that you pretty well know will create heated arguments, don’t take a dogmatic stand on the issue. Just be flexible and sit the discussion out. There’s no shame in passing up an argument. If you have to, simply say something along the lines of, “This gets us too heated, so let’s pass on it for now and move on to something else.” Agree that it’s okay to disagree. Because it is!

The main thing here is to make positive memories that you can share and relive over and over, especially during rough spots when you can’t remember why you are together. These first memories can be like glue and bind you together with a common past.

Enthusiasm Dwindles

If you don't add in some spice once in awhile, you can get the same old, same old. Couples caught up in routines can lose that spark of enthusiasm; i.e. zest of life in their relationships if they forget to be spontaneous once in awhile or forget to flavor their relationship with fun, adventure, romance. Everyday do one thing that your partner will not expect, something to make them smile.

Forgiveness Void

No one is perfect. Mistakes are a part of life. Those unwilling or unable to forgive can pretty much count on having more unhealthy relationships over time. Relationships based or growing on anger, spite, disgust, resentment or other negative feelings associated with lack of forgiveness are like wilted flowers. They need tending to or they'll die. When it comes to forgiveness, remember that it is much easier to pull out the weeds than the trees!

In other words **deal with the problems when they are small** in a relationship. Don't let the weeds turn into trees because the roots of unforgiveness like the roots of the tree will gradually travel all over the relationship and choke all life from it.

Deception

Simulated relationships or those under the guise of having a solid, happy relationship are not destined for success, on the whole. Or

rather false is as false does, as Forest Gump might say. Pretending wears thin and doesn't last long.

Harm

Harmful thoughts, words and actions can sure lead to unhealthy relationships. An occasional outbreak during a stressful moment might be considered normal like swearing; i.e. if someone hasn't been raped, battered (or other severe trauma has occurred) by the other party. However, harmful, violent actions such as those and repeated verbal negativity is abusive and not healthy in relationships – or life.

In Proverbs we are told **life and death** is in the power of the tongue. It therefore makes sense to be extremely careful how we use it!

Indulgence

Instant gratification or indulgence of unhealthy behaviors is a sign of trouble. Grabbing chocolate to satisfy a craving is one thing. Grabbing illicit drugs or another mate in secrecy is another. Yielding to unhealthy temptations and desires is a dangerous pathway to unhealthy relationships. This is where each partner in the relationship must hold their partner accountable for their actions.

Setting Boundaries

Not being able to draw boundaries or sustain limits is another possible path to sad relationships. For example, if one person in the relationship has a difficult time saying “No” and setting limits. There is a great danger that his or her mate could always come in second, third or fourth - - rarely first in the other person’s eyes and agenda. And while it’s fine to take a back seat once in awhile, people make time for priorities and in healthy relationships, both parties feel and share the value of being **number one** with one another.

Kicking the Dog

Kicking the dog, not in a literal sense (although that would be negative, too!) is characteristic of unhealthy relationships. For example, if a person comes home angry and passes this anger on to the dog by kicking it, that is not a healthy release of anger.

All individuals involved in relationships will have times of stress and frustration, but allowing the frustration to break the boundaries of acceptable behavior and turn into anger is not healthy for the relationship. The greater the struggle with frustration spiraling out of control, the harder it becomes to deal with stress in life and the relationship. More help is available, check out the resources at the rear of the book)

Lemons

Unhealthy relationships often have at least one party who can't seem to make lemonade out of life's lemons. Maybe he or she has the wrong recipe. Or maybe the person is a bad cook. But assistance is needed in this department!

Proverbs says that as a man thinks in his heart so he is.

Sylvester Stallone touted his Rocky film around the studios for months eating lemons before he drank lemonade.

Mark Victor Hansen and Jack Cranfield took their book Chicken Soup for the Soul to 143 publishers eating lemons! Publisher 144 was the lemonade that led to a 140million book empire.

Far too many couples give up on their relationship success too easy. They find a couple of lemons in the relationship and never see the lemonade to come.

Management Mania

Remember the "Odd Couple?" A super manager personality can ruin an otherwise healthy relationship. Likewise a super sloth can break one, too. A little give and take is called for.

"Neverland"

Ever heard something like this in an argument, "You never....?" Well trips to Neverland are for Peter Pan. Skip the "always" and "never" in arguments and avoid unhealthy relationship issues. It's rare that someone does or does not do something 100 percent of the time.

Memories just seem to fail during opportunistic, stressful episodes so take care with your words.

Pressure

One individual in the relationship becomes a dictator and forces the other to conform to their desires, giving no regard for the other individual's wishes or feelings on the issue. Forcing the other partner to have sex for example, this is characteristic of an unhealthy relationship.

Secretive

Part of communicating is asking and answering questions. If this process causes problems, i.e. even the simplest of questions arouses anger, suspicions, fighting, etc., this is a trait often found with unhealthy relationships. The party who has difficulty answering questions may be hiding something, dealing with control issues or dealing with addictive lifestyle issues (or other).

Intellectual/Emotional Abuse

Some characteristics of unhealthy relationships include playing mind games, trying to humiliate, using threats, insults or jealousy. These inappropriate responses suggest unhealthy environment between the couple.

Verbal Abuse /Violate

When one or both partners use verbal abuse and / or violate or cause harm to the other's person or personal property, things or friends, this is a big red flag for an unhealthy relationship. People should respect each other and each other's property, things and friends. And verbal abuse is not appropriate.

Immaturity

An energetic, youthful attitude toward life is one thing. Youthful expectations; i.e. outlook, and emotions can be characteristic of unhealthy partners. Growing couples need maturity as they grow together and face adult issues. Childish displays of anger, hostility, selfishness, etc., don't have much place in healthy, growing partnerships.

That is a pretty comprehensive list of the mines you are going to find in the minefield of relational tensions. As I said earlier and is so important deal with the weeds in a relationship before you have to deal with the trees.

Open and honest communication at ALL times is the foundation of relational success that cannot be ignored.

Chapter Four: Dating Without Drama

Enjoy the following tips for dating without drama. For some it is like stage fright in the theatre. The crowd is seated the curtain pulls back, the lights are about to go up and then it hits the actor like a ton of bricks. Suddenly they can't remember their lines and icy panic grips the actor's heart.

Isn't this exactly how it can be with dating? For weeks the chase has been on and then they have finally said yes. The big night comes you have rehearsed exactly what you are going to say a million times in your mind. The costumes are on the stage is set and then it hits DATE FRIGHT. The words are all jumbled, the romantic touch of the hand is fumbled as the wine glass gets in the way and red wine cascades over your dates clothing.

Your moment on the big stage you had waited for is now drowned in a red wine disaster.

So how do we make that good all important first impression? The reality is we can only make it once so let's do our best to make it right.

Leave the Ego Indoors

If you have a great body you're trying to show off and young physical appearance, yet worry because you still seem to have difficulty finding dates and establishing relationships, here are some pointers. Turn off the "ME" focus. Others tend to see that as boorish and think you only care about yourself, not others and certainly not them.

Instead, turn the focus on outside interests that the other person can relate to, even if it has to be the weather. For help, tune in to an online news source like CNN or head to the public library for the latest news briefs. Online dating might be a good outlet for you, to as it generally offers a place to list all your great physical qualities as well as outside interests and more, presenting a more rounded dating candidate. Then those who are VERY interested in great abs, youthful appeal, etc. will be able to check you out. And those who are interested in the other interests can focus on those, too.

If online dating interests you check out my book. "Everything you need To Know about Online Dating."

So how can you make that vital good impression on your first date? There is something that is equally or even more important than that, and that is to make the other person feel comfortable and relaxed.

Hopefully you have been chatting for quite some time so you should know a great deal about each other. The best thing you can do is to ease the tension and break the ice. But how you ask it can be so

difficult.

Breaking the Ice

We have all been there when sometimes the ice gets so thick that you can literally feel it folding its icy tentacles around the atmosphere.

The best way to break it up is by cracking a joke or two. But the joke should be spontaneous and in keeping with the situation or else it will fall flat and the ice will get thicker!

Do not rehearse a joke because a rehearsed joke sounds...well...rehearsed.

The key word here is charm. Use all the charm that you can muster. Try to be as considerate and as thoughtful as possible. **Do not dominate the conversation.**

The second weapon you have against the "ice over" is to try to get the other person talking. People generally love to talk about themselves so try to get the other person talking by asking about the person's work. Show interest in whatever the other person says.

Try to be a good conversationalist. It is very important to understand for successful dating that a good conversationalist is. **It is not a person who talks well, but one who listens intently.** So try to keep the ears open and the mouth shut.

Now, suppose this date did work out as planned and you really and thoroughly enjoyed the company of the other person. You would want the other person to remember you and think about you, wouldn't you? So how do you make sure that the other person does think about you?

The simple thing is to tell them that you will be in touch the following day. Ladies leave a simple message on the answer phone or email saying how much you enjoyed the evening.

Guy's you need to be creative send a poem or send flowers to her home or workplace with a thank you note. Leave a short but romantic message on her cell and e-mail emphasizing what great company she was.

A Foursome

If date fright is making you really nervous about going out on your first date then set up a foursome. This takes away the awkwardness of the situation and definitely takes away all those embarrassing moments of silence.

A group has another advantage in that lesser attention will be focused on each other so that there is less stress and as a result both partners would be more relaxed. It is also safer too, since there is safety in numbers.

But the company to be included should be mutually agreeable and not be thrust upon the other person. So make sure you let your date know that they will be part of a foursome. Take care to avoid any person who you know to be a chatter box; it takes all the fun away if one person dominates the conversation.

Drink in Moderation

If you drink on your first date do not drink **too much**. Not only is it in bad taste but when you are drunk, you might blurt out something which you didn't mean to and that might ruin everything. Generally people begin to behave in a manner they will regret after 2 drinks.

Be Flexible not Dogmatic

Instead of voicing your opinions over issues that you pretty well know will create heated arguments, don't take a dogmatic stand on the issue. Just be flexible and sit the discussion out. There's no shame in passing up an argument. If you have to, simply say something along the lines of, "This gets us too heated, so let's pass on it for now and move on to something else." Agree that it's okay to disagree. Because it is!

The main thing here is to make positive memories that you can share and relive over and over, especially during rough spots when

you can't remember why you are together. These first memories can be like glue and bind you together with a common past.

Footing the Bill

It is a good idea to decide before hand and communicate your decision to go Dutch, which means that each person should pay for whatever he or she has. That's the way that it is supposed to be because if nothing works out in the relationship you certainly do not want to be obliged to the person.

When you choose the place for your first date, avoid secluded spots and places that you are not familiar with. But the ambience is very important. You cannot expect to have a tête-à-tête in a crowded shopping mall, can you? I think that is about it for your first date.

I am so confident that you are going to learn and are keen to apply all your new skills so well there is no chance of failure on your first physical date! O.K so let's consider the unthinkable for some reason the date tanks.

Once Bitten no need to be Twice Shy.

Many of my readers might be worried that if everything does not work out has described what should they do next? The answer is very simple, repeat the whole process again. O.K you may be so badly burned you don't want to risk being caught in the fire again.

But let's go back to where we started. Remember, this is a chance to build a meaningful relationship that will last so we might have to grow a few different plants before we get the right harvest.

Don't just bank on one person, only the every lucky ones get the right pick at the first go. For the rest of us, we just have to keep trying till we succeed. What I can promise you is that if you learn and apply the process I share in this book, your journey will be a lot shorter than most.

How to Depart Gracefully

If things do not work out please, please, please take care to part gracefully. In such instances it is not the best decision to blab the gory details of your break up all over the social media or cell phone jungle and embarrass your date is extremely bad manners.

In response the other person may put forward some very uncomfortable questions that you will have a tough time answering. The best thing you could do is send the person an e-mail telling him or her that he or she was not really what you had in mind, but you would like to remain good friends all the same. You do not have to worry about being pestered by the other person in future; the "good friends" part never fails.

Most people dislike to be called a good friend after a close

encounter. In most cases the relationship just sizzles out after this. However please remember that it is also really bad manners to part with out a word and just stop answering mails without any information at all. Some people do that because they do not want to seem to offend the other person, but such callousness is really worse.

So that is all about it. You know everything that is to be known and the ball is now well and truly in your court. So what are you waiting for, why don't you go out there and come back with the catch of a lifetime.

I don't think that we have left any stones unturned and from here I'm sure that on your first date everything will be well in your control and a great success.

Chapter Five: Surviving the Online Jungle

The Internet is still pretty safe overall, even for seniors, according to research of various Internet safety sites who estimate a 90 – 97 percent rated the Internet “terrific”. People are chatting with one another, making cyber-dates. However, there are some general rules of Internet etiquette or “netiquette” and some precautions to take for possible dangers lurking there. Here are some pointers compiled from several websites experienced in cyber-dating techniques and most tips work for those who reply to classified ads, too.

SAFETY TIPS

1. Do Not Give Out Personal Information

Whether it’s via email, online chat rooms, message boards, in your personal ad, etc., do not disclose your personal information like your complete name, address, telephone number, work place, etc. And use a third party email address instead of one with your domain or work domain, too, that is easily traceable. For example, instead of using joe@seniortimes.com, set up an email account like joe@yahoo.com or joe@hotmail.com (search “free email accounts for places like this).

Preferred dating sites offer email forwarding so that members do not see private information like this. So if you are on one that differs or makes you uncomfortable, move along and click elsewhere. The more you pay generally the higher quality of contact you will make.

2. Do Not Lie

Be up front about your age and appearance. Better to not be caught in lies later on than to lead someone on falsely.

3. Be Tactful and Suspicious

Do not believe everything you read in posts, in emails: in general online. You could be chatting with a child or someone faking their sexual orientation. The odds are that you will probably encounter someone a tad “undesirable” from time to time, so try to use appropriate replies, using tact, or ignore the encounter, if it suits the situation.

4. Use Caution in Sharing Images

Whenever you think about sharing a digital photo online, keep in mind that it may be possible for thousands to see it on the Internet, not just one person. Plus your photo can be copied, altered with different software out there today and posted elsewhere. If you do use your image, send one that shows you with a warm smile, not a frown.

A recent development that is important to be aware of is Geo-Tracking that enables software to pinpoint the location of where your photo was taken after you download it from your cell phone onto the social media platforms!

5. Ask if Unsure

Go slow like the tortoise in the race with the hare and ask questions if you are unsure how to proceed in your contact and communications. Contact the site owner or webmaster (check for contact info when you register), ask trusted friends for helpful resources, check with local authorities. Remember that old adage, "Better safe than sorry!"

6. Be Careful

If you decide to meet for the first date, remember there is safety in numbers, so meet in a public place with other friends around.

7. Keep Copies of Communications

Keep copies in a file so that you can show friends or the law in case you're meeting or continued contact takes a bad turn. And do report any problems and cooperate with authorities. They can get information from your computer and communications to aid in tracking down culprits in some cases. Don't try to take matters into your own hands and stalk the culprit yourself, though. Be safe.

8. Let Men Instigate Online and Offline Relationships.

Men still like to pursue. Online studies show that this has proven safer, too, with Internet dating. Men should make the first email move. And women should NOT reply to men's ads; let the men pursue. (Sorry guys!)

9. Be Patient.

Do not appear anxious or desperate or both generally wait for a day or 24-hour period before replying. And forget about replying on weekend and holidays, at least at first, and being available via instant messaging. This is especially important for women (double standards are still around and even exist in the Internet dating scene). You want to "appear" socially active and confident even if you are just home washing your hair.

10. Don't Date Someone who is Already Married

Married to someone else – even if that person says he or she is getting a divorce. Let the divorce happen first. Otherwise things could get ugly. And you may even have to face the spouse / ex-spouse and children down the road. So think of others, too, when even considering someone who is not single.

11. Real Life Talking

If after several emails or letters you decide to talk on the phone, keep the first call short, around 10 minutes. Plan to have to “rush” off. Your goal is to hear the person’s voice and talk a short while only, not seeming over anxious.

NETIQUETTE

Here are some general guidelines to refer to in your online communications.

Use respectful tones and wording. Swear words and hurtful remarks are not good for anyone. If someone presses you, for example, to share confidential information that you shouldn’t, just say, “No” and tell the site monitors / webmaster of the forum, chat room or online dating site, if necessary.

Look for street addresses on dating and other resource websites instead of post office boxes or nothing at all. It is common for ladies of the night and others to use post office boxes instead of addresses.

Avoid stretching the truth about your accomplishments, job title, etc. Then if a relationship develops, things will run much smoother if you do not have to correct inaccuracies or untruths. Keep it simple by sticking to the truth.

Substance.

Avoid many 1-word replies and 1-sentence communications. Take some time to develop your thoughts and share in your paragraphs. In short, be a friend.

All Capital Letters

Capitals mean “shouting” so should only be used if essential and are also difficult to read at any length.

How to Expose the Fakes

We have to be absolutely sure about the good faith of the other person before we begin revealing any of our personal details. The next part has been devoted to showing you four ways you can tell how someone is lying to you.

1. The first very effective method of finding out if a person is lying would be to ask the person very pointed questions about the area of interest. If the person fumbles or gives vague answers then you do not have to waste your time on such a person.
2. From the moment you first make contact, jot down whatever details the person chooses to reveal to you and in subsequent

encounters nonchalantly question the person about the details. It is important to do this in a relaxed and matter of fact way, to not raise their suspicions that they are being put on the spot. If there is a contradiction in the two details then you can be as sure as pat that the person is being deceptive.

3. Ask the person seemingly general questions but which in fact should have a very definite purpose, for example ask the person what he or she is looking for in such a relationship. Note down the answer. After two or three encounters again repeat the question and see whether the two answers match. You could do this with two or three general questions to really nail them fast.

4. You can also try pretending that you have chatted with the person before and innocently ask them if he or she is such and such person (make something up) and try offering compliments to the person like, "I really enjoyed chatting with you the other day. You were perfectly charming..." and so on If the person falls for cheap flattery like this, then obviously he or she makes it a hobby to chat with people under various identities.

It is very important to follow your instincts online for your safety. As soon as an alarm bell goes off set up the lying detector process above.

Chapter Six: Make Love a Journey not a One Night Stand.

Now it's time to take a look at the lowdown on how to handle long lasting love. Here are some pointers on how to deal with some of the top issues that when mishandled, can separate the men from the boys, as they say, or rather the successful couples from the less-successful ones.

Conflict Management

The key here is to realize that most couples do not solve every issue. In fact, reports show that couples don't solve most of their problems. So if you think your girlfriends or buddies are winning more frequent battles than you, forget about it. It's not happening.

Next realize that statistics still reflect about a 50 percent survival rate for married couples long-term. (i.e. the other half divorce). And for those who do make it, it's not so much about whether or not they "love" each other more than the divorced people did. It's generally more about that fact that they developed better communication skills and learned to understand each other better. Notice that they **developed** and **learnt** the necessary skills - -these are action verbs.

As you develop and learn your own job skills for advancement, so can you and should you do the same for relationship advancement. There is no shame in reaching out and improving in this area, in fact **it is a fool who doesn't!**

Here are some great tips for developing better communication skills and learning to understand your mate better.

The Three Step Tango

Step One

Take turns speaking and listening to each other. As a speaker, speak only for yourself and keep your comments brief. Then stop and invite the listener to sum up what you said (to make sure he or she understood).

Step Two

Then allow the other person to take over and follow the same format.

Step Three

Share back and forth in this same manner, jotting down notes as needed for following up later and establishing new goals and horizons in your relationship. This is a great exercise for opening

up the channels of communication in a relationship.

Tips for Creating Conflict Resolutions :

Present your complaint in a general format, without blame. For example, instead of saying, "You keep leaving dirty dishes out on the counter all night," say "I don't like it when dirty dishes are left out on the counter. During my college days, that attracted cockroaches."

Encourage each other to come to an agreement in a calm, friendly manner, negotiate, give and take. Maybe the dishes from late night snacks don't have to be washed with soap and hot water, but can simply be rinsed off instead and stacked in the sink's dishpan or strainer, for instance.

Time Out If things are becoming confrontational calm things back down by using a time out. Use hand signals for a time out like coaches do in sports and take a breather or break for a few minutes.

Then go back to where things were fine, just before step "3." Inject some humor and try to resolve the conflict again. Maybe joke about how you pay much more for your residence now you don't have cockroach problems. And that is OK, one sink can be left clear, the other will hold a strainer of rinsed-off items. Any dirty ones can be placed / stacked on one side of the strainer; rinsed items on the other. Done deal!

Money Management

Research has shown that money handling is the number one priority issue of conflict among couples. Problems arise with how money is viewed, how it should be saved, spent and even earned. So here are some general guidelines to money management to help iron out some financial issues for couples.

- 1 Decide to set aside some time for discussing your financial matters in peace and quiet. Doing this quarterly (or monthly, if time and patience allow) is a good idea. Then you can make sure your budget is on track and allow a glance ahead at possible items coming up that may have been missed (like renewal of driver's licenses) and look back to see how you are doing.
- 2 Gather all of your budgeting materials in one place; notebook paper, 3-prong folder with pockets for storing bills as they arrive in the mail, stamps, calculator, envelopes, check book, savings book, pencil, pen. When it's time to work on your finances, bring everything out at once (maybe store in a special drawer or box for handy pick-up-and-go.)
- 3 On a sheet of notebook paper (or a sheet from a budget planning guidebook or software print out), list each monthly expense; rent / house payment, each utility, charities / tithing, grocery money, misc. funds (to allow for medicines, snacks, CD

rental, etc.), car payments, insurance, credit card payments, etc. For guidelines, there are several things you can do; check with your local bank for budget planning help, ask a librarian for help finding budget books, check your computer's software (Microsoft Word has some business / budgeting sheets that could be altered to fit your family planning needs, for instance), visit local office supply stores to see which types of budget planner notebooks and guide they may have available,

4. Fill in the blanks on your budget planner page. List how much each monthly payment is in #3 above. Then total the list to see how much income you need to cover all your expenses.

5. Note your incomes in a separate column off to the side. Does your income exceed your expense total? If it does, great. Simply have fun choosing what you'd like to both do with your extra income, with long-term and short-term goals that are compatible with both of you. If not, if income does not exceed expenses, and this is the area where discourse usually strikes, it's time to whittle down your expenses and / or earn extra income. Here are tips on whittling down income and being more budget-conscious with your available funds:

6. Use coupons, even cyber-ones like from www.valpak.com Check with your insurance about higher deductibles and any special rate savings programs they may have (like good driving discounts).

7. Visit second hand stores for used books and clothing.
8. Donate time and volunteer work instead of tithing money
9. Buy no-name foods, toiletry and household items (shampoos, deodorants, light bulbs, etc.) instead of brand names.
10. Cook at home more as entertainment and invite your neighbors and friends over. And skip eating out so much, renting CD / DVDs and going to movies.
11. Track and monitor your spending. Jot purchases in a notebook and keep handy with your checkbook for quick reference. Review and see how you do weekly. Improve!
12. Plan ahead. For example, save a little each month for Christmas so that in December, you'll already have what you need for gifts already saved up. Likewise for annual insurance billings (like for the house) or for any other annual billings.
13. See if you can trade services with others. For example, if you have a computer and can create a decent web page maybe you can create web pages for small business in the area in exchange for gift cards to use in their stores.
14. Sell some of your stuff – try online auctions, garage sales,

cheap classifieds, and bulletin boards around town.

15. Resist the urge to “immediately” fulfill a want. Instead, keep a list going of “wants.” If an item has been on there for a year, for example, then begin shopping for it. Look for bargains, try to trade for it, negotiate for a better deal. Waiting generally means you’ll really want it more (or not, and cross it off your list) and will actually USE it when you get it and not just toss it in a pile with other unopened or hardly used things that you just HAD to have.

Check out library books like:

The Cheapskate Monthly Money Makeover, by Mary Hunt; St. Martin's Press; Reissue edition (March 1, 1995).

Miserly Moms: Living on One Income in a Two-Income Economy, by Jonni McCoy; Bethany House Publishers; 3rd edition (October 1, 2001).

The Complete Cheapskate: How to Get Out of Debt, Stay Out, and Break Free from Money Worries Forever, by Mary E. Hunt, Mary Hunt; St. Martin's Griffin; 1st edition (August 1, 2003).

Self-Help Guide

Self-help to help your relationship improve, here are some exercises to take by yourself and share with your mate. Take them slow and steady, at your own pace. Have fun with them. (There are no grades!)

Instructions: Jot your replies down on paper if you like or I recommend in a private “couple’s” journal for future reference. This then gives you the opportunity to add to them, modify them, edit them as you’d like at a later date. The key is to have fun, learn more about yourself, your mate and your relationship together, and grow.

Exercise A: List your three best traits. Then list your mate’s top three traits you admire.

You, Your Partner

Exercise B: List the top three areas in your life that you would like to work on improving. These can be any range of things from improving income to education to giving more, losing more weight, being less shy, etc. Then list the top three areas in your mate’s life that you’d like to see improved.

You, Your Partner

Exercise C: Fill in the blanks, and then have your mate reply to the same questions. Take turns reading your replies and learning more about each other:

Regarding my appearance, I think I am _____

A funny thing that happened to me was _____

One place I would love to visit is _____

If money was no object, I would buy _____

A person who meant a lot to me while I was growing up is _____ because _____

A major lesson I learned in life is _____

If I could have any job in the world, it would be _____

A hero of mine is (can be fictional) _____

If a dream could come true, I'd like _____

One way I'd like to give back would be _____

On a personal note, here is where I would like to be:

1 year from now: _____

3 years from now: _____

5 years from now: _____

As a couple, here is where I'd like us to be:

1 year from now: _____

3 years from now: _____

5 years from now: _____

One things about you that makes me smile is _____

I'll always remember this about you _____

Exercise: List what you feel is good about your relationship.

Exercise: List what you feel could use work / improvement in your relationship.

Exercise: How could you help improve your relationship?

And how do you think your partner could help improve the relationship?

1. What is the best memory that comes to mind about your partner?
2. What do you see in the future for your relationship: Location? Jobs? House? Pets? Children? Travel?
3. What fun things would you like to try and do with your mate more (Ballroom dancing? Gourmet cooking? Snow skiing? Other?) When will you schedule one of these new things?

In summary, since the latest reports show that just about anyone and everyone can learn the important social skills needed for relationship building, use what you can of this guide and its resources mentioned to focus on your own Healthy Relationships. Be alert to possible problem areas, and take action to improve your life. A sure thing in life is that if you aim at nothing you will never be disappointed, because that is exactly what you will get.

Break the mold today and aim high. Build these principles into your life to develop relationships that will spur you on to success and fulfillment

Yours in success and fulfillment

Dr's Les and Wendy

Other Books by Dr's Les & Wendy



Learn how to develop a winning strategy to find the perfect partner and stay safe while you do it. Let us take your cyber hand in ours and lead you through the internet maze. We teach you how to sift through the snakes, rakes and fakes.

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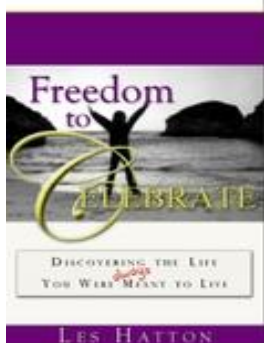
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The skills to handle the confrontational and conflict issues of life in relationships and natural disaster

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This is the incredible story of the road I traveled through ritual child abuse at the hands of my father and two uncles. My teenage years filled with petty crime and drugs leading to further despair, addiction and homelessness in my adult years.

This book is for anyone trying to recover from the scars of abuse or addiction. Or anyone you know struggling to battle free. This book is written to shine a light in the darkness and show the way to be free with practical steps to implement immediately for lasting success.

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