

GOOD RELATIONSHIPS = GOOD HEALTH – FOR WOMEN

Love and Reality

Many women prefer to be special in the eyes of an imagined lover rather than ordinary in the embrace of a real man. While movies and romance literature can be very seductive, the only love that can warm your heart and fill your soul is the kind that comes from another flesh-and-blood human. Be wary of fantasies that steal you away from the real love you want.

Trying for Perfection Kills Love

Relationship failure most often results from a loyalty to the way things *should* be rather than to how things actually are. Insisting that your way is the only way is a sure sign that your need for control is getting the best of you rather than co-creating your relationship with your partner.

Be a Lover Your Man Can Trust

Men will reveal what they feel—but only when they can trust their women to be interested in and accepting of how they do it. Respect and receive all the many ways your man expresses himself and shows you who he is. And value his actions—they're as revealing as his words.

The Place of Your Relationship

Countless men feel like third class citizens in their women's life, coming in behind the children and her parents. For love to flourish and romance to remain fresh, you must make your marriage your number one relationship. Only then can you achieve adult independence, a magnificent partnership, and raise your children in a safe, trustworthy family environment.

Beware the Internal Glass Ceiling

Women are still socialized to play a supporting role to their men. While women have come a long way, it's still easy to blame your man if you find yourself frightened to speak up, step out, or in some other way threaten the status quo. But chances are that it's not your man who is holding you back. Even if he gets ruffled, even if he gets angry, if you fail to follow your own wisdom, it's actually your internal glass ceiling that's running your life.

Happily After...What?

"Happily ever after" is one of the most destructive beliefs people take to the altar. It is the foundation of damaging illusions and the death of countless marriages. The only happily-ever-after that is truly available is to show up as who you really are, every day, and be available to co-create the relationship you want.

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