

How to Love your Husband & Create Everlasting LOVE

The Dead Simple
Marriage Help
Secrets Counsellors
Have Been Hiding,
Revealed



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SUSAN R RICHARDS

How to Love Your Husband & Create Everlasting love

By Susan Richards

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Customer Reviews



Dead Simple Marriage Help Secrets Counselors Have
Been Hiding, Revealed

"I must say, that this is a must read for everyone who wants to keep their marriage healthy and loveful."

Joan Davis

"This book is a very well written book and I could really relate to it. "

Brook

“This book contains lots of tips, real life examples and advice to help women take control of their marriage and fix any problems. ”

Sonja Bendz

“After reading it she told me that she really loved it and therefore I checked it out too. It is a great read that can help improve your relationship.”

Jack Gianni

“I have already tried a few of the tips and surprisingly I can already see positive changes in my marriage. Thank you!”

VLM

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Introduction

So, you had the beautiful church, the horse and carriage, the flowers, the champagne, family and friends telling you how stunning you look, and of course, the big white princess dress. You married the man of your dreams, your Prince Charming. You were going to live happily ever after, right? Wrong.

Unfortunately, many women (and men) who have this fairytale ending in their minds, quickly come to learn that marriage is not all rainbows and unicorns. Marriage takes a lot of hard work and dedication for it to be successful.

You have bought this book because you are one of those people who are struggling in their marriage and you are looking for solutions to certain problem areas within your marriage and/ advice to improve your relationship with your husband. You need help getting back on track to that happily ever after.

Thank you for choosing this book to answer your prayers. This is the best decision you have made in a very long time. This book will change your life for the better. You will learn how to love your husband again, how to enjoy your marriage just like you used to at the very beginning and what's more, you will learn how to be happy within yourself again.

My name is Susan Richards. I was once in the situation that you have found yourself in. My husband and I have been married for nearly 10 years. We have been through almost every marital problem you can imagine, from infidelity and money worries to loss of libido. At times my husband and I were in such despair that we seriously considered divorce. I think there was one point where I was mentally dividing all of our belongings in preparation for our separation. But then, I really thought about it. Was our marriage really beyond repair?

Had we changed as people? Was he different to the guy I had met all those years ago? I realized the answer to all these questions were 'no'. We were the same people deep down, we just weren't showing it as much. We were no longer each other's priority, instead we were focusing on other things and not putting the effort that was required into our marriage.

I spent hours, days, and weeks searching every marriage advice/self help website for help. I was not giving up until I found ways to improve my marriage. My children deserved their mummy and daddy together; they deserved a happy and close family. I tried every piece of advice I came across. Some worked, some didn't. That is why I decided to write this book. I wanted to show you that it is possible to flip your marriage around, even when you have hit rock bottom and you can see no way out other than divorce. There is a reason that you and your husband got married in the first place. You both just have to work to rediscover it.

In this book, I will talk through the most common problems that married couples encounter and how you can solve them. I will give you examples of how I followed the advice and how my husband reacted to the new approaches and the new (or maybe old) me. Keep reading for advice on:

- 1.What your husband NEEDS from you
- 2.How to make FINANCIAL DECISIONS as a couple
- 3.How to get your LIBIDO back,
- 4.How to cope with problems arising from SOCIAL NETWORKS
- 5.How to deal with the HOLIDAY SEASON
- 6.How to COMMUNICATE with your husband more
- 7.How to SPICE up your marriage, and
- 8.Other advice to IMPROVE your marriage for the long-term
- 9.I will also give you a free bonus, just to say thank you for investing in me. You can collect the link to download at the end of the book. This link is password projected.

1. What Do Husbands Need From Their Wives?

Before you can solve any problem within your marriage, you need to know what your husband needs and what you need from the relationship. This was a major issue in my marriage. I always had in my mind what I needed from the marriage – or what I thought I needed- but I had never actually taken the time out to talk to my husband and ask him what he needed from the marriage. I, rather selfishly, had the view that whatever made me happy would make him happy too. However, men have needs and wants just like we do! A great quote that I heard from a guy was ‘we are not just as simple as sandwiches and sex’.

Respect

After speaking to my husband and other men in my life, I have learned that a man’s ‘number 1 need’ is respect. Without respect, there is nowhere to go, no motivation to work to solve problems and the marriage will crumble. Men want to know that they influence you in positive ways.

Intimacy

Men also need to feel loved by way of touching and being intimate, not necessarily meaning sex (although they will rarely ever say no), but simple things such as holding hands, sitting close to each other on the sofa, hugs or even a little peck on the cheek as you pass each other in the kitchen. This need of my husband’s was hugely neglected on my part because I had

always seen him as the big tough guy builder that he showed on the exterior. After finding out that he needs affection just as much as I do, I have now opened my eyes and can see how he melts every time I kiss him or reach out and stroke his arm.

Be Treated Like A Man

Do not make the mistake of smothering him and being overly affectionate though. A man needs to be a man. He needs a follower, someone to look up to him. Your husband needs a queen for his kingdom; not a slave, or a housemaid, or a cook, but a queen with all the benefits suiting a queen, but one who nonetheless answers to 'her King.' A man needs to feel that he can provide for his wife and family.

It may be an old-fashioned way of thinking and certainly a view that some of you more independent women of today disagree with, however, sometimes you just have to let him have his five minutes of satisfaction and sense of achievement. Being a 'manly man' and a 'provider' boosts their self-esteem and, in turn has a positive impact on your marriage. Anyway, what is wrong with allowing your husband to pay for the fancy meal in your favorite restaurant on your anniversary etc?

Honesty

My Grandfather always told me that no matter how many problems a marriage faces, honesty can always provide a solution. Honesty is definitely the best policy. It is important that if you are unhappy with an aspect of your relationship, you must tell your husband how you feel. He needs to know that you are unhappy in order for him to be able to work with you to fix it. For example, if you don't feel that he is supporting you enough in

your career, let him know this. He needs you to be open and honest because, let's face it, men are hopeless mind readers!

SUMMARY

Your marriage can be greatly improved if you could just understand a few of the basic needs of your husband. Make him feel good about himself and he will return the favor.

Next chapter: How to make financial decisions and stay happily married

2. How Do You Make Financial Decision And Stay Happily Married?

‘Money is the root of all evil.’ No matter how much or how little money you and your husband have, many arguments seem to stem from a financial matter. Take my husband and me, for example, as silly as it sounds, we once had a huge argument over \$1! I had asked him to go to the store to buy some lunch for him to take to work for the rest of the week because I had forgotten to get something when I did the grocery shop.

He came back with some candy bars that he had paid \$2 for in a certain store, whereas I usually buy them in the dollar store for \$1. It had really angered me that he had paid double for them. We had just spoken about how we have to keep to a tight budget this month in order to be able to pay bills, yet he thought it was okay to go out and ‘splurge’ on some chocolate which would be solely for him to eat. How selfish?

It was only after I had the time to calm down and think reasonably that I could see that I had lost control over a measly dollar. How was he supposed to know he could buy it cheaper? I am usually responsible for the shopping, and I hadn’t told him. Lack of communication of our usual financial habits regarding shopping was the downfall in this situation. When money is a factor that often causes or can easily cause problems, it is important that you and your husband talk to each other so that you both know exactly what position you are in financially and how you can make the most of your budget.

There are two approaches a couple can take when it comes to their finances. You can either both take responsibility and work it out together, or you can agree on one person managing the money.

Both take control over the finances

Many married couples opt to have joint bank accounts where all of their income is held and all payments withdrawn from. Sharing monetary decisions enables the two of you to feel equal in making important choices for the marriage. You both feel heard and are willing to compromise to find out what works best. This enables you to keep your marriage on a level, stable foundation where neither of you are hurt or angry.

A friend of mine had struggled for years to sit down and discuss finances with her husband without some sort of tension arising, so she tried to make it less of a stressful experience by going out of her way to pick a right time to talk about it (i.e. take the kids to Grandma's so there is peace and quiet).

She would then almost turn it into a date night, where she would buy snacks and beverages to consume while number crunching and then once they were done, they would 'reward' themselves by snuggling up on the sofa. This worked out amazing for them. Not only do they sort out their finances fairly quickly and easily without any arguments, they look forward to a relaxing, cozy night in together.

It is possible for both of you to take control of the finances while having individual accounts as well as a joint account. In today's society, where women are more financially dependent and don't need to rely on their husband's money, it is common for the couple to keep their own individual bank accounts and pay equally into a joint account for things such as rent, bills, money for the children etc. They can then use their individual accounts to buy whatever they wish.

One Person Controlling The Finances

For some couples, it just would not work for both parties to work out the finances together. This is often because one of them openly admits to being hopeless when it comes to figures and calculations.

This method involves a lot of trust. You have to keep your word and honor your arrangements for it to work successfully. My sister and her husband have joint accounts, but she takes full control. They have agreed that she

lets him know each month how much money he can spend on whatever he wants and she can't question him as to what he buys. In return, he can't question her as to how she figured out how much he can spend.

What Happens When Your Husband Keeps Spending Money?

Often it is us women who get blamed for spending money that 'we don't have' on unnecessary shoes or bags, but what should you do if your husband is like a few men I know, who I like to call 'flash the cash fellas'? One friend, Joseph, is absolutely shocking with money. He and his wife share a joint account for household finances and they also have individual accounts. However, he is quite a materialistic man and can't bear to go without that latest gadget and trend.

Unfortunately, the lifestyle Joseph aims to achieve is far beyond his individual budget and therefore, he often digs in to the joint household account for a new Versace suit, for example. This has caused countless of arguments with his wife because it leaves her and the children looking unkempt and miserable.

She has recently, however, taken charge and they have agreed that the household bills etc will come out of her account, to which he does not have access. This means that once his 'allowance' has been spent, he cannot take from the money they have put aside for rent and clothes for the children etc. Joseph has also agreed to seek some professional help to curb his desire to spend.

It is important that if your husband has a problem overspending that, if necessary, the pair of you seek help and you support him as much as you can, or you must take control before your finances get so out of hand, it eats you up inside as well as your marriage.

SUMMARY

Decide how it is best for you as a couple to manage your finances. If you are both capable of taking equal responsibility, make sure you communicate so you both know exactly where you stand financially.

If one of you needs to take control, then the other partner has to accept any decision made. Honoring your agreed arrangements is key.

Next chapter: How to get your Mojo/libido back

3. How To Get Your Mojo/Libido Back

Losing my libido after having three children devastated me. My husband and I always had a healthy sex life, making love three to four times a week. We managed to still have 'sexy time' after our first daughter was born but after our second daughter and son were born I just lost my libido.

I didn't feel sexy within my body anymore. My stomach had gone from flat and smooth to wobbly and stretch marked, and my boobs had lost their perkiness. How on earth could my husband find me attractive and sexually arousing anymore?

Moreover, with three children under the age of eight, I was constantly tired and didn't feel like I had any physical energy to have sex with my husband. This actually began to eat at me inside, reducing my libido even further. I felt like less of a woman, unable to give my husband what he wanted and needed. So, I resorted to trawling the internet in search of advice.

First piece of advice is to get some good sleep. I have arranged for the kids to go to their grandparents from Saturday evening to Sunday evening every week. This means that my husband and I get to spend quality time with each other on a Saturday including sexy time and we have a lie in on Sunday for as long as we want.

My husband and I have also agreed that we will have sex at least twice a week, no matter how either of us are feeling or what plans we have. I have found that even if I'm not in the mood when my husband initiates sex, my mood soon presents itself once we are between the sheets.

Being intimate is a great way to kick-start the libido. Kissing and skin to skin contact increases your desire for your partner. Our brains are often the biggest part of our libido – tell yourself over and over how much you desire your partner how much you desire the shared intimacy, what you long to do to him, with him, have him do to you. Get into your head and take control.

Simply sitting down and talking with your husband may help you get your libido back on track. I didn't want to admit to my husband face to face that I didn't feel like having sex anymore. I didn't want to hurt him or for him to feel that I wasn't attracted to him anymore because that was not the case. However, I did manage to discuss my feelings with him.

I explained to him about the insecurities I had with my body and he told me it didn't make a difference to how he felt about me. He said I was still perfect to him and that he loves me more than ever. Any stretchmark I had on my stomach was a reminder that I had given him three beautiful children. This absolutely melted my heart and increased my desire for him immediately. I wanted to tear his clothes off there and then.

SUMMARY

Lack or loss of libido is perfectly normal as we get older. Early in a relationship, our brains are rich with lovely chemicals that cause us to mate, mate and mate again. Then we succeed in mating and those chemicals subside. That's a good thing though, especially for our careers.

If those chemicals didn't subside, we'd be distracted all day long. Your boss would be asking you why you hadn't handed in a report on time and you'd be thinking, "I wish I could be having sex right now."

Marriage is a two way street. Sometimes you have to put your selfishness aside and give your husband what he wants or needs.

Next chapter: Social networks causing problems in the marriage?

4. Social Networks Causing Problems In The Marriage?

Facebook. I am sure we all have a love/hate relationship with this genius but annoying site. The fact that you can keep up to date with family and friends who live thousands of miles away, see your friends' amazing holiday snaps straight from the beach in the Caribbean etc is fantastic. But, then, it also means that the whole world is available to you. People you don't know or have never met trying to communicate with you, or even worse, your husband.

I am ashamed to say that I have fallen into the Facebook trap. It was in the very beginning of our relationship when we were dating that I got myself into trouble with Facebook. I was sent a private message by a smooth talking guy who showered me with compliments, calling me a 'hottie' and 'beautiful'.

I was feeling insecure within my relationship and was flattered by the attention. It also turned out that he had just moved to the town that I had grown up in and missed very much. I found myself talking to him about childhood memories in that town. This gave me a false sense of connection with this guy and I eventually agreed to meet him.

Biggest mistake of my life! My husband (then boyfriend) happened to log into my Facebook account on the day that I went to meet this guy and found the conversations. When he confronted me and I saw how hurt he was by the situation.

It was then I realized for the first time that I loved my boyfriend, and the insecurities that I were feeling were because I was scared he was going to hurt me first. We separated for about a week to give us time alone to gather our thoughts and feelings. Thankfully, he forgave me and we overcame that hiccup.

Over the years, we have built up any of the trust that was lost. Now, although we do not know each other's Facebook passwords, we have an agreement that if, for any reason, we want to access the other's account, we just have to ask. We have not felt the need to yet, but the option is there if necessary.

We also have the rule that we must not 'add' anyone that we do not know or have never met. Being open and honest is key to being able to have a Facebook account that doesn't compromise your marriage.

SUMMARY

It is important that you talk to your husband about boundaries and keep each other accountable to the exclusivity of intimacy of your marriage. If you find that you are keeping any of your activity on Facebook, or any other social networking site, a secret from your spouse, then it is likely that you should not be doing it all and it could put your marriage in jeopardy.

There does not have to be any physical contact to cheat. Simply by talking to someone in a way that betrays the trust of your husband is cheating. You may have to ask yourself 'am I cheating emotionally on my husband'.

Next chapter: Handling the holiday season when your marriage is struggling

5. Handling The Holiday Season When Your Marriage Is Struggling

Valentine's Day, Christmas, Easter are some of the happiest days of the year for those couples who are madly, deeply in love. They are days that both partners make that extra effort to spoil their other half, to show them how much they love and appreciate them.

For those couples who are not so loved up or who are experiencing problems within their marriage, the holidays fill them with dread. You have no idea how hard it is to pick a Valentine's/Christmas/Birthday card that doesn't have all that gushy stuff in it, like "we have had so many great years together, here's to many more" or "I love you more and more each day" blah blah blah.

What is the best way for them to handle the holiday season when they do not like their partner? Is there a way they can celebrate without needing to put on a pretence, acting as if everything is okay when it is far from it? I asked my friend, who is a marriage counselor, what she would advise...

There are times in a marriage, especially when you have been together for quite a long time, when things become routine and mundane. It is often at these times that love is confused with attachment. When you have pure love for someone, you truly want that individual to be happy. Believe it or not, there are not very many of us who love our spouses purely.

This is because the happiness of our partner has an impact on our own happiness, whether positive or negative. This is when you simply become attached. You would rather that your spouse makes you happy, instead of you wanting happiness for them. Examples of attachment sound like this 'you can't go out drinking tonight, I need you here' or 'you are having the lads over tonight? You know how much I hate it when you invite them.'

To overcome this, you need to learn to find happiness within yourself, rather than elsewhere or from someone else. You will find that when you can make yourself happy, you become a much nicer, content person who doesn't feel so lonely anymore.

You should also think about your husband's happiness equally as much as you think about your own.

When you have followed these two steps, you will see that your marriage and love for your husband will grow so much stronger and you will be so much happier as individuals. Think about it. How good do you feel when you do something for others that you know would make them happy and appreciative? It makes you feel warm inside, right?

SUMMARY

Find happiness within yourself and let your marriage be a complement to your life instead of the basis of it. You do not need to rely on your husband for your happiness because it will only cause you to resent him when he does not do what you want him to do to make you happy.

When you really and truly try to make your husband happier, you will become so much more content and at peace within yourself. The world needs more people who are 'others centered' as opposed to self centered.

So, for the holidays (and thereafter) find happiness with yourself and then maybe think about all of the things that you are grateful for in your marriage.

Next chapter: Lack of conversation in the marriage

6. Lack Of Conversation In The Marriage

We all know that women can talk for their country. They are professional gossipers who like nothing more than a good old natter. However, how many women are actually good at communicating with their husbands? How well do you converse with your other half?

I must be honest; I am very good at communicating with my husband. Ever since our rocky patch regarding Facebook in the early stages of our relationship (see chapter 4), we both agreed that we would communicate about everything. If either of us has an issue with the other or a problem about something else, we must not hold it in, but confront each other and discuss the issue until it is resolved.

I also learnt a lot from my parents low communication marriage. My mother would always ask my father how his day at work was, to which my father always replied 'good'. End of conversation. She would try again. 'Anything interesting happened today?' Of course, my father replied 'no'.

End of that conversation. If this sounds like your husband, you should try asking more open-ended questions such as 'tell me a story about your day' or 'tell me about the most interesting part of your day today'.

When your husband tells you these stories, make sure you listen. By showing that you really are interested in what he is saying, he is more likely to carry the conversation on. You can't ask him a question that he may well be excited to tell you about and then zone out. How do you expect him to want to communicate with you more if everything that he says falls on deaf ears? Encourage him by asking follow up questions.

I also know a couple who have introduced a 'book club for two' into their marriage. They pick out a book that they would both like to read and once a

week they set up a date, either in a café or in a pub and they discuss the events of the book.

Often these events lead them on to talking about their marriage and solving any issues. They say it has also created that extra bond between them because they are able to refer back to the books in every day life, for example ‘doesn’t Uncle Casey remind you of the character Carl in the so-and-so book.’

SUMMARY

Communication really is, in my opinion, the most important aspect of any marriage, or relationship for that matter. Without communication, you have very little foundation for a successful marriage. As I have said before, a marriage is extremely hard work to make successful. It takes dedication and effort on both parts.

When you sign that marriage certificate, you are in effect, becoming one. What was his is now also yours, and what was yours, is now his. As a married couple, it is likely that both of your names are on the deeds to your house, you have a bank account in joint names, your bills are in joint names etc. How are you supposed to run these things together if you don’t communicate?

If you were to ask couples who have divorced what the reason for their separation was, the majority of their answers will come down to lack of communication, maybe not directly or obviously, but when you dig deeper, it is because they didn’t talk. For example, some divorcees may say they ended the marriage because their husband cheated. But you have to look at why the husband cheated.

Maybe he wasn’t getting enough sex at home, or she wasn’t catering to his emotional needs, however, he never brought these issues up with his wife. He didn’t explain to her that they hadn’t had sex in months and he felt neglected. He just jumped straight into bed with another woman and didn’t give his wife a chance to resolve any problems.

Next chapter: Lack of sleep in the marriage

7. Lack Of Sleep In The Marriage

Looking back over the years, I think that my marriage has been most testing after the birth of each of our children. My husband and I seemed to always be short with each other, making bitchy comments to each other.

There was one time when I was bathing the baby and it was bedtime for the older two, so I told my husband this and he had the audacity to say ‘put them to bed then.’ He sounded like a stropky teenager with a smart mouth.

One day whilst researching ways to improve our marriage, I came across a study carried out at the University of California at Berkeley which found that people who didn’t sleep very much or had poor quality sleep felt a lot less grateful toward their partners, and in turn their partners felt less grateful towards them also. This made so much sense to me.

My husband and I had very little sleep in the first year of each of the three children’s lives. They were all poor sleepers and my husband and I took it in turns to get up, so we were both exhausted.

From that point on, I tried everything to help the two of us sleep more. First of all, we went to bed earlier. Beforehand, the children were all in bed by 8pm, but my husband and I chose to relax by sitting down and watching TV or he would play his computer games.

Often, we would do this until the early hours of the morning. However, with this new rule, we made sure that we were in bed by 10pm. This meant that we would have another 2-3 hours more sleep a day (depending on how well the baby slept through).

When the baby did have a bad night and woke us up every couple of hours, we kept a gratitude journal where we would write things that had made us grateful for each other. It is a great way to focus on the positives about your marriage and your spouse, instead of the lack of sleep you are getting, and

the crying baby etc.

I have found that this gratitude journal has helped me a lot when my husband and I have hit bumps in our marriage. Whenever I am beginning to feel under-appreciated or I start to get angry that he hasn't done the dishes, for example, I will look at the journal and it will remind me that yesterday he actually did the laundry without me having to ask and he made me a cup of tea before he went to work. I realize that he isn't too bad at all.

Finally, I also found that some of my grumpiness stemmed from an irrelevant little issue that got blown out of control because I was tired. Studies have shown that we tend to unravel and resolve any problems that we have on our minds while we sleep. So, if we are not sleeping, our brains struggle to solve our problems, causing them to escalate for no reason.

After getting some rest and being able to think through my issues I had with my husband, I was able to wake up one morning and explain to my husband that I would like him to help me out a little more with the children, especially when it came to bedtime. Having had more sleep himself, he was sympathetic as to how I was feeling and now has no qualms getting the kids dressed for bed and reading them a bedtime story.

SUMMARY

Lack of sleep is something that almost everyone experiences. It makes us grumpy, ungrateful and generally miserable. Often we take this tiredness out on our partners, making us horrible to be around and bringing down the mood of those close to us. The best solution to this is simply to sleep more. Instead of getting sucked in to that film on the TV, go to bed early.

Instead of making your packed lunch for work in the morning, sleep for an extra 5 or 10 minutes and make your lunch while you are preparing dinner the night before. Ten minutes a day may not sound much, but for the whole week that is an extra 1 hour 10 minutes.

Next chapter: Spice up your marriage

8. Spice Up Your Marriage

It is hard to keep a marriage exciting and fun all the time like it was when you were first dating. Certain aspects of the marriage become a little mundane, whether it is your sex life, your social life or sometimes your personality or appearance may depreciate. Here are a few ways to add that extra spice to your marriage.

Lose Weight And Strengthen Your Bond

Unfortunately, for many couples there gets to a point in your marriage where you become so comfortable with each other and set in your own little routines that you begin to put on some weight. This is because now that you are married, you are settled with this person for life.

You have been through the process of getting their attention, making them attracted to you, fall in love with you and now they are yours forever. However, this can be a problem because if you let yourself go too much, there is a chance that your partner will not be attracted to the person you become. It is important that you always make an effort for your husband to keep him physically attracted to you.

After a couple years of marriage, my husband began to put on some weight. He lost his six-pack that he used to work so hard for at the gym and gained a little belly. Some of my friends said that I should look past the extra weight and see the man that I married. He is still the same person inside and his personality, smile, humor, kindness etc. that first attracted me to him are still there. It was not my place to tell him to lose weight or try to change him. He has to do that for himself.

Other friends advised me to approach the subject subtly and indirectly with him. Men are just as sensitive about their appearance as women. Their image is tied to their ego. They want to feel as manly as possible. By

explaining to my husband that I wanted him to get fitter and take care of himself for the sake of being there to support the children and myself, he still understood what I was trying to say, but he still felt manly because we were relying on him.

I also told him that I would join him on his 'get fit journey' because I wanted us both to live a long, healthy life together. We signed up to the gym together which was great because we motivated and supported each other on. As well as beginning to lose weight and tone up, our bond became stronger than ever. We were both working towards the same goal (to get fit), there for each other every step of the way.

Go Somewhere New

If the two of you keep going to the same restaurant every week, or the same destination every vacation, you are retreading the same ground over and over. Try visiting a new restaurant or a new country. As well as broadening your experiences, you will find new topics of conversation with your husband. Instead of vacationing on the beach of Barbados for the fifth year running, why not try a safari in South Africa? It gives you the opportunity to learn more about animals that you have never seen such as lions and elephants and will be an experience that you can share with your husband and talk fondly about in years to come.

Spend Some Time Apart

Don't be afraid to spend one or two nights apart every few months. Being together 24/7 can make you feel suffocated within the marriage. You don't have to be joined at the hip. My husband and I often go stay with friends for a girls' night or lads' night. It gives you the chance to really miss your partner and appreciate them being there when you are together. It also gives you a little bit of freedom to go and do something that you enjoy that isn't necessarily your partner's cup of tea. When I go visit some of my

girlfriends, I jump at the opportunity to go shopping because my husband hates traipsing around the mall with me.

Date Nights/Spend Quality Time Together

My husband and I try to arrange a date night/day every week. Sometimes we will decide together where we want to go, and other times my husband will totally surprise me. Last week he said nothing about his arrangements and that I should just get ready to go out on a date.

The evening started with him taking me to a new Mexican restaurant that had just opened in town. He opened all the doors for me, ordered me a delicious cocktail and some great food. Afterwards, he took me to a comedy club. When we were first dating, we often went to comedy shows but hadn't been in years. It was great to laugh together again. When that had finished, he whisked me off to a hotel room nearby. He had obviously checked in earlier as there were rose petals all over the bed and a bottle of bubbly on ice ready to be popped open. He had really made an effort and we were soon ripping each others' clothes off, making sweet passionate love. It had been a while since we were able to do that with three kids in the house!

We got home about lunchtime the next day, and as I was preparing some sandwiches for the kids, my husband came over to me asked how my evening was last night as if I he had stayed home with the kids. I told him I had a great night out with a friend, we went for dinner, went to a show and the spent an amazing night in a hotel. I described every little detail to him. I love having an 'affair' with my husband.

Be Nice

You don't always need to do something sexy or spend lots of money to spice up your marriage. Something as simple as being nice can improve your marriage so much. It is worth keeping in mind the saying that my mother-in-law often reminds me: 'the amount of love you give is equal to

the amount of love you receive'. In other words, your husband will show a lot more love and affection FOR you if he is receiving that love FROM you.

My mother-in-law found this theory to be true years ago when my husband (her son) was just a little boy. She found herself always moaning at my father-in-law for one reason or another and in return he would was mope around in a huff, fed up of hearing her nag all the time. There was a constant feeling of resentment between the two of them.

However, with a summer vacation coming up by the beach, my mother-in-law wanted the boys (my husband and his brother) to have the best time ever, a vacation filled with happy memories, so she made a promise to herself to stop all the negativity and just be nice to her husband, at least for the two weeks they were away.

For that fortnight, my mother-in-law held her husband's hand, showed a genuine interest in how things were going with his job and she took the family to nice restaurants. She kissed him goodnight before they went to sleep and hugged him every morning, just like she did at the beginning of their marriage. She didn't moan or nag him once. She was just 'nice'. Every day she could see the improvement in his body language and the look of love came back into his eyes. He felt her love and showed it in return.

SUMMARY

When the spice in your marriage is gradually disappearing, think back to when you were first dating and how you excited each other. Date each other again to get that spice back!

Next chapter: Long term marriage help

9. Long Term Marriage Help

It doesn't matter how long you have been married, how much you love your husband or how many problems you have in your marriage, there are many ways to improve your marriage for the long term.

Don't Jump To Conclusions

Working as a nurse, I do some crazy shifts, sometimes from 7am to 7pm Monday to Sunday, which means I find it difficult to do chores such as going to the bank, getting the car serviced and doing all the housework. I need some help from my husband. One particular week, my husband was at home on annual leave, so I had hoped he would be more than willing to help me out by doing the dishes and the laundry, helping our eldest with homework and looking at the car to see what was causing the rattling noise that had begun.

To my surprise when I got home at 8pm, he was on his way out for a few drinks with his friends telling me our eldest hadn't finished her homework and I needed to go through it with her and he hadn't got round to doing the dishes or laundry. What the heck had he been doing all day? I hope he hadn't been sitting around watching basketball on the TV!

When I asked him in my unimpressed, 'you're going to pay for this' voice, he explained how he had taken a look at the car and something (I forget the technical car-part terms) had come loose on the underside and he had to take it to three different garages before anyone could fix it. This had taken up his whole day.

Now, I felt silly. I jumped to the conclusion that he had been sitting on his butt all day being lazy, when he had actually resolved a big problem with the car that I wasn't able to sort out.

Communicate

I truly believe that communication is one of, if not the most important part of a marriage. You should talk to your husband about anything and everything whether it is the fact that you are angry or have some resentment toward him for some reason, or he has done something that has made you really happy.

Communication is not just talking or arguing, but being honest with each other without the need to blame or attack your husband. Try to communicate in a positive way. Instead of criticizing your husband by shouting at him for not doing the dishes or leaving his dirty clothes on the floor, explain to him how his actions make you feel. For example, it makes you feel a little frustrated that he can't walk an extra eight steps to the laundry basket, instead you have to pick up his clothes strewn all over the bedroom, put them in the laundry basket yourself and then go wash them for him.

If he does help you out with the chores, be sure to communicate your gratitude with him. By simply saying 'Thank you for helping me out today, darling', he feels appreciated by you and gets that warm feeling inside because he made you happy. He is a lot more likely to help you out more often.

Affection/Sex

It is also extremely important that you are affectionate with your husband. Everyone needs to be shown affection at some point, especially from those they love. You don't have to be all over each other all the time, but take some time every day to show love for your husband. You will find that it does wonders for your marriage if you just greet your husband with a big hug at the door when he comes home from work (or when you get home). Give him a kiss in the morning when you wake up and when you go to bed. I always kiss my husband when one of us leaves the house. You never know what could happen while you are out. It may be the last time you ever see

each other, so take the time to tell him you love him. Should anything bad happen, you will find comfort in knowing that the last words spoken were 'I love you'.

Behave like teenagers again. Don't be afraid to show your affection in public; hold hands, make out in the movie theater. When you are watching TV at home in the evening, caress his back and neck. Smile at him throughout the day.

Make the bedroom a sacred place for the two of you. Keep a lock on the door so that the kids learn not to bother you when you are in there. My husband and I try to go to bed at the same time so that we are not tempted to stay up and watch the TV; instead we take some time out alone to have some sexy time.

Have fun in the bedroom. Don't be afraid to experiment. Live out your fantasies by wearing costumes or introducing foodstuffs to the bedroom. Try something new at least once. My husband and I are attempting to go through each position in the Karma Sutra!

Be open and talk to your husband about sex. If you don't like a certain position or you don't feel comfortable acting out one of his fantasies, it is okay to say so. He doesn't want you to pretend or show fake enjoyment. You must look to please your husband, in turn you will find your own pleasure.

In the same way, be sensitive to what your partner likes. Where does he like or dislike being touched or stroked? My husband isn't too keen on me stroking his hair, and I don't like it when he touches my armpits or puts his fingers between my toes (which he gets great delight doing to me). If you don't know where your husband is unhappy for you to touch then you will find he will retreat and the mood is killed slightly.

CONCLUSION

I hope that this book has helped you get some ideas as to how you can improve your marriage. Remember, not every marriage is perfect and we will all encounter problems as we go. It is the way you approach and resolve these problems that will determine how your marriage is affected and how it can be strengthened.

Communication, intimacy/affection, quality time together, honesty and respect are all key aspects to a happy marriage. If you can get the right balance of each of these, and you are both prepared to face and fight any problems together, you can expect to live happily ever after.

Now, go grab your husband, give him a big squeeze and a kiss and tell him that you love him and that the two of you can get through anything together. Say goodbye to the difficult chapter of your marriage and hello to the next chapter. It is now your opportunity to create everlasting love with your husband.

End Notes

As promised, [click here to download your free bonus](#). Once you have landed on the site, insert your email address so I can email you the password to access your bonus.

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