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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Little Goes a Long Way

By Jeff Rose

Relationships and marriages are seldom easy all the time. No matter how perfect a relationship is,

your and your partner are bound to hit some bumps, or long stretches where you have trouble of some kind. If you meet a couple that seems to have no problems getting along, it could be that they discovered a simple little secret early in their relationship. Simply, show love and affection in tons of little ways, and don't save it for just those big times when things are going badly, or you need to apologize for something major.

On your way home, why not stop and pick some wildflowers for your wife (or girlfriend if you're not married) from the side of the road. Maybe she had a hard day at work, maybe the kids have been driving her nuts, or perhaps you've both been a little less intimate recently. Picture it now, she's at home frazzled and expecting you to come in, and then you arrive with a big bunch of wildflowers you picked JUST FOR HER; you will have made her day no matter how bad (or good) it had been. It's like a second chance to start fresh with one small, yet powerful gesture.

If your spouse spending a lot of time out of town, or feeling like those proverbial 'ships passing in the night' because of work, kids or other commitments, give this a try. Find a sun catcher, charm or porcelain figure in the shape of a star, wrap it in a small gift box and place a small note on it that says "Wish I were there." and slip in into their suitcase, briefcase or even purse. When he or she finds it and knows you miss them, but thought enough to share that simple thought, it will re-awaken those deep emotions.

Try making small, simple changes in your tired routines to inspire some fresh intimacy. It won't require as much effort as you think. Put a Post-It note on the TV that says "Wouldn't you rather turn me on?" with saucy signature. If your partner is reading a book, sneak out the bookmark and replace it with a note like "Guess where I hid your bookmark?"

When you first got together as a couple you likely did lots of small things that would make your eyes twinkle and heart flutter, do them again! If you're out for a walk, shopping or just watching TV together, be intimate. Hold hands, link arms, or just slip your arm around her. Whisper something sweet and sultry into her ear and just gaze lovingly into her eyes. If she looks at you suspiciously or asks what

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you're doing, just answer that you're amazed at how much you love her.

Adding a little more romance to your marriage can be as simple as these simple, small acts. If you take steps to break the monotony of a relationship you can make your partner feel more appreciated and loved. You will feel the same in return!

Jeff Rose has published an eBook on returning the romance to a marriage entitled 'The Magic Marriage.' Check out the free tips available at

<http://www.magicmarriage.com/tips.htm>

How to find the Best Long Distance Rates

By Mike Yeager

These days the best long distance rates are not found with your home carrier. There's too much competition in the marketplace and many people are discovering that a prepaid card can actually save them money. A coalition of long-distance phone companies has developed a package of reforms that will be implemented as soon as the Federal Communications Commission approves them. Ultimately, these changes will increase competition in the telephone marketplace, which will cut costs even further.

Although technology has allowed phone companies to trim personnel even as call volume surged, reductions in access rates have made the most difference. In looking for the best long distance rates most people realize that there aren't massive savings when switching from long-distance provider to long-distance provider, but the prepaid market has definitely cut long distance costs. there's never been a better time to make long-distance calls. Many carriers are offering competitive long-distance service, and rates have fallen by some 85 percent in the past 15 years. Nonetheless, it pays to shop around; the more cautious you are as a consumer, the better the choice you'll finally make.

Mike Yeager
Publisher

<http://www.a1-longdistance-4u.com/>

mjy610@hotmail.com

How to find the Best Long Distance Rates

How To Save Money On Long Distance Calling Cards And Cheap Phone Cards

Tips for Lowering Your Long Distance Telephone Bill

How to Shrink Your Phone Bill

Finding and using Prepaid International Calling Cards for your long distance phone service.

Obesity and Weight Loss

7 Ways to get Great Links to your Website
Fixer–Upper Fortunes
How to Gain and Retain More Customers
The Ultimate guide to a Multi–Orgasmic Male



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