

Are you making time for your marriage?

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are you making time for your marriage?

By Stephanie Foster

Are you making time for your marriage? by Stephanie Foster

It's easy to lose track of the important things when you are raising a family. It's hard enough to pay enough attention to your marriage when you have children; if you add working from home to the mix, it can become nearly impossible. Yet a strong marriage is one of the greatest gifts you can give your children.

There are some simple ways to make sure your spouse knows how much he or she means to you, however. These tips won't solve all your problems, but they will help you to remember how much your spouse means to you.

1. Say "I love you" often. My husband and I say these three little words every day. We start the day with them, and the day ends with them. It means so much to hear the words, even when you know your spouse loves you.
2. Be honest with each other about your needs. If your spouse is not doing something you wish he or she would do, say so, whether it's helping with housework or cuddling. Don't be confrontational, of course.
3. Show appreciation for the things your spouse does. Not only is saying "thank you" a good example to set for your kids, it's one of those small things that makes a huge difference in how people feel about what they've done.
4. Take time to listen. Make sure you know what is going on in your spouse's life. Emotional support is utterly vital in a good marriage.
5. Get time away from the kids together. It doesn't matter if it's for an hour or a few days, just do it. You need to remind yourselves what you mean to each other, and to just relax in each other's company. No need for fancy plans, dinner and a movie or even just a walk will do. Try for at least once a month, better yet, once a week.
6. If you work from home, don't let your job or business run your entire life. Keep a schedule, just as you would at a traditional job. It's easy to let these things get out of hand, but remember why you're working from home in the first place and keep your priorities straight.

Are you making time for your marriage?

A good marriage is one of the best things in life. Don't take it for granted. You'll be giving yourself and your family a gift that lasts a lifetime.

Stephanie Foster is the owner of Home with the Kids, a resource that knows that there's more to staying home with your family than just business. From money saving tips to parenting and marriage tips, to work at home jobs and businesses, you can get information and support here. You can visit the site at <http://www.homewiththekids.com>.

The Basics Of Marriage Counseling

By Stephen Kreutzer

Almost half of all marriages end in divorce. That is why there is an increase in couples seeking marriage counseling. Nobody wants to think that the marriage they are in will end. Marriage counseling offers a way for couples to work thorough problems with an outside influence. Marriage counseling can help couples to rebuild a marriage that was on the way to divorce.

Marriage counseling is a type of therapy that helps married couples resolve problems they may be having in their marriage. Most often counseling is conducted with both partners present. However, sometimes there will be individual sessions depending on the couples needs. The basis for marriage counseling is research that has shown problems in a marriage are best solved through communication and working together. Marriage counseling usually lasts a short period of time, until the problems are resolved and the marriage is back on track and the couple can handle problems on their own. In a session the counselor will ask questions, listen and analyze problems. The counseling usually starts with an analysis of the marriage and its problems. Then the problems are worked through to an amicable conclusion.

Marriage counselors are trained in psychotherapy. They also have an understanding about families, how to understand client's needs and problems. They also have training that allows them to help clients work through the problems to reach conclusions. All of this training lets them be able to identify underlying problems. A good marriage counselor will not make a client feel guilty or blame. They will teach clients to work through problems and get over bad feelings.

Marriage counseling can help couples open the lines of communication. Communication has been shown to be the key to a healthy and happy relationship. Couples with problems seek marriage counseling o get a better understanding of what has went wrong in their marriage, so they can once again have a string marriage.

Stephen Kreutzer is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides information on marriage counseling at CyberTopics!

Are you making time for your marriage?



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!