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**Five Ways to Improve Any Relationship**

**By Rinatta Paries**

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Want to improve your relationships, both romantic and otherwise? Want to grow in intimacy and closeness with your friends, family, co-workers, your special someone? Then include the following five easy steps into your interactions with those important to you.

1. Acknowledge the big and the little things.

People want to be seen. They want their actions, attitudes, feelings and aspirations to be noticed and acknowledged. Become a person who notices.

2. Give thanks and appreciation.

Thank others and they are more likely to do more of the same. Why? Because being thanked feels good. Tell them you appreciate it too.

3. Give 'just because' appreciation for who they are.

Make a list of what you admire about your partner or another person. Now share that list with them. You don't have to wait for a special occasion. Surprise that special person any time.

4. Take active interest.

Take a real interest in the things important to others. Listen to them and have a conversation about their hobbies, career or interests. Learn something new about the topic. It will make them feel understood and important.

5. Do special things just for them.

Find out what others like. Is it cards, flowers, a foot rub, a dinner out? You may not like or want these same things and that's ok. Do something or give something they like. Make them feel special.

See how many of these you can practice in one week with special people in your life and watch the intimacy in your relationships grow.

## Five Ways to Improve Any Relationship

Your Relationship Coach,  
Rinatta Paries  
[www.WhatItTakes.com](http://www.WhatItTakes.com)

(c) Rinatta Paries, 1998–2002. Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit [www.WhatItTakes.com](http://www.WhatItTakes.com) where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with  
improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at [www.WhatItTakes.com](http://www.WhatItTakes.com) or e-mail her at [coach@WhatItTakes.com](mailto:coach@WhatItTakes.com).

### **Getting The Most From Romantic Relationships**

**By Alan Detwiler**

You can improve how good your relationship is. A few basic guidelines will make your relationship more enjoyable and beneficial for both of you.

A romantic relationship has many benefits: companionship, being inspired by someone else's example, and stimulation by the other person's ideas. Keep in mind that those benefits are there and that they are important.

Don't use a relationship as a way to solve your problems. Dating and marriage are not ways to overcome unhappiness, escape from boredom, and improve self-image. You must do those things for yourself. Using a relationship for those reasons puts burdens on the relationship that make it less pleasant and less rewarding.

Your gotta be tolerant. A relationship is a place for honesty and openness. Those principles allow a couple to share ideas and to gradually change in ways that let them more enjoy living. Your attitude should signal the other person that you will try to patiently work through each other's shortcomings. If that's too much strain, decide that separation is best and graciously part company without bitterness.

Romance and love will more likely happen if you allow them to happen instead of making them a goal. Making the relationship better should be the goal. Pay attention to treating each other fairly and helping each other. If love happens, it will be based on believing that both of you can continue to build a good relationship.

## Five Ways to Improve Any Relationship

Don't expect a perfect relationship. That happens only in fairy tales. If you expect too much, it makes your relationship less valuable by comparison. Problems will occur. You will get hurt. Don't be so concerned with minor problems that you lose awareness of what is good in the relationship. When appropriate, offer advice not the threat of disapproval. You want to develop a spirit of mutual benefit.

Respect each other's attitude about physical affection. Be patient. Your partner is not a mind reader and may not be aware of the problem. If something about the physical part of the relationship is a big issue for you, let your concerns be known. Being aware of a problem is the first step in solving a problem. Anxiety about a problem can be lessened just by knowing that the other person is aware of the problem.

Take time for mutual interests. This can be in many forms including hobbies, conversation, recreation, an interest in art, and family activities. Mutual interests keep a couple from gradually becoming uninvolved in each other's lives.

Encourage your partner to act and make decisions. Both of you will be able to accomplish more with the other's support and encouragement. When there is a disagreement, don't automatically think it is necessary to correct the other person. Your encouragement will produce more good results than will your objections.

Alan Detwiler is the author of the ebook *Date Ideas: Fun Things To Do For Couples* available at

He has a web site with a section about fun

things to do for couples at

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Do Not Get Depressed When You Have Trouble In Your Relationships

Five Ways to Sharpen Your Sense of Humor and Improve Your Relationships

Can We Still Be Friends?

Stop Relationship Stress and Create Your Own Health Remedies

How to keep up the SPICE in your Love Life.

Online Dating Secrets Revealed!

147 Killer Epublishing Strategies

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