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**One Man's Perspective of Love and Creating Work Balance**

**By Dennis Twitchell**

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Do you ever experience pressure from work and home at the same time? If you're like most working men you know when things are out of balance at home work tends to be more stressful.

For years I was a partner in a law firm. It never failed, when there were pressures at home, performance on the job suffered. When things were good at home there was more balance between team members at the office.

Over the years I have had numerous conversations with friends and associates regarding work/life balance. There seems to be a common thread of agreement – when our wives and girlfriends feel loved we tend to have more balance not only at home, but at work.

Fact is, men need to feel loved as much as our life partners do. However, love to a man usually means something very different than what it means to a woman. If you are married and have been with your wife for any length of time you know of what I speak.

Having been happily married for many years now, I fully understand that my wife needs, wants and deserves special attention. Yes, that's right...deserves.

Your wife is probably no different. And lest I be misunderstood by any single men and women who are reading this, if you are in a long-term committed relationship, this applies to you as well.

Your loving partner needs, wants, and deserves special attention, maybe more often than you may think to give it to her. You are busy, pre-occupied with work, aggravated with things at work that occupy your time and most likely, stressed out. You're probably tired much of the time.

Who has the time or the energy to even think about romance? Fact is, many marriages are going through tough times because people forget the reasons they fell in love in the first place. Romance has taken a back seat to everything else. Often, a woman can be heard saying, "He just isn't paying

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enough attention to me."

If your wife or girlfriend has said that to you, it is time to definitely pay attention to the warning signs of a relationship on the edge.

Think about it. When's the last time you showered your wife with attention and a special gift? When did you let the worries of your day slip away in order to let your wife or partner know how much you love her and how special she is to you? What may seem like a little while to you may be an eternity to her.

Well, I have a solution for you. With Valentine's Day right around the corner, you can do something really extraordinary for that special someone. Take time to make this year the most memorable ever. I promise you it will be well worth it.

Think about what you can do to show your sweetheart how much you care for her. Think about what she would enjoy receiving from you. And no, in most cases, tickets to a sports event is not the answer here. Sure she may enjoy that on occasion, but truth be told, for this Valentine Day you probably want to make it really special.

Try this. Go shopping for seven romance cards. Starting on February 5th, send the first of the seven cards. Repeat this each day until all seven cards are sent. And yes, do send them. This will keep you focused on her every day.

In each card, write a message about a unique gift she will receive. Maybe it's a foot massage, or you will run her a bubble bath and give her a shoulder massage. What about a walk in the park or an afternoon matinee movie? The gifts don't have to be financially costly, but they should require some time on your part. For most women your time will mean much more than an expensive gift. And yet, the expensive gift can work well too.

You know, and I know, women love to be pampered. Imagine your wife's surprise when you treat her to such a memorable valentine. Of course, you never know what might happen during the course of you showing her with your love, affection and appreciation.

With our daily experiences life can change on a dime. With the pressure of work and personal demands, a huge challenge we have is to make sure those people we love know it, day in and day out. Imagine what it would be like to not have the opportunity to let our loved ones know we care.

Doesn't your wife, partner, lover, friend and confidant deserve to know how much you care. I think so and you do too.

P.S The Big Bear will gladly wrap your gift and ship anywhere in the world for that special someone.

Dennis Twitchell aka The Big Bear is the husband of Patricia Twitchell, proprietor of Just Bears and Stuff. To find the perfect gift visit [www.justbearsandstuff.com](http://www.justbearsandstuff.com)

## What Balance Looks Like For You

By Angie Dixon

Recently, in an online group, we talked about "balance" and an article one member had read decrying the demise of balance altogether. We all had different ideas about what balance is and how to reach it, and I realized, after a number of posts, that we were all right.

I believe it is possible to "achieve balance in our lives." What I don't believe is that the way you create balance is going to match the way I create balance. I don't believe that dividing my time 50/50 or 25/25/25/25 is right for me, though it may be for you.

How do YOU create balance? Easy. Find times when you feel like things are going exactly as they should, that everything in your life is perfectly in alignment, and that you're doing what you need to do, when you need to do it. That's balance. Then "creating" balance becomes RE-creating it. Once you know what to do, you can do it again. And again.

When you're struggling to find what's next out of the middle of a dozen or more things, when everyone feels downhearted and discouraged because they're not getting enough of your time even though you're running between chores and family as fast as you can, you're not in balance.

Imagine your life as a series of circles, arranged around an inner circle. The inner circle is you. If you're just running the bases and touching each circle with your toe as you go by, you're not in balance. But if all those circles are close in to your inner circle, touching or overlapping not only you but each other, chances are you're in balance.

Balance comes when you're doing what you want to be doing, when it needs to be done. It's not about fifty percent of your time being home and fifty percent being work, or any other formula. It's about doing what is important at the time.

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

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to discover how coaching can change your life, contact Angie at

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Six Steps for Creating Work–Life Balance

Top Ten Reasons To Have A Balanced Life

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