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

Relationship Lost Its Spark?

By Michael Myerscough

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A Mechanical Metaphor

Over the years of reading self-help books, it's become obvious to me that I rarely find one that I could get my Dad, or most other men, to read. They're just not written in a way that men can relate to. Interestingly, I've noticed that computer and other gadget companies are beginning to catch on to this fact. When we unwrap our latest piece of high-tech gadgetry, we now have a choice to opt for the Quick Start Guide or plough our way through the entire manual. For most of us men, that's a no brainer. We want to play with the toy, not find out how to build it.

My Dad is a mechanic and he taught me that given a few basic tools and a decent skill set most things can be fixed. When it comes to engines he is a genius. He can tell you what's wrong with your car by just listening to it. His skill is so fine-tuned; he can diagnose your car trouble over the phone. Grown men used to bring their cars over to him in tears, convinced this was finally the end. My Dad would take it to bits, figure out if a fuel line was blocked, determine if there was too much friction in one area, or if there was not enough connection in another. Then he'd put it back together and just like magic, the car would run again. To my father engines were predictable; he knew what to look for.

Take the spark plug. If it stops sparking, your engine stops running and your wheels stop turning. To a mechanic, it's very predictable that your spark plugs will last only a certain amount of miles and then need replacing. So given that a spark plug will cost you about £3.50 (let's not talk about the labour costs), how many of you would divorce your car at this point? No you wouldn't, because you understand that your car is a sizable investment.

For some reason, we fail to apply the same logic to our relationships. People start talking about how they've lost the spark or they've got communication issues as

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reasons to leave. We forget all the time and energy invested in getting to this point and all we can think about is running for the hills. It's worth noting at this point that "leaving" happens on many levels and even the subtle withdrawals damage our relationships. I know this because I've done it myself. In fact, given my own wiring I'm still prone to want to bolt when it gets rough.

This power struggle is a totally predictable piece of relating with your loved one. It's the time when Mr. or Mrs. Perfect suddenly becomes one of your parents or an ex-partner. For some complicated, yet unavoidable reason, this is always going to happen. The best news is that the only way out is through.

Sometimes we just need some basic tools and good skills. You can visit my website

for suggestions of great books to get you up to speed.

<http://www.thegreatrelationshipcoach.com/stuff.htm>

I guarantee that a relationship filled with romance and passion is more fun than most gadgets. And remember, if you're going to get expert help make sure you find someone who believes in fixing the relationship you are in. There are plenty of cowboys all to ready to sell you a new car.

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Have You lost that Loving Feeling ?

By Janett Colon

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Have you lost that loving feeling?

Men need to be desired and women need to be loved...
You need more love into your Life.

Do you want a more passionate and loving relationship?
Do you want more happiness and love in your life?
Do you want a satisfying love life?
Do you want more vibrant you?

If you have ever asked yourself any of these questions you need an approach to finding and achieving

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greater love, joy and well being in your life.

How do you develop all the qualities that love generates to make your life happier and healthier?

Loving means caring for the well being of us and others, sharing the good times and the challenging times, sharing what is on our minds and hearts.

How do you have more LOVE?

How do you experience yourself being loved more?

How do you love others more?

There is a way. You can have more loving, caring, sharing, and affection, better relationships, more fun and more bliss.

Why not take charge of your life and practice the things you know will bring more of the "good life"?

Deep inside of you there are powers that if discovered and used would allow you to achieve all that you ever dreamed or imagined you could become.

When two people decide to be together, it is because they are hoping that this person will be able to fulfill their every need. They want to feel safe and secure, loved and desired, romanced and respected.

We all have these qualities, but sometimes we just tend to take things for granted and lose appreciation for what really matters. (Sharing love!) Lets get focused and back on track ... Spark that fire, enhance romance, and spice it up.

For sure you will be delighted...Don't be the man without love or the woman seeking love...

Go For it! You can do it! You're the Best!

Do yourself a favor and start now ... Love is a beautiful thing ...We all need to be desired, loved and need attention.

Follow these simple steps and soon you will see the light ..

10 Fast Steps to Re-igniting the flames of LOVE *

1. Be spontaneous with your partner it is a way to help your relationship flourish. Being spontaneous with your partner can enrich and strengthen your intimate moments ...try something that you have been wanting to do.

2. Talk, listen and laugh together become best friends. You will soon start creating a bond of intimacy. Be sincere open and honest. Communicate about love, sex and the relationship.

3. Send Love Notes, Post them everywhere, tell them how gorgeous, handsome, Beautiful, sexy, how much you love them, be creative be specific...

4. Compliment each other lovingly in public and in privacy, show affection for each other ...

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5. Show them how much you really care by being responsive, caring and loving whole heartedly. Do the little things that say I love you and care for you.

6. Respect each other whole heartedly, partners who treat each other with kind and respect know that it is essential for having a deep connections and loving relationship..

7. Be a good partner --regularly get them something you know they will like and enjoy ..

8. Don't let negative or annoying comments bother you , discuss the negativity when you are both calm.

9. Take responsibility for your own growth, appearance and health..

10. Communicating without fear is absolutely essential to building the deepest kind of friendship and intimate partner .. Love is a Beautiful thing ! Let's share it ...

www.a-gift-of-love.com

Janett Colon, Believes that people can discover true happiness and meaningful lives, through sharing and Experiencing true intimacy with our inner selves and with the ones we love. Offering articles & tips and Free newsletter to improve romance, and better our lives. Webmaster/owner of www.a-gift-of-love.com



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