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

Save Your Relationship and Your Sanity

By Marie Magdala Roker

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Create Time To Share And Time On Your Own.

Establish time to spend together and time for yourself. Although you need the time together to nurture your relationship, it is important to have a good balance. You are not the Mini-Me of each other. You each have your own values, interests and needs. Make sure your couple time is about quality, not quantity. Set up boundaries so the family and friends know that this is your sacred time. Now, it's time to shift focus on you. Having shared perspectives and similar interests does not mean that you have to participate in all activities together. Creating personal time for yourself is important for your personal growth. However, don't use personal space as an excuse to not make time for each other. It is imperative that you articulate to each other the need for this time, so that no one feels neglected.

Be Patient with Each Other.

No one is perfect. It is important that you accept and love each other, quirks and all. Your relationship is a shared territory. It requires love, work and patience. There is a learning curve in relationships and for some the learning never stops. There is a difference in how the two of you relate, interact and live. You come to realize each others' strengths and weaknesses. View each other's abilities and personality as a gift. Be more flexible in your viewpoints. Work on win/win methods, so that no one has to lose. It's more important to understand and value each other's viewpoint, rather than trying to agree or disagree with it.

Respect Each Other

Respect each other's values. Respect each other's time. Respect each other's space. Respect each other's privacy. Respect each other's weaknesses. Respect each other's point of view. Respect each other's faith. Respect each other's friends and family. Respect each other's job or career. Respect each other's culture. Respect each other's sense of humor. Respect each other's character. Respect each other's choices. Respect each other's belongings. Respect each other through love.

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Highlight What's Right

Highlighting what's right builds up, rather than tears down. Constant criticism diminishes self-esteem. This is why verbal and emotional abuse can be so damaging. No one wants to start or end their day with a laundry list of complaints. Take time to appreciate what's going right in the relationship. Make it a habit of complimenting each other on something besides physical appearance. Build up each other's confidence. Point out noteworthy or small tokens of appreciation. Take the time to show gratitude. When people feel good, they want to share that feeling with others.

Listen

If we spoke less and listened more, it would eliminate many of our communication problems. However, humans are conditioned to listen with the intent to respond. When was the last time you listened

attentively to your significant other? Do you listen and then try to solve a problem? Do you listen and then offer advice? Do you listen and then criticize or belittle? Do you listen and then self-reference? When you listen, it builds trust. Your significant other feels understood and will share more with you over time. The next time you see your significant other in a contemplative state, tell them you're available to listen.

Let Go Of Emotional Baggage

It's time to unpack your emotional baggage. You can not undo the past. Bringing past pain into a present relationship is like mixing dirty clothes with laundered clothes. The old emotions need to be resolved before you can be yourself in your current relationship. Emotional baggage contributes to insecurities, poor judgment, cynicism and indecisiveness. Trying to protect your feelings will hinder your freedom and growth. Think about why you continue to allow yourself to suffer with this pain? Is there someone you need to forgive? Are you carrying around resentment and guilt? Talk about the situation with your significant other, so they can have a better understanding of what you are going through. If the pain is too unbearable, seek professional help together or alone.

Marie Magdala Roker is an Academic and Personal Development Coach and Certified Breakthrough Parenting Instructor who works with moms, teens, and college students and helps them empower themselves to get from where they are to where they want to be in life.

Holiday Sanity Savers From A Mostly-Sane Mom

By Nicole Dean

The Holidays are a stressful time. Between the additional errands, the extra traffic, and the stress of spending money that you don't have - even the sanest mom will be questioning her sanity as the holidays near.

Here are a few ideas to help you keep your sanity this holiday season.

Make a list (and check it twice). Keep your shopping list in your purse to keep from being overwhelmed

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or worse - overspending. If you walk into a store and are bedazzled by all the shiny things, I can relate. I get so overwhelmed that I get nothing accomplished. But, as the Holidays near, I tend to switch into "SuperMarket Sweep" mode and I start throwing everything into my cart (whether I really need it or not). Having a list can help fight this urge, keep you sane - and help your budget stay sane in the process.

As soon as you start buying, start wrapping. There's nothing more stressful than tackling a mountain of unwrapped gifts two days before Christmas. Save on the cost of wrapping paper by buying it after the holiday each year and stowing it away for next year. Be sure to attach gift tags as you wrap. If you're wrapping a month in advance, there's no way you're going to remember what that funky rectangular shaped box is, let alone who it's for.

To save time and sanity, wrap gifts that go together in all the same paper. For instance, wrap all gifts that will be going with you to your mother-in-law's on Christmas Eve in the red paper with the gingerbread men. And put all gifts for your friends and neighbors in the blue paper with the snowflakes, etc.

Cook in advance. Did you know that you can make mashed potatoes during the summer, freeze them, and have them ready for the holidays? Mashed potatoes can be kept in the freezer for months if you use a freezer-friendly recipe. Cook your mashed potatoes in advance and offer to bring them to Christmas dinner. You can skip the stress of cooking, because they'll be ready and waiting for you.

Limit your travel. The holidays are about family, but they are also about togetherness and making memories. If you're spending your holidays trapped in the car together, driving down icy roads, stressed out, consider ways to travel less.

The Holidays are a time to make memories. Oftentimes the memories we are making are of a stressed-out mom, running around missing out on all the fun because she's trying to create a perfect moment. Instead, relax and experience the holidays with your family. Between a little planning and taking some of the pressure off, you'll have a Holiday that would make Norman Rockwell sigh.

Nicole Dean is a mostly-sane mom and creator of

- a fun and

informative site to help moms achieve success working from home. She invites you to learn more money-saving tricks at

and to take her free

tutorial for work at home moms at

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