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Ten Tips for Building Dynamite Relationships

By Pat Swan

Ten Tips for Building Dynamite Relationships by Pat Swan, M.S., Life and Relationship

Coach, Speaker, Trainer and Author

Relationships hold a high place for most of us, especially women. We want great relationships with clear communication, empathy, understanding, mutual trust and friendship and fantastic sex – we want DYNAMITE RELATIONSHIPS.

But what do we get much of the time? Relationships loaded with communication problems, irritability, conflict, misunderstandings, blame, hurt and anger! If you have a relationship like this you know what I mean. Stress grows and settles in your muscles and organs and you develop fibromyalgia, migraines, stomach problems, anxiety and depression.

Loyalty, tradition and fear of failure demand we stay. We try again and again to fix the problems, ignore the fighting, and say the same thing for the tenth time with different words. Do you identify with this situation? Perhaps you stuff resentment and deny personal needs for the sake of the relationship. You experience little explosions on a daily basis and feel constantly on edge. Then it's Monday morning and we play pretend again for another week.

Walking through these relationship mine fields is hazardous to your health.

The longer that relationship stress goes on, the longer your immune system is shut down, and the longer your muscles and organs are exposed to dangerous stress hormones. You are at risk. If you have an illness, it will get worse. If you have no illness yet, you will likely get one.

What can you do? Whatever you do, don't wait! Magical thinking tells us that it will change on its own. It won't. You have to change. Your health and well being depend on it. But the good news is, you can make a difference. It is not necessarily a lost cause.

Here are the top ten tips for building DYNAMITE RELATIONSHIPS.

Ten Tips for Building Dynamite Relationships

1. Get to know yourself, inside and out. Know what you want and need. Know what you like. Determine your values and priorities. Write them down. Believe in yourself and don't compromise.
2. Choose healthy relationships from the start. Don't go out looking for a red dress and settle for beige! Don't be desperate – be choosy!
3. Move slowly and develop a strong foundation. Don't get enmeshed in an emotional relationship before you see the hazards and recognize the danger.
4. Nurture good relationships. Take the first step to schedule a get together or just chat on the phone.
5. Develop excellent communication and conflict resolution skills, and use them. This in itself can drastically change a relationship.
6. Develop assertiveness skills. Passive people ignore their needs and get walked on. Aggressive people walk on others to get what they want. Assertive people learn to get their needs met without walking on anyone.
7. Learn to really listen. Listen with body, mind and spirit.
8. Be self-aware. When a misunderstanding happens, check it out. Be sure you have all the information. Determine what part you played in the situation.
9. Develop intuition and body awareness so you can identify relationship stress in your body immediately, as it is happening. Then deal with it appropriately before it gets deadly.
10. Lose the denial. If something isn't right, deal with it. Don't play pretend and wake up too late. All relationships have misunderstandings. It's how we deal with them that counts.

If you find yourself struggling with your relationships, new or long term, don't wait! The window of opportunity for change is narrow. Anger and resentment destroy relationships, even good ones. Life and Relationship Coaching can help you reach your goals and develop the DYNAMITE RELATIONSHIPS you desire.

Pat Swan, M.S., Life and Relationship Coach, Speaker, Trainer and Author. Check out her ebook, "Watch Out! Your Relationships Can Be Hazardous To Your Health." Available at www.StopRelationshipStress.com Call for a FREE 30 minute introductory coaching session today. 262-642-5706, <mailto:pat@patswan.com> , <http://www.RelationshipSkillville.com>; <http://www.StopRelationshipStress.com> .

Napoleon Dynamite (DVD) Review

By Britt Gillette

Ten Tips for Building Dynamite Relationships

One of the more absurd movies of the decade, Napoleon Dynamite nonetheless manages to be a hilarious comedy in its own right. Featuring a unique brand of alienated–teenage humor, the film relies more on its well–timed pauses and character body language than on zinging one–liners. If you enjoy its subtle humor, then Napoleon Dynamite is a film you'll find utterly hilarious. Otherwise, it might cause boredom or outright confusion. The film has a near non–existent storyline, but what it lacks in plot, it makes up for with its witty and hilarious comedy sequences...

Jon Heder plays the title role of Napoleon Dynamite, an estranged and nerdy high school youth living with his grandmother and older brother, Kip (Aaron Ruell), in Preston, Idaho. Sporting a clueless, unchanging facial expression throughout the movie, Napoleon simply glides through life, getting kicked around, pushed into lockers, and watching life pass by. When a Spanish student named Pedro (Efen Ramirez) moves into town, Napoleon befriends the social outcast. The two drone on and on about myriad subjects, such as who to take to the upcoming dance. Fellow socially–challenged student Deb (Tina Majorino) becomes the object of their affections.

Meanwhile, Kip trolls the Internet chat rooms in search of women, and Napoleon's Uncle Rico (Jon Gries) moves in with the boys while their grandmother is away. Uncle Rico's own exploits add to the hilarity of a film with little in the way of substance, at least until Pedro decides to run for class president against the school's most popular girl, Summer (Haylie Duff). Now, Napoleon and Pedro must work against all odds to win the school election...

The true strength of Napoleon Dynamite is its clan of outrageous characters, characters that are so outrageously ridiculous that every viewer can point out the mirror image of that character from his own high school yearbook or current life experience. The arrested social development of Napoleon and his friends are amplified for effect within the film's context, drawing the viewer into a Lord of the Flies world of Darwinian adolescence. The humor is sometimes subtle, and Napoleon Dynamite is not to be confused with an Academy Award winning drama. But if you like stupid movies such Dumb And Dumber, then this is the film for you.

Napoleon Dynamite is a unique comedy which pushes the boundaries of plot–challenged, immature filmmaking. In short, you'll love it. Most of the characters are so pathetic, you'll find yourself laughing at them simply because they exist. One of the biggest surprises of 2004, Napoleon Dynamite is an oddball comedy that definitely ranks as a must–see movie...

Britt Gillette is author of The DVD Report (

), a blog where you can find

more reviews like this one.

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