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Tips for Women as They Adjust to Married Life

By Rachel Greenberg

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There are basically two types of men out there. Men who like to watch sports, and men who don't. I consider myself lucky to have met and married a man who falls into the latter category. But that doesn't mean that our lives together are always pure wedded bliss. It takes a lot of work, especially if you have been out in the single world for a long time.

I'm sure you single ladies out there know what I am talking about. It's tough to actually have to live with someone when you previously had the place to yourself. And what about the name change, the finances, and all the other administrative stuff that makes marriage so unsexy?? Let's explore what you can do to handle the transition to married life with ease.

BEFORE THE WEDDING EVEN TAKES PLACE

It is ever so important these days to have a prenuptial agreement. If he really loves you, your betrothed will understand the need for one. After all, you both worked hard for the money you earned and the assets you acquired before you were married, so why not protect them? Believe me, it's worth a simple piece of paper now to avoid a lot of headache later. There are many highly qualified lawyers out there who can draft the agreement for a nominal fee, so put yourself at ease and sign a prenup.

AFTER THE WEDDING – NOW WHAT?

I skipped over the actual wedding, since everyone has varying tastes when it comes to wedding ceremonies and receptions, and that is not really the focus of this article anyway. I want to get right to the part where he carries you over the threshold of your new home, and you are officially husband and wife. As you start your new life together, try to keep these things in mind:

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1. Take some time to enjoy being married. After all, you married this man for a reason. You should just bask in the glow of your happiness for a while.
2. Make a list of the administrative tasks that need to be handled - like the name change, joint insurance policies, etc. and give yourself a flexible target date to complete them. This way you won't feel rushed and overwhelmed, and you will most likely complete everything ahead of schedule.
3. Decide early on which household chores you want to do, and ask your husband which he would like to do. It may seem silly, but this will help you avoid an argument later about who should have taken out the trash.
4. Figure out both your schedules - what time you go to work, when you like to work out, when you like to eat dinner, etc. It's important to know what your day looks like, so that you can maximize your quality time together.
5. Communicate, commit, and cooperate. Don't forget that you are a team now, and you must work together in order to keep your union strong and harmonious.

If you follow the first and last steps in the list, everything in between will fall into place. Yes, it's tough to adjust to being a twosome when you've been on your own for so long. And yes, the minutiae of everyday life can sometimes bog you down. But if you can deal with it up front, organize it, and commit to working on it together, then you will succeed.

Rachel Greenberg has a background in business and finance, and she received her MBA from Duke University in 1999. She writes fun and informative pieces for her website <http://www.bargainfamily.com> which she created with her husband Lee. The website provides advice and recommendations for families on various products and services for their homes, lives, and businesses.

Single Women Are Hot

By Yolanda Shoshna

Just when businesses and advertisers think they have women all figured out enters a new category with serious buying power: the single woman. It is projected that in 2005 single women will spend \$400 million dollars which has the business world standing up and taking notice.

There used to be a time when single women were treated like outcasts and looked on with pity. Unmarried women were secretly called "spinsters" by friends and family if they were not wed by the time they hit 30. The tide is beginning to turn as single women send out the message that they can do for themselves.

Businesses as well as politicians are now checking in to see what makes single women tick. The

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census data shows that 40% of women between the ages of 25 to 29 are not married. While 23% of women in the 30 to 34 age range are not married. One can only guess that the percent of single women over 30 will grow due to the fact that more women are stating that marriage is not of interest to them. The messages coming from single women are diverse from choosing the single life as the preferred lifestyle, choosing career over marriage first, to one person homeownership.

Single women are beginning to take the country by storm, even on the top hit show "Desperate Housewives" half of the characters are single. Advertising companies are beginning to get it when it comes appealing to the single woman. One commercial has two women who are sitting down after a wedding doing a high five for having "not" caught the bridal bouquet. This message says that businesses are seeing that single women are a viable market. That is girl power that is about to be in full effect.

Yolanda Shoshana (Shoshi) is a life strategist, speaker, consultant and artist. Shoshi founded, The Lily–Rose Company, a life strategy communications company for women that uses multidisciplinary avenues to help women master their lives. In 2005, Shoshi will launch the Center of Female Empowerment(sm), which will be an innovative learning center for women. To learn more about The Lily–Rose Company (

) or to get a free consultation send an email to

.

Single Women Are Hot

The power of the women

Classic White Color For Bridal Gown

Wedding Bouquet: It's Importance To Your Wedding Day

Honey, Rich Is Better

How to keep up the SPICE in your Love Life.

Hints for lovers

How Nice Guys, Shy Guys and Good Guys Finish First!

The Ultimate guide to a Multi–Orgasmic Male

Time Stretching Tips



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