

Table Of Contents

Introduction	01
Romance and Passion	03
Rekindle the Flame	09
Qualities of a Successful Marriage	12
Peace and Harmony	17
Understanding Body Language	28
Happy Ever After	33



Introduction

Is marriage a blessing or a curse? For many married people who are having problems with their spouse, marriage is considered "a regretful act."

Marriage is a sacred vow to love your partner for richer or for poorer, in sickness and in health, till ... well you know the rest. But for many people, the pressures, challenges, and monotony of married life has shrouded its wonderful positive aspects.

It is the aim of this book to reveal the beauty and joy of married life, and to prevent any unfavorable circumstances from ruining your marriage.

But first, here are some important facts you might be interested to know. And guess what? The sample stories below are true!

FACT # 1: Some couples get so madly in love with each other, they'll get married a few weeks (or even days) after they've met!

Hannah is a 26 year-old career woman. She and Isaiah broke up last February. She was in grief for a month. Come March, she has a new boyfriend. They got engaged by April. First week of July, they'll tie the knot.





FACT # 2: Pre- marital sex can ruin your life!

Chantal and Jake have been lovers for seven years now. They're planning to get married next year. A couple of months after their seventh year anniversary, Jake impregnated a woman other than Chantal. Jake got married to someone he doesn't love after a month of rush preparation.

FACT # 3: Sheer persistence and determination can melt a heart of stone!

Cherry is a man hater. She has become what she is right now because of two failed relationships in the past. The two men left her for the same reason; they found a new girl whom they believe can give them happiness. After a year of grief, she meets Michael.

Michael irritates her. She can't stand near him. But the latter is so persistent. Five years later, Cherry walks the aisle wearing a white gown and a bouquet of flowers in her hand.

Marriage is a lifetime commitment. Some may even fear it; some take it for granted. Some take it seriously enough that they look for ways on how to make it a lifetime of happiness. Want to find out how to make your marriage eternal? Read on.



Romance and Passion

We are all born for love. It is the principle of existence, and its only end. - Benjamin Disraeli Reminisce.....

When was the last time you and your spouse went on a first date? Think. Was it a long, long time ago? Come on, think. You have to remember. True to many people that they had butterflies in their stomach during the proverbial first date.

Alex and Nina have been happily married for the past 26 years. Their first date happened 28 years ago. It was a simple dinner date at their favorite restaurant. Nina recalled that she was very nervous. She stayed in the mirror for two long hours checking for stray hair or crumpled dress. Her heart was beating so fast. After so many years she still feels quite nervous every time her husband asks her out.

Did you get a little nervous? Or anxious? Ever wonder why? I suppose your heart was beating faster, making a faint throb on your chest. You got nervous because you wanted to make sure that everything would turn out right. The date itself was important to you. You wanted it to be perfect.

Belle stammers when she is nervous. She's also clumsy. Don asked her out for the first time to dine. She agreed. There on the restaurant happened the most unforgettable scene in her life. While they're having dinner, she noticed that her hands were shaking violently. She tried to stay calm, but she couldn't. She then decided to go to the restroom in the middle of the dinner. To her haste, her heels got caught in the lacy tablecloth. The moments she stepped forward, the tablecloth and the rest of the food on top of it moved with her. The food was on the floor and the dinner was a complete mess. Don just looked at her in awe.

