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**FRONT COVER:**

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# Foreword

Unhappy people who think that ending their marriage would make them more pleased are frequently living a myth. Chances are that they've ascribed the failure of the marriage to their mate, relinquishing introspection. Blaming the other rather than oneself becomes the favorite pursuit, the handiest means to walk away.

By failing to admit their own debilities, and not recognizing that they've entered the marriage with absurd demands and unrealistic expectations, they unconsciously freed the forces leading to a likely separation.

There's likewise the phenomenon of short memories. Somehow, the same people who vowed to support one another have forgotten their commitment and vows to love one another through thick and thin.

Our modern society has become a disposable society. When our once dear partner is no more of use to us, we call our attorney and instruct him/her to initiate a divorce.

Truth is, is that divorce has an atrocious side to it. It's the simple way out for individuals who haven't an ounce of bravery to salvage what deserves to be salvaged.

## ***Marriage Bliss***

### ***How To Have A Wonderful Marriage And Grow Old Together.***

# Chapter 1:

## *The Bad Side*

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### Synopsis

Divorce un-builds and unties what took years to nourish, and sadly, frequently the only individuals who benefit from it are greedy attorneys who will utilize every trick in the book to strip the other assets, till no remnant of the person's investment - physical, monetary and emotional - persists.



## **The Damages**

While divorcing couples spend their mental energies charging the other with causing anguish and disharmony, they forget that the youngsters suffer in double - triple doses. Couples blank out that the sentiments of youngsters are more delicate and harder to mend. This is when the concept of human selfishness and self-interest become transparent. It's odd how the true character of individuals comes out when they're the actors in a divorce.

The conclusion not to be swayed by the lows of a relationship mirrors strength and integrity, let alone the power to see beyond one's personal sadness. And by saving the marriage, more than one human is saved.

This is the essence of this e-book in your hands right now; maybe the most crucial that you'll ever read.

Getting married is entering into a contract - but it's likely the one contract that's the easiest to break because divorce has made it simple for husband and wife to walk out when they go through a distressed period in their life, albeit impermanent.

Just think - attorneys will fight tooth and nail to protect businesses in their contract relations or between you and your landlord, your auto-mechanic and your physician, but can't prevent you from breaking up with your mate. In fact, they'd even counsel you to break up your marriage and then discuss division of belongings as the next logical step.

Marriage is the sole contract that anybody can break, at any time, and not be held responsible for it.

From a cost position, divorce may be economically damaging not only for the state but likewise for couples.

Think about these figures:

US divorces cost the nation \$33 billion annually or \$312.00 per home;

The average divorce in America costs state and federal authorities \$30,000 in direct and indirect costs. Direct costs to the state include youngster support enforcement, Medicaid payments, temporary assistance to needy families fund (TANF), food stamps and housing project assistance.

To the couple, divorce costs about \$18,000 and this would include lost work productiveness, relocation costs and legal fees that vary vastly, depending upon the nature of the divorce and the state of affairs of the couple.

There are other reasons why divorced individuals don't end up happier:

Depression symptoms do not necessarily diminish with divorce, nor did divorce raise people's self-esteem;

Unhappy marriages were less common than unhappy spouses.

# Chapter 2:

## *Why Work On Your Marriage*

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### **Synopsis**

It all boils down to mental attitude, doesn't it? Cynics have named marriage the "old ball and chain." Many happily wedded individuals disagree, as they don't view marriage as bondage and slavery, where one's innate instincts and desires have to play second fiddle to the felicity of the other half.

Happily wedded couples state that marriage has taught them to accept each other's fortes and possibilities. They argue that by exercising that, they transform themselves from the average to the extraordinary.

Marriage consequently is an "enabling" sort of situation where it means the freedom to be who they truly are, to reach for the stars and discover what they're meant to be without ridicule or rejection.



## **Why You Should**

A lot of us have read reports that deliver the message: married individuals are healthier and happier, and hence live longer than single or celibate mortals.

For one, there's the emotional support they get when the going gets rough, and the fact that married life supplies the opportunities to maintain communication between two individuals, even if one of the mates just wishes to vent. In fact among the reasons individuals say they like being married is the assurance that there's somebody they may come home to at the end of a difficult day.

“For better or for worse” is yet very much a strong argument for getting - and remaining - married. While some individuals would be too shy to admit it, the love and support in times of sickness may speed up recovery.

People in fact like the “for better or for worse” aspect of wedlock because it tells them that regardless what occurs, somebody will be around.

It goes beyond having a surety or safety net. It's the knowledge that they may count on somebody when times are tough, and that alone returns a considerable degree of peacefulness and a sense of calm for the soul.

And here's a romantic - but real - notion of wedlock, to which happily married couples will concur: “Marriage moves us from ego to we-go.

The single self switches from me first to the sacred union of us...values like love, honesty, regard, fidelity and dependability form the engine of a great marriage. Little benignities are the oil. Without the oil, it will grind. With it, it slides.”

And how about the barest reasons for marriage like: cockamamie little jokes, hugs and cuddling, traveling together, expressing joy together, quiet times together, mutual acquaintances, sexual intimacy, pillow talk, kissing and making up? Can anybody truly put a price tag on these simple pleasures? Don't they echo the saying that the finest things in life are free?

Oh yes, there is love in relationships, but there's deeper love in a marriage that is on its way to its 25th or 50th year. Individuals who have remained happily married are those who recognize gradually that there are really two marriage contracts, not simply one.

The 1st contract is what everybody is acquainted with - the one that the clergyman in a wedding ceremony makes official. The 2nd contract is what couples call the silent contract. It's secret, implicit and mostly unconscious. It's this 2nd contract that assigns standards and behaviors our partner ought to fulfill.

The distinctive feature of this contract is our secret belief that our own feelings, needs, and sense of what is correct are most crucial. One's expectations of the other may carry risks and may lead to clashes, which couples attempt to resolve among themselves.

Regrettably, as mentioned earlier, these conversations are seldom objective or profitable, given that people rarely ask if their expectations are fair and sensible - they simply complain endlessly.

Happily married couples are those who comprehend this 2nd silent contract and all of its ramifications.

Happily married couples are those who carry on investing in the marriage, knowing that for love to prosper, it takes hard work and hearty amounts of creative thinking.

Love and physical attraction might take the backseat, particularly when the youngsters arrive, but fulfilled couples know that they have to stick it out, through thick and thin, for the sake of the emotional welfare of the youngsters.

When couples consider others and not just themselves and make a continuing attempt to make the marriage work, they've made the best investment they may ever make and they firmly trust in this.

The motivation to make the partnership work is frequently the secret of happy marriages.

# Chapter 3:

## *You Have To Be Friends*

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### Synopsis

Friends are forever. Even if we move out of town or move abroad, we preserve our friendships.

We surely don't divorce our friends just because of a misinterpretation, so if we treated our mate as a dear friend, we likely won't ever need a divorce attorney and go through the awful exercise of property division - a course that may spell financial downfall for many.



## **Maintain It**

As love is less permanent (we fall in and out of love a few times in our life) and friendship more lasting, every attempt has to be made to make our mate not only a lover and a partner, but likewise a friend.

Friendship is apparent manifestation of maturity. Marriage is an obligation larger than life, and may be a source of bother or profound joy. Only when we turn those bothers and joys into building blocks for a lasting friendship can we say that we've taken the unbendable path to a marriage made in heaven.

If there's true friendship between husband and wife, the marriage wards off landing on the rocks. Rather it becomes a rock-hard marriage where no person or circumstance may put it asunder.

As a matter of fact, it's the genuine friendship between two individuals that put more meaning in the words, "for richer or for poorer, for better or for worse, till death do us part".

Friendship in a marriage implies that the marriage will be fraught with memories of laughter and humor, for didn't we pick those friends who made us laugh the most? Didn't our mothers forever tell us, "When picking out a husband, count the times he made you laugh."

Friendship likewise means open and honest communicating; a no holds barred type of union where our comfort level with our mate goes beyond

100%, assured that what we say and how we say it won't be labeled or taken in a damaging light.

If you speak to married individuals, a wish they frequently express is that they stay the best of friends and the closest of companions. Surveys in point of fact reveal that if there's one component that will enable a couple to brave the tough times, it's friendship.

As a celebrated poet once stated, "No man is an island." friendship is the counter poison to loneliness. Getting married doesn't mean that individuals will never go through loneliness, "but it does decrease our sense of separateness.

Friendship between couples yields wholesome feelings of goodwill and fidelity. Our mate - our friend - has our interests at heart, won't betray us and will be our most steadfast supporter. Friendship likewise makes spouses solider; this strength is reinforced by the delight of shared history, of nostalgia and designs for the future.

Romance is a great thing, and we could utilize heaps of it when our relationships become rocky. But mature friends know that romance may be a barrier to friendship.

How come? Because romance hides the darker side of our existence - our fears, anxieties, and insecurities. Yet, it's those concerns, anxieties and insecurities that by nature draw us to our friend.

Friendship in a marriage produces the recognition that flux, de-stabilization and disturbance are the first steps in the dynamic procedure of repair, reconstructing and replenishment.

Familiarity doesn't breed contempt. It breeds content. A sensation of contentment equates with satisfaction, fondness, and unwavering assurance. Sharing a life together in love and friendship makes for a book that has deeper and thicker in shared stories, in content.

If you were to ask a happy unmarried man and a happily married man to each compose their stories, you'd get a favorable narration from both.

The single individual's perspective would however be I, me and myself - and perhaps a string of blind dates and Saturday nights lonely.

The married man will discuss "us", of mutual interests - an account definitely made richer because there are 2 stories, not one.

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