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# Foreword

If you discover yourself in the states of affairs identified below, what you discover here in this e-book will be really valuable and beneficial to you.

- Your mate or your spouse has been holding an adulterous affair, or seeing someone other than you.
- Your mate or spouse is going away, and you're feeling heartbroken and alone.
- You and your mate or spouse are battling and quarreling nearly everyday, and you're questioning why both of you can't be the way you at one time were.
- You yearn for the return of a lost relationship and want to stop a divorce.

Now I wish to tell you, yeah! You are able to take back the love of your life! Regardless how stubborn the opposition, regardless how far this individual might be from you, regardless how hopeless your state of affairs seems!

I'll teach you the tried and true and proven techniques in this e-book which you are able to learn and employ immediately to better your love relationship and even your marriage!

***Divorce Prevention Rescue Mission***

***Steps to prevent a divorce from happening.***

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# **Chapter 1:**

*To Do and Not To Do*

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# Synopsis

***Really crucial and fundamental precepts you have to know first  
off if you truly, really, genuinely wish to win back the one you  
love and save your marriage!***

## **To Start With**

- Mankind only wants what they don't actually have.
- Humans balk matters which command or confine them.
- Humans love themselves to a higher degree than anything else.

In the first place, you have to learn and remember the above really crucial precepts regarding mortal nature. To a certain extent, these precepts apply to everybody, including you and me!

Really crucial things you must not do if you earnestly wish to recover your mate or save your marriage don't show that you're starving for your spouse's or mate's presence.

Regardless how much you wish your mate or your spouse to remain by your side, or to be back with you, more starving and hanging on will only make that individual even more tired and fed up with seeing you or making up with you.

Rather, cultivate the mental attitude, habit and conduct such that you don't require that individual to be around for your happiness or pleasure. You truly don't require someone else's presence or approval to receive happiness and peacefulness.

If you discover how to cultivate this sort of mental attitude and habit, you'll discover that your mate will be the one who will become frightened! They will get frightened of losing you!

Think of this: human beings tend to want what they don't actually have!

If your mate or spouse is seeing somebody other than you, don't stop them from seeing other people! Have a competitor around?

Here's what you have to do. Don't stop your mate from seeing others. If you sound off, and whine, and nag, I can tell you, the more they'll wish to see the other individual!

How come? They can't stand your sounding off, and yammering, and nagging! If you wish to stop them from having something that they desire, all the more they'll desire it! Humans tend to desire what they don't actually have.

So, if you attempt to stop them seeing a different individual, all the more they'll wish to be with that individual! To them, it'll be a great challenge if you attempt to stop them.

If they ever win that individual, they'll feel triumphant about it! And guess what, you're the one challenging them that they won't have what they desire! Remember, battling to get back the one you love almost guarantees your failure.

So, what you have got to do is to provide them freedom of choice! Let them feel that you're the better individual to be around than your competition because you respect their freedom and their options!

Don't restrict your mate or your spouse. Human beings tend to baulk things or individuals who command or confine them!



Respect your mate's decisions or wishes to do whatsoever he/she wishes to do during a specific day or during a specific time.

If he/she wishes to go out with someone else today, let them alone! If he/she doesn't wish to see you today, let them go!

The more you don't give them your tending, guess what, they'll want your tending back! They'll begin wanting it! And they'll urgently want it back.

The more you provide them attention, the more they'll feel that you wish to command them, to restrict them, and the result is, they'll baulk it, they'll battle back! This will just hurt the relationship between the 2 of you.

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## **Chapter 2:**

*Watch What You Say*

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# Synopsis

*Things you utterly must not state if you truly wish to  
change the mind of your mate.*

## **Mind Your Tongue**

If you wish to change the mind of your spouse or mate concerning anything, you have to not say “But I love you...” I can tell you, stating that and stressing how much you love them isn't going to get them to change their mind.

When you state “But I love you...” you are in reality telling your mate that you wish him/her to do something your style! Not his/her style.

Recall that “human beings tend to love themselves to a higher degree than anything else!” When you state “I love you...” you are in reality loving yourself more. You wish your spouse to do things which will gratify your ego, thus you wish your spouse to do things your way. And your spouse recognizes it! He/She is not going to alter his/her mind simply because you tell them “I love you...”

If you wish your spouse to do particular things your way, you have to not say to your partner “But I've done this and this for you...”

Prevent stirring up the past about what you've done for him or her. The past is already deceased. Stressing how much you've done for your spouse will only tell him/her that he/she has to do stuff your way because that's the price they have to ante up for all that you've helped them do in the past.

The more you state this, the more your mate will wish to drift apart from you or leave you. He or she will be too frightened to be with you as they know their motion is restricted by how much they may repay you.

So, at any expense, prevent giving them the feeling that they have to ante up a price simply to be with you! No one on this Earth likes to be commanded or restricted by another individual!

Prevent stating things like “But it’s your duty....”

Your mate won't like to be tied down by duty or obligations. When it bears on relationship, there can be rules. Love is unconditional. By Stressing too much on duty, you're going to turn your mate off.

He or she won't desire to be with someone who wishes to impose rules and ordinances on them. So, it is your job and obligation to see that you give your spouse no excuse to leave you for some other individual.

So, what precisely must you say if you wish to alter the mind of your spouse to make them accomplish things your way, or view things your way?

First of all, stress the strong points if they view things your way. Let them recognize the Advantages and benefits of executing and viewing things your way. Provide them clear-cut explanations.

Second, remember your mate isn't concerned about what other people want. He or she isn't worried about what you wish. He/she is more interested in what he/she wants and what he/she may receive. A lot of times, they're not against your thoughts, or whatever it is you need, but they're really against your pushing aside their freedom of choice.

So, provide them what they desire. Provide them freedom of choice. Let them know they've the freedom to choose what they wish to believe in or what they don't wish to believe in. And let them know they've the freedom to decide what they wish to do, and what they wish not to do.

The magic words you are able to tell them are “Yes! I comprehend what you're saying. Why don't you try it /do it...”

“Yes” is the magic word which unites you and your partner right away.

“I comprehend...” demonstrates you're with your partner, you're hearing them out, and you honor their decision.

“Why don't you try it / do it ...” tells them you back their decision or choice, even though you're not in favor of it.

If you've a competitor, always remember, the individual who may give your mate more freedom of choice will most likely be the one your mate wishes to be with most.

If you bear all the above precepts in mind, you're likely to have more success in altering your mates mind and make them accomplish things your way.

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# **Chapter 3:**

*Know The Differences*

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# Synopsis

*Men and women comprehend emotion, communicating, sexuality, faithfulness, work and income because of the way they were socialized and because they've been influenced by their own parents' perceptual experience. They bring in these ideas to the marriage and therefore have their own baggage of notions regarding what is passable and intolerable in a union, what they have to provide their mate and what to anticipate in return.*



## **We Are Not The Same**

You can see this is the dissimilar ways men and women pick a partner:

Women attack love as informed consumers...they kick the tires, see under the hood, run the engine, check out the mileage. Women enjoy love, however being practical-minded, not enough to ignore likely shortcomings. Handsomeness and romantic love interest a woman, but in thinking about likely suitors, a woman likewise views the practical, like a wooer's economical prospect, emotional stableness, trustworthiness, and what sort of father he will be.

In spite of a reputation for practicality, male persons come away as hopeless romantics. They're much more prone to fall topsy-turvily in love and likewise more prone to idealize the target of their fondness.

If the bodywork is great and the grillwork pretty, frequently a man will purchase on-the-scene, no questions asked. It requires practice to learn that gender differences don't represent menaces to a marriage, merely a cause for celebration and a chance to enlarge a person's area of experience.

Attempt to remember that your mate isn't your reflection. In a loving, good partnership, individualism and separateness are wholesome concepts that each mate must work on.

Don't sweat the little stuff is likely one advice that doesn't forever work for marriage, as it's crucial to observe the little stuff, if the marriage were to thrive. Most of the true work in relationships is coming about in more hushed moments in littler spaces.

Illustrations would be:

- Putting off bringing up the bad garage door while your hubby is rushing to meet a deadline and has to center on his project for a couple of hours.
- Assisting the youngsters and keeping them away from the kitchen while your wife fixes supper.
- Offering to collect your hubby's shirts at the cleaners as he forgot to do it yesterday.
- Filling the car tank if you know that your hubby has to go out of town on a customer visit.
- taking your wife dancing as she's always loved to dance even if you've 2 left feet and have always despised it.

One thorn in a marriage is income. Chances are married persons have their own ways of spending and laying aside income. If both hubby and wife earn like wages, agree on how to break up the home expenses before marrying so no one feels betrayed or deprived financially.

While it was all right to expect him to pay for supper and the film while you were going out, marriage calls for a real economic partnership. Or, if you understand that your hubby is especially averse to worthless shopping flings, make an attempt to cut down your buying trips and center on the necessities rather than on your impulses.

Don't forget to talk about your investing preferences and attempt to stick with a budget and a savings plan.

Work at keeping your partner perked up intellectually. If there's anything that grinds, it's a wife who perpetually discusses what's on

sale and a hubby who knows zip but what teams made it to the playoffs this year. Retrospect to courtship days when both of you could talk till the wee hours of the morning as you were intrigued with what each of you performed in the office that day, in that book or film etc.

Enrich one another with your lives and vicarious experiences. Let the other know that you've a pursuit in life and what it has to provide, and make every effort not to be a dull spouse by reading more, trying out more, and living more.

A lot of individuals state that youngsters put a damper on the union. Who has time for passion and love when the youngsters are screaming their lungs out or running a one hundred five degree fever? Or when income has to be scrounged up to pay for teeth?

Raising kids may turn us into impatient, stressed-out organisms so if engaging a sitter overnight won't interrupt the monthly budget, do so and vanish – just the 2 of you. But don't utilize that time away from youngsters to sound off about each other's habits or to bring up past incidents! Rather than viewing marriage blessed with elevated points or fraught with crushed points, think about it instead as a series of landmarks.

Landmarks have to be viewed as chances to make a union stronger and more fulfilling. These landmarks become clear at mid-life where couples have formulated a greater sense of time limits and an urgency in their want to make the most out of their union and their lives. The mid-life years are an innate time for contemplations: couples now have the benefit of being able to see where they've been, where they are and where they wish to go.

Provide credit where it's due, be generous with regard and be sincere in your praise. Do you occasionally discover yourself wishing that your mate would compliment you? A lot of couples find that as they settle into their union, the regard or kind praises are not as frequent as when they were going out. Giving credit where it's due and becoming sincere about your praises goes a long way toward reinforcing health in a marriage.

If you discover that your wife works religiously on the treadmill to avoid the weight, did you ever think that she's likely doing this to please you? Stating something like, "You're so disciplined in your attempts to accomplish your goals, I'm proud of you" will add to her self-assurance and reinforce her position that she's doing something that's fit and that you value.

If your hubby is great at crunching numbers, praise him for his accomplishments at speedy calculation. "You're astonishing with numbers" will give him a feel of pride, and he will feel significant to you. Without doubt a lot of authorities and marriage counselors will differ in opinion on how to save a marriage, but they all agree on the following fundamental Components of a solid marriage – only the words and the way they're conveyed are dissimilar.

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# **Chapter 4:**

## *Friendship*

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# Synopsis

*Friends are evermore. Even if we move out of town or adopt residence abroad, we preserve our friendships. We surely don't divorce our friends just because of a misinterpretation, so if we addressed our spouse as a dear friend, we likely won't ever require a divorce lawyer and carry out the awful exercise of divorce.*

## **Do This**

Since love is less lasting and friendship more long-lasting, every endeavor must be made to make our mate isn't only a lover and a partner, but as well a friend. Friendship is observable manifestation of matureness. Marriage is a duty larger than life, and may be a source of bother or sound joy. Only if we turn those bothers and joys into building blocks for a lasting friendship may we say that we've taken the firm path to a union made in heaven.

If there's true friendship between hubby and wife, the marriage avoids ending up on the rocks. Rather it becomes a rock-hard marriage where no person or condition may put it asunder.

Friendship in a union means that the union will be significant with memories of laughter and wit, for didn't we pick those friends who made us laugh the most? Friendship likewise means open and honest communicating; a no holds barred type of coupling where our comfort level with our mate goes beyond a hundred percent, guaranteed that what we state and how we say it won't be labeled or taken in a damaging light.

Friendship between couples returns wholesome feelings of good will and faithfulness. Our spouse – our friend – has our concerns at heart, won't cheat on us and will be our most steadfast supporter. Friendship likewise makes mates stronger; this durability is reinforced by the pleasure of shared history, of nostalgia and designs for the future.

Romance is a great thing, and we may utilize heaps of it when our relationships get rough. But mature friends are cognizant that

romance maybe a roadblock to friendship. How come? As romance blots out the darker side of our being – our concerns, anxieties, and insecurities. Yet, it's those fears, anxieties and insecurities that by nature draw us to our friend.

Familiarity doesn't spawn contempt. It spawns content. A sense of contentment corresponds with satisfaction, warmth, and firm assurance. Partaking in a life together in love and friendship makes for a book that's deeper and denser in shared histories, in content. If you were to ask a content bachelor and a jubilantly married man to each author their stories, you'd get a favorable narration from both. The single individual's position would however be I, me and myself – and perhaps a string of blind dates and Saturday nights alone. The husband will discuss “us”, of mutual interests – a story decidedly made richer as there are two stories, not one.

Much as it sounds awfully passé, marriage is a commitment, and people have to make every attempt not to degrade that commitment in any way. Remaining married is a lifelong, missionary-like enterprise. It calls for guts. It calls for nerves of steel to make a union work. A sense of humor and a humbler degree of egotism may sustain us in that work.

The obstructions will be many, and there will be spots where we'll question our sanity, uncertain if we may truly hang in there. It will be a massive effort to stay attracted to the same qualities that pulled you to your spouse on the first day you got together. Your spouse is yet the same individual you fell in love with, he hasn't altered his soul, his being, only his closet.



## **Wrapping Up**

So if there's merely one way to divorce, but a 1000 ways to save your union, which route will you choose? Are you going to quit or accept one more hurdle?

We hope you've enjoyed this e-Book and will apply some of the tips given.