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# Foreword

Marriage is the most delicate and in most of the cases most important relationship known in this world. Our life has become very rigid and busy and this rigid life has made lots of things go wrong and one of the very important areas is marriage which gets affected due to our unhealthy, unsocial and sometimes senseless living style.

There are certain things that you need to know and need to implement in your life and without these things you will be deprived of all those happy moments of your life. According to a research ratio of divorce and separation has increased with time and there are endless reasons for this increased ratio.

In this EBook I will guide you towards making your marriage a healthier and happy relationship. You need to know that mending your marriage is very important to live a healthy and prosperous life because I have seen people who screw up their marriage but they not only screw their marriage instead when marriage is screwed then, everything in your life is screwed because it effects on almost every field of your life.

When your marriage runs smoothly then, you feel very relaxed and there is almost zero stress in your life. This less stress increases your productivity and allows you to concentrate more on your work instead of always thinking about your relationship.

I have gathered information from lots of sources and then tried to align everything up so that you can have a better understanding of everything.

If you are thinking about getting into relationship of marriage or you are already running a marriage or even if you have some troubles in your marriage then, you should keep reading this EBook and you will get answers of almost every question that comes in your mind.



## ***Mending The Marriage***

Patch The Holes Of Your Marriage And Experience The Feeling Of New  
Love

# Chapter 1:

## *Getting Married*

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### Synopsis

There are so many responsibilities and changes that marriage brings in your life and in this chapter, I will tell you about those commitments and changes.

- ❖ Select your partner carefully
- ❖ Know yourself and know the other person
- ❖ Living, loving and sharing should be there
- ❖ Be ready to make some adjustments and face some troubles



## **The Basics**

There are two kinds of lives that every one of us lives and these two lives are life as single and life as married person. There are lots of differences in both of these lives that everyone needs to understand and if you cannot understand those differences and take both of these lives as same then, things will start to get fussy. Especially when you do not change and do not adapt to married conditions and you keep sticking up with those old single routine then, things can get very difficult for your marriage. There are certain things that you need to know before indulging into your married life and following discussion will reveal those things.

### **Select Your Partner Carefully**

First and most important thing is to search and select for the right person who can accompany you for the rest of your life. This can be crucial as hell but sometimes it becomes very easy job to do. In both of the cases you should never hurry into a relationship and spend some time together before marriage. This will allow you to know that how much different your personalities are and how many adjustments you will have to make to survive into that relationship. If you can identify that you two are synchronizing with each other well and there are not many differences arising during your relationship then, you can trust your senses and move towards a healthier and more stronger married relationship but if you are finding it difficult to solve that person's attitude and you have a thinking

that everything will be fine after marriage then, believe me nothing is going to be right after marriage because things can only get worse after marriage.

### **Know Yourself and Know The Other Person**

This is an important aspect which helps you in choosing the right person. First of all, you should know yourself properly and know your limitations, attitude attributes and similar other things and then try to look for similar sort of person. Knowing yourself means that you should be always show yourself as you are to the other person. It is often seen that people often lie or make things up while looking to build a relationship but this is not the right way to do it. Similarly know the other person well by asking simple things about beliefs and other similar things. These simple questions will lead you to a more detailed understanding of that person's attitude and possible problems with his or her attitude.

### **Living, Loving and Sharing Should Be There**

If you are starting a new relationship then, it is necessary that you give him or her proper time to understand you and this time should not only include meeting and doing dinner together but there are so many other things that you need to show to the other person. If love and care are absent in those early days then, you can never expect these things with the course of life. These are very basic needs of relationship and their absence means that the other person is either not ready to make a relationship or he or she is not well-composed for being with you.



## **Try To Listen More Than Saying**

Listening is also another very important aspect of relationships and especially when you are in early stage of your relationships then, it is necessary that you should listen to the other person to know his or her views about different aspects of life. It is often seen that people tend to talk more than listen but you should be equal in both of these things and after making yourself clear once, listen to the other person carefully and try to know that what he or she is trying to tell you from their views and talks.

## **Be Ready To Make Some Adjustments and Face Some Troubles**

This is an understood thing that whenever you are looking to build a new relationship then, it will go through some troubles and problems but if you started to panic in these problems then, things will get worse. These small troubles and differences will lead you to know that how much accepting the other person is. If he or she is totally rattled with these problems then, you should think about some alternate option and look for a better person but you need to keep yourself composed in these conditions and try to make sure that the other person is not getting an expression that you are willing to make any sacrifice for that relationship instead make some small adjustments if needed and make her believe that you are trying to make everything work.

# Chapter 2:

## *Strengthening Your Relationship*

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### Synopsis

In this chapter I will tell you some important things that can make your relationship stronger and healthier.

- ❖ Mutual responsibility
- ❖ Include care in your relationship
- ❖ Get rid of communication gap
- ❖ Proper time for your relationship
- ❖ Trust



## **Making It Stronger**

In the above chapter you have learned all the important things that are necessary to understand before making any relationship but now we will move another step further and I will tell you some important that will tell you after making a relationship. Making a commitment or relationship is easy but it is very hard to make that relationship work. If you are not aware of some basic ingredients to work that relationship then, you will end up breaking up that relationship or either getting yourself lost in the complexities of those relations. It is especially helpful in husband wife relationship that you have to take care for each other well and try to make your relationship work in a healthier manner.

### **Mutual Responsibility**

Responsibility is the key in husband wife relationship but some people often misunderstand this responsibility clause and think that husband is the only one responsible for everything in this relationship. This is not the case because both partners are equaled responsible in making the relationship work. If any one of them thinks that he or she is not responsible then things will start to get bad. The types of responsibilities are different for both of the partners. Wife's role is more of a supportive one while husband has to handle everything with care. Small misunderstandings will always arise but if you are responsible enough to

accept your fault then, these misunderstanding will make your relationship even stronger.

### **Include Care in Your Relationship**

This is human nature that we always love to get care. This is true in husband wife relationship because the more you care for each other, stronger will become your relationship. Care is also a mutual action because if you are not caring for the other partner then, he or she will also not bother to care about you.

Care is not something very hard and precise thing that you cannot do instead there are some very small things included in this care. For example if you can just give an extra phone call to your wife for asking her that how she is feeling and for telling her that you always remember her, will make it a huge gesture for your wife.

Similarly if you are a wife then, just a soothing smile to your husband, when he comes home after a tiring day in office, is enough to make him believe that you always care for him. You can consider it just as an emotional bank account and you have to deposit all the good feeling, better gestures and caring words in that bank account. If you do not deposit enough of this stuff in that emotional bank account then, you cannot expect anything in return.

### **Get Rid Of Communication Gap**

Communication gap is another very important factor that can make your relationship weaker. In new relationships communication is the key and without proper communication you will not be able to tell your partner that how much you care for him or her neither you will be able to tell them that what kind of attitude you have. If you tell less then ultimately you will also know less. To know the other person well, you must speak a lot and try to know everything that you can. It is not necessary that you should ask only about some very crucial and big issues but you can start from very normal and easy going discussions and then progress onto some more complex issues of life.

Too much speaking and very less listening is also not very healthy for relationships because in that way you will not be able to know the other person very well. The best way to communicate and know the other person is to clear yourself completely and then listen to the other person carefully. This increased communication will not only help you in making the relationship stronger but it also helps you in decreasing the misunderstandings more effectively because whenever something goes wrong with your relationship then, you can talk out everything and matter can be solved carefully.

### **Proper Time for Your Relationship**

Timing is also crucial and you need to make sure that you are giving enough time to your relationship. In fact less time allocation to relationship is the major reason of break ups these days. Life is very busy these days and most of the people work day in and day out to survive and to meet their living

standards in this society but in this struggle of making money, relationships are often overlooked and people suffer from break ups. If you are a husband or an earning wife then, you should analyze your weekly schedule and try to determine that how much time you are giving to your family and your partner. This analysis will tell you that how much you need to work on your relationship and how much more time you need to give to your relationship timing also includes that you should break that old routine and habit of 9-5 some times. Bring an element of surprise in your relationship and come home from your office early sometimes. This small gesture will cost you nothing but will make your partner very happy and he or she will think that you care for them.

## **Trust**

Trust is another very important thing and you can say that it is also one of the mutual feelings that you need to develop between your relationships. If you do not trust your partner then, you cannot expect your partner to trust you. Trust does also not just about believe that your partner will not cheap upon you but it also means that you should know that your partner can never go against his or her responsibilities related to that relationship.

All of the above mentioned things are very easy to implement in your daily life and they do not include anything that is very complex and if you do little extra try then, these things can make your relationships very strong and healthy. Good relationships and tension free relationships can also make your physical life better because tension is always harmful for health.

# Chapter 3:

## *Control and Make Your Marriage Concrete*

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### Synopsis

In this chapter, you will know all those important things that can lead you to a stronger and controlled marriage.

- ❖ Make some rules and follow them
- ❖ Helping each other
- ❖ Never let the romance die from your relationship
- ❖ Financial stability



## **Make It Stable**

Misunderstandings and miscommunications are very common things in today's marriages and most of these things come due to mishandling of this relationship. You must know that husband wife relationship is very delicate relationship that needs lots of care and attention from both parties to stay on the path. Following discussion will tell you that what are those basic needs that you need to fulfill for a comprehensive and stronger marriage.

### **Make Some Rules and Follow Them**

Living less than one roof can be tough at times and especially when you come from different back grounds then, it becomes even tougher to cope with all those differences that you have integrated in each other's personalities. There is simple method that can help you in living without any troubles. You need to make some rules in the house and then make sure that you both follow those rules.

It is often seen that husband and wives do not tend to tell each other their likes and dislikes but things can be lot easier and simpler if you can just say your opinion in open. For example instead of sitting quiet in the back seat and biting your nails, you can just tell your partner that he should drive under or less than specific speed because just assuming that he will know what you want will not make that happen. Similarly there can be so many



other simple rules that you can make and these rules, if followed properly can save you from lots of misunderstandings.

## **Helping Each Other**

When you live under one roof then, there are certain responsibilities that you both need to fulfill. If you are husband then, you are bound to help your wife in daily households and especially on weekends you need to make sure that you are with your wife in almost everything because she also needs rest and your very little help will give a very great feeling to her.

Similarly if you are a wife then, it is your responsibility that you should make your husband as comfortable as you can. If you greet your husband home with a cute smile then, it will make everything better and your husband will get a feeling that his whole day's work is well spent but if you start yelling at your husband right after his entrance in the house then, it will start to increase the tension and your husband will not be very comfortable with that.

## **Never Let the Romance Die From Your Relationship**

When you have spent some time with your partner then, most of the times it happens that your relationship become predictable and everything becomes known. Even people add romance in that predictable nature but this is not the right approach to adopt instead you should try and keep romance alive throughout your relationship. Romance is not just about

having sex in the bed but there are so many thing that can make your relationship more romantic.

If you are coming from the office and you see a flower shop on the way then, bringing a simple flower bucket is also included in romance and this small and almost inexpensive gesture can make your life very romantic and can create a very pleasant feeling about you in the heart of your partner. So keep doing similar gestures to keep romance alive in your relationship.

### **Financial Stability**

Financial stability is another thing that leads to a long lasting relationship because financial stability gives you very stable place in society and decreases lots of your stress and daily tensions. Some people complain that their wives do not give them support in bad financial situations but this is not the case unless you are too lazy to change your financial status.

If you are sincere with the cause and trying your best to do better in life then, there is no girl in this world who will not stand with you in hard times but problems start when you stop trying for the best. Always give you best shot and then, you can expect support for your partner. Similar is the case with wife that of she sees that her husband is unable to fulfill all the financial requirements of the family then, she should work and support her husband in every way that she could.

# Chapter 4:

## *Tips for Getting Rid of Differences in Marriage*

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### Synopsis

In this chapter I am going to tell you some secrets tips that can get you out of the troubles, if you have any in your marriage.

- ❖ Always think positive and accept the responsibility
- ❖ Unconditional happiness
- ❖ If you want your partner to change then change yourself first
- ❖ Forgiveness can make your relationship more concrete and invincible
- ❖ Spirituality can bring harmony and modesty in your relationship



## **Get Along**

As a married couple, it is a different life altogether that you have to live. There are lots of compromises that you have to make and at the same time, there are lots of things that you always have to do against your will but all of this is for the bigger benefits of your future. If you can make some slight compromises to make your coming life easier and healthier then, there is nothing wrong in that and you should never insert your ego in these matters. In the above discussions, I have told you that how you can select your perfect partner and then I told you that what are the things that can make your marriage more effective and longer lasting? In this discussion I am going to tell you about some things and strategies that you can adopt in case of any misunderstanding or any confusion that has happened in your relationship.

### **Always Think Positive and Accept The Responsibility**

This is an understood thing that whenever a misunderstanding occurs then, it is not from one side only and both partners hold equal shares in that fight. This is a fact that very few people can accept because everyone starts to play the blame game and no one accepts his or her faults. This attitude should be corrected and you need to be brave enough that you should say ok I did or said this wrong and I am sorry for that. Once you have said and realized that fault or mistake was on your end then, it becomes easier for the other person to accept his or her fault too. You need to be positive about

your relationship and never think about breaking up the relationship instead always look for a way out.

## **Unconditional Happiness**

Some people associate happiness with certain things like if they will go on vacation then, they will be happier but living in home is dull and boring for them. This should be not the case because life is full of happiness and you need to just search smaller but very enjoyable moments of life in everyday life. For example when you play basketball with your kid then, it also should bring some happiness. Similarly when your daughter helps you out first time in the kitchen then, it should also bring happiness for you and similar other smaller things. These days' people often forget about these smaller happy moments and they are always looking for some big occasions and this attitude is also not very helpful for relationship and creates stress and tension.

## **If You Want Your Partner to Change Then Change Yourself First**

Some people always want to integrate some unique things in their lives and these unique things become very difficult to integrate in the lives of other person. This is not the right way to change someone instead you need to initiate change from yourself and bring some changes that your partner likes. When you will bring those changes in your personality then, your partner will be automatically motivated to change him or herself because he or she will know that you have respected their ideas and changed yourself so now it becomes their responsibility to bring the changes that you like.

## **Forgiveness Can Make Your Relationship More Concrete And Invincible**

As I have mentioned above that life has become very tough these days and there is not much time to look after each other. This busy life has also taken forgiveness and tolerance away from this society and wherever you see, there is a situation like chaos and extreme stress. No one is ready to forgive even the smallest of mistake of others. If you also have that kind of unforgiving attitude then, you need to change it for greater cause and to make your relationship more concrete. Forgiveness always helps to build relationships and when you forgive small mistakes of your partner then, he or she starts to respect you more and smaller misunderstandings can never shatter your relationship.

## **Spirituality Can Bring Harmony and Modesty in Your Relationship**

Our life has become too much materialistic and there is very little margin of spirituality available. To exercise spirituality, it is not necessary for you to have faith in a certain religion but you just need to be very straight about your opinions and try to make your life smoother by practicing some mind cooling exercises. These exercises can help you a lot in bringing about the calmness and modesty in your approach towards relationship.

# Chapter 5:

## *How to Avoid Break Ups*

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### Synopsis

In this chapter I will tell you some tips that you can apply and avoid any break ups in your relationships.

- ❖ Know the family differences
- ❖ Give proper time to your relationship
- ❖ Emotional support is important
- ❖ Agree to disagree is the best policy
- ❖ Clarify things and then listen to the other person
- ❖ Always be on the point in your misunderstandings



## **Stay Strong**

Disagreements are part of relationships but these disagreements should never shatter your relationships and you should find a way out. Even some disagreements can make your relationship stronger in a sense that they give you a chance to know each other better. Following are some tips that you need to follow and you can avoid all types of disagreements and break ups.

### **Know the Family Differences**

There can be lots of problems in your new relationships but to solve that problem you need to understand the family differences. There can be lots of different patterns and traditions in both of your families and to adopt these traditions and family patterns you will need to do some compromises. This is also a mutual understanding that you have to adopt and both the partners are needed to participate in this setting actively.

### **Give Proper Time to Your Relationship**

Timing is also crucial in every relationship and especially when you are in a new relationship then, it is necessary to give proper time to your relationship. Life can be very busy and especially these days you have to work very hard to meet your daily needs but relationships always need care and time. You also need to break that routine that develops with time. Always have an element of surprise in your daily life. Even if you have met some fight or misunderstanding then, you should give each other some



time to settle in. if you start to make efforts to resolve everything right after the fight then, it could make things worse.

### **Emotional Support Is Important**

Emotional support means that you need to accept the differences that you have in each other's lives. There is a saying that you need to agree to disagree. This saying is very true and very concrete that you have to execute in your daily relationship. You also need to give some support to your partner and realize about his or her position carefully. You need to understand that adjustments should be made from both ends. You should play your role while allow the other partner to play his or her role.

### **Agree To Disagree Is the Best Policy**

Here can be two situations in your life, whether you can have a fight or break up and you will never want a patch up but there can be a different situation in which you can be itching to patch up. In that situation you should agree to disagree and accept your faults. This can be the simplest solution of your problems and is also very effective. I have seen people that become victim of their egos and they never accept that there is anything wrong with them instead they keep playing the blame game that makes things worse for them. Avoid that attitude and develop an accepting and responsible attitude to save your relationships.

## **Clarify Things and Then Listen To The Other Person**

This is another very commonly found problem that when some misunderstanding happens between the couple then, both of the partners do not listen to each other and they keep telling their point of views separately. This is not the right approach and it will never solve your problems instead you need to adopt an approach of doing everything clear once and then start to listen to the other partner. This will allow you to clear your front and also listen to the other person and it can make things lit better and easier to understand. In short, you can say that you should be a very good listener and apply those listening skills in your relationship.

## **Always Be On the Point In Your Misunderstandings**

This is another very common mistake that most of the couples make that they start the blame game and once some misunderstanding is developed then, they keep bringing everything from past in that misunderstanding. This should be avoided because it makes things complex and you should be always on point about a certain misunderstanding. Do not stray from the core issue and try to resolve it as one issue rather than mixing all the past issues in it and confusing each other about the solution.

# Chapter 6:

## *Some General Secrets and Trends for Improving Your Marital Relationship*

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### Synopsis

In this chapter I will tell you some more detailed and more general solutions that can help you in mending your marriage.

- ❖ Knowing each other truly
- ❖ Do not be too desperate
- ❖ Understand other person's perspective
- ❖ Take responsibility of your words and actions thoroughly
- ❖ Grow together with time
- ❖ Believe and trust are the keys to successful marriage



## **General Tips**

If you are married and looking for advice then, the above mentioned tips and methods can really help you in saving your marriage and you can make your marriage a very strong bond between two souls. There are some other important things also there that can really help you in being true soul mates. Following are those remaining things that can help you to make your relationship more concrete and healthy.

### **Knowing Each Other Truly**

I have mentioned this point above also that knowing each other is very important and especially when you have to live the rest of the life together then, it becomes very important that you should know all the views and thoughts of each other about all the different things and scenarios. In that process of knowing each other you should be well-prepared to face the confrontations and disagreements but at the same time you need to be very humble as you will be challenged about your views and will be given some different choices to adopt. You should analyze those choices positively and think about all aspects. If some suggestions are feasible then, accept them with an open heart.

### **Do Not Be Too Desperate**

These days most of the people come from broken families and this situation makes them very desperate at times that they make wrong choices in search of a family. This is true that you should always look for a better life but in that struggle you should not forget that there is your own life also at stake and a wrong choice about your partner or similar other choice can ruin your whole life. Take your time and make choice after some research and as mentioned above after knowing each other well.

### **Understand Other Person's Perspective**

It is very hard at times to understand other person's perspective about different things but this is very crucial too because without reaching at the exact level of other person, you will not be able to communicate and tell him or her exactly how you feel. In order to make sure that you have understood everything and whole personality of other person you need to see things from his eyes and try to think in the way he or she thinks. This will allow you to convey your own idea more clearly too because when you will start understanding him then, you will be able to adopt those ways which are more convenient and closer to his approach and his thoughts.

### **Take Responsibility of Your Words And Actions Thoroughly**

I have described this fact throughout this EBook and it is very important too that you need to be responsible for your own actions words and similar other gestures. You need to stop blaming each other for faults and misunderstanding and prepare yourself to take half of the action on you. This will make the relation easier and you will be able to solve many

problems very easily. Especially when both of the persons are willing to accept their differences then, it really becomes a smooth ride altogether.

### **Grow Together With Time**

This is also very crucial part of any relationship that people always expect the other person to remain same even after 5 or 10 years have passed but this should be not the approach because time changes lots of things and similar is the case with personalities. You need to accept those changes and in fact you need to welcome those changes that come with time. If you start resisting to those changes then, things will get tough for the other person and he or she will also resist to your changes. So to protect and flourish your relationships never accept your partner to remain same throughout the life.

### **Believe And Trust Are the Keys To Successful Marriage**

Believe and trusts are two of the mile stones for building a successful marital relationship. If these two things are present then, your life can be a bed of roses while their absence can make your life harder than you imagined. Both of these feelings are mutual and when one partner starts to trust the other then, other will also respect and trust you. This is human nature that if wife checks the cell phone and call record of husband then, husband will also spy on his wife. To avoid such situations, you should keep trust and believe as the catalyst for your relationship.

# Wrapping up

In the above EBook I have tried to tell you almost every important thing that can make your marriage work and I am 100 percent sure that even if you implement 50 percent of the above things in your relationship then, you can never expect a failure.

All of the above information is very true and is extracted from hundreds of real experiences. Long research is been done behind this EBook and I have tried to tell you all the extracts of that research.

Marriage is a hard phase of the life and especially in start because you are attached with someone whom you merely know for one or 2 years and you have to spend whole of your life with that person. It seems a very tough situation and most of the people panic when they get into this relationship but if you keep your nerves in control and be modest and calm in your approach then, it could be a very worth spending time of your life.

Initial phase of marriage is memorable for some and at the same time there are people who do not want to remember their initial phase of marriage because of the complexities and difficulties they have faced.

In the above discussion, you will find a step by step solution and whether you are looking to get married or you are already married and even if you are having trouble in your marital life, then, there is enough information about everyone that it can make your life better.

I am pretty sure that people from all age groups will read and enjoy this EBook because I have tried to keep things very simple for everyone and I hope you will leave a good feedback for the EBook. If this EBook makes even one life better then, I will think that my research and work is well-paid.

