



**W
H
I
T** **7**

Secrets To A Happy, Healthy And Fulfilling Relationship

Introduction

Most people dream of that once-in-a-lifetime love that only grows sweeter with time. Even if both partners are committed to one another, few couples actually enjoy a truly happy and enduring relationship.

Ever wondered how those lucky few do it? They've got a secret—and you are about to learn it.

In this report I have focused solely on Rediscovering Passion and Grand Gestures of Love.

I will reveal to you the seven secrets of rediscovering passion and grand gestures of love. Actually, in this eBook, we'll explore the seven secrets to creating a union that is genuinely happy, healthy, and fulfilling for both partners. When these secrets are understood and put into action, good couples can become great couples, effortlessly standing the test of time.

To make the most of the seven secrets, both partners must truly want to go the distance. When couples work together with the same goal, they can craft the kind of relationship that endures, grows, and strengthens through the years. It takes time, effort, and commitment to traveling a road with a fair number of ups and downs. No relationship is easy, but the good ones are worth fighting and working for.

This report is for husbands. In later editions it will be for both husbands and wives.

If you and your wife are currently on shaky ground, or you're trying to get your ex back, the information in this eBook can help. But remember, not every relationship can be repaired easily or in a short amount of time. Some are simply too damaged, or the two people in question are too incompatible to make for a quick-fix.

For those relationships, serious personal changes need to be made on the part of abusive or destructive partners. The good news is that there are many personal development and recovery courses for those who desire to change, in order to save the relationship – to make the relationship work well together.

Even if your current relationship is beyond redemption, you can still apply the seven secrets to your life. Use them to build yourself up and pave the way for a happy, healthy, and fulfilling union down the road.

So, what can you expect from this eBook?

Together, we will explore the seven secrets and learn how to put them to work in your relationship and your life.

Even if a relationship is on rocky ground, couples can often work through their issues to create a healthy, sound relationship. In further editions we will provide insight on navigating through a rough patch, even if your partner is a bit on the stubborn side or if medical conditions, such as depression, are clouding the waters.

We are focusing solely on Passion and Love in this ebook. In those further editions we will cover how even the “best” couples may find themselves faced with repairing a struggling relationship.

Lasting unions require a long-term commitment, through the good times and the bad. In this eBook, we’ll offer strategies for enjoying the great moments as they happen and weathering the storms when they strike.

But, let’s keep to the focus for now.

At the heart of every great relationship are two parties that communicate clearly and honestly with one other - at the heart of this is passion and love. Contrary to popular belief, communication isn’t something that comes easy, even to the people in “great relationships”.

Often, one or both parties have to work hard to learn the skills for mending a relationship. We’ll explore some effective tactics for opening the lines of communication between you and your partner.

Passion and romance are so integral to healthy relationships. Learning to rekindle a cooling flame is essential to strengthening and growing a lasting bond. We’ll discuss some excellent ways to bring romance back into your lives.

When both you and your partner have the desire to create a once-in-a-lifetime relationship, great things can happen. Together, we’ll explore the seven love and passion secrets that enable good relationships to become happy, healthy and fulfilling adventures that last a lifetime.

Ready to reveal the seven secrets and find out how to use them to save or improve your own relationship? Let’s get started!

The 7 secrets

The seven secrets of great relationships aren't earth-shattering, but they are powerful. While they may seem simple and intuitive, many couples don't realize their importance and take them for granted. Other couples may fail to put them into action because living up to them can be difficult at times.

Even when the going gets tough in a relationship, the seven secrets can set things straight. When both partners work together to uphold these lessons, they have the power to create an enduring and unbreakable bond.

If your partner doesn't seem receptive to working out your problems, the seven secrets can still be applied to your own life. Do your part to put them into action, and their power may have a positive effect on your partner. Even if things do not turn out as you planned, the secrets can still guide you in future relationships, increasing your chances of developing that "once in a lifetime" love.

Now, let's take a look at the seven secrets!

Passion

Remind yourself why you fell for your partner in the first place. Rediscover the traits that brought you together. Write down what you still love about your partner and why building a healthy, happy, and fulfilling relationship is so important to you.

You can rediscover passion in many ways – Just taking the time to really talk about thoughts, feelings, dreams, and constructive teamwork to fix what can be fixed is a good start.

You can recreate your first date. You can recreate the feeling of your first year as newlyweds – even if you can only do so after the kids have gone to bed.

Bring to Mind the Good Times

Think about all that was truly special about him or her during those fledgling years as a new couple. Pin point exactly what your mate back then had that you just could not resist. Choose to focus on those qualities now and make those mental and emotional feeling come alive. Fantasize a bit about him or her. He or she had special traits, quirks, or attractive qualities that made you take notice of him or her and never let go.

If the first date was not as good as the 2nd or 3rd date, or so on, then find that truly relationship defining date to recreate – Or, just make this new date into what you always wanted those first dates to have been.

Never the less, what was that best date with the person you are now married to really like? Can you remember the things you did? Can you remember how you felt during that date?

What was that special connection you shared that took you to the next level. Try to write your memories of that experience down. Were you friends for a long time before that date? Did love blossom slowly over time and then become realized in that first date?

These are things that you can think about when recreating the passion of that first date.

But, can you recreate the real physical sights, sounds and physical connection of that first date? There is a saying – Bring the Roses. That means bringing all of the romantic elements back to the environment that you are

going to use for this date. Try to get the details of the ambiance, roses, clothes, hair style, food, and music back in this recreation of yours.

Most of all - Passion isn't something that ignites when a relationship is young and then fizzles out over time. Great couples who have forged happy, healthy, and fulfilling relationships know the importance of keeping the flame burning year in and year out.

Like love, passion can also fluctuate. Over time, physical attraction can lessen somewhat, and sexual desire may change or diminish. It is still possible, however, for couples to share passion even if the physical actions aren't practiced as frequently or as vigorously as they once were.

Before I get to how passion can be expressed in non sexual ways – try to relive all of the “butterflies in the stomach” feelings. Relive the nervousness, not being able to wait to see him or her next, being on your best behavior and excitement about your spouse. Recreating passion can be purely mental and emotional as well as being relived through a date.

Passion can build up again when you work to be on your best behavior in the way you treat your spouse now. Deferring to his or her needs first, being polite, chivalrous, and just plain cool in your attitude can reignite the passion.

Passion can also be expressed in the way couples hold each other, nurture their relationships, and value their togetherness. It goes beyond the physical to define the spiritual bond between two committed partners.

Focusing on the dreams, goals and visions of the marriage can bring back passion with a view of the future in mind. Try to set aside time away from the stresses of your life together in order to have a break from it all – just to dream big together!

Also, If passion is lacking in your relationship, then there are ways to get it back. Try these two essential actions:

- ▲ Rediscovery – Remind yourself why you fell for your partner in the first place. Rediscover the traits that brought you together. Write down what you still love about your partner and why building a healthy, happy, and fulfilling relationship is so important to you.

- ▲ Kindness – Do something out of the ordinary to show kindness and tenderness for your partner. Even something as simple as cleaning the house when she doesn't expect it or arranging for tickets to her favorite

cultural event can demonstrate your passion for your partner's happiness.

- ^ Spontaneity – Passion and spontaneity go hand-in-hand. If your relationship has become too predictable, find creative ways to add some unexpected elements. Go out on the town on a weeknight. Take a weekend off to explore local hotspots. Sleep in late together and enjoy breakfast in bed. Just do something to break out of the “ordinary” routine together.

Passion is one of the most difficult relationship elements to maintain over the long haul. By working to keep those fires burning, you will strengthen your relationship and make it even more special.

Grand Gestures of Love

Love is perhaps the hardest emotion to define, but it is absolutely essential to healthy, happy, and fulfilling relationships. To achieve a truly enriching relationship, you and your partner must share genuine love for one other and work to keep its flames burning.

Sometimes more drastic measures need to be taken. This is where the grand gesture of love comes in. One question first. Do you really know what makes your spouse feel loved, special, and valued by you?

You may have to dig deep and quiz your spouse when the relationship is on an up-side. You do not want to have to scramble to figure out and do a grand gesture of love. If you already know what your wife really appreciates and enjoys, then you can get right to work setting up your grand gesture of love.

It is like this. I know that my wife really wants to go sky diving, but we have a house full of small kids that need us. So, as soon as the kids are older and can be out on their own - I will make my move and set up sky diving lessons, for both of us. I know that that will really make her feel special and loved. She will know how much I really value her.

A grand gesture of love does not have to be super big or elaborate. It just has to capture the importance your wife puts on something. Love is a verb. Put into action a plan that shows that you understand the little or big things that matter most to your wife.

Little Gestures that Go Far

Love can be rather fickle, waxing and waning like the cycles of the moon. Still, when it is built on a foundation of honesty, respect and trust, it is incredibly resilient even during the most fragile moments.

If you and your wife love each other but are facing rocky times, you can use the power of love to rebuild your union. Try these suggestions for fostering love as a positive force in your relationship:

1. Say it: Make sure your wife never questions your love by taking the time to say it: in person, over the phone, and even in e-mails, letters, and notes.
2. Make Love a Decision, not just a feeling: Recalling the qualities of your wife can make the decision for loving her easier. Use that positive feeling to make a positive decision each day to give her the benefit of your decision to love her and care for her. Even if the positive feeling is not strong enough to make you feel the love again for your wife for that moment, remember the decision and commitment to her to help her to make restoring the relationship a mutual effort. And that leads to the next point.
3. Show it: This can be even more important than saying it. Express your love to your wife by showing caring, respect, and honesty in your actions. Do little things – and even make a grand gesture now and again – to demonstrate your love and commitment.
4. Respect it: Love is powerful, but it can be damaged or destroyed by certain actions (or inactions). Respect the love you share with your partner by working hard to preserve and protect it.

Love between two people is a powerful force that generally can only be broken by one of the individuals involved in a relationship. When it is cared for and nurtured, it can make both parties stronger, happier, and healthier.

For more information on the 7 secrets and how you can use these techniques and many more to save your marriage I highly recommend the online course "Save Your Marriage Today". [Click here](#) for more information.

Communication

Good communication goes beyond honesty and respect. It is an open line between two people who genuinely want to share thoughts, feelings, and ideas. It also involves working together to turn good ideas into great ones.

The importance of strong communication in a relationship cannot be stressed enough. When skills in this area are high, couples tend to thrive.

Learning the art of good communication takes time and effort. When the skill is mastered, a good communicator will also become a good listener.

When you and your wife communicate well, the benefits will be numerous. You'll have greater confidence in yourselves as individuals and in each other, security in knowing that problems can be resolved, and a sense of fulfillment in having your voice heard (and in hearing your wife's voice).

Communication is such an important topic that we will revisit it later. This skill is essential for overcoming conflicts, and it's also a vital foundation for the next secret: friendship.

Friendship

Long-lasting relationships tend to involve partners who started out as fast friends. That is true with my wife and me. While there are exceptions to the rule, friendship is an important secret that many couples share.

To truly enjoy each other over time, fulfill your respective needs for companionship, and experience a strong, healthy relationship, it's important to share common ground and interests. When you share enjoyable activities with and demonstrate the same level of respect for your wife, both of you can show to each other the power of love. In fact, a powerful force is created. Mix this with love and a little passion, and you'll have a recipe for long-term success.

If your relationship is currently suffering from issues, fall back on your friendship to regroup. By sharing common interests, you can work together to rediscover what makes your togetherness so special.

If you haven't developed the bonds of friendship, try looking for some mutual activities to explore. Develop a hobby or outside interest together. Try something completely new and different. Just being together doing something fun and enjoyable can help you tap into the other aspects that comprise strong, lasting relationships.

Time spent together as friends bolsters your commitment to each other, while building onto the foundation you've established.

Understanding

Men and women are only human, which is why understanding is a very important secret in good relationships. We all make mistakes, even when it comes to the person we care most about. Solid, healthy relationships have strong foundations that can withstand the occasional blunder.

Couples who have mastered the other six secrets tend to have a deep understanding of each other by default, respecting the fact that everyone will occasionally slip up, goof up, or otherwise fail to deliver.

Understanding between partners is what enables couples to withstand the pressures of day-to-day living and keep on smiling through adversity. By just being yourself, you will enjoy a sense of belonging and security.

If your relationship is on shaky ground or you're trying to improve your connection, try adding some understanding into the mix. Communication is one of the best ways for making that understanding possible.

Is your wife overwhelmed at work and cranky as a result? Does she survive on three hours of sleep because of small children keeping her awake? Have you ever clearly asked for towels to be hung up after use or dishes to be rinsed in the sink?

Understanding and reflection enable couples to overcome a bounty of difficulties and become stronger as a result. Try applying it in your relationship to strengthen the bond between you and your partner.

The seven secrets of happy, healthy, and fulfilling relationships aren't necessarily secrets at all. The real trick lies in putting them all into action to build and foster the relationship of a lifetime. When all seven are in place, it's the stuff of storybook romances (on most days).

It's easy to see the differences between couples who know and practice the seven secrets and those who don't.

A few parting words

These seven secrets to a happy, healthy, and fulfilling relationship are just a small, yet significant part of the building blocks for creating a lasting union. Yet, when both you and your wife work on developing them, you can enjoy an enriching and enjoyable life together.

Even if you and your wife have split up or are on shaky ground, these seven secrets can help you rebuild and create a relationship that is stronger and better than it was before. These strategies may just prevent her from losing hope and love in her relationship with you.

As powerful as the seven secrets are, however, remember that not every relationship has the potential to become healthy, happy, or fulfilling. Be honest with yourself in this regard, but continue to put the seven secrets to work in your life as an individual.

Even if your current relationship doesn't work out the way you'd like, you can use the seven secrets to make yourself a stronger, more attractive, and healthier person. The end result just might be a future relationship that provides you – and your partner – with the honesty, respect, understanding, love, passion, communication, and friendship you both deserve.

If you need more – more help, more advice, more tools more step by step instruction on how to save your marriage – I highly recommend *Save Your Marriage Today*.

[Click here to learn more about Save Your Marriage Today](#)

(<http://keepmarriagealive.com/go/savemarriage/>)