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Make Your Marriage Last Forever!

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Make Your Marriage Last Forever!

10 Secrets to Achieving Marital Harmony

Marital harmony can be achieved in a variety of ways. Sometimes it is the little things that maintain the peace in a relationship and sometimes it is more monumental decisions that can either harm or help the harmony in the household. While agreement is not always possible, it is important for the couple to realize that even during arguments it's possible to maintain harmony. As long as you understand that disagreements are only temporary the harmony in your marriage will remain throughout all types of trials and tribulations.

Being aware of your partner's likes and dislikes is one way to achieve marital harmony. This awareness allows you to operate in a way that keeps your partner's preferences in mind. If you know what your partner likes and doesn't like you can take precautions to not engage in an activity that will hurt your partner. Additionally, your partner will respect your consideration of their feelings. This consideration is necessary for those who wish to achieve marital harmony.

Sharing in the decision making process is also critical to achieving marital harmony. This is important for a couple of reasons. First it gives the couple the opportunity to work together to make a decision and second it helps to make them both feel involved in the process. Also, if one person takes the responsibility of making decisions without consulting their partner it can lead to resentment especially if the decision turns out to be a bad one.

Another secret to achieving marital harmony is to work to balance your career and home life. It is easy to get caught up in your job responsibilities and to begin to allow your job to take precedence in your relationship but working hard to ensure this doesn't happen will be beneficial to your marriage. It's important to realize that no job is more important than your relationship. There may be times that you need to work late or on weekends but try to keep these instances to a minimum.

Also, strive to not bring home your work, either physically or mentally, and allow it to encroach on your marriage. It's acceptable to share information about your day and vent about any problems you may have had for a little while but going on and on about your job will cause problems in your marriage.

Any marriage is bound to have its problems and disagreements but it's important to not let that problem linger. When disagreements arise, try working out an amicable agreement but when this is not possible sometimes you just have to agree to disagree and move on with your marriage. Remember that each morning is a new day and strive to wake up having forgotten any arguments you may have had with your spouse on the previous day. If you made your best effort to resolve the problem and were unable to reach a resolution, just let it go and start the new day out harmoniously.

Agreeing on financial matters is also key to achieving marital harmony. Money is one of the issues that creates the most arguments in a marriage. If both partners are aware of their current financial situation and are willing to work together to establish a budget and stick to it, you will avoid discontent related to financial matters in the marriage.

Perhaps an important secret to achieving marital harmony that is often overlooked is knowing your partner very well and discussing major issues before getting married. For example if you have always wanted children, it's best to find out your partners view on children before getting married. Differences of opinion in an area such as this can doom a marriage. However, if you make sure you marry someone who agrees with you about these critical issues you will avoid having problems arise later in the marriage as these subjects come up.

Keeping politics and other sensitive issues out of your marriage is also important to maintaining harmony. It's acceptable to have opposing viewpoints on issues and debate your beliefs but allowing these issues to create a major rift in your marriage is not acceptable. Two people can exist harmoniously in a marriage while holding opposing viewpoints as long as they respect each other's opinions.

Allowing each other some time to be alone can also help you achieve marital harmony. It's important to spend time together and share interests but sometimes too much time together can be stifling. It is important for each partner to have interests or hobbies that they participate in without their spouse. This time away from each other helps to maintain harmony by giving each partner a sense of individuality.

Being respectful of your spouse is also very important to achieving marital harmony. Couples that treat themselves and each other with respect are able to maintain a sense of civility and accord even during disagreements. This feeling of respect will help the couple to remain harmonious even in the most trying situations.

One last secret to achieving marital harmony is to share household chores. A couple that divides up the responsibilities in the household and strives to help each other out whenever possible will have an easy time maintaining harmony. Failure to do this, however, can be very damaging to a relationship. If you have to go as far as drawing up a list of chores and who is responsible for them, go ahead and do that. A written document illustrating who does what around the house will make it clear if one person is overburdened.

It is important to not confuse harmony with agreement. Couples do not have to agree on every issue in order to have a sense of marital harmony. There are many factors that contribute to whether or not a marriage is harmonious. Some factors may be bigger than others, but they are all equally important in achieving marital harmony.

Money, Sex & Children: How to Avoid Life's Greatest Battles

Some of life's greatest battles are over issues such as money, sex and children. While these are issues that elicit passionate responses and feelings, it is possible to deal with these issues without arguing. In fact not only can you avoid battles over these issues, but these issues can also enhance your relationship. Having realistic expectations about these issues can help you to avoid or resolve any conflicts over these issues. Money, sex and children are the source of many problems in a relationship so it's advisable that you proceed with caution when these subjects arise.

Money can be a tremendous source of tension and disagreements in a relationship. Many couples struggle with financial matters and this perpetual struggle leads to tension in their relationship. One way to alleviate the tensions associated with financial concerns is to make sure both partners are involved in financial matters. If both partners are away of the amount of resources available to them and their monthly expenditures, they will both have a better understanding of where they stand financially. This way if problems arise, neither partner is caught off guard in this situation.

It is also important that couples share the financial decision making process especially in regards to large purchases. Sharing in making these decisions will ensure that each partner has the opportunity to voice their opinions or concerns and feels as though they are working as a team with their partner. Conversely, if one partner makes a large purchase without consulting their partner, the relationship may suffer because the partner who was not involved in the decision begins to feel left out and hurt. When a couple shares the financial responsibilities there is less likely to be problems that arise as a result of finances then there are when one of the partners takes sole responsibility for the finances.

Sex can also be a source of trouble in a relationship. Too much sex, not enough sex and sex that is too routine are common complaints in a relationship. Some of these battles may be avoided by scheduling sexual encounters on a regular basis. While it may sound unromantic to do this, the truth is that with work, children and other responsibilities sometimes there just isn't time for sex unless it is scheduled ahead of time. Scheduling will ensure that the couple engages in physical contact every so often instead of letting this aspect of their relationship take a back seat to other obligations.

Boring or routine sex is another common complaint in a relationship. You can keep things interesting by varying your routine every once in awhile and trying new things. You can also avoid problems related to sex in your relationship by discussing your likes and dislikes with your partner and encouraging your partner to be open with you about their likes and dislikes as well. Sex is a healthy and necessary part of a relationship but it can also be a source of conflict in the relationship.

Children are a blessing in a relationship but they can also be a source of many battles in the relationship. The most important issue with children is whether or not a couple is both interested in having children. If only one of the partners desires to have children then introducing children into the relationship can be a recipe for disaster. If you are not both committed to having and raising children then it is best to put off having children

until you are both ready to be parents. If children are already a part of the relationship, they can still cause problems. Arguments over disciplinary tactics are very common. The couple may not agree on how to discipline their child and this disagreement can not only be detrimental to the relationship but can also be confusing for the child. To avoid battles over children make sure you and your partner are committed to having children before attempting to conceive and discuss disciplinary tactics and come to an agreement that you will both abide by in dealing with the children.

Money, sex and children are the subjects that couples argue about most often. These volatile subjects can also be a source of great joy when managed correctly but until the couple learns how to do this, they will continue to be explosive issues. The keys to dealing with these issues without starting battles is to tread lightly and not force your opinions, discuss the issues before they arrive and try to make the best of the existing situations without constant complaints.

How to Give Unconditional Love

Unconditional love is given without any expectations, limitations or any other definitions. In other words when you love someone unconditionally you do so without expectations that the sentiment will be returned, without placing restrictions or conditions under which the love will be expressed and without establishing defining parameters for when, where or why the love is felt or expressed. There are many examples of relationships where the love is unconditional. The love between romantic partners, parent and child, siblings and even friends can all be examples of unconditional love. The most important factors of unconditional love are that it is completely free of restrictions or expectations.

In giving unconditional love, it is important that you have no expectations of reciprocation. You offer your love freely and do not demand that the feeling be returned. Unconditional love is about you and your feelings and does not involve trying to create the same feelings in another person. While you may hope and wish that the feeling is returned, truly unconditional love does not hold any expectations that a mutual feeling exists. If you hold the expectation that your love for the other person is going to eventually be reciprocated and your love endures based on this expectation then it is not truly unconditional love.

One example of unconditional love without any expectations is the love between a parent and child. A parent may love their child unconditionally and while the feeling may be reciprocated by the child, the parent's love will endure regardless of how the child feels. Your unconditional love exists even if the other person does not have reciprocal feelings towards you or any intentions of ever having such feelings.

Unconditional love also exists without any restrictions or limitations under which the feeling will remain. Truly unconditional love endures any transgression imaginable. When you give your unconditional love, you do so knowing that the actions or words of the other person will not result in this loving feeling being revoked. Even intentional acts

meant to hurt you are overlooked when they are inflicted by someone with whom you have an unconditional love. Also, unconditional love is not used to attempt to control the actions of another. Telling someone that they will lose your love if they do things you do not approve of is not unconditional love. Romantic partners often have a feeling of unconditional love. When this exists in the relationship, neither partner uses their love to control the other or threatens to revoke the love if their demands are not met.

Truly unconditional love is given without any defining parameters. When unconditional love is given, it is done so without the understanding that the love will only endure as long as certain conditions exist. Unconditional love exists without thought of setting definitions or other limitations on the love surviving. Siblings are good examples of unconditional love that exists without any definitions. While siblings may fight throughout their lifetime there is a bond that is present always and is never challenged. Siblings may become angry with each other but their unconditional love transcends all boundaries and survives through countless arguments and misunderstandings.

Those who have an unconditional love for another always want the best for the one they love and allow them to be free to seek what will truly make them happy. Unconditional love involves wanting the best for the person you love and understanding that they need to be free and make their own choices to achieve this level of happiness. While you may believe that you know what is best for your loved one, it's important to let them learn things on their own and pursue opportunities and experiences that they believe will make them happy. They may end up making wrong choices but if you love them unconditionally you will always be there for them and will not judge their actions.

Unconditional love is truly free of any expectations, limitations or definitions. This is a love that holds your loved ones best interests and happiness above all other things including your own happiness. When you offer your love unconditionally it is important to realize that you have no right to expect that your feelings will be returned or that your loved one will act and speak according to guidelines you set forth.

How to Become a Better Listener

Listening is an integral part of the communication process but it is also the part that is overlooked most frequently. Many people spend a great deal of time polishing their speaking skills but put little or no effort into becoming a better listener. The art of listening really isn't very difficult and you can improve your listening skills in just a few simple steps.

Perhaps the most important tip for being a better listener is to give the speaker your undivided attention. Be sure to concentrate on the speaker's words and resist the temptations to tune out their message. While speaking on the phone many people participate in other activities such as checking email, reading newspapers and other activities that distract from the conversation. Even in a face to face situation many

listeners zone out by either thinking about their response to the speaker or daydreaming about something completely off topic. By allowing yourself to be distracted, you are not listening as well as you could be. Even just a small amount of distraction could result in you missing a critical point of the speaker's presentation. Focusing 100% on the speaker, however, will ensure that you are listening well and taking in all of the pertinent information.

Part of being a good listener is making sure that everything you hear comes directly from the speaker and not from your interpretation of their words. This means that as the speaker is talking, listen to the words as they are being spoken instead of trying to guess the point that the speaker is trying to make. Many people are guilty of jumping to conclusions this way and this hurts their listening ability. People who do this often don't hear the speaker's message because it is blocked out by their own assumptions. Good listeners take in information as the words are spoken instead of thinking ahead and forming their own conclusions.

Creating mental images of the speaker's words is another way to become a better listener. This visualization process allows you to really comprehend the words you are hearing. Visualization techniques can enhance the way that people process information. These mental images will help you to retain the information you have just heard and this enhanced comprehension makes you a better listener.

Asking questions that relate to the speaker's presentation can also help you to become a better listener. It's important to ask questions without allowing the formulation of the questions to interfere with your listening. If you latch onto one of the speaker's key points and spend the rest of the conversation thinking up a question you will miss a lot of information. However, if you ask your questions immediately when they arise, you can have them answered in the context of the presentation without having it affect your listening abilities. Asking questions is an important part of listening because it lets the speaker know that you are following what he is saying and that you are interested in learning more about the topic.

Being mindful of your body language is another way to be a good listener. Be sure to not engage in body language that tells the speaker that you are not interested in their words. Crossing your arms, avoiding eye contact and wincing are all ways that you can send a message to a speaker that you are not listening carefully to them. These mannerisms can result in the conversation being cut short because the speaker does not feel you are interested in what they are saying.

Practicing your listening skills is another way to become a better listener. Make a conscientious effort to apply your listening skills each time you speak to someone or attend a presentation. You can practice your listening skills by remaining completely focused on the conversation or presentation, not trying to guess what the speaker is about to say, creating mental images of the spoken words and asking pertinent questions to affirm what you have just heard. Each time you have the opportunity to listen try to work on these elements.

While listening skills are not as widely practiced as speaking skills, they are just as

important to a conversation. Being a good listener will not only ensure that you are receiving information but will affirm to the speaker that you care about the information being presented and that you understand their message.

Getting Beyond "He Said/She Said"

The term, "He said/she said" is often heard in the unfortunate case of rape. In this situation the term applies to the fact that when there is little factual evidence on which to base a decision the jury is left trying to determine who's story they believe and the case becomes one of her word against his. These cases perhaps illustrate the problems regarding he said/she said that couples are faced with in a relationship. Beyond the fact that in a rape case one or both of the parties may not be telling the truth, exists the underlying problem that men and women think and process information differently.

The differences between men and women include differences in thought process, sensitivity, memory, and communication. A successful relationship is one that recognizes the difference between men and women and is able to get beyond the he said/she said scenarios.

Men and women have a different thought process when it comes to solving problems. While both sexes are capable of solving problems equally well the thought process involved in coming to a resolution varies between men and women. For men a problem is an opportunity for them to demonstrate their problem solving skills in a quick and efficient manner. Men see having the problem solved as the ultimate goal and they believe that the best solution is the one that is quickest and most efficient.

Women on the other hand see a problem as an opportunity to work together and reach a resolution. Women relish the chance to communicate about the problem and the act of working together to solve the problem is more important than actually solving the problem. Women may feel closer to their partner, even if the problem still exists, if she feels that the resolution process drew them closer together. Understanding that women and men view the problem solving process differently will help a relationship to prosper.

Sensitivity is another area where men and women differ. Women have a heightened sense of sensitivity relative to men. This heightened sensitivity results in women being more prone to act on their emotions rather than on rational thought. A woman's sensitivity allows her to understand her own feelings as well as those of others better so her reactions tend to take feelings into consideration above logic.

However, men do not have the same level of sensitivity and therefore are more likely to make their decisions based solely on logic and not take feelings and emotions into consideration. This disparity can result in problems during a relationship because the woman assumes that the man intentionally tried to hurt their feelings if they make a decision that has this effect while the man may grow frustrated if he believes the woman made an irrational decision. Realizing that this difference exists will help a

couple go get beyond he said/she said.

Men and Women also differ in terms of memory. Men have a memory that is stronger in situations where they can recall the details of an event by making an association with something concrete such as a location or item. For example men are more apt to remember an event that took place in a location that they are able to visualize well.

Women on the other hand have a memory that is stronger when they are able to associate the emotions felt with that memory to other memories where they had similar emotions. This type of memory is especially problematic because when a woman becomes angry with her partner, she is often able to recall other situations where he has angered her. Unless the difference in memory is recognized it can become a source of frustration in a relationship when the man and woman don't understand why their partner doesn't remember something that is so vivid to them.

Men and Women also often have different communication styles which can complicate a relationship. Men tend to be more introspective about their problems and choose to deal with them internally and without discussing them with their partner. When they do decide to discuss a problem it's usually after much thought and careful consideration.

Women on the other hand enjoy conversing about their problems with their partner and believe that doing so helps them to understand their problem better and come to a solution more easily. Women often use communication as a method for reaching a conclusion. They view the discussion as a way to figure out a solution. The he said/she said aspects of communications must be understood to avoid frustration and disappointment in a relationship.

Men and women have different styles when it comes to problem solving, sensitivity, memory and communication in a relationship. Careful observance and understanding of these differences is necessary for a relationship to flourish. Understanding these he said/she said principals and being willing to get beyond them will help to minimize difficulties in a relationship in regards to gender differences.

How to Demand Respect AND Get It

Respect, as it applies to people, is defined as a feeling of esteem for a person. This feeling is generally a result of a person's achievements. While all people deserve respect, it is an unfortunate fact that many people do not receive the respect that they deserve. There are several ways however that you can put yourself in a situation where you will begin to receive the respect that you deserve.

In general the keys to demanding respect and getting it are treating others with respect, treating yourself with respect, conveying a sense of confidence, not being afraid to make decisions and dressing appropriately. These key factors will help you to gain the respect you deserve.

If you expect others to treat you with respect, one of the first steps you must take is to begin treating others with respect if you aren't already doing so. If you have a disrespectful attitude towards others it will be difficult for them to feel respectful towards you. Treating others with respect demonstrates that you are worthy of respect yourself because it shows that you are capable of holding others in esteem. If you do not give others their due respect, many people will see you as a person who is not compassionate of others and not willing to understand the value of others.

Many bosses will try to demand respect by being authoritative with their subordinates. While authority is a characteristic that commands respect, this is often taken too far and if the boss does not recognize the employees achievements the employee will most likely be resentful of the boss and not feel respectful towards him. On the other hand a boss that maintains an authoritative air while also being supportive of his employees and willing to listen to their ideas will gain the respect of his employees.

Treating yourself with respect is another key element to receiving respect from others. Self respect is seeing yourself for your innate worth and acting accordingly by treating yourself with esteem. It's important to treat others with respect but by the same token you must also treat yourself with respect. While self-deprecating humor may be your way of coping with your perceived inadequacies this type of behavior demonstrates to other that you do not feel you are truly worthy of their respect. In order to gain the respect of others you must first treat yourself with respect.

Confidence also inspires a sense of respect. Being confident, without being arrogant, is a sign that you know your abilities and past performances are worthy of respect. Knowing that you are a highly capable person and not being afraid to let others know this is another way to demand respect and get it. Exercise caution with using confidence to command respect though. Over confidence may have the reverse effect and result in you not receiving respect. Knowing your abilities and being confident in yourself will go a long way in ensuring that you earn the respect of those around you.

Decision making is another aspect that could be a determining factor in whether or not those around you respect you. This goes along with confidence in that if you are sure of yourself you will not hesitate to make the right decisions in any situation. An ability to make decisions without wavering or being unsure of yourself will inspire confidence in those around you. While it's important to seek advice and counsel from others, if you are in charge of a situation the decision is ultimately yours to make. If you make valid decisions without showing signs of doubt you will be respected for your ability to take a stand and act on what you believe is right.

Dressing the part is also very important in earning the respect of others. While casual clothing may be acceptable in many work places you will find that those who are in a position of authority and command respect often dress less casually than those who are not well respected. While your clothes are not an accurate indication of your abilities others around you may jump to conclusions based on your appearance. While this is a sad fact of life, it's important to acknowledge that this does exist in society and take care to always convey a professional appearance. Doing so will help you to earn the

respect of your friends and colleagues as well as your employer.

Perhaps the most important factor to understand about respect is that, in most cases, it is not given automatically by others but that it must be earned. You can earn the respect you deserve by treating yourself and others with respect, being confident and unafraid to make important decisions and dressing in a way that shows that you have respect for yourself. All of these aspects will help to ensure that you are not only demanding respect but also getting it.

How to Fight Fairly

In any relationship worth having conflict is bound to arise. The true test of the relationship is whether or not you feel that it is worthwhile to resolve these conflicts and if you are able to do so in a fair and objective way. Key elements to fighting fairly include sticking to the issue at hand, being open to listening to the other person, not involving others in the fight, not bringing up old issues and finally being willing to accept responsibility and let it go when the fight is over.

It's important to know what you are fighting over and to stick to that issue in the argument. If you allow things to build up over time and then explode with many grievances at once neither you nor the person you are fighting with will have a clear understanding of what the issue is or why you are fighting. It is important to address each issue as they arise to alleviate resentment and fighting that does not have a clear focus. Sticking to one specific issue in a fight is the fair way to fight and it's also the most successful way to fight. If both parties involved have a clear understanding of why they are fighting you are much more likely to reach a mutually amicable resolution.

Listening is a very important component of fighting fairly. It is imperative to allow the other person to offer their side of the argument. Fighting without listening will not be effective because it does not allow you to be open to the other person's opinions and justifications. The other person may have a very valid reason for their actions but if you are only interested in what you have to say and are unwilling to listen you will not hear their point of view. Another aspect of listening is to really understand what the other person is saying. It's very easy to not hear the intent of a person's message. In a fight you want to actively clarify the other person's statements and give them the opportunity to affirm or negate your interpretation of their argument. Listening attentively and understanding the other person's argument is a very effective and fair way to fight.

Bringing others into a fight is not a fair way to fight. It is important that the fight take place between those directly involved and that neither party elicits the help of friends or family members to validate their position. It doesn't matter how many other people agree with you, that does not necessarily make you right, so don't involve others in your fight. This is not only not fair to your partner but it is also not fair to those who are dragged into the argument. While you may have many people who agree with you and

believe you are right, bringing them into the fight just isn't fair and also isn't effective.

In a fair fight it is also important to not bring up old issues. A fair fight will remain focused and bringing up the past distracts from the current issues and also sends the message that the past has not been forgotten. If your partner feels that you are bringing up old issues, he may begin to feel as if the current fight is not worth fighting because it will not be forgotten. If you convey the message that you are not willing to forgive and forget you are not fighting fairly because your partner will feel as though the argument is no longer worthwhile. Also, bringing up old issues is not fair because they are not relevant to the current fight. A fair fight is clearly focused on a current conflict without dredging up old issues.

Another key tactic for fighting fairly is to be willing to accept responsibilities for your own actions and be willing to reach a resolution and move on from the argument. Those who fight fairly are prepared to concede the fact that they may lose the argument. Losing the argument means either that you admit that you were solely to blame in the situation or that you are unable to convince the other person of your argument. What is important in a fair fight is not who is right or who is wrong but that the couple is able to reach an amicable agreement and that they are both able to progress and leave the fight in the past.

Fighting fairly is crucial in a healthy relationship. Disagreements are natural and resolving them in a fair way is imperative to a thriving relationship. Not fighting fairly is indicative of a relationship that is not healthy. A fair fight however incorporates the key elements of focus, listening and resolution without involving third parties in the fight. A fair fight is also left in the past after resolution. Fair fighting leads to resolution in most cases.

How to Forgive AND Forget

We have heard the saying many times that, "It's easier to forgive than to forget," but the truth is that unless you are capable of forgetting you never really forgive. Forgiveness is the act of excusing someone for their offense but unless you are also willing to forget their transgression you aren't truly forgiving them. Refusing to forget a wrong action against you results in a lingering grudge between you and the other person. Although you may have told them that you have forgiven them, the memory of their actions remains with you and creates a prejudice towards them that results in a lack of trust in the future. True forgiveness involves both forgiving and forgetting and this can be achieved by understanding your own feelings as well as those of the person who wronged you, expressing your feelings in a rational matter, realizing that your relationship is more important than being right and finally accepting your partner's apology.

You may have been wronged in a situation and your feelings of anger may be

completely justified but it's important to truly understand your feelings in order to forgive and forget. It is imperative that you realize that the actions of the other person may have hurt you or made you angry but that reacting in a hostile manner as a result of these feelings is not beneficial to your relationship. While your feelings of hurt or anger may be justified, taking the time to work through these emotions before offering forgiveness will help you to forget your partner's words or actions. If you rush to offer forgiveness before you have had the opportunity to vent your own frustrations it will be difficult for you to forget your partner's wrongdoing.

You also need to understand the feelings of the person who offended you. It is also important to speak to your partner about why they committed the offense against you. It is not fair to them to make assumptions about why they acted the way they did. Giving them the chance to express their side of the situation will give you a better understanding of why they acted the way they did. You may learn that everything was a misunderstanding or that you were not hurt intentionally. Allowing the other person a chance to offer their take on the situation will enable you to see their motives. Understanding your own emotions as well as your partner's will help you to really forgive and forget.

Dealing with your own emotions in a calm and rational manner is also crucial to forgiving and forgetting. Your partner may be wrong and you may be completely justified in your feelings of anger but it's important that you not act strictly on emotion in this situation. Acting and speaking out of anger can elevate the tension in the situation and deter the forgiveness process. Give yourself a little time to manage your own feelings and collect your thoughts so that when you approach your partner you are able to speak about your feelings in a rational manner. It's best to wait until both you and your partner are ready to speak about the conflict in a calm and rational manner. If you are truly interested in forgiving and forgetting when you have been wronged, wait until both parties have calmed down to ensure that neither one speaks out of anger and destroys the chance for true forgiveness.

A crucial aspect of forgiving and forgetting is valuing your relationship more than you value being right in an argument. While you may be completely right in a situation, being right is not worth destroying the relationship over. If you are able to put your love for your partner ahead of the vindication of being right you will be more willing to forgive and forget. Also, forgiving and forgetting will allow your relationship to continue to flourish because working through conflicts makes a relationship stronger.

Finally you can never really forgive and forget unless you are truly willing to accept your partner's apology. Harboring feelings that the apology isn't genuine will damage the relationship because you will never forget their offending action. Listen sincerely to your partner's apology and have faith in them that their apology is heartfelt and genuine. Then let them know that you accept their apology and are willing to not let this situation interfere with your future interactions.

True forgiveness involves not only excusing the transgression but also effectively forgetting it as well. You can not truly forgive someone if you don't also agree to forget the offense. Refusing to forget indicates a lack of trust in your partner to not repeat the offense. While deciding to forgive and forget is a personal matter a few suggestions for doing so are to understand your feelings as well as the feelings of your partner, taking the time to rationalize your emotions before you act on them, valuing your relationship enough to truly forgive and accepting your partner's apology with an open heart.

10 Ways to Reawaken Passion

If your relationship is starting to lose its passion you may need to make a conscious effort to re-ignite the spark in your relationship and reawaken the passion. Sometimes it may take elaborate plans and gestures to reawaken the passion in your relationship and sometimes it may just be small seemingly insignificant things that can help you to reawaken the passion in your relationship.

Planning a romantic weekend getaway can be one way to reawaken passion. A trip to a spa or a romantic destination can help to put the passion back in your relationship. This type of trip gives a couple the opportunity to step away from their everyday lives and spend some time focusing on romance.

Treating your partner with respect can also be a simple way to reawaken passion. Sometimes people get in the habit of taking their partner for granted while they continue to treat complete strangers and casual acquaintances with respect. People tend to work harder on casual relationship than they do on their romantic relationship because they take their partner for granted. Making an effort to impress your partner, however, can help to revive the passion.

Doing something new and adventurous can also help to reawaken the passion in your relationship. Try an activity that you have never done before such as skydiving or water skiing. Participating in an adventurous sport can make you feel more alive and this will transcend into your relationship and reawaken the passion.

Holding hands is another way to reawaken the passion in your relationship. This simple act draws you and your partner closer together. Most couples hold hands all the time early in their relationship but as time goes by they begin to do so less and less often. Grabbing your partners hand and holding on while you run errands can make your partner feel desired again and this will help put the passion back in your relationship.

Another way to reawaken the passion in your relationship is to plan date nights. Spend some time getting dressed up and plan a night out on the town. Putting this level of effort into a dinner date makes it feel much more special and romantic plus it gives you a chance to let your partner know that you are still interested in spending time with them. No matter how busy your week is, plan to have at least one night a week where

the two of you connect in a special way. Even if it's just some quiet time at home after the kids go to bed or even a family game night with the kids, it will give you time to bond.

Taking care in your own appearance is still another way to reawaken the passion in your relationship. If you feel good about yourself, you will be more appealing to your partner. Spend a few extra minutes getting ready to go out and really pamper yourself. This will give you a confidence boost that can help bring the passion back to your relationship.

Complimenting your partner can also help to reawaken passion. Noticing when your partner puts extra effort into their appearance lets them know that you still find them desirable and attractive. Even complimenting them when they aren't all dressed up, lets them know that you love them for who they are and not just their appearance.

Even just planning trips that you would like to take in the future can reawaken passion. Spend an afternoon thinking of trips you would like to take together and make a list of all the places you want to go and all the things you want to do. This type of daydreaming draws a couple closer together and can revive passion.

Spending some quiet time together daily can be another way to reawaken passion. Plan on having at least a few minutes alone with your partner each day to help put the spark back into your relationship. Taking time to reconnect daily can help keep the passion in your relationship.

Taking a bath together can also help to reawaken passion in a relationship. This is a very sensual activity that makes you both feel pampered and gives you the opportunity to reconnect on a physical level. Beyond that it can also give you a chance to relax and unwind after a hard day of work and sometimes it's the stresses of everyday life that are putting a damper on passion.

If your relationship is starting to lose its passion it doesn't mean the relationship is over. All of these examples are simple ways that a couple can reawaken the passion in their relationship. As long as the love still exists, it is possible to bring back the passion.

10 Secrets to a Happy Marriage

Having a happy marriage doesn't necessarily come easily just because you love each other. While love is very important in a marriage sometimes it just isn't enough and you have to work at your marriage just like any other relationship. Open communication and careful consideration of each others feelings are two of the emotional aspects that are key to a happy marriage. Even more mundane details such a household responsibilities and financial understanding can factor into the state of the marriage. It is imperative to understand that a marriage is a multi-faceted relationship that needs to be nurtured in all of its capacities in order to be successful.

Being willing to make sacrifices is one secret to a happy marriage. Both partners in the marriage must be prepared to put their partner's happiness ahead of their own from time to time for the marriage to truly work. If either partner is completely self centered and unwilling to make sacrifices it will create resentment in the marriage. At times the sacrifices may be big but most often it's the smaller things that matter most. Even preparing a dish that you don't like but that you know your spouse likes lets your partner know that you care and are willing to put their happiness first at times.

While making sacrifices is important in a happy marriage, it is also important to sometimes do things that are just for you. It's great to have a lot of common interests but it's also essential to have some things that you enjoy doing on your own. Having some separate activities gives you a little time away from your partner once in awhile and gives you a chance realize how much you miss them when you are apart. It also gives you an opportunity to explore things on your own and prevents boredom in the relationship.

Another secret to a happy marriage is to maintain an intimate and affectionate relationship. Sharing physical closeness will keep your marriage happy. Even small gestures such as hugs or holding hands give you the opportunity to reconnect with your spouse on a daily basis.

Finances can cause a great deal of stress in a marriage so it is important to do your best to ensure that you do not allow your financial situation to destroy your marriage. When financial concerns arise it is important to discuss the problems so that both partners are aware of what is going on and to work on establishing a budget together. Working together on this issue will make sure that neither partner feels left out of the decision making process and neither partner bears the stress of worrying about finances on their own.

Sharing household responsibilities is another secret to a happy marriage. If either partner feels as though they are taking on too much responsibility in the household it can lead to resentment. Not only does sharing these responsibilities prevent resentment but it also gives the couple an opportunity to work as a team which strengthens their bond. Both partners need to take an active role in completing household chores and let their partner know if they are beginning to feel overburdened.

Open and honest communication is also necessary for a happy marriage. Without communication the relationship will continually struggle. It's important to be honest with your partner and share your concern and to listen to what your partner has to say and make an effort to understand their point of view. Communicating about problems and concerns is important but it's also important to communicate about your aspirations and even your daily lives. All of these types of communication bring a couple closer together and foster a happy marriage.

Along the lines of open communication, it's also important that you let your partner know if they have said or done some thing to hurt you. Failure to do so will allow the problem to continue to cause problems in the marriage. If you bottle up your feelings

your partner will be unaware of what they have done to hurt you and may be likely to repeat their actions. You also may begin to avoid your partner because you are angry and you don't want to start a confrontation. Your partner in turn may sense you behaving differently and be annoyed by your behavior. Simply coming out and telling your partner why you are upset can help you avoid this unnecessary host of problems.

Understanding that you and your partner won't always be in complete agreement is also critical to a happy marriage. While you may agree on a lot of things it's unrealistic to believe that you and your partner will be in sync at all times. Its okay to disagree sometimes as long as you respect each other's feelings and beliefs and do not think that any one disagreement will be the end of the relationship.

Spontaneity is also an important part of a happy marriage. Allowing yourselves to fall into a predictable pattern can lead to boredom but being spontaneous at times will prevent boredom from setting in and keep the relationship interesting.

Finally, remembering why you married your spouse is one of the most important secrets of a happy marriage. Always remembering what it is about your partner that drew you to them will make certain that you never forget your love for your partner. It will also ensure that they are always beautiful in your eyes. Many things may change throughout the course of your marriage but the one thing that will always remain is the reason you fell in love in the first place.

A happy marriage is not guaranteed no matter how much the partners love each other. There are so many variables that can have an affect on the happiness and success of the marriage. It is important that both partners realize that they must continuously work on all of these aspects if they want their marriage to remain a happy and healthy relationship.

10 Ways to Recharge Your Romance

Early in a relationship the romance factor is very high. The romance is seemingly effortless and it seems as though the romance will never fade. You may find, however, that over time the romance does fade and the relationship doesn't seem as exciting as it did in the beginning. This is natural as a couple becomes more familiar with each other they begin to make less of an effort in the romance department. When this happens it is time for the couple to start making a conscious effort to recharge their romance.

Recreating your first date can be one way to recharge your romance. Both partners probably put a tremendous amount of effort into their first date and it was probably an incredibly romantic night for both of you. Reenacting this first date by not only returning to the sight of the first date but also putting the same effort into preparing for the date can help to recharge your romance by reminding you of how exciting your relationship was in the beginning.

Leaving your work at the office is another way to recharge your romance. If you are constantly allowing your work life to interfere with your romantic life it is time to put your romance ahead of your career. While it is okay to talk to your partner about work and how your day went, obsessing over work is not acceptable and can put out the fire in your romance rather quickly.

Giving your partners flowers or small gifts for no reason can also recharge your romance. This lets them know that you still think about them when the two of you are apart and that your love for them is always on your mind. The gifts don't have to be expensive or extravagant but if they truly come from the heart they will help to recharge your romance.

Another way to recharge your romance is to be spontaneous. Romance often fades when a relationship becomes routine and the partners begin to take each other for granted. Spicing things up by suggesting new activities on a whim can reintroduce the romance in your relationship. Too much planning and debate about what to do or where to go can put a damper on the activity or trip before it even takes place. Excessive planning can make something seem dull while spontaneity has the opposite affect of making the activity seem more exciting.

Spending time apart can also recharge a romance. It may sound counterproductive but having your own activities and interests keeps you from becoming bored with your partner. Spending time together is very important but spending time apart is equally important because this time apart gives you the chance to grow as an individual which can enhance your relationship.

Quality time together, just like time apart, can also help to recharge your romance. You need alone time as a couple to reconnect and nurture your romance. A night out on the town for just the two of you or a quiet night alone at home can be equally effective for recharging your romance. Without this time together a couple will not have the opportunity to express themselves to their partner in a romantic way.

Incessant arguing can destroy the romance in a relationship. If you find that you and your partner are arguing constantly or over every little thing, it's time to really evaluate the relationship and figure out why you are arguing so much. Believe it or not, you may find that this arguing is a subconscious attempt to try to recharge your romance. Arguing invokes passion and you may be trying to bring that passion into your relationship. If you find yourself doing this, it's time to realize that the arguing is having the opposite effect and that you have to stop this unhealthy pattern. Once you realize that there are other ways to recharge a romance your arguing will subside.

Making a concerted effort to impress your partner can also recharge the romance in a relationship. As a relationship progresses there is often a sense of familiarity and comfort that emerges and results in the couple feeling as if they no longer need to try to impress their partner. They may begin to let their appearance go or stop going out of their way to please their partner. Reversing this by returning to your old ways of trying to impress your partner can go a long way in recharging romance in a relationship.

Taking a trip together can also have the effect of recharging your romance. While planning a trip may be stressful most people relax and enjoy themselves once they reach their destination. Planning a trip with your partner will give each other the opportunity to enjoy each other's company without the worries and hassles of everyday life.

Turning off the computer for a few days can be a really simple way to recharge your romance. Many couples use their computers often to check email, search the Internet or chat with others and this time spent on the computer can really add up and begin to take time away from your partner. Time can fly when you are computing and you may find that you have wasted an entire night on your computer. You may find that if you turn the computer off for a few days, you have a lot more time to spend with your partner and the romance may naturally return to your relationship.

It is natural for romance to begin to fade if the partners begin to take each other for granted and stop trying to impress each other. Romance doesn't exist on its own; it needs to be nurtured in a loving way in order to survive. Recharging your romance may seem like a daunting task but it really isn't. Making an effort to spend time together, showing your partner that you care and scheduling time together and apart are all simple ways to recharge your romance.

Weekend Romantic Adventure Ideas

Sometimes a weekend getaway is just what a couple needs to reestablish their relationship and make a new connection. Making this weekend getaway a romantic adventure can further enhance the benefits of the getaway. Engaging in adventurous activity can have the affect of drawing the couple closer together. Try finding an activity that is new to both of you and you will be able to bond while tackling new challenges and adventures. A romantic adventure may include exploring a new location, enjoying the outdoors or taking flight in a hot air balloon or glider. Whatever option you choose, a romantic adventure is sure to rejuvenate your relationship.

Travel can be a romantic and adventurous way for a couple to get away for the weekend and put some spark back into their relationship. Exploring new locations whether they are exotic or domestic allows a couple an opportunity to learn and discover together. If you live relatively close to another country you may have the chance to visit another country for the weekend and learn about different cultures, foods and people. If exploring a new country is not possible, do not be deterred. Exploring a new city can be just as fun. There may be many cities close by that you and your partner have either never visited or visited only briefly. Even spending a day or two in a new city can be an enlightening adventure. If you truly immerse yourself in a nearby city and take the opportunity to visit local restaurants and shops you are bound to notice that although the city may be very near in proximity to your own city, it has its own vibe about it. The culture of a city is driven by its residents so visiting a new area is often a chance for you and your partner to enjoy a new adventure together. Travel,

whether it is domestic or international is a wonderful opportunity for a couple to enjoy a romantic weekend adventure.

Enjoying the outdoors is another way for a couple to share a weekend romantic adventure. Taking a backpacking trip is an excellent way for a couple to reconnect. While spending a few nights in isolation in the wilderness without distractions such as televisions and restaurants a couple really has an opportunity to talk and catch up on their relationship. All too often a couple falls into a rut of eating out and then returning home to watch television and go to bed but a backpacking trip may be just what a couple needs to put the spark back in their relationship. Backpacking allows a couple the opportunity to work together to prepare their meals using simplistic equipment and to have only each other to occupy their time is an excellent weekend romantic adventure idea. While backpacking may be a simple activity, the adventuresome and romantic aspects exist making this activity and excellent weekend getaway activity for a couple.

Doing something completely new to both of you such as a hot air balloon or glider ride can also be an excellent weekend romantic adventure idea for a couple. These activities can often be done right in your own city and give you the opportunity to view your city from a completely different perspective. From a high elevation, you have the opportunity to look down on your city and realize how truly small it is. While you may spend your days running errands and scurrying from place to place, viewing your hometown from such a high elevation gives you a new perspective on things. Additionally, these activities can induce a sense of fear which may bring you and your partner together. While the activity may be completely safe, the fear of the unknown can have the affect of drawing you and your partner closer together. A hot air balloon or glider ride is one way for a couple to enjoy a weekend romantic adventure that doesn't have to take up their entire weekend but will draw them closer together and will give them a new perspective on their approach to life.

There are many weekend romantic adventure ideas that can draw a couple closer together. The idea of this type of adventure is to find a new activity that both of you will enjoy. The excitement of engaging in a new activity coupled with the closeness that you gain from spending time together is the recipe for a successful weekend romantic adventure idea.

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