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# Foreword

It has been theorized too many times that men and women are diametrically opposite beings. The theory goes on to say that there are totally different things that drive both these genders, and there are different things that they are looking for. That is the reason men and women act and behave in radically different ways.

Now, while the truth is that nature itself has ordained us to be different, which means our behaviors are characteristic of the gender that we belong to, it is also a sordid fact that this can create a lot of problems. There are several instances in which men and women do not understand each other, due to which there are disagreements and arguments between the two, even leading to drastic steps such as breakups and divorce.

There are some pretty heavy and deplorable numbers about relationships that have not worked out, while it is true that if just a little more effort and understanding were used, these relationships could have worked amazingly well.

The intention of this eBook is to show what repairs could have been possible in relationships that soured down, and to reveal that with some more considerate effort, many of our relationships could be veered in the right direction.

This e-Book shows you that men and women are fundamentally different and we need to understand and accept these differences. We need to understand that there are different things that we look for in life, and even in a relationship, there are different things that a man

and a woman look for in each other. If this one fundamental law of nature is kept in mind, then both genders would be able to live in better harmony with each other. Realizing our differences, we would be in better stead to become a unified whole.

It takes time and it takes effort, but, most importantly, it takes a great deal of maturity and understanding. If we accept these differences in our partners, we will have more meaningful relationships. With this eBook, we are not trying to tell you to change what nature has made you as—that is not going to happen—but it is necessary to realize that your partner is a different person. It is not necessary that they should like the same things that you do and say the same things that you speak.

At the same time, most of the things that we label as selfish and inconsiderate in our partners, are actually quite different from what they appear. These things are nothing but the fundamental traits of those people. They are fashioned to behave in that particular manner. If a man forgets his wife's birthday, it is not because he does not care for her—it is because nature has designed him to focus on one job at a time.

Maybe he was just too busy with something else, his mind was biologically diverted to that task completely, and he slipped up. Or, when a woman spends too much time looking after herself, the man should not think that she is being vain. Nature has designed women in such a way that they like to take care of their appearance.

This is what we have to understand and accept. Instead of creating the world into a war zone full of enmity between the sexes, it is important to understand the diametrical differences between the two

genders, and live in harmony. We are designed to be different. It is time to accept that and live in harmony.

In this eBook, you are going to see the different ways in which man and woman are designed to be different. You are going to read how to find out these differences in your partner and what you should do so that there is no cause for discord.

We will suggest you to maintain a journal of your relationship, a journal that you will create and update in discussion with your partner. You will be able to vent out your feelings in this journal and you will be able to understand how your partner is disposed as well. You will find that just the process of maintaining this journal will go a long way in helping your relationship to improve.

***Mars And Venus Battles - The Cyber Arena***  
***Applying The Timeless Truths About The Opposite Sex In The***  
***21st Century***

# Chapter 1:

## *Life As We Know It and Why Is It So?*

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### Synopsis

Very few people may be totally happy with their lives today. Surely, most lives today are shrouded by problems such as distrust among the partners, disagreements over slight issues, suspicions, ill will and even hatred. Relationships are continually souring all around us, and most times, we feel that nothing can be done about it. We resign ourselves by saying that it was meant to be that way.

The shapes our relationships are taking right now are downright deplorable. 1 in 2 couples are ending up in a breakup or a divorce. The levels of animosity are definitely rising, and this is certainly no good.

Why is this happening? What is it that we are failing to see? Despite making a diehard commitment at the start of our relationship, in the heydays as you may call them, what happens that makes the relationship so drastically irreparable?

Certainly, the problem lies in one of the partners or both. There are some very basic things that we are completely missing out on. We are not spending the time to realize that men and women are totally different kinds of beings, and that the only way to live successfully in harmony is by understanding each other completely.

If you think that is too difficult to achieve, you need to think again. You need to see that the situation is not all that bleak as it seems.

There is just one link in this chain, one single strand, that we are missing out on. If we simply see this one missing link and accept it, we will be able to do much better with our lives.

That is what it is all about—mutual understanding and acceptance. That is what we need to learn.

And, yes, in this chapter, we begin creating the journal of your relationships that will help save your rocking relationship boat. This is your reference point and your guide, the place where you find your fumbling relationship begin to take root once again.





## **Life As We Know It and Why Is It So?**

We see this very common scenario in the world around us today... maybe in our own lives too.

*It is someone's wedding day. They look into each other's eyes and vow to be together "until death do them part". Standing in front of the marriage celebrant it is difficult to imagine how the two could ever not feel so in love as they do today.*

*Yet 5, 10, 15 years later they are standing in front of a judge and this time they are told they are divorced. It is not exactly the fairy tale ending they had anticipated all those years ago.*

This scenario is a reality for over 50% of couples who marry. While the length of the relationship may be different among couples, and there are other reasons for the divorce, the reality is, over half of all marriages will end in divorce. The statistics are worse for remarriages.

It is a gloomy picture, and perhaps you are feeling depressed wondering what hope your marriage or relationship has in the face of such statistics. The great thing about statistics is that there are good as well as bad statistics and other statistics reveal that if a couple can work through the problems in their relationship; they can potentially bond stronger than ever and go on to have an even better relationship.

Why is all this happening? Ultimately, it is our perceptions of what makes a good relationship and our expectations of our partner, which creates the friction in marriage.

As we learn to understand why we have these expectations and how to challenge with them, we can look at our relationships with new eyes and appreciate them for what they are, rather than for what they are not. With this knowledge, all relationships potentially can move forward.

Our ability to relate to each other has evolved over our lifetime. We learn by observing the culture we grew up in and through our life experiences. As children, we watch our parents and we see how they relate with each other.

We interact with our siblings and this contributes to our knowledge of how people in close relationships interact with each other. We learn from talking to our friends and often compare and contrast their experiences with our own. As we reflect on what shapes the way we interact with others and why it does this, we find the key to beginning the restoration of a successful relationship.

Here are a couple of practical steps that may help the process. Try to do them together as a couple.

- Reflect on who you are and what has shaped your thoughts on life and relationships. Take a day or two to really think deeply about this and ask your partner the same questions. Compare their thoughts with yours.

- Use a journal to write down significant events in your relationship each day and what experiences caused them to occur and what your expectations were that caused that let down. These events go a long way in reinforcing your relationships. Even as you feel that you are drifting apart, if you just happen to read about these events in your journal, you will reminisce about those happy days you had together and perhaps you will have a change of heart. You will make an effort to patch up the relationship again. You will want to be together again to relive those happy days, and somewhere deep inside, you will get the confidence that the situation is not as bleak as it appears on the outside.
- Chances are that your partner is reconsidering as well. Since the love you started out with was quite strong and determined, your partner is not going to want to peter it down too. Sit together and think. Maybe a solution will emerge out of the entire morass. Maybe you will want to be together for life once again, just as you committed to each other during those marriage vows.

# Chapter 2:

## *Life As They Knew It*

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### Synopsis

Life was completely different in the good old times, at least on the face of it. We weren't so technologically advanced back then and maybe we gave more importance to our human relationships than we do today. Man needed woman and woman needed man more than they do today—that is a fact.

But times have changed. We have become more mechanical, more materialistic. Our lives aren't as simple as they were before. Our obligations of the day aren't divided simply into work-time and family-time. Many more things vie for our attention each day.

Still, the basic rules that were established back then are still quite prevalent. Gender roles were assigned to man and woman back then, all those centuries ago, and they still remain. Woman lib regardless, there are still gender roles that are prevalent. And this is more commonly seen when people are in a relationship.

That is the reason why we felt that a good starting point for this eBook would be to take a look at how the man-woman equation worked back then and how it has changed in present times.

## **Life As They Knew It**

Until recently, humans traditionally mated for life with one and sometimes in polygamous societies a number of mates. Fifty years ago when people divorced, they often faced accusations and lost lifelong friendships. Today, it is likely that many of those in our circle of friends are divorced and may even have remarried with new partners.

If we look back even further to the days when our ancestors were hunters and gatherers, we see a completely different situation than what is the reality for most couples today. History has shown us that our ancestors were a mainly hunting and gathering society. Men would go and hunt for food while women collected mainly seeds and berries around their home.

They relied on each other for the provision of everything material, but for the most part, they did not receive a lot of direct emotional support from each other. Instead, men developed camaraderie with the men they hunted with, while the women spent most of the time with each other, helping look after children and prepare the food. Women usually found the emotional support they needed with the women they worked with each day.

This pattern continued until the 20<sup>th</sup> century. Although the type of work that men and women undertook changed drastically, the gender roles remained much the same. The man would go out to work and the woman would stay at home. This scenario is not only typically true of a “western” culture; studies of most world cultures reveal similar trends.

During the 20<sup>th</sup> century, traditional roles began to change. Perhaps the world wars created a need for women to work outside the home, but women started to take on traditionally male jobs. In some situations, women earned more money than men did. Some men even began to stay at home and look after the children. Traditional gender roles began to change, women lobbied for equal rights and in a few cases, men began choosing to stay home, care for their children and home while their wife worked.

The reaction of men and women to this trend is food for countless books and audio talks on how this transition has affected the way men and women relate to each other. The common theme that appears to be emerging from all studies and research is that men will be men and women will be women.

It appears that no matter how much society is evolving, some things remain the same. There is a consistency in the way men look at situations and deal with them and the way that women look at situations and deal with them. The gender specific needs of both men and women have changed little from the time of our ancestors and most problems arise when those needs neglected. Controversial thoughts they may seem to be, but important to think about nonetheless.

You and your partner may like to reflect on this thought in your journals. Knowing how to identify and meet your personal own needs is the first step in healing a broken relationship.

# Chapter 3:

## *The Power Struggle*

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### Synopsis

There is a constant power struggle between the two human genders on this planet. This is not different from a competition, in which each gender wants to impress upon the other that they are better than the other.

This is definitely a very sorry state of affairs. If, instead of all these discords, the two genders would live together in harmony, the world would become a more harmonious place.

In this chapter, we shall see what this power struggle is all about. We shall see why men and women are radically different and how that becomes the cause of the power struggle. Also, methods to resolve this conflict are discussed in the pages that follow.



## **The Power Struggle**

### ***We Are Deigned to Be Different!***

Men and women have been compared to being residents of two different planets in a popular series of books currently on the market. The hypothesis of the author is that despite popular, modern thinking men and women really are different. In fact, they do have a predisposition to think and act in a different way depending on whether we are male or female.

This is because men and women really are made differently! Some of the arguments that occur within a relationship are the result of neither member of the couple grasping this fact. Without being too technical, the practical outcomes of these differences mean that men and women respond differently to the same situation.

This is not because either member is uncaring, or forgetful or in some way not responding to the needs of their partner, it simply means that in many cases they are incapable of being any different, simply because this is a gender specific situation and not a personal one.

### ***Where the Power Struggle Begins and How to End It***

Understanding that a man will always want to solve a problem rather than talk about it and a woman will always want to talk it out in order



to solve it is important. Women often complain men don't want to listen to them talk about their problems, while their silent partners often wish that women would stop talking about the problem so they can solve it.

The design of the male brain is specialized to focus on one job at a time and to do that job well. The nervous system in his brain is "wired" so that he can see a problem, work out how to fix the problem and then to fix it. His brain provides a man with the ability to think analytically, to work well with numbers and generally to complete complex tasks.

Women on the other hand, have a brain that is "wired" to multitask well. Women tend to be able to do the washing, cook the dinner, and look after the children at the same time.

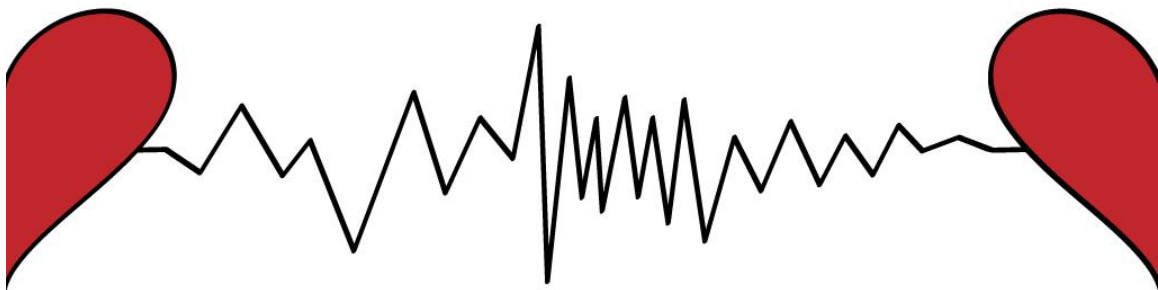
When a woman asks her husband to do something while his mind is preoccupied and his focus is elsewhere at the time, he is inclined to forget her request, but this is completely unintentional on his part. He really did forget, not because he does not love her enough to carry out the request, but because his focus was in doing something else at the time, she made the request.

Understanding that there are important physiological differences (and hormonal ones) that drive the behavior of men and women is an important step in understanding that our partners failure to meet our

expectations are often unintentional. Once we can accept that, we can view the actions of our partners from another perspective.

### ***For Your Journals***

Discuss a recent misunderstanding you and your partner had with each other. Write about the differences between men and women and think about how your partner's actions in that situation that upset you may have been typical of the differences between genders rather than something personal they are "doing wrong".



# Chapter 4:

## *The Uneasy Truce*

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### **Synopsis**

Compromises hardly take relationships in the right direction. Most people who live with each other today are resigning themselves to what we call as the uneasy truce. They see the shortcomings in themselves and in their partners but keep procrastinating it until it becomes too late. They keep telling themselves that things will work out, but that never happens too soon.

Are you living with this uneasy truce as well? If you are, then you should know that it is not everlasting. You are going to succumb sometime or the other, and everything is going to be in jeopardy when that happens. You may even lose out on a relationship that could have been worked out.

If there is any compromise in your relationship, you have to do something about it. You cannot stay in denial forever. You need to take stock of the situation and work in such a way that your partner as well as you are contented.

## **The Uneasy Truce**

Let us face it; most couples really are committed to making their relationship work. For most couples, this means pushing back the irritations and the consequences of gender differences and our feelings about them, and getting on with life as best we can.

Yet, we look at others and here stories of relationships that are going well and maybe we cannot help but feel a little jealous. We keep hoping things will get better.

For couples in this situation, this uneasy truce does not last forever. Eventually the pressure builds and the volcano must erupt sadly most of us are probably aware of couples we know who we thought had a happy marriage who suddenly announce they are getting divorced. Stored tension may be released in the ugliness of a bad divorce.

Marriage and relationships need not be like this. A major reason why a once happy relationship reaches this point is often due to unrealized expectations by the partners in the relationship. When a couple seeks counseling, both members will express their frustration that they are doing all they can to improve the relationship.

How then can an uneasy truce become a win-win situation for each member of a couple? Is it possible? Yes it is. There are a number of things that a couple can do to improve their communication and to express their feelings, in a way they know is valued, understood and appreciated by their partner.

You can take some practical steps if your relationship has reached this point to move towards a win-win situation.

- Do not have unrealistic expectations that your partner will act like another member of your gender. He will not talk about problems because he is instinctively going to want to solve the situation. Accept this about your husband and do not let his silence become personal. Talking is not high on his agenda as a method of fixing the problem.
- Your wife will want to talk about the situation, so ensure you understand and do not diminish this need. Accept that men and women will instinctively problem solve differently.
- It has been suggested that different people express their feelings for another in different ways. Usually, the way a person instinctively expresses their feelings of love are those things they know would personally like to receive it. Understanding how your partner expresses their love for you and knowing it may be different to the way you express your love for your partner is an important communication tool.

As you and your partner learn to appreciate how to express love and gratitude, in such a way the other partner appreciates, the relationship can start to heal.

### ***For Your Journals***

Discuss together how you and your partner like to problem solve when you are not together. Discuss how you feel problems should be solved in your relationship. Think about a recent problem that led to

an argument and write in your journal how you feel this situation could have been better handled.

Think about what makes you feel loved and appreciated and talk it over with your partner. Write in your journal about what your partner told you.



# Chapter 5:

## *Surviving and Thriving*

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### **Synopsis**

There is solid biological evidence in what we say—the difference between man and woman is not just a matter of conjecture; there is an actual hormonal reason for it. While men are driven by the robust testosterone hormone—a hormone that creates a kind of an aggressive edge—women are governed by the milder oxytocin hormone, which compels them to give and receive love and care.

So, it is not just a superficial difference that the two sexes on this planet have. There is much more. The difference runs deep inside; it deals with the hormonal composition of the two genders. That's what makes us to different.

If we want to survive on this planet, we will hardly be able to do it by living in isolation and thinking about our own selfish interests.

## **Surviving and Thriving**

When two people in a relationship are under stress, little things often become major issues. Situations that at one stage would have been perhaps overlooked are now added to the list of things that the partner is doing wrong. Once a relationship reaches this point, it is very difficult for one or both partners to see the good things their partner can offer them and the relationship.

Men and women are driven by their hormones. Testosterone the male sex hormone, and oxytocin, the female sex hormone each play extremely important roles in the way men and women act and react. Testosterone plants a desire in men to protect and provide for their wives. Oxytocin produces a strong need in women to nurture and care for others.

Adequate levels of both hormones are essential to produce a feeling of wellbeing and contentment. When both partners have high hormonal levels, they deal with life and their relationships in a positive way. When the hormonal levels are diminished, stress levels are raised, leading to greater risk of conflict within the relationship.

When couples had defined roles, it was easy for the couple to live their lives with these hormones operating naturally. The man in the relationship would go to work and earn enough money to sustain his family with a suitable lifestyle and all their needs. The woman in the relationship would stay home and care for her family. When couples are in a good relationship and understanding and responding to each other's needs physically, emotionally and socially, these hormones are produced in increasing quantities.



Society and circumstances has change the way we do things. Often, the man is no longer the sole provider and his wife may have a job, and yet still feel the need to nurture and care for her family. Both of these situations create tension. The man no longer feels his wife has the same need for his provision, something that would drive him to succeed in the past. The woman feels frustrated she still often has to go home and do much of the work around the house because her husband seems to prefer to go home and sit and read the newspaper or watch the television.

Testosterone and oxytocin are produced differently in each partner and once couples understand this, it will help change the way they view this scenario. In this scenario, each member of the couple is instinctively doing what is necessary for them to restore their hormonal levels. At the end of the day, both have returned home with depleted hormonal levels. To raise her levels the woman needs to nurture and care, and give and receive love to stimulate oxytocin production. Relaxation is his way of increasing his hormonal levels.

### ***For Your Journals***

1. Spend some time reflecting on all your partner's positive qualities. Write them down in your journal and take some time every day to read them and reflect how much your partner adds to your life.
2. Read more about the way our hormones influence our actions and reflect on this in your journal.

# Chapter 6:

## *Self-Caring Is Not Selfish*

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### Synopsis

The line of difference between a person who takes care of his or her own self and a person who is selfish is quite thin, but it certainly exists. As humans, we have to take care of ourselves... that is a natural tendency. Even animals do that to a lesser extent. After all, if we do not take care of ourselves, then who will?

Sadly, this fact is completely misconstrued by people who are in a relationship. When a relationship begins, there is a strong likelihood of possessiveness creeping in.

Along with that, there is a feeling of exaggerated self-importance. Both men and women in a relationship will expect their partners to give them more attention. Such a need for attention-showering, however, leads to several problems.

It is on account of this insecurity that people in a relationship think that they are ignored when their partners are actually just taking care of themselves.

We need to understand this difference. If your partner is thinking about self-care, then it is not because their love for you has dried out; it is not because they do not care about you. You can care for yourself and people with you at the same time. Maybe they are just taking care of themselves for your sake. For instance, women know that men like

their women to look good. Hence, if a woman tries to look good, it might be because she wants her partner to like her. In the same coin, men who take too much care of their health may be doing so to be a better asset for their families.

If a man spends money for a gym when there is shortage of money in the house, it might be because they want to stay fit in order to work and earn some more.

This difference needs to be understood. To reinforce a fact that we stated earlier, both men and women are made differently. They have different desires and wishes.

Hence, you need to understand that caring for oneself could have different meanings for different people. If your partner is caring for himself or herself, you should not jump to the conclusion that they are selfish.

## **Self-Caring Is Not Selfish**

During the time our ancestors were hunters and gatherers, and even more recently as the interiors of many of the industrialized countries were being settled, men would go away often for days at a time and women would be at home caring for the home. During those times, men would gain the emotional support they needed with the men they travelled or worked with, and women would find the emotional support with other women.

Today, there is a growing expectation that the couple will provide each other with their main supply of emotional support. Women in particular may feel quite guilty if they seek ways to have their emotional tank filled up by others or other things other than their family.

Those in successful relationships do not see their partner as their main source of emotional support. Instead, their partner may only provide them with a “top up” supply of emotional energy, the rest is provided by self-care activities like spending time with friends or doing things that are particularly enjoyed, with or without the partner.

Dropping the expectation that your partner will provide you with emotional support release them to be themselves. This will greatly influence the relationship. It reduces the need for your partner to feel they have to be perfect or act perfectly in order to please you. No one can be perfect all the time, and allowing yourself to be yourself and do the things that you enjoy doing and being around other people besides your partner will enhance the relationship.

This self-care and looking after our own emotional needs rather than putting an unnecessary burden on someone else, actually has the opposite effect to what most people imagine. Hormones are raised by these “feel good” activities. This creates a mutual desire to be with your partner and to share intimacy with them.

The increased hormonal levels create feelings of contentment with the relationship and appreciation for the relationship. It becomes so much easier for each partner to help the other feel good about themselves and the relationship, when neither feels that the relationship is dependent on them giving all the time. Coming together can be a celebration of what you share together.

It is essential that neither member of the couple have expectations that their partner will act just like them. The differences in what makes a man a man and a woman a woman are so real, it is both unfair and completely unreasonable to expect your partner to think and act as you do in a situation. Spending time with others of your own gender enables you to talk as male-to-male or female to female in appropriate ways. This is not to devalue the need for communication between you and your partner; it just takes the pressure away from the expectations that often drive our relationships apart.

### ***For Your Journals***

In your journal, list the things you like to do together and the things you like to do separately. Have the intention to do at least three of those things each day, particularly those things that do not include your partner. Share them with your partner.

# Chapter 7:

## *There Is Always Tomorrow*

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### **Synopsis**

One of the most important things that both partners have to remember in a souring relationship is that there is always tomorrow. Things can always be worked out for the better.

Think about it... during this breach in your relationship, is it actually the fault of your partner? Are you angry with your partner or are you angry about the circumstances that forced your partner to act in a particular way? Usually, it is the latter that happens, and the people involved have to bear the brunt of a divorce or a breakup.

All relationships start out well, even if they sour later on. The very fact that the relationship started out well—that the two people were immensely in love with each other at the start—means that things can be still worked out.

Love can return. Some effort will be needed, but it is not something that cannot be accomplished at all. You need to stay optimistic; there is always a tomorrow.

When you find the kinks starting in your relationship, you have to remember all that we have said before—about men and women being from totally different places, and about their behavioral patterns and lists of expectations being totally different from one another. It is because of this fact that these people develop problems between them

sometimes, problems that they might not be able to resolve immediately.

But, most times, it only takes a good realization of the differences between them to see that it is not actually a mistake that the partner has committed, but it is just a behavioral trait within them. When you accept that fact, most of the problems will just die out.

Remember that relationships are one of the most beautiful things that Providence has created for us. We should not bring a breach in our relationship, but we must try to repair whatever problems might come our way. That is the guideline to live well, in harmony and togetherness with each other.



## **There Is Always Tomorrow**

The wonderful things about relationships are that they can always be turned around if both partners are committed to making it work. No matter how the situation in your marriage may look today, things can improve and your relationship can become a strong and lasting union.

Once you have dealt with what is causing your relationship to break down, take positive steps to identify ways you can improve it. Chronic stress is a significant factor in relationship breakdown, and addressing the cause of the stress in either or both partners will immediately remove a great deal of pressure from the relationship.

Whatever the cause of the stress, work as a couple to reduce it. Revise the hormonal and physiological differences between men and women and reduce the expectations you may have of marriage. This may require you and your partner to spend time reflecting on where your relationship was at the beginning, what you expected to get from your relationship, and why that expectation is not being met. Spend time reflecting on the frustrations you feel in the relationship as it is today and how you can both address these frustrations to help eliminate them.

Remember you can only change yourself not the other person. It is often easier in a painful situation, particularly one that has a lot of conflict in it, to look to blame the other partner for the problems. Instead, try perhaps with the help of friend or counselor, to look at how you can change what you are doing and modify your expectations, as you focus on gender differences and self-care to look after your own emotional needs.



As a couple, determine how each of you can help support the other and provide the needs that the other partner has of you in the relationship. Women yearn to be romanced, loved and cared for. When this is a reality for her, her oxytocin levels will soar and her natural femininity will be expressed to its fullest in her. Men yearn to protect and care for their women and family members and doing this creates a peak in their testosterone levels.

Relationship healing needs to include an introspective approach to how best to help your partner have these deepest needs satisfied. Although there are gender differences, it is essential that both partners understand these differences so that they can understand their partner's actions and not take them personally. Most issues in a relationship are so common that the fatal error of many a couple is to assume they are the only ones experiencing these difficulties.

### ***For Your Journal***

Plan a special day alone together or better still, plan a vacation with your partner and together discuss all the points raised in this chapter.

1. Together discuss the history of your relationship and honestly seek to identify common issues that are creating the problems in your relationship, especially those based on false expectations of the other partner or of the relationship.
2. Together, plan realistic expectations of where you would like the relationship to be in 10 years' time.

# Chapter 8:

## *Love Makes the World Go Round*

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### Synopsis

Undeniably, the power of love is something that makes the world go around. Enmities can show power in a very cruel display that harms everyone involved and benefits no one, but love conquers all.

Love can disarm people, it can make obstinate people change their minds, it can even help people with absolutely no hope to survive and look optimistically at the future.

While the power of hatred is destructive, the power of love is constructive, and that is the reason why love supersedes hatred by a humongous margin.

If you are in a relationship, you are already experiencing love. You are seeing how love has given a whole new meaning to your life, and now you find life more worth living. Then, why is it that so many people do not care for the love they have in their lives and make way for hatred?

These are the ignorant people, the people who are not blessed with the intellect that it is love that conquers everything in the end. Even if you are faced with hatred, you have to keep in mind that it is love that you will ultimately need; it is love that will sail the boat of your life.

We would only like to say that the love you fostered in your relationship must be kept alive at all costs. Do not let it flicker out and

die. Take care of your partner, and understand that they are an individual in their own right too, with their own unique feelings, emotions and desires. When you entrench this single fact firmly in your mind, you find that the power of love encompasses all.



## **Love Makes the World Go Round**

In this roller coaster world of love and relationships, it is reassuring to know that fairy tale love can and does exist. Realistic expectations of love, provide an understanding that love that is deep and realistic allows the partner to make a mistake. It allows there to be inevitable differences of opinions and preferences between the couples. Anything less than this respect for the other is not true love at all.

There is a saying in most philosophies that states, “love covers a multitude of sins” This is the potential of a relationship that is based on mutual understanding and respect. In this type of relationship, a couple can appreciate and express the strengths and abilities their partner can offer them within the relationship. Negativity is replaced by positivity and even the small things that are done by the partner in a spirit of love and cooperation is accepted as an expression of that love.

In this relationship, each partner is free to be them self and never feels that they need to change for the sake of the partner. The person they were at the beginning of the relationship is the person they are allowed to be at this point of the relationship. Circumstances might change, but character rarely changes.

If your relationship needs a kick-start, allow yourselves to create an adventure out of your relationship and do not let it become stale. Take time to plan to create ways to keep the excitement strong between you. Add a spark to the relationship both intimately and in other ways to create anticipation between each other.

Celebrate your differences by helping each other reach your potential independently of the other and allow yourself to feel pride at the achievement of your partner. Nurture these feelings and allow yourself to express them in ways that you know your partner will recognize as your way of expressing love and appreciation to them.

Don't neglect intimacy. Intimacy enables a woman to feel loved and a man to have his deepest needs met. Without a focus on intimacy, no relationship will be able to progress. Actively remember the things you used to do at the beginning of your relationship that created a surge in hormone production and actively seek to recreate those moments and add new experiences to them.

Celebrate the things that make you different from your partner rather than complain about them. Develop the attitude together that your relationship is not ever going to stagnate, but that it must evolve. Life circumstances and different environments will create different stresses on the relationship, but by recognizing that you will both react differently to these pressures, you are able to support each other through them, rather than see them as a potential threat to the relationship. Embrace your diversity and enjoy it. This is the key to a strong committed relationship.

### ***For Your Journals***

Create strategies together that will help you celebrate your differences and help you develop increasing respect and love for each other.

# Wrapping Up

We have reached the conclusion of our e-Book. Throughout this e-Book, we have tried to illustrate one fundamental point—that men and women were ordained to be different by nature, and it is because of this reason that they behave in radically different ways and sometimes hurt each other.

In most cases, this hurt is not intentional. A man may behave in a particular way because his behavior may dictate him to do so, but his wife may construe it as a lack of attention on his part. A woman may spend too much time looking after her beauty or after her kids, while her husband may think that she has ceased to care for him.

However, in both these scenarios, we are expecting our partners to behave like us. Men expect women to behave like them, and women expect men to behave like them. This, of course, does not work. Men and women are entirely different—they are hormonally different—and hence they will not act like their partners.

People who accept this fact find that their lives become more meaningful. They start understanding the true meaning and intention behind their partners' actions and hence they are able to put things into a better perspective. What might have culminated into an ugly war is nipped in the bud and just helps in consolidating their relationship.

The intention of this e-Book is similar. We have tried to highlight these differences between men and women throughout the e-Book and we have thus established that their diametrically opposite behaviors in most cases is because they have been made different. They are made of different ingredients—how can we then expect them to behave in a similar fashion?

Relationships are a lot more than just expecting our partners to behave like us. These are the banalities of a relationship; they must be ignored as soon as possible. What you must look at is the larger picture... whatever the differences between you, your partner has agreed to be with you for life. You have exchanged or are intending to exchange your nuptial vows in which you promise to be with them for good and for bad, in sickness and in health, till death do you part. Should these vows be dealt with so abysmally then?

We need to see our relationships in new light. We have to understand that we need them to live. Our lives are enhanced only when we have love in our lives.

That is what this e-Book is about. Hopefully, after reading all these pages, you will begin to see your partner in a new light. That is something very important, something that you just cannot afford to ignore.

All the best in your love life!!!