
FRONT COVER:

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Table Of Contents

Foreword

Chapter 1:

Basic Needs of Relationships

Chapter 2:

**Making Your Husband Wife
Relationship Stronger**

Chapter 3:

Improving Adolescent

Chapter 4:

**6 Tips for Strengthening Your
Relationships**

Chapter5:

**Secrets of Strong And Healthy
Families**

Chapter 6:

Things to Avoid Break Ups

Wrapping Up

Foreword

It is always said that building relationship is easy but make it sustain and make it last forever is difficult. This is a very tough reality to accept that you always have to compromise some things to make a relationship grow.

Whether these compromises are in your personality, in your life style or in any other thing but these compromises will ensure that you have done something to make your relationship stronger.

Especially when you talk about husband wife relationship then, there are so many important things to know about this relationship which people often ignore and get them in trouble.

Husband wife relationship is not the only relationship which needs your attention to stay intact instead all of your relationships like mother, father, brother, sister, in laws and even friendship also needs certain ingredients which can make your average relationship a very strong one.

In this EBook I will tell you all of those secretes which you can implement in your life and if you have some trouble with any of your present or past relationship you will be able to revive those troubled relationships without any difficulty.

This will take some time to adopt all of these things mentioned in this EBook but with very little but constant effort you will be able to revive all of

your relationships successfully. You must have read lots of articles and may be having taken the advice of your lawyer in different relation problems but believe it or not relationships are never solved through those tactics instead such things always make them worse.

There are some basic attitude adjustments and very small life style adjustments that can bring you closer to your relations. Read this EBook carefully and follow whatever is mentioned in it and I am 100 percent sure that you will be able to resolve all kind of problems from your relationships.

Revive Your Relationships

Spark The Flames Of Love All Over With These Relationship Revival Tools

Chapter 1:

Basic Needs of Relationships

Synopsis

There are some basic requirements which are common in almost every relationship and in this chapter I will tell you all of those.

- ❖ Responsibility from both ends
- ❖ Take care of your relationships
- ❖ Enhance communication between your relationships
- ❖ Give your loved ones their time



The Basics

We all strive for good relationships in all fields of our life because without good and effective relationships it becomes very hard to survive in the society. Good and healthy relationships are also essential for our physical and mental health but we often lack these kinds of healthy and long lasting relationships whether it comes to friends, family or husband wife. You can have troubles with any of your relationship. There has been a great research going on which emphasis on finding the true parameters of a healthy relationship and surprisingly they have come to know some very basic things which almost every one of us knows but we often forget to implement those facts in our daily lives and screw our relationships. Following are some of the basic rules which can create magic for your relationship.

Responsibility from Both Ends

Feeling yourself responsible is very crucial in relationships and no matter which relationship you are talking about but you must feel yourself responsible at one end. Take care of certain things for example if it is relationship with your little sister then, instead of just playing the blame game that she made boyfriend whom you do not like you should take some responsibility and say that if I am wrong then, let it be and listen to your sister whole story carefully and without any biasing make the decision with your full responsibility which is to keep your little sister happy and safe.

Talking rudely and considering yourself always right is not the ways to handle any relationship whether it is relationship with your elder, with your Youngers or with your mates but you need to be polite and proactive about your thoughts.

If you start feeling yourself responsible then, it will allow you to find some mutual agreements which will be beneficial for the both parties. If you are really after flourishing your relationships then, add some responsibility in those relationships and things will start to get better.

Take Care of Your Relationships

Care is another very crucial part of your relationships because no matter which relationship you have but you will always love to have someone caring about you. This is human nature that we always love attention and care. Similar case applies to everyone who is attached to you. Your family, your friends, and your girlfriend everyone is starving for your care and attention. You must have heard that saying that you only get what you give and this saying applies to relationships perfectly. You cannot expect your friends to take care of you if you are not providing them with that care. Similarly your girlfriend will never trust you if you keep checking his phone calls and emails. It's all give and take because nobody in this world is perfect which includes you as well. There are shortcomings in everyone but you need to ignore those shortcomings found in other if you want that they should ignore you. If you started to explore their shortcomings then, it will start a war in which both parties will always be looking for some bad things in each other.

You also need to take care of the emotional bank in your relationship. This is true that whenever you make a relationship then, an emotional bank account is created and your actions, feelings, words, gestures and everything which you do in that relationship adds some emotions in that bank account. If you deposit happy moments, good gestures, caring feeling then, you can withdraw love and care in return but if you start to deposit hate, secrets, rude behavior, ignorance then, it will make things worse and you will not get anything in return but your emotional account will get jammed and you will not be able to withdraw anything.

Enhance Communication between Your Relationships

Communication failure is another thing which causes chaos in relationships because most of the people take communication in a negative perspective and they think that they conveyed their idea, their thoughts and their rules which completes their communication but this is just one half of the communication and you are missing the other half which is listening and understanding the thoughts and ideas of other party. You need to stop thinking that everyone around you also thinks as you do because this is the worst approach which your mind often convinces you to adopt but you need not to adopt it. Even if you need to reject their idea then, first listen to them carefully and then give a logical explanation of your rejection. You need to understand the differences between the both parties. You may be on different grounds while the other one may be on totally different grounds. If you are able to understand and cope with these differences then, you can certainly make that relationship work for you.

Give Your Loved Ones Their Time

Time is also a crucial thing in building relationships because every relationship will need your time. You need to adjust your routine accordingly and nourish all of your relationships with proper timing. Instead of keeping your routine very tight and predictable make it unpredictable sometimes and pay a visit or two without your routine. Escape your work somehow in mid-week and pay a visit to your father. He will be very happy to see you around in middle of the week and will also appreciate your effort that you have prioritized him over your work. Similarly relationships are made stronger when you share ups and downs of life together. If your friend is in trouble then, it is your responsibility to be with him at that time of crises and if you do that then, he will never forget your gestures and will get more attached with you.

If you can implement all of the above things in your life then, it will make all of your relationships better and more solid. These are very common and routine things but in busy routine of our life, we often overlook all of these factors and it creates fuss around our relationships. Keep these things in mind and make your relationships stronger and smoother.

Chapter 2:

Making Your Husband-Wife Relationship Stronger

Synopsis

In this chapter, I will emphasis on relationship of husband and wife and will guide for some things which can make this relationship more concrete.

- ❖ Rules are to be followed
- ❖ Happy housemates
- ❖ Keep romance alive in your relationship
- ❖ Financial predictability



Make It Better

If you are experiencing troubles in your daily routine relationships and tensions and itching in your husband wife relationship then, you must know that there are certain very important things which you need to consider and then implement those things in your life. In the following discussion I am going to tell you about those things.

Rules Are To Be Followed

Every relationship works around a certain set of rules and if you start forgetting about those rules then, things will start to become problematic. We need some rules for our social safety and security similarly, you need some rules to work with your colleagues, your partner and even with your kids. These rules are very important in husband wife relationship and both the parties should lay down these rules with mutual understanding and both should respect those rules. In other words you can say that you need to be very clear with the other person and tell him or her in advance that these are the things which should be never committed in this relationship. Most of the times problem starts when people do not tell each other their differences and the other person keeps guessing the reason of other person's anxiety. For example instead of sitting in car and making different red faces, you should tell your partner that you need to go under or above a

certain speed and the problem will be solved and you will face no stress in the end. Similarly, if you are a husband then, you can say that I always need some fresh juice in the fridge because I like to drink it throughout the and this will make the life for both of you lot easier because you both will start to know each other's needs and will start to respect those needs as well.

Happy Housemates

Love is an important element in making the relationship grow but if you start thinking that love is the only thing which can make your relationship grow then, you are mistaken because there are so many other things and especially when you start living under one roof then, there is a certain set of responsibilities on both heads. You need to make yourself a part of that house and start working for its betterment. If you are husband then, you should not be shy to work in your house and help your wife in every day's cores like dusting, cleaning the pool, making breakfast and other similar activities. Similarly if you are a wife then, it becomes your duty to help your husband in releasing the every day's stress. You need to greet him well in the house instead of just watching him and start shouting. When he comes back home after a tiring day at office then, he do not need much more than a coffee and a smiling wife. If he can get that then, it will give him a feeling that his whole day's work is paid and he has worked for a better cause.

Keep Romance Alive In Your Relationship

It is seen that when relationship gets little old then, people start to become predictable in everything. They make a fixed routine of doing everything

and even they add romance in that same routine. This is not the right approach because you need to keep romance alive throughout your relationship.

You need to bring an element of surprise in your relationship and break that predictability of your relationship. This is an easy task as you can just escape from your work for one day and come back home in the afternoon and tell your wife that you missed her and you need to spend some time with her alone. Take her to some quiet place and talk about things which you like. This element of surprise is always healthy for relationship and it helps the other partner think that you still care for her. Similarly if you are a wife then, you can go to your husband's office in lunch break with some snacks and tell him that you made these for him. This will give an unexpected pleasure to your husband and he will respect your thoughts and your emotions a lot.

Financial Predictability

According to a research financial instability and disputes of money have been a top reason for divorce and relationship ending. This means that you need to have a sound financial background to have a smooth relationship but money itself is not that much important because people with almost no money have survived in very bad conditions but have not led down their relationships. This is all about responsibility and making your partner to believe that you are trying your best to make things better. Women can

stand with you even in toughest situations but they need to know that you are trying hard to make this situation better.



Chapter 3:

Improving Adolescent

Synopsis

In this chapter, I will tell you about different problems which parents can face during the growth of their kids and will also guide you for the solution.

- ❖ Develop an understanding
- ❖ Social changes
- ❖ Psychological changes
- ❖ Physical maturation
- ❖ Support and affection



Making It Better

Adolescence can be a tough period for both parents as well as their kids because in this period your kids grow physically as well mentally and it becomes difficult for you to come to their level and guide them for the right path. There is another fact that most of the parents neglect their kids in that period of growth because when their kids are growing rapidly and entering in a new age then, parents are more concerned about their own bodies. You need to know that at a time when your teen age kids are entering into adulthood and are ready enter into their practical lives then you need to help them in making big decisions because they accept very strong guidance from you as you have gone through all of that in your age. If you neglect their time then, they will stray in different direction and decisions which they make for themselves will not be very pleasant all the times. There are certain things which you need to know and understand for proper and decent adolescent training of your kids. Following are the key points for you to improve your adolescent approach.

Develop an Understanding

In order to understand and help your teen ager kids, you need to come to their level and understand their teen age world thoroughly. You need to understand that adolescence is a time of transition and change, and if you are able to understand that change properly then, you will be a great help to your kids and this transition and change will occur in almost every aspect of life.

Social Changes

Social changes can sometimes occur from watching friends and your kids will always look at their age group for style, fashion, clothing and other regular things. This sometimes gives you an impression that your kids are not on the right path but you need to understand that these are just some social gestures which are bound to be age and society oriented. You cannot tell you kid that he or she needs to have long hair or short hair because this is one of their very own attribute which they have to adopt according to their surrounding and believe it or not but they know their surrounding better than you. Despite of this social changes and freedom, they will still look to you for moral and behavior values that are a good thing.

Psychological Changes

Psychology of your kids also go through a transition phase and especially because they are going from a dependent stage to an independent stage. They often strive for little more freedom that their parents are willing to offer but this push is just that psychological change which tells them that they have to learn to live at their own at some point of their life and they just want to rehearse that before time.

Physical Maturation

Physical growth is another very important factor which you need to understand as a parent because during adolescence body grows rapidly and this rapid growth allows the child to look in a different way ate him or

herself. Their sex glands and other physical attributes also grow very rapidly and sometimes they cannot understand what is going on in their body. This is the time when parents need to guide them properly and tell them that whatever they are feeling is absolutely normal and there is nothing to be afraid of neither it is anything which they should be shy off. This kind of small guidance can make your relationship very pleasant and effective.

Support and Affection

Support and affection are two more important things because kids will always need your support whether that is moral support, some words spoken in the interest of your kid or anything else like that but kids appreciate this kind of support a lot and this gives them lots of confidence to move forward because it gives them a belief that they have someone to back them in their lives. Affection is something which you have to show from your actions. Some parents assume that their kids always know about their love. This is not the right attitude because you need to show your affection whether this is done through your words, a hug or a kiss but you need to make them think that you are always with them and you love them unconditionally.

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