

Finding love in today's world!

PASSION & ATTRACTION

**Practical advice on love,
sex & relationships!**

Gary Britton

A Sponsors of Hope Publication

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sex & relationships!**

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"For a kinder world."

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*This book is dedicated
to all those who love.*

The Four Seasons of Love

*The springtime of discovery is followed by
summer sunshine and fun.*

Autumn falls will inevitably come.

*Cold winters prepare the soil for the next
springtime of growth... as a couple.*

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Foreword

Passion and attraction. Could any two words be more enticing, more exciting, and just plain yummy!

Everyone is looking for these things. Those who are single search for someone to share them with. Those who have them want more. They want to know how to keep them alive and growing. And that's just what this book is all about.

In these little nuggets Gary Britton covers a little of everything: general advice on how to attract the opposite sex, tips for online dating, counsel for couples building a budding relationship, and what to do when you feel the flame has gone out.

So whether you're still searching for that special someone, just embarking on the exciting adventure of a new relationship, or have been with your mate many years, you'll find something here that's for you.

And it will (hopefully) increase the passion and attraction in YOUR life!

Anne Murphy, February 2023

Author's Note

I believe that for a man and woman to be happy as a couple and have a truly satisfying relationship, they must get it together not only in the physical, but in the mental and spiritual as well.

An “Einstein” type would probably not find stimulating conversation with the village idiot for more than a moment or two. And a devout Jehovah’s Witness with a Muslim would have serious problems.

People tend to put the physical first, followed by the mental. But the area that many people neglect the most is the spiritual.

Sharing a common belief in things that will outlast this transitory world is the key to a mutually rich and fulfilling relationship.

G.B.

Passion and Attraction

INTRODUCTION

People are lonely. They are looking for love and companionship... and good sex.

They go to bars looking for companionship. They join dating websites looking for a mate, or participate in any number of sports and other activities hoping to find that special someone.

So then why are so many people all alone? Because men and women are inherently different. And as long as we expect the opposite sex to conform to how we see things, we will remain alone.

Men's and women's approaches to love,

relationships, and the opposite sex are sometimes so drastically different, that it's not surprising that we are tempted to throw our hands up in frustration and quit trying to understand each other. The only reason we don't do this is because we remain irresistibly drawn to each other.

And even though we appear to be complete opposites, ultimately we share the same needs, the same desires, and the same hopes.

Love: That's what it's all about. Let's enjoy the ride as we learn from each other, respect and accept each other as we are, and celebrate and enjoy our differences.

“L'amour: Vive la différence!”



In the Beginning

“New hope and new love.”

With so many people in this world, why is it so hard to to meet someone interesting and compatible?

Men and women often seem to be complete opposites... But when it gets down to core values, basic needs, and human desires we are not at all so different.

Do you want the key to being attractive to somebody else and finding love? Try being real. Be the real YOU!

The need for appreciation is universal in both sexes, as is the desire to be found attractive to the opposite sex.

We need to stop looking for someone to make us happy, and look for someone to MAKE happy.
When you give love, you get love. That's the key!

The Hollywood fairy tale image, more often than not leaves people disappointed and lonelier than ever.

A negative attitude will keep you from finding a mate more than any other thing.

Sincerity is the biggest tool you have in winning someone's heart, because they pick up on it right away. It's a definite turn on.

What we see in another person sometimes depends on what we are looking for.

Age is relative and there's nothing wrong with seeking a mate with an age difference.



HE: “You are interesting.”

SHE: “I am. I’m a puzzle: You just gotta figure out all the pieces.”

He/She Dialogs (Taken from real conversations.)

Being real and humble endears you to others. Showing sincere interest makes you attractive.

To a large degree people are going to treat you the way you let them. Be nice.

Playing the role of a helpless female
doesn't attract a man.

He may still want to get you in bed, but he
will lose interest after that.

Women are wired differently than men.
They have a completely different set of
rules and priorities from the man.

After mere seconds we form our opinion of someone. Sometimes we are too quick to think we know where someone is at. We must look into their heart.

One of the surest ways to win a woman is to go slow. That shows her that you are sensitive to her needs.

A man who is mushy, too sweet, and grovels over a woman will never win her respect.

Compliments are like the most delicious chocolates to a woman's ears.

A confident man is a turn on to a woman. But nothing turns a woman off quicker than arrogance. (This works both ways.)

Some people on dating websites are time wasters who just want a pen pal to text perpetually. They are takers. They are only looking to receive.

A man has to woo and win the woman.
A man has to convince the woman that she
wants HIM!

The male of the species is a hunter. It is built
into a man to want and to need the thrill of the
conquest.

No woman respects a man who follows her around like a puppy dog.

The power of appreciation and paying sincere compliments is a force that few are able to resist.

It is an irresistible temptation, an irresistible urge for a man to want to woo and win a woman and sweep her off her feet and into his arms.

A woman who sticks with her insecurity and doesn't let it go may not win the admiration and respect of a possible mate.



HE: “What will happen Darling, if when we meet we melt?”

SHE: “I don’t know...”

HE: “Well I guess we’ll just take it one drop at a time.”

SHE: (giggles)

He/She Dialogs (Taken from real conversations.)

Finding the balance between gentle and self assured can be tricky at times for a man. It doesn't come naturally. But he better find it if he wants to keep that gal!

Women are not merely looking for sex. Women are looking for love.

We suddenly become enthralled, attracted and irresistibly drawn toward someone. When this happens mutually between two people we call it chemistry.

Men try to be tough. A man is tough by nature. But a woman responds to softness.

Nothing will turn a potential mate off to you quicker than a negative outlook.

Women like the little things that show a man is thinking of her.

Many men don't have a clue as to what romance is.

They see it as something flaky, something weak.

We choose the things we will allow to enter our lives, and we sometimes miss out on many good things. Be open when it comes to meeting new people.

A conceited attitude is a turn off to anyone.

A man knows that to get a woman he has to convince her that he is not like “all the rest”.

The need for appreciation is so great in some people that they can fall head over heels for anyone that simply acknowledges their good traits and fine points.

Gentleness, respect, and sensitivity to the female will get a man further than almost anything else.

A woman admires a man who is kind and retains a dignified sense of self assurance.

When it comes to online dating, above all else BE KIND.



HE: “I believe you can fly.”

SHE: “Why do you say that?”

HE: “Because I saw you put on your angel wings.”

SHE: (smiles)

He/She Dialogs (Taken from real conversations.)

No man can resist a woman who is intelligent, affectionate, witty, kind, and compassionate. They melt.

A man needs to learn to not treat a woman like another guy. What works with your buddies won't work with a woman.

You can't expect to find a good mate as long as you have a negative and cynical attitude.

Some women can be real flirts. It's just seems to be their nature.
But that doesn't necessarily mean she wants YOU.

Bold and belligerent will not do.
Forceful and arrogant will close that clam
to you, forever!

Seduction, is the art of getting what you
want, in the briefest period of time possible...
with the other person thinking it was all
THEIR idea, every step of the way.

Women want romance.
Get that into your head, guys!

“Attitude” is what makes you sexy!
“Attitude” is more important than “size”.

Want the key to their heart?
Try love. Unselfish, sacrificial love.

A woman can't resist tenderness. Women
like flowers, chocolate.
They appreciate little things, small tokens
of your love.

There's a thin line between presumptuous,
and bold, when it comes to trying to woo
and win a woman.

Be real.
Real is the new sexy.

When it comes to online dating many people are lazy.
They are too lazy to read your profile.

If they aren't willing to even read your online profile they are not taking you seriously enough.

We are sometimes too quick to close the door on someone based only on our fleeting first impression. By doing that we may miss out on something that could have truly been beautiful.

Stupidity never attracted a woman. Keep those questionable pictures to yourself, dude!



HE: “You’re my toy box.”

SHE: “That’s cool.”

He/She Dialogs (Taken from real conversations.)

Man has for too long been the “taker”.
And sad to say, this attitude pervades in
many parts of the world.

Start living to make others happy and
happiness will find you!

A tame and well trained horse is a beautiful thing, but a wild mustang is a scary thing and can kill you.
A man would be smart to remember that in the way he treats a lady.

Seduction... is convincing a woman that she wants you.

Many men fail to recognize romance as something real: a legitimate need for a woman.

Sometimes the woman should take more of an initiative when it comes to winning her man.

A woman blossoms and glows when she feels loved. She reflects the loving care and affection that she receives from her man.

Some people on dating websites have no intention of getting to know you or pursuing anything deeper. Avoid them!

Age doesn't matter.
What matters is the heart.

We all know that men are visual.
Women are audible. Words are everything
to a woman.

Have you noticed that a lot of women mirror their man? It's true.
Keep that in mind guys. Treat her right.

With online dating, many are rude and hide behind the cloak of the internet.
Don't YOU do that. Be nice!

Show concern and genuine interest in another person, and they can't help but like you. You will not fail to impress them.

Women aren't merely looking to get laid.
Women are looking for love.
You give her the love she needs, and she'll
give you the sex you want.

During courtship and the seduction ritual, a woman will respond to class, style, and a little bit of elegance and finesse.

Watch out for the woman that's been on a dating website for years. Especially if she has a lot of cats.



HE: “Your lips are exquisite.”

SHE: “You really have to like the other person’s mouth, because you spend so much time kissing it. If you didn’t like each other’s mouths it would really be a deal breaker.”

HE: “That’s right. I really like your mouth.”

SHE: “I like YOURS!”

He/She Dialogs (Taken from real conversations.)

A woman is looking for love and a listening ear.

She wants a man who will be compassionate and understanding.

Men are not all looking only for sex. Men are looking for love also, and a woman that believes in them.

When dating online, give each other more leeway. Take a bit longer before ruling out someone.

Some people are diamonds in the rough.

Women are marvelous.

Tell her she's wonderful, and she'll feel wonderful. And you will reap the benefits.

A man by nature is rough and brutish.
Sometimes he has to make a real effort to
be gentle. But she's worth it!

Most women don't realize the power they
have on a man.
He totally comes undone with your charm.

A woman not only likes flattery and romance but actually also needs them. And it's hard to resist the man who gives her these things.

The beauty of discovering another person is in learning everything about them: their likes, and their dislikes, and the things that motivate them.

The male beast is driven by his animal instinct, as well as lust, desire, and the need to conquer.

They say you can attract more flies with honey than with vinegar.
That's true when it comes to wooing a woman.

A woman likes to think a man is experienced.
But she doesn't want to think that he's been
with everything and anything on the block.

People can be really fake online.
YOU be real. It all comes back to us sooner
or later.

Men are just as insecure as women.
Maybe they don't show it as much, but
they also seek comfort and a place of rest.

Most women are looking for a
relationship to be something more than
merely the physical.

Men sometimes can be pushy!
But that seldom gets them anywhere with
a woman.

A woman should act as if she is a
worthwhile and valuable catch.
But she must be careful not to overprice
her merchandise.



SHE: “You know, it’s true. Sometimes a woman does just need to be heard... but I do appreciate you, Sweetheart for your problem solving skills.”

HE: (smiles)

He/She Dialogs (Taken from real conversations.)

Praise her. That's what makes her bloom,
blossom and glow, and makes her feel
special.

Some people are *all alone* because
they are selfish. Some people are *lonely*
because they are selfish.

If someone makes an effort to text you online, try to show them the same respect by replying, even if you're not interested.

At some point in the dating process, a woman will verbalize her insecurities: her hair, her tummy, her height, her weight. When she does this, she's starting to seriously consider you, and is looking for your positive reaction.

Try never to challenge or undermine a man's pride. You will get a lot further by being humble. (This works both ways!)

A man will keep several women on "back burners", slowly trying to seduce them all. He does this hoping that one of them will come to a boil, ready for "consumption".

On a first date a man should make the woman feel relaxed and comfortable. He should make her feel accepted just as she is.

It's only as she feels totally comfortable with him that she will start opening up.

A man wants a girl buddy, a companion
and best friend.
A girl buddy he can be intimate with.

The world is so fake. But sincerity is
subconsciously sensed by people.
Being *real* attracts people in a positive
way.

No woman likes a womanizer, and a man who comes across as one severely limits his chances of success.

Men need security from a woman as much as a woman needs it from a man.

Some women will chatter a man to death.
Incessant talking has ruined many a woman's
hopes of finding a suitable mate.

Women don't always want the truth.
Especially when it comes to their body.



SHE: “I sensed that you were substantial enough for me to want to invest in a relationship. I didn’t want my efforts to be wasted on something that was going to wash away in a few months.”

HE: “It’s like both of us simultaneously realized, ‘You’re worth it.’ That was the single thing that had been lacking in our former relationships. We never found that mutual feeling.”

SHE: “True.”

He/She Dialogs (Taken from real conversations.)

A woman needs a place where she can feel free to be the woman that she is, as well as the little girl that she is.

We need to remember that good communication is a two way street. Don't monopolize the conversation and do all the talking. Or you will end up alone!

A woman is most beautiful natural, just
as God made her.

But makeup is good too for special
occasions, or whenever she feels like it!

Many an unscrupulous male has wooed
and won the female with insincere praise.
Don't YOU do it!

A woman must be coaxed to open like a flower. Lovingly and tenderly. Easy does it.

Fake is all around us. We are living in a veneer world. But being real, is, and always has been sexy.

What works with your girlfriends won't work with a man, ladies.
Men are wired and think differently.

She is a beautiful, interesting and desirable woman.
You are honored to be graced with the sweet fragrance of her loving attentions.

A woman likes a man who is experienced.
But she doesn't like a man who brags about
it, especially in public.

Sometimes a women doesn't really want a
solution. She just wants someone to talk to.
This is a hard thing for some men to
understand.

Words, fitly spoken and properly timed are the single greatest tool in the male's bag of tricks.

We sometimes feel we have to be tough. Hardened, to avoid any pain. But that just keeps potential candidates away. We must be brave.



SHE: “How long does it last?” (referring to having your heart broken by someone)

HE: “Until you don’t feel it anymore.”

He/She Dialogs (Taken from real conversations.)

The need for flattery and appreciation is deep seated in all of us.
And we are instantaneously attracted to someone who gives us these.

She can be your best friend, lover, confidant and biggest fan.
She can be your dream... or your biggest nightmare!

A man likes to be your problem solver and dragon slayer, ladies.
Make him feel like your hero every now and then!

Just when a man thinks he's got a woman figured out, she will do something to make him realize just how little he knows.

A woman needs to feel she is able to share her emotions and feelings with her man. That's the way to really gain points with her!

The average person know the difference between sugar and artificial sweeteners. Be real. Be sincere in your praise.

Women love to buy sexy underwear. But
I'm gonna tell you a secret: Men don't care
about your underwear.
They want YOU!

Tell her she's beautiful and she'll be
beautiful.
Tell her she's wonderful and she will be,
for you.

Many a woman has succumbed to a man's flattery only to regret it afterwards. So deep seated is the need in us all for flattery and appreciation.

Happiness is contagious.
A happy attitude makes burdens lighter, and the day brighter.

We have all been let down at times and hurt in this life. We all have felt disillusioned when it comes to love.

Woman is God's most glorious and crowning creation.

Women don't play by our rules, guys.
Yesterday's hoop is today's smoke ring.

When it comes to her grooming, for many men, a woman in her natural state is the most sexy. God knew what He was doing. God didn't make mistakes.



SHE: “If I complain about my body I want you to listen and sympathize with me. But if you say something negative about my body I don’t like it.”

HE: “That will come back to haunt me.”

SHE: “You better believe it!”

He/She Dialogs (Taken from real conversations.)

No woman can resist a man who is witty,
fun, kind and considerate.

Breakings and heartaches are hard to go
through at the time.
But they can turn into a fountain of
beauty and a wellspring of wisdom, if we
will let them.

Few things are lovelier than the undulating waves of silken softness of a woman's hair. Her hair frames the gentle features of her face.

You give your man the sex he needs, and he'll give you the things you want.

When all is said and done, a man really doesn't know much about women. They are a mystery to him.

The reason that so many people are lonely is that they are only looking to receive. But it is in giving that we open ourselves to everything good.

God's ultimate gift to man:
A beautiful woman.

A happy person is fun to be around
and makes more friends.
A happy person is attractive to the
opposite sex, and makes for a better
lover!

It is our choice to learn from past disappointments.
Disappointments make us bitter...
or better!

A woman who has a soft and tender heart towards others will always be attractive.
The same holds true for men.

Sometimes gullible, sometimes vulnerable,
always romantic.

She is a goddess, and she is a little girl.

It's a shame to be lonely in life, especially
when just around the corner there are
wonders of love to be shared with someone.



HE: “I was dreaming I was getting ready to make love to a gorgeous French girl. And then suddenly, I woke up all horny!”

SHE: “Why didn’t you just wake ME up?”

HE: “Because you don’t speak French.”

He/She Dialogs (Taken from real conversations.)

A man succeeds, in direct proportion to how much his woman believes in him.

A woman who is sure of herself is a turn on to a man. And a woman who is humble and compassionate is praise worthy indeed.

Don't let your fears blind your eyes to what goodness there still is in the world. There are still a lot of good potential candidates out there.

Forsake the past, past relationships, past hurts. Welcome the new!

A smile is the beginning of love.

Love prefers another person's happiness
over your own.



Taking it Further

“The wonders of love.”

A new relationship is the beginning of a wonderful journey together, a journey of mutual enlightenment and growth. Not to mention fun!

Men and women are wired differently.
Live with it!

Sometimes we don't see things as they are: We see things as WE are!

Forget the Hollywood image of “meet the right person and you're going to live happily ever after”. It's just not that simple and it sets us up for failure.

Be like a good bra, support your man.
At least make him think you are.

You can tell when a woman feels truly
loved. You can see it in her eyes.

People get their hearts broken when their unrealistic romantic expectations do not come true.

Hot, steamy sex. We all want it!



HE: “Sometimes I’ve wondered if it’s bad that we have so many things in common.”

SHE: “We have many nice good things in common. And we don’t have the same weaknesses. That’s good because having different weaknesses means we can help each other.”

HE: “Right!”

He/She Dialogs (Taken from real conversations.)

A woman wants to be loved and appreciated. She needs to be cuddled, desired, and needed.

Men and women, are not made the same way. We are sometimes polar opposites. But that's what makes it fun!

You can't just meet someone and presume to think it will last forever.

True love, an enduring, long lasting love, takes time.

Tame your man with tenderness.

A man can't resist a compassionate, caring woman.

Life has been discourteous to us all.
We need each other.

It's an art to love a woman. Each woman
is unique. A man should take time to
discover her needs in bed.

The battle of the sexes will never be won.
Stop trying. Start enjoying. And take more
things with a grain of salt.

Give your man the oasis of peace and
refuge from the storm that he needs and
yearns for in his woman, and he'll love you
all the more.

Learn how to remove her bra with one hand, in one swift, yet soft and elegant move.

There's nothing wrong with starting out as friends. Sometimes it's more realistic. And over time it can lead to something more substantial.

I believe in things I cannot see, such as love, trust and hope.

A man wants a woman who will stand by him and be supportive, one who will share his victories, and be there for him in defeat.

A woman has to teach her man how to love her the way she needs and wants to be loved.

That's how he learns. She teaches him how to love her.

Chocolate is all about the moment.
Love is the same. Enjoy the moment.



HE: “What’s it like being you? I’d like to see you through your eyes.”

SHE: “I wouldn’t want you to see me through my eyes, because then... you maybe wouldn’t like me anymore.”

HE: “Yes, I would. I’d love you even more.”

SHE: “We need to spend the whole rest of our lives just loving each other.”

HE: “That’s the deal.”

He/She Dialogs (Taken from real conversations.)

Religion paints our natural, human sexuality as shameful. Fake religion has always tried to control us this way.

A good lover first creates the desire in a woman, and he then wonderfully satisfies it. It's all about waiting on the woman. It's about serving her.

Life is made up of the heavy moments, but it is also made up of popcorn moments. Along with the high and lofty go the silly and simple.

A strong and satisfying relationship is built on mutual giving. It's when two people give that they receive.

A man must provide a woman a safe place, physically, mentally and spiritually, a place where she feels comfortable enough to express herself fully in bed.

Pleasure... is where every cell in your body is smiling!

Music sets the mood. Music has power. It plays on your emotions. It tells you what to feel. That's why music is so enticing.

It takes time to get to know another person. We must not only listen to their words but look into their heart as well.

Two people invest in each other because they see the potential. They share the same vision of what they together, as a team can become.

The invisible spirit within us that causes us to feel pity and compassion is love.

A little wine is good. A little booze can help you cut through the B.S. Sometimes it can help you for a few moments to see what's REAL.

Men are problem solvers and result oriented. They can be ignorant of a woman's needs. Women must communicate their real needs to them.



HE: (seeing her topless) “Moo! I want more *moo*.”

SHE: “No more *moo* for you until you mow the lawn!”

He/She Dialogs (Taken from real conversations.)

When we meet someone and that special something happens...
It's easy to fall in love, with love.

A good lover woees and wins the woman slowly. He gently, tenderly, and patiently gets her in the mood.

In a relationship, both people must make an effort to create a calm and relaxed place of sharing.

What does God think about nudity and sex? He created them!

Men have always wanted a whole bunch of women. I was no exception. But I came to my senses living with only my three daughters!

Don't neglect pillow talk guys. Stay there with your woman and share heart to heart afterwards.

Life has been unfair to us all. Only love can heal all the hurts.

Music is powerful because it subconsciously speaks to our inner selves. Music stirs our emotions.

Choose it wisely. Share it lovingly.

We miss out on so much in life by being in a hurry. Let's take time to enjoy each other more.

A woman satisfies in direct proportion to how well she has been prepared. Foreplay should not be minimized gentlemen. Think of her needs.

Love, in all of its forms is beautiful.

We are sometimes too quick to rule out new experiences, new approaches, new ideas.

Be open to “new” in a person and in a relationship.



SHE: (after steamy sex) “I have to go to the bathroom, but I don’t want to get out of bed to do it.”

HE: “Well... I strongly hope you will reconsider!”

He/She Dialogs (Taken from real conversations.)

Love is nurturing. Love is accepting. Love is never condemning.
Real love... is unconditional.

A man wants a woman who always wants him when he wants her.
But he has to create this in his woman.

The world has a double standard when it comes to sex. It's time we all stopped pretending to be something we aren't. We are sexual beings.

We need to not look "at" people. We need to look "into" people... Look into their hearts with eyes of love and compassion.

We are each an individual manifestation of God's love. We are individual strands in the enormous tapestry of life, and a member of our greater universe.

A good lover coaxes, entices, leads, and guides the woman. He creates in her the desire.

Love teaches us patience, tolerance, and to put ourselves in our loved one's shoes.

I've learned one thing over the years about a woman during her period: we should look at them with a measure of pity, and a whole LOT of precaution!

Love makes you feel at home. Love
accepts and needs no explanation.
Love is like a warm and cozy blanket.

A woman's "don't stop" shrieklets of
pleasure are the sweetest music to a
man's ears.

With kindness and respect, along with a little work there is nothing a loving couple can't achieve.

Love may make the world go 'round... but chemistry is what makes it FUN!

We were conceived in love, and
love... is the center of our souls.

Seek real. Seek substance as a couple.
As you do you will become stronger.



HE: “You’re not talking much today.”

SHE: “We’re both different on the surface at times. You talk too much and I too little. But we’re in perfect harmony when our hearts talk.”

He/She Dialogs (Taken from real conversations.)

Natural pleasures such as food and drink are not bad. Neither is the human body something to be ashamed of. God gave us all these pleasures to enjoy.

Real love is always voluntary. It's never forced.

People are looking for that spiritual dimension of love where they can reach out and touch another person's soul.

There would probably be a lot less stress in the world if people were able to enjoy more sex.

Empathy is really the key in any relationship.
It's about putting the other's needs first.

To treat others like we would like to be
treated ourselves. When all is said and
done, isn't that all we need?

If a man gives his “all” to his woman, she will give her “all” to him.

The formula for happiness is simple:
Above all else love one another.

When two people love each other they see a little bit of God in the other.

It's only religion that paints everything as dirty, everything as sin.

If you want depth in a relationship you've got to invest in depth.
And that means sharing from your hearts.

You can have the world and all its earthly pleasures, but if you don't have love you are poor.



HE: “What time are you coming back?”

SHE: “Whenever you start missing me.”

He/She Dialogs (Taken from real conversations.)

It is only over time, that we are able to see all the multicolored and multifaceted pieces of the mosaic of another person.

To love is the reason we exist. To love is the reason we came here to earth.

Don't look for instant gratification.
Patiently build "real", together.

Love... is being easy to be around.
Love makes you feel at home.

Love solves all problems, and soothes all hurts. Love makes everything right, and makes life worth living.

In love making the male expresses his masculinity to the woman, as a woman expresses her femininity to the man.

We choose how we are going to react to things. Forget being right. Choose love.

If we learn from life's experiences we become better. We grow as a couple.

If we become negative we will get left behind and our relationship will suffer.

Suspicion is far more likely to be wrong than right. Oftener unjust than just. It is not a friend to virtue and always an enemy to happiness.

A happy relationship cannot be built upon a foundation of distrust.

People are starving for love. They rejoice when they find it and weep when they lose it.

Love truly is the most powerful force in the entire universe.



SHE: “I love your hair. You have just the right amount of hair and in just the right places. That makes you a male.”

HE: “I love your squish. You have just the right amount of squish and in just the right places. That makes you a female!”

He/She Dialogs (Taken from real conversations.)

You will only see where each other is really at over time. And THAT, is going to take time.

Love can turn a parched desert into a spring. Love is a fountain of refreshing and blessing.

There are things can be obtained by love that can never be obtained by force.

Love making is where two people each partake of the other's desire.

To nurture a loving relationship, you have to nurture an atmosphere of forgiveness, and a lot of tolerance and patience.

The beauty of discovering each other is to learn from each other and grow individually as well as a couple.

Don't dwell on differences. Look for things you have in common, then build on them.

Have fun in getting to know each other.
Don't take yourselves too seriously.
Laugh a lot!



Keeping the Flame Alive

“Making love last!”

A relationship is a cooperative enterprise, an endeavor worthy of the time, patience, love and attention of both.

Let's not just reach for the stars. Let's grab the stars and ride them like hobby horses.

People become set in their ways. It takes an effort to keep a relationship going and to keep it growing.

We need to be more grateful for our mates. Grateful that someone puts up with us!

Butting heads isn't the way to do it in a relationship.

Stubbornness will only make your partner dig in all the more.

A wonderfully deep, rewarding, and satisfying relationship isn't automatic. It is built by two people who are willing to take the time to invest in their relationship.

Take charge of your thoughts. Take
charge of your mind.
Take charge of your relationship, with
love!

Too many people settle for a mediocre
relationship.
Over time their relationship becomes
stagnant.

Both the man and the woman need to know that they can count on their mate.

Sincere and heartfelt sharing on any number of topics with your partner is a must. That is, if you want to deepen your relationship as a couple



SHE: “I wondered our first time if you were going to be able to remove my bra easily, or if you were going to fumble around.”

HE: “That’s funny because I just *knew* I had to do it in one smooth move, to retain my dignity and not humiliate myself.”

SHE: “I would have laughed at you if you hadn’t, but when you did I was impressed, and I thought: Now there’s a man with some experience.”

He/She Dialogs (Taken from real conversations.)

There can't be any real communication if you are afraid of expressing your feelings to your mate because they will get offended or find fault.

Like a dog with a bone, don't give up on your mate too quickly!

A happy, devoted couple is constantly working on their relationship.

A strong and satisfying relationship is built on mutual giving.

Love is what keeps you together.
Prayer is what keeps you strong.

Negativity can absolutely kill a couple.
But appreciation and praise can
rekindle even the most stagnant of
relationships.

Being grateful for our mate puts us in tune with God and the entire universe. And attracts their blessings!

No one has any idea of what goes on behind closed doors. That's why we should never take sides in a couple's argument!

Women come in all shapes and sizes.
Find one whose shape you find
pleasant, and whose size you find
practical. (The same applies to men!)

Doing nothing is going to accomplish
nothing. To grow as a couple you must
make it happen.

Be open to seeing your mate's reasoning,
open to understanding their logic and
thoughts and perspective.

It's so easy to complain, but it's not going
to get you anywhere with your mate.

Calm and relaxed times of sharing are what unite a couple.

Both the man and the woman need to feel that the other one is committed to their relationship and is in it for the long haul.

Criticizing your mate won't accomplish much, but it can sure take a toll on your relationship. Negativity is a killer.

Most people can't begin to fathom the hard work and sacrifice, or the obstacles a happy couple had to overcome to get to where they are.



SHE: (after making love) “You’re my Tony the Tiger.”

HE: “You’re my queen.”

SHE: (smiles)

HE: “Hey wait a minute. I see you in a palace... And you see me in your cereal bowl?!”

He/She Dialogs (Taken from real conversations.)

Growing as a couple requires a conscientious effort from both on an ongoing basis.

Do you listen, but really listen to your mate?
Would your mate say that you do?

More often than not we only see part of the equation, the tip of the iceberg. Try to put yourself in your mate's shoes.

Love will always win. Eventually.

Do you take time for your mate? Do you **MAKE** time for your mate? Your relationship will suffer if you don't.

Controlling isn't love. Controlling is selfishness. Break free from its chains!

The chemistry between a man and a woman, that incredible, irresistible attraction, infatuation and desire is second only to what we can have with God.

Humble pie is the desert most frequently eaten by successful couples!

Your mate is your greatest ally. Your mate is your biggest fan. Your mate is your biggest blessing.

God's only "law" is love!

One reason you have your mate is to learn to control your emotions.

We alone have the power to take our relationship into troublous seas... or lead it into peaceful lagoons.

There is no place for blame between a man and a woman who love.

Wishing and hoping accomplishes zero. So if you don't grow as a couple it's because you are not working at it.

It's easy to fly off the handle, but it takes courage and integrity to swallow your pride and treat your mate with love and respect.

Ultimately, God is the only one that can truly satisfy every fiber of our being and that deep yearning and desire for love... true love.



SHE: (after making love and seeing that he is visibly ready to do it again) “How can you want more so soon? We just did it!”

HE: “You bent over.”

He/She Dialogs (Taken from real conversations.)

Stop complaining about your mate! Or you may lose them to someone who will be more grateful for them!

The true power of love lies in forgiveness.

Since the beginning of time men and women have had difficulty understanding each other, because we are different.

Love happens when both people seek only to give their all to the other.

Sometimes the woman has to call the shots, stay in control. And she can!

True beauty is more than just physical appearance.

Problems arise when we insist on trying to make the opposite sex see things the way we do, when we expect them to be like us.

If a relationship doesn't last as long as what we hoped for, it doesn't mean it was a mistake.
We learn lessons that way.

A woman sees her appearance through the eyes of her man.
If he tells her she's pretty, she'll feel pretty.

A man sees his worth through the eyes of his woman.
A woman who doesn't believe in her man will lose him.

A person with love in their heart that cares for others will always be attractive. This inner beauty will always be found irresistible to the opposite sex.

It would be boring to live in a world where men and women were all the same!



HE: (after killing a bee that had flown into the kitchen) “I *need* you and your fears of little things like that, so that I can come in with my little courage and appear to be braver than I am!”

SHE: “Yeah. If I weren’t afraid of a bunch of little things, I wouldn’t need you to be my hero!”

He/She Dialogs (Taken from real conversations.)

Getting along with the opposite sex is not only challenging; it can be downright frustrating! And sometimes we may be tempted to give up trying.

Stop talking so much. Start listening more. Rediscover each other.

Love turns big problems into little things.

We are not supposed to try to be like each other. We are here to love each other, learn from each other, and be grateful for each other... And enjoy for our differences!

Show people you care. Show them you love them by spending time with them, by making time for them. Love is spelled T-I-M-E. Give them your time!

Love has the power to heal hearts, mend wounds, lift up those in need, and free the oppressed. Love can feed the poor, end all wars, and bring true peace to the world. But it has to happen through US!

Sensual, desirable, and seductive...
That's the yumminess of love!

A loving person will never be a
lonely person.



Epilogue

GROWING DEEPER

For a man and a woman to grow as a couple, at some point they must move away from the repetitive, “Good morning. How are you?”, “Did you sleep well?”, “What did you have for lunch?”, etc. into a deeper and more meaningful and heartfelt communication.

Many people stay in that superficial first stage out of insecurities. But for a relationship to grow, there must come a relaxing of insecurities, and an increase in trust as they talk about deeper things, more significant things. This is how they get to know each other in more meaningful ways.

So it is a hindrance to growth as a couple if they don't move on from this superficial first stage into something more significant, and ultimately more satisfying.

A TWO WAY STREET

A really common hindrance to a couple's communication can be if one of them talks a great deal more than the other. Communication should be a two-way street with both listening as much as speaking. This requires an effort on the part of both.

WHICH SHOULD WE FOLLOW?

As we get to know someone we come to a point where we inevitably have to choose between our minds or our hearts. With our hearts we have opened up and shared our deepest feelings, thoughts, and desires. But then with our minds we sometimes question ourselves.

The first is always motivated by love, trust, and a willing desire to get closer to someone, and let them get closer to us. The second is always the product of fear and doubts and insecurities.

This inevitable struggle between heart and mind is the reason that many couples fail. Although they had everything going for them in the beginning, they chose the other path, and never found the dream they were looking for and hoped they had found in each other.

Fear is the door through which many negative feelings enter. And fear is the opposite of love. So we must choose between loving from the heart which is nurtured in a trusting spirit of acceptance, or reverting to a fearful mental state of guilt and self condemnation.

The happiest couples do not over think what is happening as they begin a relationship. They flow with the warm and cozy feelings and are

prepared to not become disillusioned and condemn themselves if things don't turn out as hoped.

They don't allow themselves to become bitter and hardened. They take it in stride and learn from these things and do even better next time!

JUST DON'T!

A word of advice for you ladies out there.

Men do not appreciate you sending them those cutesy little “stickers” in your text messages to them. I know you like them. You think they are sweet.

But don't send a man stickers of a kitten, a butterfly, a baby, or flowers with all the little hearts around them, no matter how cute YOU think they are! Don't force him to pretend to like them.

Show him a little more respect. It's degrading to send a man these cheesy stickers.

Send them to your female friends and toddlers. NOT HIM!

THAT PIECE OF PAPER

Why are so many people obsessed with trying to control who has sex with who?

If you are not what they call *married*, which means simply having a piece of paper, then you

are “living in sin.” Yet so many people only have that piece of paper. That is the extent of their marriage!

According to most religions, you get that piece of paper and you are ok with God to have all the sex you want. Then, when you get bored, just get another piece of paper, and split up!

But then of course sex is out of the question they say, because if you don't have that piece of paper you are *living in sin* again! To them, desire and sex are ok as long as you have a paper. But they become “lust and fornication” without that paper. How ridiculous.

God doesn't care about a piece of paper. God looks at your heart. God's only yardstick is love. All God sees are two people who love each other.

And two people who love each other, see a little bit of God!

THE TIMES THEY ARE CHANGING

I think it's great that people are shedding the stigma and condemnation of religion concerning love, romance and non-traditional, non monogamous, and open types of relationships.

Timeless values such as honesty, integrity, equality and communication, along with a

conscious management of jealousy, make for deep, committed, long-term, relationships, as opposed to purely sexual encounters. And all but guarantee happiness for everyone concerned.

A loving, intimate relationship that *helps* someone and *hurts* no one, can never be wrong...

And will always be blessed by God!



Final Words

There are no better words than *passion* and *attraction* to describe the chemistry between a man and a woman when they meet, and sparks fly.

This *attraction*, along with its accompanying *passion*, make for a sense of shared wonder. The feelings of newness and hope that come from being in love are something within reach of everyone.

When all is said and done, love is the greatest thing in life and the deepest of all human experiences. Love is what makes the burden lighter, the future brighter, and the present sweeter.

It is my hope that this book helped you find a really nice mate, got the juices flowing... and will keep them flowing!

Love deeply! Love purely! Live, love, and laugh with your whole heart. Never give up on each other.

And most of all: Have fun!



Appendix

GIVE THESE GUYS A BREAK!

The following was sent to us by a very perceptive woman.

“Besides the general knowledge that women want love and men just want a f____, men are actually a lot more sensitive and sometimes even more loving than women realize. More so than women are, but in their own different ‘man’ way.

“Women can be more cruel and calloused and insensitive than men. On the surface it seems like women have bigger hearts and are softer, but men can be soft, and even more fragile than women.

“There are a lot of men that are looking for deeper and more meaningful things than mere sex: love and loyalty and someone to learn from to make them a better person.

“Women, in a way, feel like they don’t have to change as much as men do. Men by nature ‘know’ that they are messes, because they’re men! In a way, women are a lot more selfish than men.

“Men are very underestimated and they have to work twice as hard for their efforts to be acknowledged.”

THE BASIS & FOUNDATION OF EVERYTHING!

No one could more beautifully or eloquently sum up life, love, and what our sojourn here on this earth is all about than Betty J. Eadie.

“To love is the reason we exist. To learn to love more fully is the reason we have come to earth. Love is the energy which holds the universe in place. It is the gateway through which we return to our Creator.

Love can conquer any problem, ease any suffering, heal any disease. Love creates and magnifies the joys of life. And at the moment of death, love turns all earthly pain into indescribable bliss.

We were conceived in Love spiritually, and Love is the center of our beings. It is the energy of our souls, the spark of our divine nature.

Being made of love, we cleave to it and seek it in all that we do. When we do not have it, or when we have lost it, we grieve.

Its presence or absence colors our every action. It is life. It is happiness. It is salvation itself. ‘God is love; and he that dwelleth in love dwelleth in God, and God in him.’ (1 John 4:16)

On earth our spirits miss the electrifying power of God's love. Our minds are veiled, but our spirits remember His love, and silently we cry for its comfort and soothing warmth.

Some of us spend our lives weaving in and out of relationships, searching for the essence of this divine emotion, hunting it, craving it, but never finding it in this world.

Some of us cry to God for this love, expecting Him to send it to us through another person.

But it first must come from ourselves.”

(Betty J. Eadie “The Ripple Effect”)

WHAT CAN
YOU DO
TO HELP?

We all need to be kinder to each other. Let's spread that message however we can!

You can copy and paste and share portions of the PDF version of this book with family and friends.

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- - -

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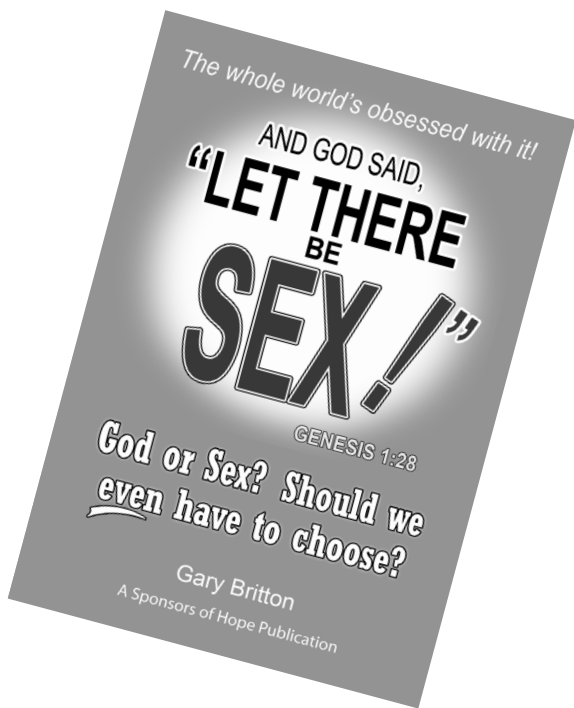
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