

HappyLove

*5 Essential Steps To Help Frustrated Couples
FALL IN LOVE Again*



HAILEY PATRY

True Happiness Coach & Marriage Mentor
Award-Winning Author
3X #1 International Best-Seller

Foreword by Raymond Aaron | New York Times Bestselling Author

HAPPY LOVE



5 Essential Steps To Help Frustrated
Couples Fall In Love Again

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Legal disclaimer: The information contained in this book is not intended to diagnose or treat specific relational conditions and may be an emotional process to undertake the reading of this book and the completion of the homework suggestions. Please do not attempt the L.O.V.E. Work © if you are not feeling emotionally stable and consult a mental health professional. Client results are not guaranteed, but rather influenced by the coachability and consistency of each individual and each couple. Individual results will vary. The results described are from actual clients, whose names have been changed to protect their privacy, and their results in no way guarantee you will have the same results. Every relationship is unique and so too will be the outcomes from using the methods in this book. For best results, hire Hailey privately to work through the material in this book with her professional support and guidance.

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I dedicate this book to the four greatest loves of my life:



*My soulmate and husband, Jeremy;
my first-born son, Tristan;
my middle son, Cameron;
& my youngest son, Bennett.*

*I love you all, "big and lots," "to the moon and back,"
and no matter what.*

*Thank you all for your love, support,
and patience while I poured my heart into this book.
You four mean the world to me!*

xo

Wifey/Mommy

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Foreword

Wow! You will truly fall in love with your partner all over again, just reading this incredibly well laid out book, which is virtually a complete relationship course right in your hands. No matter what state your relationship is in today, this book is for YOU!

I am a well-read man, and I am already blessed to have a happy marriage... and *yet*, Hailey's book taught me many new tricks. If *I* could learn countless new techniques for myself, as a happily married man, imagine what *you* can gain for yourself if your relationship is struggling!

One of my life rules is to never disobey the spiritual law of adding time. Procrastination ends now, and this book is worthy of you clearing a day out of your busy life to dive all the way in, complete the **L.O.V.E. Work**, and truly transform your relationship into the HAPPY LOVE you crave, TODAY! Why wait? This book will change your love and your life.

I've known Hailey for fourteen years, and I have watched her rise, so I know her methods work. She is proof of it. She

honestly walks her talk. Hailey is a powerhouse, and she brightens every room with her beautiful energy, contagious laughter, and infinite wisdom on love and happiness. She is a heart-centered, high-integrity, brilliant woman, and you are so fortunate to be able to learn her secret process for fast and permanent relationship transformation. It really is possible to rewrite a marriage, redesign a relationship, heal from relational trauma, and achieve HAPPY LOVE using Hailey's genius process.

Her **I.D.E.A.L. Love Method** and her **Six Secrets to Make Your Relationship Extraordinary...** are fresh, different, practical, and so simple to implement. Most importantly, they work, and they work quickly to bring you relief, restore connection and reignite the fire. You can't afford NOT to take this book seriously and allow Hailey to work wonders on your relationship. HAPPY LOVE awaits!

—Raymond Aaron
New York Times Bestselling Author

Chapter 1



And So We Begin

“A successful marriage requires falling in love many times, always with the same person.”

– Mignon McLaughlin

Welcome to *Happy Love*. This book is especially created for you, to ease your frustrations and help you fall in love with your partner all over again. Yes, you can... turn the challenged relationship you have into the thriving and happy relationship you crave *and* deserve.

You might be reading this book because things are good in your relationship right now, and you just want to learn a few tips to keep them that way or make things even better with your partner. You might be reading this because things have hit a bit of a funk, and you're smart enough to un-funk yourselves before you really get into trouble. Sadly, but thankfully, many couples will be reading this book because they're actually

deciding if it's even possible to restore and recover their relationship. Perhaps you're reading it as husband and wife, husband and husband, wife and wife, or life partners who are unmarried, or fiancés engaged to be married. Maybe you're just dating, and you want to learn how to create a healthy future with your love. You may be reading this together as a couple, or perhaps you're the only one that seems willing to work on your relationship right now, and you alone are embarking on this journey. No matter what place you're in, how much love there is, or how much love seems to already be lost... you my friend are in the right book at the right time, and I'm here for you.

“Success comes when people act together; failure tends to happen alone.” – Deepak Chopra

So, what are we going to be talking about inside the pages of this book, *Happy Love*? Well, for starters, we're going to do more than just talk. I'll share some stories, insights, and examples, but more than anything, I'm going to be decoding the actual tools that I use with my private clients—the very tools that have changed thousands of relationships, marriages, and lives. You'll have the opportunity at the end of every chapter to make notes, do some **L.O.V.E. Work**, and hop on my website, www.YourHappyLove.com, for ready-to-use worksheets and tools that you can download for free.

It is absolutely my suggestion that you do more than just read this book, and that you use this book as the relationship transforming guide that it's intended to be. I know firsthand what it feels like when love is a mess. I know what it's like

to be a child in a dysfunctional home and watch parents whose love is strained. I know what it's like to be the wife in a marriage that's toxic, from my first marriage; and thankfully, over the last decade, I've experienced what it's like to be the wife in a loving marriage. To go from where I was (unhappy, loveless, divorced) to where I am now (happily married with three amazing sons, and deeply in love), I used the same steps, methods, and tools that I am going to share with you, so I know they work. No matter what your past love experience is, no matter what your marriage or relationship role models have been, and no matter what has happened before... I am confident, if you apply the techniques in this book and get the support you deserve, that you *will* create a happy, healthy, thriving, lasting, fun, abundant, adventurous, fulfilling relationship. You deserve it, it is possible, and it is possible for YOU!

To support you in getting the most out of this book, I suggest you pick up a new journal to make your notes in, take down your favourite quotes, and do your homework. However, *homework* is a word that very few people get excited over, so I'm calling it **L.O.V.E. Work**, and it means more than just the title. At the end of every chapter, I invite you to make notes and have conversations about L.O.V.E. with your partner. Love means many things, but for this purpose, allow me to explain L.O.V.E.

L – Learn

O – Opportunities, Open to

V – Vows, Vacation

E – Empowerment, Experience, Expand, Excited

When you finish reading each chapter, ask yourself and share with your partner:

What have I **L**earned?

What am I now **O**pen to, or what **O**pportunities can I see for myself or for us?

What new **V**ows (promises) can I make to myself and to my partner?

Also, what behaviours can I take a **V**acation from... permanently or even temporarily to benefit my relationship?

And when is the next **V**acation from work and chaos, to spend quality time on our relationship. It could be a few hours, a day, a few days, or a few weeks. Some dedicated time will really help. When will I schedule it into my calendar (and make sure it works for both of us)?

What am I now feeling **E**mpowered to do or say?

What **E**xperience can I create to enhance our relationship today?

What items would I like to **E**xpand on from this chapter? Have the chat as a couple.

What am I **E**xcited about?

In addition to the general guidelines for doing **L.O.V.E. Work**, most of the chapters will provide suggestions on things to try

as a couple, and the specific tool for that chapter, which you can find on the website, under the tools section. There is a ton of love packed into this book for you, and I can't wait for you to get started. None of the strategies are experiments. They have been tested and proven to work with countless couples who wanted what you want, and got it: HAPPY LOVE! Now it's your turn to create HAPPY LOVE.

Before we dive into the book and get you thinking about all the relationship problems you want to solve, and the enhancements you want to make, please take a few moments to honour what you already have. Even if things are very tense right now with your partner, think of as many things as you can that have you feeling grateful for your relationship, and for them as a person. I have found that no matter how bad things get, typically, there are still a few good things to count blessings from. Perhaps your partner is a great provider, is very supportive of your career, or makes the coffee every morning. No matter how big or small, look for the good that is already present, and the book will help you with what's missing.

This book *will* transform your relationship if you do the **L.O.V.E. Work**. And you my friend... are worth it!

Remember: *"The journey of a thousand miles begins with a single step,"* and reading this book is an excellent step you're taking for your relationship. I am excited to be on this journey with you. Let's begin.

Chapter 2



There's Hidden Dirt in Your Relationship

“Turn your wounds into wisdom.”

– Oprah Winfrey

Here's how I know, because there was dirt in mine. There *is* hope, and plenty of it, to make your relationship extraordinary. But before we make it great, we must admit the *truth* that all relationships either fail to see, try to hide, or simply pretend does not exist. That truth is, there's plenty of dirt in your relationship, and I know this because of all the dirt that was in my marriage and the relationships of all the couples I've helped to fall in love again.

Today, my husband Jeremy, and I are very happy. We are about to celebrate 10 years together, and we have three beautiful

boys that at the time of writing this book are 13, 5, and 3. We live in Oakville, Ontario, Canada. We have date night every Monday, and date mornings once a week. We travel often as a family, and regularly as a couple. We keep life fun, interesting, adventurous, and happy. We enjoy great sex together; he still gives me butterflies, and I miss him when we're apart... even an hour later... truly, I love him that much. However, things weren't always this way.

Maybe you can relate to aspects of what I'm about to share. Perhaps you and your partner have dealt with some of the same challenges, similar challenges, or a similar amount of challenges. While all struggles are unique to each couple, they hold many things in common. Ideally, it begins with a problem, an obstacle to solving it, getting the right insight, tool, or coaching, and then a solution, implementation, practice, accountability, and success. Or in the case of couples who have not found help and have not found resolution, many relationship problems sadly get left as stale mates—it begins with a problem, an obstacle or many obstacles to solving the problem, and before getting the right help, frustrated couples make the decision to give up. I was not prepared to give up on our marriage, although it was surely tested, many times.

“The ultimate measure of a man is not where he stands in the moment of comfort and convenience, but where he stands in the times of challenge.” – Martin Luther King. This can be said about relationships too, and ours earned its strength through times of challenge, for sure.

Some of the dirt we had to clean up in our own marriage goes back to when we first fell in love, but just as much relates to why we are the way that we are, as individuals and spouses, which traces back to our previous relationships and our respective childhoods.

Before we met, Jeremy had been in a six-year relationship, engaged to be married, and when it ended, he was devastated. He made himself a promise to never let himself love again. He vowed to never hurt that much, and decided that he would have casual relationships only, and that he would be single for life. He would never need to put forth the massive effort he recalled about getting close to a woman's family, enmeshing with all of the relatives, spending time to build ties that would inevitably end.... "So why bother?" he thought. As a result, he was very reluctant to love me. He thought and told me that I was too good to be true, and that he didn't think he would ever truly love someone again. Well, that felt like a challenge worthy of my life, to help this wonderful man feel safe to love again, by experiencing my love. Dirt # 1 is that I chose a man who self-admitted he did not want to love someone fully again, and how he treated me in the early years of our relationship matched with his vow and not my wishes to be loved.

Eventually, he did fall in love with me, and has become an absolutely incredible husband and father. But we had a long way to go before reaching these milestones.

In the early days, he lied a lot and wanted to see how much he could test my love for him, always operating under the suspicion that I was too good to be true. So, he tested and

tested.... Boy, did he ever test my love. And so, I just kept loving and loving and loving him... showing him that my love was truly unconditional and wasn't going away. But I grew tired of the tests, and in my frustration, the words I used to voice this made him feel not good enough. I became far more cutting with my tongue than I wanted to be, and I constantly felt like he was undercutting me or our relationship; so in turn, my verbal rant of just how much I was hurting, undercut his pride. All I wanted was to be loved by him, but the more he acted in hurtful ways, and the more I told him off because of it, the less he loved me, until the worst happened (which I promise to get to shortly).

Some of our marriage dirt came from his decision to not fully love again. It often felt like he kept a big piece of himself back, withheld from me and giving up only the minimum effort required, just in case we didn't work. Some of our marriage dirt comes from my reactions to his behaviour, and the downward spiral that happens when either partner makes the other feel *less than*, not good enough, below standard, or a failure.

So now let's focus a little bit on my dirt. Before meeting Jer, I had been married, divorced, and was a single mom with a three-year-old. I had been in love, been hurt, been devastated... but unlike Jeremy, I still wanted love and family—the fairy-tale. I still believed in that dream, and I wanted it very much for my son and me. When it came to loving Jeremy, I brought that love full force, a force far stronger than what he wanted or could handle at the time. Unlike most people who put a wall up around their heart after they've been hurt, my heart seemed

to get bigger, and I was even more willing to open myself up and swing the bat again fully, for love. Yet I too had dirt.

In my past, I survived a lot of trauma, and although I have thrived since, I have some scars from what I endured. I battled depression and eating disorders from the age of eight to sixteen, which left me overly conscious of my body, my appearance, and fidelity as a result. The greatest way for a man to hurt me would be for him to be attracted to someone else, reinforcing the old childhood story that “I am ugly.” Of course, as a thriving adult, I know that is not true; and yet it is a sensitive subject if a man were to cheat on me, require pornography for arousal, or fantasize about other women. In relationships, I have always been vocal that I want to feel loved and physically desired by my partner without having to share my partner’s longing with anyone else. Being the apple of my husband’s eye is very important to me. However, I imagine this comes across as pressure or neediness.

Some of the strengths I acquired when I was a child overcoming the story of being ugly, worthless, and not good enough, are my work ethic, my drive, and my A-type personality. I get things done! When I was younger, I overcompensated for the negative view I had of my appearance, by being the best person I could possibly be on the inside. I was ethical, kind, giving, loving, and very smart. I worked hard to create great results in school and in my career, because it made me feel better about myself to know I at least had those things going for me. I never felt that I measured up in the beauty department, so I excelled everywhere else that I could. Today, I would still be accused of being an overachiever at times, a perfectionist at times, and of

driving myself to higher standards constantly. That cannot be easy for my husband, as I also want him to perform at a higher standard in life.

Basically, what I'm saying is that although I love massively, and I treat my husband like cherished gold... at the same time, I recognize that I am hard for him to be with, for a variety of reasons. I crave a level of honesty, fidelity, and focus that makes me feel safe, which took a lot of work for him. I operate at a very high moral, ethical, and spiritual level, so I want the same from him. I am always working at becoming the best version of myself, and I want him doing the same. I gush with emotions, romance, and sex drive, and I would love the same from him. I work hard, get things done, make life happen, and I want the same from him. And worst of all, when my high expectations were not met, I used to let him know in ways that made him feel inferior. I think I created a condition in my marriage where I over-loved my husband, which made him feel disempowered to love me. I often made him feel like he was not cutting it, which is a huge turn off for men, to be made to feel inferior. I did an unfair amount of the contribution to our marriage, and I resented him for that. Rather than motivating him to do more for me, I made him feel emasculated. Of course, I did not see any of this at the time, and none of these were conscious decisions back then. But looking back, it makes so much sense to me now.

So, as you can see, we were not set up for early success as a couple, because I was a woman who craved being loved, choosing a man who vowed he would never ever love someone fully again. It was, not surprisingly, a bumpy ride. We loved

each other deeply, we travelled and experienced the world together, we built companies and adored each other, we only fought rarely, and always made up quickly. However, in the undercurrent of our relationship, things were unsettled deep down. I felt like he had hurt me a few too many times; he felt like I wanted too much from him, and yet we loved each other very much. We got married in our backyard, and two years later, we got married at our dream wedding in Jamaica. After a month-long honeymoon, while trying to conceive in Jamaica and Mexico, we arrived home in September, and shortly after conceived our middle son, Cameron. We were living the dream, or so I thought. Our business was successful, with residual income. Jeremy's career was set and moving in a great direction; and I was over the moon in love with this man, and with the baby in my belly that our love had created.

I felt like we were invincible at that time. Although I was in the first trimester of my pregnancy, which had me tired and queasy and not performing at my usual energizer bunny pace of life, doing everything, all the time, for everyone.... I was happy, and I thought *we* were happy. We were so excited to be having our first baby together, since our eldest son was three when Jeremy came into our lives.

Little did I know that our world was about to come crashing down. Jeremy had an emotional infidelity, and our relationship was put to its worst test yet. I was three months pregnant, and our plans had been for me to be a stay-at-home mom with this little baby, since I missed that opportunity as a single mom with my first son. Not only was I devastated about what was happening to our marriage, but also our finances, since Jeremy

resigned from his job while all of this mess was happening. Out went my ability to be the mom I wanted to be. We had to come up with a new plan, and we decided that Jeremy would stay home with the baby, and I would support the family financially. For five and a half years, and through two pregnancies and deliveries, he was an incredible stay-at-home dad, and I was an over-working mom.

So, this part, like all of life really, is a mixture of dirt, mess, and blessings. While it was the hardest time of my adult life, to go through such turmoil when I had thought we were living the dream, a lot of good has come out of it. Our kids have been raised by the most fun and hands-on father. They have had a blast with him. Also, since I had to earn enough to support all five of us, I ramped up my coaching practice, my speaking career, and my books, which all together have now touched over 1 million people in 136 countries. My work has saved lives from depression and suicide, and countless marriages. So clearly, this was all part of the greater purpose.

What is the moral of all these stories? There's dirt in every relationship, and if it is left to lie quietly below the surface for long enough... a volcano may erupt. We almost lost ours because of it, and I would hate to see you go through more pain than necessary in your relationship, by not considering the obvious dirt, the inconspicuous dirt, and even the seemingly invisible dirt that predates your relationship together. Spotting the dirt, and dealing with it correctly, will help you create the vital and happy relationship you crave.

Once Jeremy and I could spot our problems, and gain clarity on why our marriage went the way it did, we could talk openly and heal. We each had some individual issues to heal, and many marital issues to address as well. Due to the trauma in our marriage, it brought us to our knees in pain, and from those ashes, we rebuilt. We redesigned our entire marriage. We really know each other now. The depths of our souls have been borne and accepted, so we truly live with unconditional love. We re-wrote our schedules to ensure we have quality time alone twice a week to have a date, and we now start our mornings together before the kids get up. This allows us to share gratitude, read together, set goals, get active, and have a positive, connected mindset before our day as parents begins. We redistributed the labour, chores, earning responsibilities, parenting roles... literally everything required for our family, *Team Patry*, to thrive. We clarified our values on all subject areas, and created our couples Mission Statement. We talked... a lot... and took the time out of our busy lives to be together and work things out, including taking trips without the kids so that we could focus on healing and reconnecting. We did personal growth, couples programs, and of course, we implemented the same techniques I use with my private couples coaching clients. I created a powerful five-step method and six proven techniques for making love happy, which we now use in our own marriage.

You see, marital problems are only problems if they are ignored, avoided, and left alone to poison the well. Those same problems can become huge opportunities to get to the root, heal together, and redesign your relationship to make

it far better than it ever was before the problems began. It's a chance for a fresh start when problems are acknowledged, respected, and treated with the delicate care and worthy effort you deserve as a couple. So, whatever dirt exists in your relationship, I promise you, there is hope to improve your situation. In the next chapter, we'll take a closer look at the stories of couples I have worked with, who went from the brink of divorce and devastation, to happiness and falling in love again. I can't wait for you to see just what is possible when you apply the techniques that I'll be detailing throughout the book.

Remember, it takes more than just reading this book to improve your relationship. Rather than homework, each chapter has **L.O.V.E. Work** for you to work on. To go along with this chapter, I have included some great resources for you on the website, www.YourHappyLove.com. There's a document where you can list your dirt, which is a powerful starting place for resolving it. There is also a full colour calendar sheet that you can download and print for free, to make your weekly schedule, noticing if more time could be going into your relationship. If date night or date days don't occur yet, challenge yourself to carve out at least three hours, and make the time. Your relationship is worth it!

LOVIN' ACTION



In addition to your **L.O.V.E. Work**, here are some other questions to ponder:

What baggage might exist from previous relationships, heartbreaks, or traumas?

What impact might your childhood have on how you are as a partner? Or on what beliefs you have or expectations you have about relationships, gender roles, ethics, etc.?

What are you unhappy about that you have not voiced or resolved?

What things are resented by you or your partner?

What do you do to make your partner, if ever, feel anything but great about themselves?

What grudges are you holding?

How would your partner say they feel about the quality of your relationship and the experience of what it is really like being your partner?

Look for anything that can be cleaned up, and later, in chapter 14, we will go over the best way to apologize and make things right.

Chapter 3



The Hope Chapter – Success Stories of Couples Just Like You

To protect my clients' privacy, all of the names have been changed in the stories below.

Ten years sexless and an eight-year affair

Grant and Mary came to me in tremendous pain. Mary spoke to me in tears after just finding out that her nearly 30-year marriage, in which 10 had been sexless.... were only sexless for her. Grant was having an affair for eight years, which she just found out about, and in the process of being caught, Grant became suicidal for risking his marriage and not being able to handle the mess in his hands.

There were many issues in their marriage. As a child, Grant was forbidden to seek comfort from his mother. From the age of three, he was chided and disciplined for wanting to cuddle with her, and so he made a decision subconsciously to never show his true emotions, to never be weak, and certainly to never go to his mother when he wanted love and affection. Fast forward into his marriage with Mary. She has taken on the role of the mother archetype. She runs the house and does everything to dote on him, while also working full time and carrying the burden of being the only glue in their marriage, keeping them together. He sees her in a comfortable way, as the mother figure rather than the desirable wife. Because he was running a shame program on seeking comfort from his mother, he also was not seeking it from his wife. He learned at a very young age to repress and stuff his emotions, and to never let them show to his family. As an adult, he chose as his coping mechanism, pornography, adult sex-talk hotlines, and infidelity to express his desires and needs. He had an emotional block preventing him from expressing those needs and wants at home to his wife, which is so ironic, because in fact she has a very healthy sex drive and was badly wanting to feel desired by him.

He often refused her sexual advances, so she decided to insulate herself and gain enough weight to make her feel like hiding her body. This way she could pretend it was her decision to have a sexless marriage, rather than feel rejected by her husband, whom she adored. So, sex came off the table altogether, and for a decade, they went on pretending everything was fine. Surely, it was not fine. Some of the dirt in

their marriage came from the past, especially in Grant's case. For Mary, she self-admits to being controlling, a do-it-all, and in so doing, was emasculating Grant; so she sits in the power seat at home, and he derives his power seat from women outside of their marriage. Grant was emotionally constipated and a pathological liar because he felt so unsafe to express the truth, and he was passive aggressive—pretending to be fine, never saying he was not fine, and making secret decisions to attempt feeling fine, behind his wife's back. Mary was aggressive about her feelings and talked over him in disagreements, so he gave up fighting and just pretended to be good with whatever she wanted, for decades. It was a house of cards, and a house that was raising children as well.

To put this marriage on a path to recovery, we began with two sessions of private marriage mentoring. In the first session, we spent 6 hours rewriting the marriage, learning the techniques for how to be great partners, designing the relationship they wanted to create, addressing and transforming their individual personality challenges, and coming up with a plan to repair trust and intimacy after the extended and extreme infidelity. In the second session, we spent three hours doing the timeline of both of their lives— how they became this way—and mapping out what we could do about it. We spent a great deal of time picking apart the affair and the communication breakdowns that led to it. Miraculously, when both spouses could see clear as day how they got here and how all of this happened to them.... we were able to transform it and release the emotional hold it had on them. From planning to leave the marriage before we began, to two loving sessions later.... This

couple has now made love six times in the past ten days, after being sexless completely for 10 years! They have created their mission and value statements, rewritten their marriage roles, created a whole new context for sexuality and intimacy, come clean on honesty and all their requests of one another, and truly fallen in love again. They are talking openly and honestly about absolutely everything, and the shame has completely left this marriage. They are new people. They feel like teenagers, and after spending time at a vow renewal for one of their friends, another couple who hadn't seen them in years, approached them and said: "You two look like honeymooners. You look so in love! Like teenagers!"

So, where's the hope for you? First of all, it doesn't have to take forever to fix a relationship, and even awful situations, once understood, may be transformed. Regardless of how minor or serious your relationship issues are at this time, the methods I will be covering in this book absolutely work. The powerful five-step process and six proven techniques I used with Grant and Mary, are all coming up in the next few chapters. You can use the methods on your own, working through the tools, suggestions, and **L.O.V.E. Work** as a couple. If you know that you need some outside support, as a cherished reader, I have a gift for you. You can go to the website, www.YourHappyLove.com, and schedule a complimentary relationship help strategy session. I am here for you and here to help! I offer a group class, called "Fall in Love Again," a one-day, private, emergency relationship makeover session, as well as 90-day relationship transformation programs. If your relationship is in dire need, I also offer a one-week destination couples retreat,

at a luxurious Caribbean oceanfront escape. Whether you are going to DIY your relationship fix, or call in some assistance, there is hope my friend.

Here are a few other brief examples of marriage turnarounds and what methods were most helpful for these couples:

Parents first and spouses never

Lori and Carlo were raising two young kids under three, and she was nursing both of them. She felt *touched out*, and had no desire to be with him physically. He felt unwanted, and his anger became uncontrollable. Lori practiced attachment parenting and felt too much anxiety to part with the children and book a babysitter, so they had not been out alone together since the children were born. They fought repetitively about parenting style differences, his anger, her unwillingness to be with him physically, and their lack of quality time as a couple. They loved each other, and they were committed to their marriage fully, but they recognized that they were stuck in a conflict pattern that they couldn't break on their own.

Today, Lori and Carlo are happy, thriving, making love, and even in new career roles. Carlo has learned to have mastery over his anger, and Lori is proud of the man he is and the father he is; whereas before, she was the boss of parenting, constantly upset by how he was doing it, and he felt like he could never do it well enough. Carlo's pride and self-worth in his family was suffering, while Lori felt exhausted and overwhelmed doing more than her fair share of parenting. With the kids, he used to take a back seat, because they would never listen

to him, which made him feel terrible about himself and his relationship with the children. The kids only wanted Mommy, but now they feel safe and close with both parents. Today, they date each other regularly and talk openly about their varying opinions. They have found an ability to resolve things gently and really be there for each other.

Methods used:

- Anger management techniques for Carlo, done in 6 sessions, one hour each, for him to learn why he has anger, how to direct it safely, what triggers it, and how to stop it before it begins.
- Sourcing a babysitter who practiced attachment parenting as well, so that Lori would feel safe to leave the kids and go out with her husband, alone.
- One session with me of the six-hour, marriage makeover day, to learn the six techniques that we are about to cover in the book.
- It was key for this beautiful couple to learn how to hear each other, and to really listen from an open heart, open-minded place, to imagine how it is for the other person. They built empathy and compassion, became greater listeners, and naturally respected each other more through the process.

Exhausted and separate bedrooms

Sonya and Chris are both lovely, kind, caring people. Shockingly though, their marriage had become a cold and lonely, touchless

battlefield. They were raising one daughter together, under the age of 10, and they both felt completely overwhelmed with the responsibilities of parenting, working, household chores, and self-care. Wait, nope, there was no self-care happening in this family. They were sleeping in separate rooms, barely talking about anything other than the transactional stuff, like who was doing carpool, dishes, and picking up dinner. They were financially tapped out, and Sonya was off work on a mental health stress leave. She was battling depression and anxiety, and wondering if she could ever go back to work.

Today, this couple is so happy, and I am blown away by how fast they clicked, recognized where they were off track, and cleaned it up. They attended the “Fall in Love Again” group workshop, which is a one-day class to rewrite a marriage. They learned the six techniques for keeping love extraordinary, which we are going to cover in the upcoming chapters. These include:

1. Learning how to love each other the right way.
2. Mastering the art of the heart to heart conversation.
3. Cleaning up messes with the world’s most meaningful apology.
4. Finally learning how to get everything you desire out of your relationship by giving first.
5. The perfect formula for dating each other and what to do with quality time.
6. Transforming your quality of sex, love, and intimacy.

Sonya and Chris are back to sleeping in the same bed, loving each other, practicing kindness, having open communication about their hopes and dreams, and enjoying a very satisfying sex life. They have solved their parenting differences, rebalanced the division of labor in their home, and created schedules where they both have time for self-care to recharge their batteries. Sonya went back to work shortly after completing their session, months before she was planning to, or ever thought she would be able to. Their family is back on track for making memories together and enjoying their lives, every day. It's not to say there are no challenges or disagreements, but they now have the skills to talk about them calmly and come to resolutions quickly.

LOVIN' ACTION



So for you my friend, if you were in my office, talking about the current state of your relationship, what would you be telling me, or venting to get it off your chest? Pretend you're telling me, as your personal Marriage Mentor in a couples counselling session, what the problem is.

I encourage you to go to your journal and jot down the tensions, frustrations, and what you are overwhelmed by or stuck on. Describe the situation exactly as it is now, picturing yourself on the black leather couch, answering the famous question: "Please, tell me why you are here." I promise to show you what to do next, to go from the pain you're in, to the relief you crave. And the first solution is coming up in just two chapters.

Let's start where you're at right now and take it from there. I'm here for you. Remember, you can always reach out for support by scheduling a complimentary relationship help session on the website, www.YourHappyLove.com, or for urgent support, you can text 416-797-5856.

Help is on the way, and just before we explore the solutions, I want to cover a massive topic with you in the next chapter: Fidelity and Infidelity. This is sadly not a new phenomenon, and its prevalence differs by country. I will share the stats with you in the next chapter. I want to help protect you from infidelity if it has not existed in your relationship, or help you recover from it, if it already has.

You are loved, you are worthy, your relationship is worthy... and the **L.O.V.E. Work** you're about to do will help as a starting place for change.

Chapter 4



Fidelity & Infidelity

“Some affairs will deliver a fatal blow to a relationship. Others may inspire change that was sorely needed. Betrayal cuts to the bone, but the wound can be healed.”

– Ester Perel

“According to the American Association for Marriage and Family Therapy, national surveys indicate that 15 percent of married women and 25 percent of married men have had extramarital affairs. The incidence is about 20 percent higher when emotional and sexual relationships without intercourse are included.”

– Jane E. Brody, *The New York Times*

Some interesting findings from a Canadian Private Investigation firm: Investigations Hotline

“According to a poll conducted by Mainstreet Research for Postmedia News after the breach of Ashley Madison’s data, 22% of Canadians have seriously considered cheating on their partner. 10% of Canadians admit to having cheated on their significant other, with more men than women admitting to this behaviour. Thirteen percent of males and eight percent of females admitted to infidelity, and 23% of men and 20% of women have seriously considered committing the act.

Here are a few worldwide statistics that shed light on the issue:

- 41% of married individuals admit to committing physical or emotional infidelity.
- 22% of married men have strayed at least once during their marriage.
- 14% of married women admit similar behaviour.
- 36% of individuals admit to having had an affair with a colleague.
- 35% of people admit to cheating on a business trip.
- 17% of men and women admit to committing adultery with either their brother-in-law or sister-in-law.
- 74% of men admit that they’d have an affair if they knew they’d never get caught.
- 68% of women admit to a similar thought process.
- The average length of an affair is two years.
- 2.5% of children are conceived during an affair.”

There are two main reasons why people cheat: They don't like monogamy period, or they are monogamous by nature but something went wrong. And there are two ways in which it happens... a man or woman is looking for someone to have an affair with, or it comes into their life unexpectedly.

The first kind of person who cheats will openly admit, if they are being honest, that they are not wired for monogamy, they don't prefer monogamy, or they don't believe in it. This is a person who may prefer a polygamous relationship—an open marriage where they are committed to just one person as a life partner but have more than one sex partner—or they may prefer not to be in a committed relationship at all.

As for the ways in which infidelity happens, some people cheat on purpose, seeking out a person to engage with, while others are caught off guard by someone else's attention, and they like it, so they allow it to develop dangerously into something more. When it is unexpected, and a partner realizes just how good it feels to have that kind of connection with someone, they may realize, only at that moment, just how unhappy they had been at home. The best choice once you realize you're unhappy at home, because you like the way it feels when someone else is nice to you, flirts with you, compliments you, makes you feel excited again... is to head home and work on the problems with the one you love. Sadly, most people don't slow down their action or reaction train enough, and they get swept up in an affair they later regret, never taking the time to reflect on how they got so unhappy and if they've really done all they can about it with their partner.

The second type of person who cheats didn't know they had it in them to do something so hurtful, until after it happened or after they got caught for it. They are likely unhappy in their relationship but either feel that they *cannot* leave or don't *want* to leave. I have worked with many clients who were so worried about leaving their partner because they didn't think the other person would be okay on their own financially or emotionally, and they said things like, "I didn't want to hurt them," or "I couldn't imagine leaving the kids." They tend to be monogamous, and yet the condition of their relationship is no longer meeting their needs; and although they don't want to leave the relationship (or at least not now), they are going to meet some of their needs elsewhere. Although sex is one of the things that may take place in an affair, it is not necessarily the reason most people cheat. They cheat to feel alive again, good enough, wanted, special, important, taken care of.... They cheat to feel alive in whatever ways they were feeling dead in their relationship.

"A man is already halfway in love with any woman who listens to him." – Brendan Behan

That there are reasons for infidelity is in no way condoning infidelity. It is good to know the reasons why people cheat, to safeguard your relationship, although the liabilities that can lead to an affair are not an excuse for having one, nor do they make the decision any less painful to the person being cheated on. Infidelity is extremely hurtful and wrong to do in a committed relationship where both partners have *agreed* upon monogamy. Knowing why people make the choice to do something they fundamentally believe to be wrong, simply

allows us to explore the anatomy of infidelity, and to consider both sides. There is the side of the partner who got cheated on, who is likely devastated and furious, and there is the side of the one who committed the adultery, who was possibly suffering for quite some time in their own way, perhaps unexpressed, or expressed and met with no change or hope.

This is the reality for most of the couples I work with. The husband or wife who got cheated on is crushed, beside themselves, grieving the relationship they thought they had, and plagued with broken trust, insecurity, fear, anger, and sometimes depression. It is an extremely painful trauma to go through when you love your partner, and especially if you would never do the same to them, no matter how unhappy you felt in the relationship.

When couples battling infidelity become clients of mine, the call almost *always* comes from the one who was cheated on. They call my office very upset, and the conversation is one-sided most of the time, giving me the long list of what their partner has done to them. It isn't until we get into our first session that they start to realize there are flaws on both sides, and they have some things to be accountable for, for the condition of their relationship leading up to the infidelity. No one is perfect in a relationship, and while cheating on someone is heartbreaking and the most awful thing to experience, it isn't ideal either if a partner has been verbally abused for 25 years, made to feel useless, never good enough, unprioritized, untouched, and unfulfilled. So, there are always two sides to the story, if the person who cheated fits into the second category mentioned at the beginning of this chapter (monogamous by nature).

If the person who cheated is actually in the first category, not monogamous, then don't expect to ever have a happy, healthy, monogamous relationship with them. It will turn out poorly for at least one of you.

Amazingly, infidelity can be the trauma that ends a relationship, or the trauma that shakes it to its core, allowing a couple, with the right professional help, to rewrite their entire relationship. All of the couples that I work with get to design their relationship to be better than it was before the infidelity. They get to fix the original root cause issues that predate the affair(s), and actually solve what was blocking their happiness all along.

“Many clients have shared that had it not been for their partner’s affair, they’d never have looked at, discussed, and healed some of the underlying issues that were broken at the foundation of their relationship. Rather than destroying the marriage, the affair acted as a catalyst for positive changes.” – Michele Weiner-Davis

My clients who chose to stay together after infidelity, have better marriages now than they ever had before. They experience falling in love again, and for the first time in their relationship (and sometimes for the first time in their lives), they are totally vulnerable and open. They're honest about the ugliest secrets they kept from the world and each other—about how they were raised, what their fears are, and what it takes to help them feel safe, happy, and loved. It's extraordinary to watch a couple heal and rewrite their love story. But long before I will help a couple heal, I have six conditions that must

be met in order to take them on. If these conditions are not met, I don't feel confident that their relationship will recover, or that it should be recovered.

Conditions and prerequisites for a marriage or relationship to have a good chance of healing after infidelity:

1. The one who cheated is remorseful.
2. The one who cheated takes full ownership for their actions.
3. The one who cheated has cut off contact with whomever they engaged with in adultery.
4. The one who cheated is willing to give full disclosure and access to proof of information to their partner.
5. The partner who was cheated on is willing to look at what their part might have been in co-creating the condition that existed before the infidelity.
6. Both partners still want to be together and to work on their relationship, getting professional help.

I have met thousands of clients over the years who have gone through infidelity, and some of their relationships were not meant to recover from it, because without meeting the conditions above, the relationships would never be healthy. However, I have also witnessed countless couples getting a second chance, and getting it right—even some who got a fourth chance, and finally got it right.

Here are some examples; and to protect my clients' privacy, of course, the names have been changed. Some clients have made

it beautifully, some don't have a good chance of recovery, and some have just begun treatment:

Clients: Mary and Grant

Details of infidelity: You will remember Mary and Grant from the previous chapter. He had an eight-year affair that was both physical and emotional. In addition, he had been playing outside the lines of their marriage on erotica sites, sex hot lines, and other media platforms, trying to meet his needs. Mary had found out by receiving a letter from his mistress, and called me, in pieces.

Problems that existed before the affair: To meet this couple today, you would never know what they went through, as they are both such lovely people. Before the affair, it had been a long and bumpy road for them. Grant came into the relationship as a quiet man, emotionally shut down from his childhood with an abusive father, and Mary came in like a force of nature, with a three-year-old. Before he was truly ready, Grant became a family man. He had so much baggage that he didn't even know he had. For example, as you read in the last chapter, his father threatened to hurt him when he was a little boy, for going to snuggle with his mother after he had been injured. He told him that real boys don't seek comfort from their mother. Quietly that day, Grant decided he would never show the woman closest to him how vulnerable he was, or admit that he needed her love, or share when he needed help. He would just suffer

quietly on his own, shove his feelings deep down, and carry on. Or at least attempt to carry on.

As the relationship developed between Mary and Grant, she was the dominant partner and became more like a parent to him than a wife. This emasculated Grant and made him withdraw even further. Initially, Mary had the higher sex-drive, and would initiate sex all the time, only to be turned down. She would shut him down outside the bedroom, so at first, he was shutting her down in the bedroom. She'd had enough of being rejected, and decided to fill her emptiness with food, and gain weight so that sex wouldn't be on her mind either. The distance grew between them in a romantic sense, but as partners running a family and a home, they did pretty well. They made a great team in many ways, except in their marriage as love partners. The more Mary reminded him of his mother, the less he could go to her for closeness, because he had decided, as a little boy afraid of his father, that it was not safe to do so. They were trapped in a vicious cycle, of Mary feeling rejected by Grant and making him feel like a child, and Grant feeling unable to share his true self or feelings with Mary.

For Mary, it seemed to work well enough. She filled the missing bits of their marriage with her career, their children, the house, projects, socializing, and keeping herself happy in other ways, all while remaining devotedly committed to the marriage. She would never ever cheat on Grant, and even though she loved sex, she

learned to live without it and “make do.” Not so much for Grant. He was really suffering and, unlike Mary, he was not fine with it. He couldn’t share his feelings or opinions with her because she was always right; so eventually, he just pretended to be fine with whatever she wanted. He felt that it was pointless to share his thoughts. Sexless for two years, because she was now turning him down instead of the other way around, he felt lonely and lost. Without having the tools for communication at the time, or feeling safe that he could share without judgement, he hid his loneliness and used a variety of online and telephone services to meet his repressed sexual needs. Then he met his mistress, and an eight-year relationship began.

Grant and Mary were both so good at pretending things were fine that in eight years he had never shared how unhappy he was. Mary had no idea about the affair, and found out only after it had already ended. She was absolutely mortified, shocked, and devastated. But for this couple, what has transpired since is truly remarkable, and it is proof that love can be restored when the reasons that destroyed it in the first place are discovered and repaired at the source.

What they did about it: Mary reached out to me for help after a friend told her she should leave the marriage, but since she was choosing to stay, she said I was the one person who could help them. She asked me if it was possible to heal a marriage after all of this trauma. I told

her that it depends on many factors, but that the six conditions had to be met for them to have a fair chance. I asked her each of the six questions listed earlier, and she confidently answered each one of them with a “yes!” This couple *could* heal if they did the work, and they did. I did a session alone for Mary, to help her look at all of her options, and then we did a session with her and Grant. They decided to hire me privately right away instead of attending a group class, so we did a private, six-hour, marriage makeover session, and then dove right into the three-month marriage transformation program of private coaching and mentorship.

From the first moment, they were both so kind, open, coachable, and willing to embrace the process whole heartedly with open arms. I could tell that they were both gems that needed to be dusted off and polished, and that underneath the mistakes that were made, were two amazing people who had gotten very lost.

Through the coming chapters, you will see for yourself what the five-step I.D.E.A.L. Love Method is, and what the six steps are for creating extraordinary love. Mary and Grant devoured this process ravenously and were so eager to heal and work on themselves and the marriage, putting their healing process first. Just like it takes nine months to grow in pregnancy and more than nine days to lose all the weight after a baby comes, the magnitude of Grant’s infidelity was massive, and so would the recovery effort need to be. To honour the size of his

faults, Grant took a month off work to focus full-time on helping his wife recover from the devastating news, and we used that month to rebuild them. They did lots of individual work, ethics work, homework together, and even a letter to their adult children. We did work around honesty, fidelity, and values. They rediscovered their sexual relationship, and they tell me all the time that they are more in love now, and happier together than they ever were before the affair.

How they are now: After just two sessions with me, and having been sexless together for 10 years, they began making love again and were enjoying the second honeymoon that no one ever expects... the honeymoon period after an affair. Over the following month, they literally rewrote their entire marriage. We held family coaching sessions to help their adult children also heal from the affair, which they had known about, and now we're getting ready for something special. Grant and Mary are renewing their marriage vows, and I will be guiding them through the process. I can honestly say that this couple is better off for having gone through the awful pain that they did, because it forced them to finally fix the problems that existed since their beginning as a couple. They have learned to communicate, negotiate, apologize, make love again, connect on all levels, and love each other rightly. They are absolutely wonderful people, and I am so grateful that by working together we could help both of them get free from their pain and keep their family together. They are showing their

children what it looks like when you mess up, own it, fix it, and get a second chance to be successful, if you work hard enough to deserve it. They are not teaching their kids to settle; they are showing their kids just how much can go wrong if you hide behind your problems and don't express your needs to your partner. They are showing how to work for what you are committed to, even if it seems like it might be too late.

Clients: Andrea and Shawn

Details of infidelity: Shawn had a six-month emotional affair that became physical at the end and led to sex three times.

Problems that existed before the affair: Andrea was very insecure and controlling, had extreme anger management challenges, and had been both physically and verbally abusive to him. She never allowed him to speak, and would constantly talk over him, making Shawn feel insignificant. He realized that it was futile to share his feelings as she would only react with anger; but to compound this problem, he was also raised by parents who were alcoholics, who never allowed him to talk. He learned at a very young age to bury his feelings and stuff them down as hard as he could. Eventually though, as it always does, the unhappiness came up, and he could not handle his life anymore. With three young sons in

the house, and not wanting to leave his wife, he had a mental health breakdown. With depression, he fell into alcoholism and substance abuse, and he had an affair with someone who was part of his addiction related social circle. The woman he cheated with made him feel less judged and more important, and she loved to talk to him and hear what he had to say, but the real allure was that she was so much more broken than he was, so he felt better about himself around her. He felt superior for the first time.

What they are doing about it: Andrea reached out to me to see if their marriage could be saved, as she still loved him very much. They attended my “Fall in Love Again” couples workshop, and just began their three months of marriage mentoring with me. Shawn is going into rehabilitation for his alcoholism, and Andrea is doing anger management work with me. She is finding ways to heal from her childhood wounds, including an eating disorder and low self-esteem. They are each working on their individual challenges and have taken full ownership for how their past affected them. They recognize that it’s no longer healthy to allow their pasts to run their lives. They are both practicing self-care, improving their health, dealing with their individual depression, and at the same time, we are about to dive deep working on the marriage. We have rejigged the distribution of labor in their family, to make both of them feel like their contributions to the marriage and family are balanced. They have gone through all five steps of my

I.D.E.A.L. Love Method (which is about to be explained in the next chapter), and they have been learning and practicing all six of the steps from my program, which make relationships extraordinary (which are also coming up later in the book). They've been booking babysitting to go on dates together, and they have been talking more about what they are feeling and what would help to improve their connection. They still have a long way to go, but they are making progress every week.

Shawn has cut off all communication with the other woman, has given Andrea open access to his phone and email, and they are repairing their trust slowly, one day at a time. His depression is being well managed, and he is spending more time with the boys, which helps him feel good about himself by being a hands-on father. Andrea has learned about Radical Forgiveness, a five-step process I teach to gain closure, and she is working on her healing journey. They both still love each other, they both still choose each other, and although they have brought a great deal of hurt to one another, they remain in their marriage. Each of them has plenty of work to do to become the person, parent, and spouse they want to be, and I will support them in doing so as long as they remain committed to themselves and each other, and do their part.

"Forgiveness is the final form of love." – Reinhold Niebuhr

Clients: Sharon and Jake

Details of infidelity: Jake had a year-long affair with a colleague in his office. It was very emotional; he fell in love with her and, near the end, it got physical, but not to the point of intercourse.

Problems that existed before the affair: Jake and Sharon had been together for almost 35 years and were grandparents when this happened. For 34 of the 35 years, he was a great husband, father, and grandfather. But he had been shutting down his true feelings, just like Shawn had. He was a yes-man, and let Sharon be the boss of everything. He thought it was fine until he met Lauren. She made him feel alive and important and appreciated... things he had not felt in a very long time. Before the affair, this couple fought constantly about money, his lack of intelligence compared to hers, control, use of free time, and expectations. He would give in with most fights to please her, and while he was putting on a fake "it's fine" face, he was suffering, and the pressure had been building for a long time. He is the type of person mentioned at the very beginning of this chapter, who truly is monogamous by nature and was definitely not looking for someone else to get mixed up with. It found him, and he made a year's worth of awful choices, which devastated Sharon, and they have both been suffering since.

Where they went wrong: This couple failed to meet my six criteria, and for this reason, they are not able to experience a joyful marriage or a peaceful separation—they remain stuck. Of the list from earlier in the chapter, they are missing three essential ingredients to make things work:

The one who cheated is willing to give full disclosure and access to proof of information to their partner.

The partner who was cheated on is willing to look at what their part might have been in co-creating the condition that existed before the infidelity.

Both partners still want to be together and to work on their relationship, getting professional help.

Jake won't allow Sharon to see his passwords; Sharon sees no fault in anything she has done, and is unwilling to work on herself or her impact on the marriage; and on any given day, one wants in and one wants out of the marriage. Sharon demonstrates extreme control and unreasonableness, while Jake continues to lie to Sharon about both related and unrelated matters, so this couple does not seem bound for happiness together.

Clients: Wanda and Kristine

Details of infidelity: Wanda had a three-week affair with a colleague, which was very sexual.

Problems that existed before the affair: Wanda was a very affectionate woman. She was outgoing and a great communicator; she was warm and loved to have fun. Kristine was quiet, reserved, kept to herself, and wasn't big on physical affection. During the honeymoon phase of their relationship, they were doing all the *right* things, trying to impress each other, and while it was new, it was easy. Kristine was willing to be intimate, but Wanda had no idea that she didn't enjoy sex, and without knowing some key information, they got married. Almost immediately after, things fell apart as Kristine went back to her regular self and withdrew open communication, affection, and kissing from Wanda. Wanda was dying inside, and it retriggered her emotional eating disorder from childhood. She loved this woman so much that she had committed to spend her life with her, and yet she suddenly felt trapped in a touchless relationship. There was no kissing for three years before Wanda ventured out. She felt truly awful for what she did, and I have never met someone, in all my years working with clients, who owned it as well as Wanda. When we began working together, we discovered that there was sexual abuse in Kristine's past, and she had watched men abuse her family, so she believed sex was a way for someone else to use you for pleasure, and she shut

down her sexual self completely. Also, she had been forced to remain silent about her sexual orientation, and learned to hide her true feelings, which shut down her ability to have the open communication Wanda craved. Wanda had a life where she felt empty and out of control. She would fill the void with food, and hated herself for it.

What they did about it: Both women attended my “Fall in Love Again” couples class, and completed my three-month private coaching program of marriage mentoring. Wanda was willing to do extensive individual counselling, and she is thriving in all ways now! Kristine did a bit of personal work as well, and once we could see what in the past had caused the issues in the present, she learned the tools for taking her power back and stepping into her new self. She is now more confident in conversations; she is sexually expressive, and these women have not only fallen in love again... they have decided to renew their vows, and asked me to facilitate it for them. What it takes for this couple to be happy is for Wanda to give Kristine some space and alone time when she gets home from work. After 45 minutes alone, Kristine is able to be the communicative partner Wanda craves. Also, once Kristine learned how to receive pleasure from sex, and to heal from the sexual trauma of her past, she could then express her likes and dislikes to her partner, and they are both enjoying their intimacy now. Wanda needs more fun in her life, and Kristine needs more time at home, so Wanda plays sports

two nights a week to give Kristine the alone time she craves and to get the adrenaline rush she needs. Then they dedicate their weekends to each other for couple time. They have found their groove and are doing so well now!

“People who’ve been betrayed need to know that there’s no shame in staying in the marriage—they’re not doormats, they’re warriors. The gift they provide to their families by working through the pain is enormous.”

– Michele Weiner-Davis

As you can see from the client examples above, each case of infidelity is unique, and some relationships will survive it, while others won’t or would be better off not to. So far, we’ve talked about the type of person who cheats and why; so now let’s talk about honesty and dishonesty, which are companion subjects to infidelity, along with values, preferences, and best practices.

Honesty and Dishonesty

There are many levels of honesty, which include answering when asked; volunteering information when it’s not asked; coming clean about past withholds; and sharing information that your partner would want to know, based on their personality, expectations, and values. Dishonesty includes withholding information that is relevant to your partner, big lies, small lies, white lies, and exaggerations. Exceptions would

be planning a surprise party for your partner and needing to lie to keep it a surprise. Honesty also includes being honest about one's feelings. Don't say "fine" if *it's* not or *you're* not fine. Don't say "okay" to something if it's not okay or you're not okay with it. Don't say sorry if you're not sorry. Honesty is a much broader subject than most couples realize. I could write a whole book on that subject alone. It takes a long time to build trust, even longer to rebuild it, and just seconds to destroy it.

Values and Preferences (Expectations)

LOVIN' ACTION



It's important in this chapter to also discuss values. You and your partner will want to talk about fidelity, monogamy, fetishes, preferences, boundaries, expectations, fantasies, exclusions, sensitive topics, triggering subjects, and what ifs. It is so important for couples to share their values and create their value agreements around morals, ethics, substances, sexuality, and of course, all of those traditional things like religion or spirituality, food, health, money, family, where to live, quality of life, living style, time management, division of labour, and so on. Talk about what these words mean to you. What are your limits, boundaries, expectations, and requests? What is grey, and what's black and white?

Without having these types of discussions, you can really run into trouble by having an expectation or assumption that has never really been discussed or agreed upon. The use of pornography is a key example. Don't assume your partner won't use it, and don't assume that if you use it, your partner would be fine with that. These are important things to discuss and come to an understanding of what both of you prefer and feel safe with in your relationship. I had a client recently tell me that they never thought it was a problem to use phone sex lines, video sex chats, and other erotic media for self-stimulation, because they were not actually touching anyone but themselves. Their spouse definitely didn't share their views and was horrified to find out what had been going on behind closed doors.

There are no judgments in my books, as each of you can have your own fetishes and interests. What matters is that you give your partner the respect of knowing what you're into, and allow them to see if they feel comfortable with it or not. It's better to be open about who you are and find a partner who accepts you exactly that way. For example, I may not be an easy wife to be with, because I have very firm boundaries on this subject. My husband knows, since before our first date actually, that I am not comfortable with him using pornography, strip clubs, or other erotic experiences that don't involve me. I am not open to sharing my partner, and because I am honest about this, I can save a man a lot of trouble from dating me, if he wishes to have those things in his life. I won't judge him for it; I just won't be the right partner for him to date, and vice versa.

Best Practices

After infidelity, there are three D's that are mandatory in order to repair trust in the relationship.

D – Disclose / D – Disconnect / D – Discard

The partner who cheated must from now on be forthcoming about information, and **disclose** without having to be asked. For example, if you bumped into the other man/woman by accident today at the grocery store, that is information you should volunteer to your partner, and not wait for them to ask, “Soooo... anything important to tell me?” It goes without saying that you must completely cut ties and **disconnect** from the person who you cheated with, and also **discard** any memorabilia that connects you to the affair and triggers hot memories for you, which are painful memories for your partner. This means not holding on to letters, pictures, emails, or gifts from that other person. It is simply not healthy to keep mementos from an affair if you are staying in your current relationship and want to make it work.

Another best practice I recommend to all of my clients is creating new vows. After infidelity, I suggest considering it like a new relationship, or marriage, to the same person. Especially for married couples who have taken a vow that's been broken, this step is very important. Rather than living in a broken marriage, we actually create a new marriage that can begin whole and always remain whole.

To safeguard a relationship from infidelity, I highly recommend having weekly dates with your sweetie, regular intimacy, and

real and honest communication, as well as expressing any sexual dysfunction, limitations, or programming from religion or childhood, such as sexual guilt or hurts from previous relationships. Create the kind of open communication in your relationship where it's possible for a partner to come home, and rather than say the unthinkable: "I have had an affair," say the difficult but not nearly as hard: "I am feeling disconnected from you. I feel we're at risk of falling out of love with each other. My needs aren't being met inside this relationship, and this relationship means the world to me, but at the moment it is not fulfilling, and there's something urgent we need to do about that because I don't want my eyes to look elsewhere; I don't want my body to go elsewhere. I know we need help to fix this because we are at risk, and we are leaving ourselves open to temptation by not fixing these issues." That's the brave relationship conversation that if partners could have and then solve, there would be no need for infidelity.

So, what else can you do today if your relationship has experienced infidelity, or if there is a risk of it? Check out one of my favourite speakers on the subject, Ester Perel, who has many great videos on YouTube. Visit my website, www.YourHappyLove.com, to schedule an emergency complimentary session, or look into my "Six-Hour, Private Marriage Rewrite," or the course, "Fall in Love Again," as well as my private coaching program, Love 2.0, and the Destination Marriage Makeover Retreat.

Trust takes time to build, and even more time to repair. The homework in this chapter may take some time as well, but you are worth it! There is so much in store for you in the upcoming

chapters. I have created a five-step process for transforming your relationship, called the *I.D.E.A.L. Method*, which I will go over in the next chapter, and six proven techniques to help you create an extraordinary relationship... even if that currently seems impossible. Sending you so much love!

LOVIN' ACTION


L.O.V.E. Work

There's a lot to take away from this chapter. Remember to visit www.YourHappyLove.com, and download the L.O.V.E. Worksheets if you haven't already done so. Plus, set aside some time to explore on your own first, and then share with your partner about your thoughts on:

1. Honesty and Dishonesty
2. Values and Preferences (Expectations)

Chapter 5



I = Inventory – Take Stock of Where You Are Now

The I.D.E.A.L. Method for Love: Step 1

I have created a five-step process for transforming your relationship, called the *I.D.E.A.L. Method*, and six proven techniques to help you create an extraordinary relationship... even if that currently seems impossible. This is the very same process, and the actual techniques that my private clients use to get the relationships they were craving.

Let's quickly breakdown the process, and over the next few chapters, I will cover each method and the associated worksheets, which you can download from the tools section, at www.YourHappyLove.com. Once we run through the five-step process, the following six chapters will detail each of the techniques you can use to enhance your relationship, and fast! Plus, I snuck in a little bonus chapter in there, on mind reading. Which is NOT an effective communication tool in your

relationship, but you already knew that. So, here's the process that has been proven effective with every couple in my private practice.

The I.D.E.A.L. Method:

- I = Inventory** – Take Stock of Where You Are Now
- D = Design** the 2.0 Version of Your Relationship
- E = Eliminate** Roadblocks and Discover What's Holding You Back
- A = Action Plan...** Map out Your Path to Success as a Couple
- L = Learn** the 6 Secrets of Happy Couples

Let's go over the first step: I = Inventory.

Why is it important that we take inventory of the current state of our relationship, and why do we do it for all the key marital areas? It's very similar to programming the GPS, or navigation system such as Google Maps, in your car or on your phone. If you want to take a trip to go anywhere, whether it's five minutes away from your home or a two-day road trip, in either case, your navigation system needs to know a few things in order to calculate your route. It needs to know your starting point, your desired destination, and before your navigation system can suggest the best route for you to take, it also needs to know the roadblocks and travelling conditions in between. Much like driving in the car from point A to point B, in order for us to take your relationship from where it is now, to where you want it to be, we need to get clear on both of those points.

What are the precise details about your starting condition, and what are the precise details in the vision of where you want to end up?

I guide all my clients through 15 or more areas of marital happiness inventory, as well as 12 areas of personal happiness inventory. Think of it like a safety check for your car. Making sure you are really ready to drive, involves more than just buckling up your seat belt and typing an address into your navigation system. You need to have gas in the tank, tires filled with air, a working vehicle up-to-date with servicing and oil changes, your wallet and driver's license, insurance, shoes on your feet, etc. You get the point. If any of those things are missing, you can forget going from point A to point B altogether. So, when it comes to healing your relationship, we have to take it that seriously. We need to be thorough, careful, and caring to notice all the details, honour them, and put you safely on your road to recovery as a happy couple. If the destination is HAPPY LOVE, and the starting place is CHAOS, that is simply not enough information to make it work for you.

In case you were wondering, here are the key marital areas we look at, as well as the 12 key personal happiness areas for each of you as individuals:

The relationship areas:

1. Appreciation
2. Respect
3. Trust

4. Forgiveness/Peace
5. Resiliency
6. Love and Kindness
7. Sex
8. Intimacy/Romance
9. Communication
10. Fun and Adventure
11. Finances
12. Parenting (if applicable)
13. Spousal Health
14. Attraction
15. Division of Labour

Your choice... in case I overlooked something that is meaningful to you. Which might include balance or equality, spirituality/faith, contribution/effort or anything that is important to you.

Personal Happiness Areas:

1. Health/Body
2. Mental Health
3. Sleep
4. Energy/Vibration
5. Personal Growth
6. Finances
7. Business/Career

8. Fun and Adventure
9. Home Life and Location
10. Romance/Love/Passion
11. Family and Friends
12. Your choice! For example, hobbies or life purpose.

Once you go to www.YourhappyLove.com to download the free Happiness Wheels for taking inventory, you will see 16 sections on the wheel for couples, and 12 on the wheel for your personal happiness. You might have more categories to add in, so feel free to divvy up the blank section into a few smaller sections if you need to.

Couples Happiness Wheel

Created by: The Lifted Lid... "Life Uncapped" www.TheLiftedLid.com Hailey Patry 416-797-5856

Your Happiness Wheel

Our Relationship Assessment



Your Happiness Wheel



Created by: The Lifted Lid – "Life Uncapped" www.TheLiftedLid.com Hailey Patry 416-797-5856

Now that you can see how detailed it can be to determine your starting status, let's get back to the driving analogy and help to improve your relationship.

When you're driving, and your navigation system wants to suggest your best route, it takes into account accidents along the highway, road closures, traffic conditions, the speed you typically drive at, predictive behaviour and more, depending on how fancy your system is. Charting the best course for your relationship is no different. We need to adjust based on the speed of each partner, and the roadblocks or hurdles that may be present. We don't bulldoze through them or pretend they aren't there; we need to find alternate routes for those blocks that can't be changed, and we need to find solutions for those blocks that can be and want to be solved. In the coming chapters, we'll go through it step by step.

LOVIN' ACTION


For this chapter, please make sure you have the *happiness wheel for couples* in front of you, so that I can guide you through it. You'll want to make two copies of the document, one for you and one for your partner, if they are willing to work at this as well. If not, that's okay for now; you can do this on your own to start. Grab a few markers or crayons, and get comfortable. Ready to play? Here are the rules.

You will be answering the following question:

In this moment, how happy and fulfilled am I with this area of our relationship?

0 = totally unhappy

So you apply no colour on that section of the wheel.

5= somewhat happy and somewhat unhappy

You can colour it halfway from the centre and out.

10 = totally HAPPY and fulfilled

Wooohoo! You get to colour it in completely, all the way to the outer edge of the circle.

Select your level of fulfillment from 0–10, and mark it on your happiness wheel by colouring up to that point. The inner part of the circle reflects a score of zero, and the outer part of the circle is a 10 out of 10.

I assure you that it's more impactful to work with the tool in front of you and get the full visual picture for your relationship as it is right now, so that we can then begin to picture where you want to take it. However, if you're that person who is seriously not going to visit the website, I still love you, and you'll want to at least write your score above, beside each of the categories.

LOVIN' ACTION

Once you've finished colouring in the wheel, you're going to notice a few things. Not everything is broken and awful. Some areas are working fairly well or very well for you two. Congratulate yourself for everything you did right to make it that way, including all the effort, great decisions, and commitments that you made. Take a moment to feel grateful for those parts of your relationship that do bring you happiness; and I dare you, right now, to communicate that gratitude to your partner. If they are with you in person, tell them. If not, send them a quick message to let them know the good you can see in your relationship, and what you are grateful for.

The other thing you'll notice are those areas that aren't doing so well for you right now. That's okay. After all, it's why we're on this journey together and why you are reading this book. For those areas that have a lot of white space, that aren't working for you the way that you would ideally like them to... help is on the way.

LOVIN' ACTION


I want to ask you now to choose your most important projects for your relationship. If we could solve all 16 areas today, that would be fantastic, but let's instead be realistic and practical. Let's begin with what matters the most to you and your relationship, first. There are two ways that you could go about this:

1. The priority areas might already be jumping out at you, as you know them all too well. Great. Circle those areas on the happiness wheel.
2. If you're like most couples, there will be some indecision here. Many areas might need a serious tune up, so what's first? You can literally check in with each category to see if it is the most meaningful area or not. Consider choosing those areas that cause you the most pain if they remain as is, or those that will bring you the most relief and joy when they shift.

Please select your 3–4 immediate priority areas, and we'll call them your short list. Once you've come up with your short list, individually, I want you to share it with your partner, if they are playing along with you, and decide as a couple what areas to focus on, which you both can agree on. You may have selected some areas in common, or you may have completely different lists. You'll want to decide together on the very top 3 or 4 areas to address first.

Next, it's time to get creative and start picturing how you want those areas to be, rather than how they are now, which you know only too well. In the next chapter, we will explore how to open up your mind's eye and start thinking about the second piece of necessary data for your GPS or navigation system, which is: your destination. Based on where you are now, which isn't where you want to be in your relationship, we now need to figure out how you'd rather it be, or in other words, where you want to go. It's a beautiful and emotional step that may allow you, for the first time in a long time, to see *possibility* for you and your relationship. It's where the healing actually begins.

Chapter 6



D = Design the 2.0 Version of Your Relationship

The I.D.E.A.L. Method for Love: Step 2

*“When I look into the future,
it’s so bright it burns my eyes.”*

– Oprah Winfrey

Congratulations! You made it past the previous chapter, which can be emotional, eye-opening, and sometimes uncover a few hard-to-be-with truths. I am so glad you’re choosing to move forward, because this is where it gets good and we start planning for the change to come. In the last chapter, you took inventory of your relationship at this time. You can now see clearly for yourself which areas are working fairly well and which areas need some TLC. You’ve come up with the short list of your most meaningful projects to enhance your relationship, and hopefully, you’ve had a chance to share

them with your partner, hear about their short list, and come up with the mutually agreed upon *relationship savers*. That is... the relationship areas that you both agree will make the biggest difference to the quality of your relationship, and ultimately, your happiness as a couple.

Now we begin to really explore what the change is that you're craving. You'll need to look at how the short list areas are for you now, how you would rather they looked, and what can be done about it. Start by exploring what a ten-out-of-ten would be like in your wildest imagination. For example, what would a ten be like for you in the sex category of your relationship? Perhaps you want to improve the frequency of sex in your relationship, the quality of sex, the duration, and so on. What is the frequency, quality, and duration you crave with your partner? Be specific. For example: "I would really love it if my husband and I were intimate daily, or at least three times a week, and that he initiated making love to me. I picture us learning new things, like tantric sex, and keeping it interesting in our bedroom with how we talk, what we try, and what else we incorporate, be it sex toys, music, incense, positions, and so on. I would also love for us to have sex in unique locations, like we used to do before the kids came along."

When it comes to sex with your partner, you might have other things in mind, like solving sexual hurdles such as erectile dysfunction, vaginal pain and dryness, anxiety, inability to climax, and health issues such as hormonal changes, menopause, recurrent infections, prostate issues, sexually transmitted diseases, and so on. Maybe what you really want

is to switch roles, and have the opposite partner be the one to initiate sex and take the lead both with foreplay and during intercourse. Maybe it's a matter of technique that has things off, but more often than not, there may be emotional reasons, exhaustion, resentment, power struggles, or other issues that lie below the surface subject of marital/relational sex. And you might be the couple reading this book, in a completely sexless relationship, like my clients Grant and Mary in Chapter 3. If that's the case, you might be picturing other forms of intimacy first, before sex itself. Maybe you're envisioning getting back to sleeping in the same bed, snuggling on the couch watching movies together, holding hands, exchanging massages, showering together, having a bubble bath, or making out like teenagers in love. Whatever it is for you... let your mind wander.

I want you to be a dreamer here, and less of a realist. This is NOT the time to filter and censor your thoughts based on the following concerns:

- I don't know if this is even possible for us after all that's happened.
- I don't know if I can get my feelings back for my partner.
- I have no clue how we would get there, or if they even want to.

LOVIN' ACTION



Starting with your priority list first, here are some questions to think about, write about, and share with your partner once you're done.

For each key area, ask yourself:

1. How is this part of our relationship now? Describe what works and what does not work about it. What is wrong with this area of our relationship? How does it make me feel?
2. How would I rather it be? What would it take for this area to be a ten-out-of-ten? Describe how I imagine it would be, for me to be completely happy and fulfilled.
3. From what I already know, what can be done about that to help me get the results I want?
4. What am I *willing* to do about it?
5. What *WILL* I do about that, in the next 24 hours?
6. *WHEN* will I schedule that into my calendar to make it happen for real? And if there is anything else that you already know you could be doing to improve your relationship, take the time to quickly schedule those tasks into your calendar as an actual appointment. Why? Because you matter, your partner matters, and your relationship matters. This way, when someone asks if you can help them move or listen to them vent about their problems, you can honestly say no, because you have an appointment at that time.

LOVIN' ACTION


Decide what you're willing to do for your relationship today! It might be one text message, one loving note, one email, one phone call, or one quick google search to plan something special or to research a topic for the two of you. It could be one quick conversation, one special look, one gentle touch or one kind gesture. That one small step is the beginning of progress for your relationship. It could be tiny but meaningful.

"Tiny tweaks, done daily, over time, lead to massive results, both in your personal life and in your relationship."

– Hailey Patry

LOVIN' ACTION


I'm excited for you to begin experiencing the shift in your relationship today!

So, you've answered the questions above as they relate to your top priority areas. Now, as a bonus activity, if you wish, do the same for all of the remaining areas. If you can only find time and space in your calendar to action the items from your short list for now, I am completely fine with that. Jump far enough ahead in your calendar to a time when things will be calmer, and set an appointment to do this homework for the remaining areas.

You are more powerful than you realize, and on a daily basis, if you were to pause for a few breaths and consider, like your very own couple's therapist, what could help your relationship today???... I'd bet you could come up with some great ideas. Later, in Chapter 10, I will share some really practical ways to improve your relationship by doing the most meaningful things for your partner that they will surely appreciate.

But before change, comes awareness. You see, the beginning of change in a relationship is a sense of, and an awareness of, a negative condition. It may show up as unhappiness, frustration, disgust, resentment, sadness, anger, or overwhelm. Change can't happen until one partner notices that this state *is* a problem, and sets out to change it. That's precisely why we begin with taking inventory of your relationship in so many areas, so that we can spot where the unhappiness is rooted. We consider where the problems are, why they are there, and what can be done to solve them and alleviate the challenges. The next step, as we've discussed, is to figure out how you would rather each area of your relationship look, which is what we are doing in this chapter. Finally, we get into the real work of causing the change that you desire, using the methods that are coming up throughout the book. I am excited for you to begin imagining life on the good side... on the other side of the problems you're currently facing.

The cycle of change looks like this:

The Four C's of Change:

1. **Commitment** – Change begins with setting a new commitment, like a goal to improve the relationship, but rather than a goal, I prefer the word, *promise*.
2. **Courage** – It takes real emotional courage to take action when things are tense. You may be nervous, but follow through regardless.
3. **Capability** – After acting with courage, you will usually find you are more capable than you realized, and it is easier than you thought.
4. **Confidence** – Once you see your own capability to act with courage and follow through on a commitment, your confidence and self-esteem go up. This gives you the power and drive to make bigger commitments and keep engaging the Four C's of Change.

Remember, at any point in this book, when I'm suggesting you work as a couple, it is perfectly fine for you to do the exercise on your own if you are currently the only partner willing to work on the relationship. You can only do what you can do, and one of you working on the relationship is better than neither of you working on it. Your partner will likely become willing in time as you share the *ah-ha's* you are getting through this process. However, even better, if you don't want to do it alone, and you can't get your partner onside, I can help. Please contact me to arrange a call to assist your partner to feel safe and willing to begin this work. You can schedule it at www.YourHappyLove.com.

I want you to start to tap into the power of your mind. Visualization is a key ingredient to changing the future, because if we can't see it, want it, and believe that it's possible, then it's not likely that it will be. We want to utilize that brilliant part of your mind's eye that's able to see a picture of what hasn't come true yet.

There are two ways to do a guided visualization. The first way is to envision yourself at the movie theatre, sitting in the comfortable reclining chair, with the smell of popcorn in the air, looking up at the big screen. In this version, you are the main character in the movie called *Happy Love*, starring (your name and your partner's name), and you get to have the observer's view of what you will look like as a happy couple.

The second method is what I call a virtual reality, in-body, sensory experience. To try it out, you will picture yourself at the theatre, rising out of your chair, making your way down the lit-up stairs, all the way to the floor in front of the screen. Imagine jumping into the screen and right into the body of your character, which is you... in the future, when your relationship is all happy and fabulous. In your mind's eye, as you picture hopping into the role, say "Take me there now." Using all five of your senses, explore what it might feel like, what it will smell like, taste like, and sound like. Looking out from the character's own eyes, what will the world around you look like? Enjoy exploring what each of your senses might experience in that future utopic vision that you have for your relationship.

Let's say, for example, that the area of your relationship you really want to work on is communication. At the moment, there's no real talking; if there is, perhaps there's no true listening. You might be holding things in, having stomach aches, or holding the stress in that part of your body you know all too well. You're walking on eggshells in your relationship, and you feel as though you can't come to your partner about anything that matters. Perhaps they are reactive, explosive, or they walk away and give you the wall of silence. Sadly, the closeness and friendship you used to have is no longer there. If that's how things are now, here's what you might picture instead:

- The feeling in your heart, mind, and stomach, of being supported when your partner is really listening, eyes on you, gentle-faced, and saying "Tell me more love," "I'm here for you," "Help me understand so I can support you," "I see what you mean or where you're coming from," and "Let's do that together."
- The sound of your voice sharing, and their voice engaging lovingly.
- The look in their eyes, engaged with you and caring to lean in and hear more or share more.
- The smell around you, maybe a healthy dinner cooking in the background, sunscreen on a beach vacation, or a latte brewing in the café where you're enjoying your chat on a date together.
- The taste of a moist mouth, with fresh breath, as opposed to the stressful dry mouth and tense jaw when communication was blocked. The taste of food

or beverages you'd be enjoying together on a relaxed night in or an adventure out, while having meaningful conversations.

- As for the scenery around you, where will you and your partner be having this beautiful open communication? On a nature walk, snuggled up in pajamas on your couch, on vacation, out for a bite to eat, or lying in bed together?

I invite you to try a guided visualization exercise tonight before bed, for maximum benefits, by using a process I created, called Dreamcasting. Dreamcasting is a mind and manifestation hack I invented decades ago, when I was 17 years old. Weeks after a very traumatic experience, an attack which led to cervical cancer and multiple surgeries, I was having flashbacks and nightmares as a result. In order to stop the negative thoughts from creeping into my mind, I began a nightly ritual of guided visualization. Rather than focusing on my painful circumstance at the time, I pictured what life was going to be like when I was healed, happy, and strong again. And for your relationship, you will picture what it will be like when *it* is healed, happy, and strong again. The key is to begin the process while you're still awake but a little bit sleepy, and eventually, you can hack your dream state. It's much the same as having nightmares about job overwhelm while you are sleeping, because those were the final thoughts you had before bed, while you were still awake. Only, we want to capitalize on the opposite. Focus on what you *want*, and you might get lucky enough to dream about it for hours at night, providing a more restful sleep, a higher vibration, and a higher likelihood to achieve the vision as reality.

LOVIN' ACTION


At bedtime, complete your routine as usual, and you'll be nearly ready. Grab a notepad and empty your mind of the cluttered thoughts, to-dos, reminders, worries, and plans for tomorrow... etc. Get into bed, get comfortable, and then you'll be ready. Before commencing your "Dreamcast" with your guided visualization, I invite you to say this mantra out loud:

"When I wake up tomorrow, I promise to do the things and to be the ways that make this come true."

Then, start to run your mind movie. I want you to picture your relationship so fantastic and so fulfilling that if you were coloring in another happiness wheel, everything's a ten out of ten. You would need one gigantic paint brush to fill it all in, because your relationship would feel perfect for you in every way. Let your imagination run wild, and reveal the juicy details of your happy relationship, from what it would look like to see you as a happy couple on the big screen, to what it would feel like for each of your senses experiencing it in real time.

Whether you prefer to visualize from the vantage point of you and your sweetheart as movie characters, or whether you prefer to have that virtual reality in body-experience, or even a mash-up of both... all is good. Just allow your mind to go on the adventure of being a beautiful, happy, connected, healthy, thriving, loving, passionate couple.

LOVIN' ACTION



As your mind tries to wander, continue to bring it back to your vision, until you get sleepy and fall asleep. It is my wish for you that the beautiful dream of your happy relationship will fill your mind for hours as you sleep soundly. When you get up tomorrow, remember your promise, and repeat this mantra aloud:

“I promise, when I go about my day, to do the things and to be the ways that make my vision come true.”

Doing the things is simple: Say yes to invitations that help your relationship, be it conversation, intimacy, outings together, or effort to put it. What I mean by “to be the ways,” is your personality and mode of operation. Choose to be kind, caring, loving, gentle, calm, forgiving, open, communicative, patient, committed, brave, sensual, etc. Go the extra mile for your relationship today, because if you want an extraordinary relationship, today is an opportunity for you to play your part in helping it along. Even if you feel that most of your problems are your partner’s fault, there’s always a role you play to either improve or sabotage it. If your goal right now is to recover your relationship, there’s plenty you can do about that, no matter who *seems* to be more at fault.

I highly recommend that you try Dreamcasting with you partner tonight. If you were with me live in a session or a workshop, you would both have completed the happiness wheels, chosen the short list of key areas, and shared them with each other. You would share with your partner why those areas are so meaningful to you right now, and what it could look like when it became a ten out of ten. Together, you would have chosen a unanimous list of the most urgent areas to work on, and exchanged open communication about how those areas could be enhanced. Then you would have run through the questions about what can be done, and you would have literally scheduled the action steps into your calendar and completed a visualization during the day. This would all be in preparation for what comes next, and for successful Dreamcasting tonight.

When I take couples through the visualization in workshops, it's very touching and emotional for them. Sometimes it's the first time they've held hands in a very long time, or really looked at each other. Most couples choose to sit, if they can, cross legged and facing one another. They hold hands and look into each other's eyes before we begin, and when the music comes on, I guide them to close their eyes, take three slow breaths together, and begin the daydream of their happy future relationship. I play the following song twice, once to allow for the movie screen visualization, and once again to allow for the sensory experience. It's a beautiful song, "Sonnet in C," by Al Conti, on the album, *Poeta* (2007), which you can find on Apple Music.

LOVIN' ACTION



Try it now!

Play that song or any music that is calming for you, letting the music move through your body. Sit across from your partner (if they are willing, or do this on your own). You can face one another, lie in each other's arms, hold hands, or position yourselves any way you can be comfortable together... then close your eyes and let that mind movie begin. As you each envision your relationship, in its healed and restored state, you can share energy together in the process. Let the song play twice, and when you open your eyes after this beautiful visualization, share with each other what you saw. With teary eyes and open hearts, tell each other what you see in the future for the two of you, once everything is happy, loving, and just as you imagined it to be.

After your visualization and all the wonderful things you saw...

1. Is it worth it? Is what you saw a happy enough future, making it worthwhile to put in the work to achieve it?
2. Do you want it badly enough?
3. Are you worth it? I know you are... but do you?

LOVIN' ACTION


Now, I know it can be hard to picture a rosy future when, at the moment, your relationship may be in total breakdown. Of course, there is plenty of work to do to get there, and there are a lot of unknowns, but just for this exercise, remove all the filters and limiting thoughts, such as, “We’re too far gone,” “That might be possible for some people but not for us,” “We don’t know how to get there,” “We can’t get there on our own,” or “I don’t think my partner will go on this journey with me.” All of those limiting thoughts can be placed aside for a moment. I want you to envision with that beautiful childlike part of you that could wish for ponies or race cars as a child, and just let your imagination run wild. Lead from your heart, and picture what you want. DON’T focus on all the reasons you think you can’t have it. Simply focus on what you want. Imagine as though anything could be possible for your relationship... and maybe, just maybe... it will be.

In the next chapter, we’re going to move through the third step in the five-step process for transforming your relationship. In the chapter before this, we took inventory of your starting status. In this chapter, we’ve begun to design the 2.0 version of your relationship; in other words, what you want your relationship to become. And of course, you and I both know that between where you are now, and where you want to go as a couple, there will be, and there already are, some things in your way. Rather than ignore them or crash right into them, in

the next chapter we're going to take a careful and gentle look at what might be sabotaging your success as a couple. I can't wait to see you in the next chapter to eliminate roadblocks and discover what's in your way.

LOVIN' ACTION



Before jumping to the next step, please remember that you are worth it, and there is some **L.O.V.E. Work** for you to do. Fill out your worksheet, take time to do the visualization on your own or ideally with your partner, and share your vision with them. If you're really committed, take on the opportunity to try Dreamcasting tonight. Only good can come out of it, and you my friend, are worth it.

Chapter 7



E = Eliminate Roadblocks and Discover What's Holding You Back

*The I.D.**E**.A.L. Method for Love: Step 3*

“True love brings up everything – you’re allowing a mirror to be held up to you daily.”

– Jennifer Aniston

Pause; take a few deep breaths. This chapter is one that you will want to read, without distractions, and with your journal or notepad handy. I want you to take a break from the chaos of your life, and read this chapter slowly, really considering at each point what might be in the way of your happiness as a couple. Despite all your best efforts, what seems to be allowing the challenges to win, rather than your efforts to overcome them?

Playing detective

Please read this whole chapter fully, before answering the questions as part of your **L.O.V.E. Work**.

I want you to imagine the chronological timeline of your life, from birth until just before you met your partner, and then at every stage in your relationship together....

Think about any past relationships, key events, traumatic experiences, and decisions of how you would be as a partner.

If it relates for you, what did your religion or spiritual upbringing teach you about how relationships should be and how you should be in them?

Do you have a role-model couple in mind that is as happy in love as you dream of being?

How did your parental role models show love, fight, divide labour or power, and operate on a daily basis?

What kind of role models were they?

What have you become that you never wanted to, from your parental role models? Or, what are you afraid of becoming that is like your parents?

How does your spouse or partner remind you of your mother, father, or grandparents?

Picture any previous breakups, heartbreaks, or broken trust. Did anything change in you as a result?

What was happening just before you met your partner? And right after you met?

What was going on when you were first dating? Any unresolved or uncommunicated issues?

When was the first time you felt disappointed in the relationship, or perhaps like it wasn't what you signed up for?

What was your first argument? Your first big fight?

What have become, or what used to be, your repetitive fights?

How do each of you behave when you disagree?

Do you gain closure from disagreement? How?

Do either of you sweep things under the rug and pretend everything is fine, until it's not?

How well do you each take ownership? Apologize? Make Amends?

How well do each of you follow through with your new commitments to do things differently after you've upset each other?

How well do you listen to each other? Any silent treatment? Running away? Distracted or interruptive listening?

Do either of you behave like or feel like the parent or child in this relationship?

Do either of you have blocks to physical intimacy? Why might that be?

Do either of you like to be right?

Do you fight clean or dirty?

Is one of you the judge and juror, and the other always on trial?

How is your personal integrity and character, and that of your partner?

What do each of you think about substance use?

How do both of you manage tempers, anger, the use of hurtful words?

Is any testing going on in the relationship? Do you feel like either of you are pushing or trampling over boundaries just to see how much can be gotten away with?

Is one of you more clingy or needy, and one needs more space?

What have you shut down because you feel hopeless or helpless about it?

Are there any parts of you or the relationship that have become numb?

Do you do things together or feel more like you lead separate lives? Have you grown closer together or further apart?

If you were your own therapist, what would you say the problems are? What would you ask yourself to do about it?

What are your bad habits?

If you were your partner's therapist, what would you say is their part for the way things are in the relationship? What would you ask them to do about it?

What are your partner's bad habits?

Are each of you more likely to take personal responsibility for challenges, or at least see your part in things? Or do you blame everything on each other?

How is your attitude? Do you have *stinking thinking*; meaning, do you have a negative view on life, the relationship, yourself, or your partner? Or are you positive, optimistic, willing to see the possibilities?

What are your thoughts around your partner's and your own self-esteem, self-respect, self-worth?

What is the last good memory you have with your partner?

What is the most painful memory you have with your partner?

What is the most recent painful memory?

How well do each of you forgive? Or how likely are you to hold grudges?

Do either of you act vindictively, with spite, out of jealousy, fear, anger?

How often do you each rehash the past?

Is what you fight about current, or do past fights get roped in as well?

How well do you each regulate your mood, hormones, blood sugar, energy levels?

How well do each of you sleep?

What are your fundamental beliefs about life, ethics, morals, marriage, relationships, gender roles, division of labour, balance of power, money, family, love, your role in this relationship at this time, and your expected role of your partner?

What type of stories float around in your head? More often visualizing positive outcomes for your relationship, or picturing the worst?

How are your communication skills?

Do either of you have someone in your life that you share more with than you do with your partner?

How much quality time do you spend as a couple?

How much technology-free time do you spend together?

How well or poorly do your schedules align?

What are your beliefs on time alone without your partner and vice versa?

What are your key drivers and motives in life?

What do you most need, to be happy? And what does your partner most need?

What kills your mojo (drive) and makes you want to retreat?

What makes you feel alive, smile, feel on purpose in your life? What makes you feel confident, safe, supported? Do you know the answers for your partner as well? Ask them.

What makes you feel dead inside, sad, angry, lost, hurt, frustrated? What makes you feel small, scared, betrayed? What about for your partner? Ask them if you don't know or think you might not know fully.

Considerations

In Chapter 17, we will explore the 12 areas that help comprise your personal happiness, separate from the relationship. But consider that your individual issues, such as depression, addiction, health matters, and life purpose fulfillment, play a big role in your relationship. Your own self-worth speaks volumes about how you treat others. If your life and childhood provided no role model of happy love, or trauma surrounding love, this affects your relationship. Also, when it comes to becoming good at love, and learning what to do to be a great partner, you simply were never taught this in school. And

most of all, both of you came into the relationship with a mountain of silent assumptions and expectations about how the relationship would be, and what roles you would each assume. The trouble is, those expectations and assumptions were likely not entirely verbalized or agreed upon.

I know that a lot of questions were listed above, and some of the answers are painful to consider. As you can imagine, repairing broken, strained, and frustrated relationships is a very sensitive subject and requires a lot of love, patience, kindness, and support. The process is extremely safe when you work with a professional to guide you through it. It's why I love my job so much, because I feel tremendously honored when I'm working with my private clients to provide a safe space for them to do this work. I get to mediate any conflicts that arise, and gently but quickly help them find their way back to one another. This chapter opens up heavy subject matter, and I want you to consider, before you dive into these questions for homework, if you are feeling stable in your state of mental health to do this work alone, or if you would be best to work with a professional. It's crucial to work with a top-rated couple's counsellor or coach, one who can also guide you through the individual challenges mentioned above. Always ask for references so that you can speak to actual clients who have graduated from their practice with a happy thriving relationship. My clients love receiving those calls from new couples who are nervous and want to know if my coaching works, and if there really is hope for their relationship.

I would love to support you and your partner on your journey to happy love. If I am not the person you choose to work with,

I would be happy to point you in the direction of another practitioner who may be a fit for what you're looking for. And if one of you wants help, but the other is skeptical, resistant, or even completely unwilling, this is something I deal with every week. Here's some good news though: While the calls I receive typically come from upset women, often women who have been cheated on, it turns out that their partners fall in love with the process and our time together, because they finally get to be heard, validated, and understood. I offer a non-judgemental experience of balance and equality, always honouring both sides of the relationship, so no one is the good guy/gal or the bad guy/gal. Everyone played a part in getting things to where they are, and everyone will play a part in repairing the relationship. So, if you have a resistant partner, I would really love to have a quick chat with them, or better yet, let them chat with one of my graduated clients who were once a resistant partner in an unhappy relationship, and today they are forever grateful and happy in love.

LOVIN' ACTION



Remember, you can always go to www.YourHappyLove.com and schedule a complimentary consultation. I am here for you, and you matter!

Now, for homework, please fill in your L.O.V.E. Worksheet, and also answer each of the questions above, if you feel safe to go there emotionally. Take notes in your journal for your answers, and then highlight anything that jumps out at you as a possible roadblock to the happy relationship you crave. When you're feeling brave and open, choose a calm time, with no cell phones or technology, no kids around, and share with your partner. Take turns sharing about each of the questions, and reveal your answers. Be kind, be gentle, and be loving. This is an exercise to open up awareness and help you heal. It is not a time to blame everything on your partner. Choose words that help you both feel safe to continue the conversation.

In the next chapter, we will look at key action steps you can take to cause progress, transformation, and relief!

Sending so much love your way xo

Chapter 8



A = Action Plan... Map Out Your Path to Success as a Couple

The I.D.E.A.L. Method for Love: Step 4

“We can’t command our love, but we can our actions.”

– Arthur Conan Doyle

“To love is to act.”

– Victor Hugo

Phew! That last chapter was a lot to consider about what’s in the way of your happiness together. I know it can seem like a daunting task to “fix” all that appears to be broken. So, rather than leave you overwhelmed, let’s explore what you *can* do, starting today, to begin the process of improving your relationship. We all want and deserve to be happy in love; most

of us just lack the skills to be good at love, or the blueprint to follow to get it right. And funny enough...

“Many people spend more time in planning the wedding than they do in planning the marriage.” – Zig Ziglar

This is the fourth step of the I.D.E.A.L. Love Method, where we focus on the action plan. What will you DO about the state of your relationship, and how will you get it to where you want it to go? It’s time to make some decisions about what comes next. Given the topics you explored when you looked at your relationship happiness wheel, and given the vision or desires that you have for your relationship to become... what you *choose* to do about it will have a huge impact on your results. All of the options below are beneficial, and they tend to vary in benefit based on...

- How committed you are to the process.
- What you invest in the process, be it through effort, time, or money.
- How ready and willing you are to embrace change and do the work.
- How ready and willing your partner is to do the same.
- How coachable you are to whichever process you begin.
- How committed you are, and how your personal integrity shows up regarding your follow- through and stick-to-it-iveness.

You could find the world's worst marriage counsellor and be the best client. You could find the world's best marriage mentor and be the worst client. Neither option will give you great results. Ideally, you want to find the best professional for you and your partner's specific challenges, *and* be the best clients you can be! That's your most likely path to create *Happy Love*, falling in love with your sweetie all over again—even if they don't seem like such a "sweetie" to you right now.

In terms of how to go about healing your relationship or enhancing your relationship, what's the best solution for you personally?

1. Will you go the self-help route, and use this book as a standalone guide to get you going in the right direction? Are there other tools you know of that will help you with the DIY marriage fix or relationship repair?
2. Will you attend some group couples workshops or retreats to learn new skills and strengthen your relationship?
3. Will you take a trip alone together and spend some dedicated time focusing exclusively on enhancing your relationship?
4. Will you take a trip with a relationship coach and work extensively on your relationship, with professional help, something similar to my private marriage makeover destination retreat?

5. Will you look for a benefit or insurance-covered professional, and be willing to wait on the waiting list if necessary?
6. Will you seek out the absolute best marriage mentor, coach, or couple's counsellor that's in private practice to help you, which means a well-worth-it, out-of-pocket expense?
7. Will you do nothing, and remain stuck, and wait for the problems to hopefully just disappear on their own?
8. Will you end the marriage or relationship, perhaps having a trial separation?

All of these questions are important considerations, to decide how you will move yourself and your love forward. Whatever you decide to do for your relationship, please give it 100% focus and effort, whether you choose to do it on your own, with a role model helping you, or with professional help. You my friend are worth the effort, and so is your happiness and that of your partner.

In the next section, you'll find some actions to consider on your DIY (do-it-yourself) relationship repair, if that is your initial plan. When I am working with my private clients, this is what we design together in the first three-hour session. We come up with the blueprint to follow for our 90 days together, to help them fall in love again and rewrite their entire relationship. Part of that blueprint will include daily, weekly, monthly, and as-needed action items. It always includes homework, or better known as **L.O.V.E. Work**, and usually involves calendar

planning, schedule management, individual calls to work through personal issues, and scheduling all the sessions for the three-month program. We decide what strategies will be used to address each of the happiness wheel categories, and what supplementary supports might be needed. I may refer the couple to a doctor, naturopath, clinic, nutritionist, financial planner, mortgage broker, or other experts. We decide if any other family members will participate in the coaching, and what areas we will address, in which order. We decide what the goals of the program will be for each of the key areas, and begin the transformation on day one by assigning a 24-hour step to each relationship goal. There is always something tiny that can be done within 24 hours that brightens the relationship.

Just like you my friend, my clients take their journey one step at a time. Becoming good at love takes practice, practice, and more practice. It's about doing the little right things, every day, week, and month, consistently over time. This helps to form new habits, build trust, raise confidence, strengthen connection, and cause the in-love phenomenon to return. So, for you, let's consider which actions would help you now.

"Love has a tide." – Helen Hunt Jackson

And... "Love is like a faucet. It turns off and on." – Billie Holiday

LOVIN' ACTION



Here are some general love actions I suggest:

Daily...

- Always start and end your days with connection: a kiss, a hug, and a simple well-wishing, like “sweet dreams,” “have a wonderful day,” “can’t wait to see you later.”
- Show your love at least once throughout the day with an action, and at least once with your words. For example, packing your spouse’s favorite lunch and sending a text with “I’m thinking of you,” while you’re apart.
- Share one thing that you are grateful for overall with your relationship, or at least one thing you can thank your partner for.
- Manage yourself. Be the best version of you that you can be. Practice being the kind of partner you wish your partner was to you. Check in with your attitude, anger, tone, facial expressions, empathy, compassion, kindness, and so on.
- Aim for physical closeness, whether it’s a snuggle, sitting together on the couch, holding hands, or lovemaking. Any touch that is safe for you and is welcomed by your partner, is great.
- Be genuinely interested in your partner. Ask about their day. Help them feel validated and heard.

LOVIN' ACTION



- Take care of your own health, and practice self-care. Eat well, go to bed at an ideal time, and drink plenty of water. Move your body. Being a great couple begins with being a great individual.
- Take the time you both need to unwind together, and end your day with intention.

Weekly...

- Plan a minimum three-hour date for the two of you.
- Initiate intimacy and closeness.
- Lighten your load and burden. Unclutter your home if you feel stressed by your surroundings.
- Plan something fun at least once a week.
- If you're comfortable with it, do something sexy this week.
- Consider balancing your weekly activities as a couple with something adventurous, relaxing, educational, inspirational, or therapeutic, and so on. Variety is the spice of life!
- Prepare healthy meals together if possible, or enjoy eating them together.
- Document your life; create at least one happy moment worth taking a picture of.

LOVIN' ACTION



- Talk about your amazing plans for the coming week, and get excited to fill your calendar with relationship-enhancing activities. When you put your love first, there is always time, especially if you plan ahead.

Monthly...

- Make a memory together worth photo-booking about. Go somewhere; do something you both enjoy.
- Do something you're not into but your spouse adores. For me, that means going to a football game because my husband loves it. And ask your partner to do one thing during the month that you adore, even if it's "not their cup of tea." One of you may end up at the ballet, the symphony, a sports game, or a museum, and it's perfect if you're not that into it. It shows compassion and kindness to be there with your partner for something they get lit up over, and they'll find it super sweet that you are showing interest in the thing they value.
- If possible, especially if you have children, plan a super long date and arrange babysitting to make it possible. An overnight date would be incredible if you have the support system around to help with any dependent children, fur babies, or aging parents.

LOVIN' ACTION


- Do a fresh happiness wheel each month. You'll be amazed at just how much has changed since you made your Happy Love journey a priority.
- Recap on how the previous month was. What can you build upon? What needs work? What was wonderful and deserves some major gratitude? Have a good heart-to-heart with your love.
- Set a few goals together as a couple, for the coming month.
- Set the stage for unexpected romance and intimacy, and do something that catches your partner off guard, but in a good way. For example, a passionate kiss in public, a massage with essential oils, oral sex, a new outfit or position, making love somewhere other than your usual location, and so on.

Yearly...

- Travel together, alone if possible, or to a destination that offers childcare.
- Share the *best of moments* from the year before. Look back at pictures and cards you've exchanged, or simply chat and reminisce. It's fun to keep retelling the stories about when you first fell in love.

LOVIN' ACTION



- In a journal, write your year in review. What were your standout memories as a couple, what are you grateful for, and what are you committed to working on and transforming in the coming year?
- Recommit to the relationship. If you're married, re-promise your wedding vows over a romantic meal or somewhere special, just the two of you.
- Set actual defined goals together for the upcoming year. If you've got the guts, do as I do and call them promises rather than goals.
- Take at least one personal growth program for you as an individual and one for you as a couple. Perhaps you're learning about Facebook for your business; perhaps your spouse is taking a class on meditation and breath work, and as a couple, you book a valentine's retreat with guest speakers on all the juicy relationship subjects. Whatever you do each year, just make sure your knowledge base and tool kit are expanding.
- Consider the roles you each play in the relationship...Are you looking to change things up a bit?
- Does anything need to change about your typical schedules for the coming year? Work? Sleep and wake times? Date night or date days? Travel times?
- Finally, commit to make next year better than last year, and ask one another, "What could I do to help make next year a better year for you, for us?"

Now that you're seeing what to do, to keep your relationship healthy and fresh, you're going to need some new skills as well. In the next chapter, I am so excited to share *The 6 Secrets of Happy Couples* with you, so that you can get even closer to the Happy Love you crave with your partner. Without these skills, love is hard, and with them, love is so much easier and more fulfilling. Don't forget to go over the action lists above for daily, weekly, monthly, and yearly options, and decide what you're willing to implement for your relationship. Also, looking at the list of eight possible options to move your relationship forward, consider which option is best for you.

I don't know what state you and your sweetie are in at this time, or if things have become more like roommates, or worse, enemies on a battlefield. But I do know this... every tiny tweak, every morsel of progress, every act of love, kindness, and bravery, can make a difference.

"No act of kindness, no matter how small, is ever wasted."

– Aesop

Sending lots of love and courage your way, to do the things and to be the ways that help your relationship improve.

Chapter 9



L = Learn the Six Secrets of Happy Couples

The I.D.E.A.L. Method for Love: Step 5

“We can only learn to love, by loving.”

– Iris Murdoch

“When love and skill work together, expect a masterpiece.”

– John Ruskin

As your True Happiness Coach and Relationship Mentor, I love offering you systems and tools that are intentional, effective, and simple to use. Thousands of couples are already benefitting from these easy-to-follow methods that make a difference almost immediately in the quality of your relationship.

To support you on your journey to deepen your love with your partner, I will be sharing all six of the simple steps to making

your relationship extraordinary, even if that currently seems impossible.

The methods I will be sharing with you ACTUALLY WORK, if you put them to use. This is going to be a game changer for you and your love. Whether you are married, engaged, dating, or just starting to get close, these techniques give you access to the most loving, exciting, happy, and healthy relationship possible!

Did you know that there is an easy way to achieve relationship bliss? But before I tell you how to do that, I need to share a little story.

This is why I'm so passionate about these methods, and I want YOU to achieve what I have... a beautiful, loving, tender, passionate, supportive, fun, adventurous, caring, solid, healthy, and lasting marriage with my best friend and soul mate.

Once a sad divorcee and single mom with a baby, I am now a happily married mama of three boys, enjoying the most incredible relationship with my husband, Jeremy. We are celebrating our ten-year anniversary, and look forward to having a blast together for the rest of our lives. We have married each other twice and are about to renew our vows on our 10-year anniversary, in Jamaica.

Our love is solid, fun, sexy, safe, supportive, caring, and easy going. We have gone through so much together, and we are proof that these methods work. When you walk into our home, you can instantly feel the love. We want this for you and your partner too, and we know that it is absolutely possible

by following along and implementing what you're about to learn.

Have you ever wondered what went wrong? How did we fall so far from where we once were—happy, connected, in love, turned on by each other, talking, listening, meeting each other's needs and having fun?

It's not too late to fall in love again, deepen your connection, and rewrite your relationship with a fresh start and a lasting, incredible future. Nor is it hard!

Just follow these six simple steps, and you can begin to narrow the gap between you and your partner, in a loving and supportive way.

If you still have love present, but your relationship is strained, this is for you.

If your relationship is new, and you want to keep it healthy and give it the best chance to succeed, this is for you.

If you are on the brink of divorce, and you are ready to make one last attempt at saving your relationship, this is for you.

If you love your partner but neither of you have had success in relationships before, or you are surrounded by examples of love not working out (your parents, family, or friends), the upcoming chapters will teach you how to be a couple that beats the odds.

And this is for you, even if your relationship is great already, and you simply want to make it better.

Six Simple Steps You Can Take Today, to Make Your
Relationship **Extraordinary**.

(Even if That Currently Seems Impossible!)

1. Discover how to start loving each other the *right* way, and quickly fill your hearts with love again.
2. Gain instant reconnection by mastering the simple art of heart-to-heart conversations.
3. Learn how easy it can be to finally have everything you want in your relationship—well, *almost* everything.
4. Discover the number one tool to alleviate stress and tension with your partner.
5. Date each other and fall in love again.
6. Reignite your love and passion with this essential step, and beat the odds, with a happy, healthy, fun, and—yes—*lasting* relationship.

I can't wait to show you the practical tools in the coming chapters. Get ready for MORE LOVE!

I promise you from the results in my own marriage and thousands of other marriages and relationships.... These methods work, if you and your partner do the work consistently.

You are worth it!

Sending lots of love your way, because my mission is to bring more love to the world, one couple at a time, starting with you!

Chapter 10



Discover How to Love Each Other the Right Way

*“Love is not only something you feel,
it is something you do.”*

– David Wilkerson

Of the six simple steps you can take today, to make your relationship **extraordinary** (*even if that currently seems impossible*), this chapter is dedicated to step one: discovering how to love each other the right way so that you can quickly fill your hearts with love again. You’ll also learn how to stop spinning your wheels by loving your partner the wrong way, or in the ways that are not meaningful to them.

Have you ever felt like you've done so much for your partner, and it seems like they haven't noticed or shown any appreciation? For example, maybe you make them breakfast every morning, clean their car, and provide for them financially by working long hours; and then you hear comments like, "You never do anything that makes me feel special." Have *you* ever felt under-loved by your partner? The truth is, you probably both do many wonderful things for each other, but they may not be the things that each of you would *most* appreciate.

Good news: There is a simple method for gaining clarity on what would matter most to your partner, and what your partner could do for you that would matter the most to you. It is important to discover this, because when you are feeling well-loved, you become the best version of yourself, and the same goes for your partner. Love gets so much easier, and relationships are so much more joyful when both partners feel sufficiently loved. I cannot take credit for this work, and want to thank Dr. Gary Chapman, for he has created a philosophy and a tool that is so practical, it demystifies how to excel in meeting the needs of your partner, and vice versa.

In life, there are many personality styles. If you ever worked for a company where they did personality testing, one of the reasons for those studies is to help best match your personality to the job you're going to do; but more importantly, it's to help teach the other people who will be working with you, how to best interact with you, and vice versa. The more you know about a colleague, the easier it is to speak in a way

that they can receive the communication to avoid things that can be confrontational, causing conflict; and rather than push each other's buttons in negative ways, find those sweet spots where you know how best to deal with that person. It also helps an employer decide which tasks would best suit which team member, and how to incentivize team members for their contribution, based on their preferences. Some employees prefer recognition over bonuses; some prefer incentive trips. The bottom line is that we all prefer different things.

Now, in relationships, it's very much the same. We all have different personalities when it comes to love. In fact, as Dr. Gary Chapman says, we speak Five Love Languages®. In his work on the Five Love Languages®, Dr. Chapman describes the five main ways we give love and receive love. And he talks about just how damaging it can be in a relationship when you're giving love in one language and your partner doesn't speak that language. They want to receive love from you in a way that you are not giving it. Here's a brief summary of Dr. Chapman's work:

Within each of us, imagine your heart had a love tank, much like the gas tank on your car. When this love tank is full, you are overjoyed and a wonderful person to be around. You're confident, kind, patient, energized, loving, and ready to take on the world. Conversely, when the love tank is running on empty, you're agitated, moody, insecure, reactionary, depressed, overeating or indulging in other risky behaviors, and generally the worst version of yourself. Just like different cars require different types of fuel to perform at their best,

different people crave different types of love, to perform at our best. Dr. Chapman has identified the five main types of love that we give and want to receive as well.

The Five Love Languages® are:

1. Quality Time
2. Words of Affirmation
3. Physical Touch
4. Acts of Service
5. Gifts

So, let's say your favorite way to show love is by *purchasing gifts* for your partner, but your partner's desired way to receive love is with *quality time*. Perhaps you work very long hours and earn a substantial income, so gifts are an easy way for you to show love. You can take a few minutes, buy something special, maybe even expensive, and show your partner just how much they mean to you. But from your partner's vantage point, all they're craving is quality time with you, and while they may like the gift you got, it does not make them feel sufficiently loved. In other words, it doesn't put much love fuel in their love tank. You feel like you've done something amazing for them, hoping for and perhaps expecting a huge positive reaction, and what you get may be a snarky comment like, "Thanks, but it'd be nice if you came home one night before dinner was freezing cold, and actually spent some time talking to me instead of just staring at the TV." It's not that the gift is completely meaningless to them, but it doesn't fill their love tank.

Remember, this topic is so important because so many of the things that make us great partners, improve when our love tanks are full. It is a great goal to help ensure that your partner's love tank is full, and for them to have the same goal about yours.

You can hop on over to my website, www.YourHappyLove.com, and I'll give you a link to Dr. Chapman's quiz so that you can find out what your key Love Languages® are, for both you and your partner. When my husband and I did the quiz, which was a lot of fun, we found out that both of us really prefer quality time and physical touch. We don't mind words of affirmation or acts of service, but we could really care less about gifts. Knowing this, it helped me to understand why the hundreds of cards I gave him produced little effect and barely any reaction. He thanked me, but it didn't do much for him. And for Jeremy, he was able to understand why I'd been telling him, for 10 years, to stop wasting money on gifts, and that all I ever want from him for birthdays, anniversaries, and holidays, are romantic nights away at hotels, or romantic nights in (with no kids), where we can have quality alone time AND physical touch.

The more you learn about your partner, the easier it becomes to know exactly what to do so that they know without a doubt just how much you love them, and when they feel sufficiently loved, you get a wonderful happy partner to live with. It's a beautiful win-win!

"Love is a game that two can play and both win." – Eva Gabor

In my group couples workshop, called “Fall in Love Again,” in my “Six-Hour, Marriage Makeover Day,” and in the private work that I do with my clients, one of the first foundational tools we use is the Love Languages® quiz.

LOVIN' ACTION

So, I encourage you to hop on over to the site, take the quiz, and figure out what the top Love Languages® are for you and your partner.

Next, come up with a list of as many ideas as you can—20, 30, or more ways that you would like for your partner to show you their love. Be specific, and make sure you include all the loving actions that fit with your Love Languages®. For example, if you score highly for *acts of service*, tell your partner exactly what those sweet things are that you'd love to have done for you. Maybe you want them to make you breakfast in bed one day a week, or take over dinner one night a week, including the shopping, cooking, and clean up. If it's *physical touch* that's meaningful to you, be specific. Tell your partner what you're requesting. Are you asking for more kisses, hugs, holding hands, snuggling on the couch, sleeping in the spoon position? Are you asking for romantic touch, sexual touch, a particular frequency for sex and intimacy in your relationship? Or maybe you're asking for a particular act to be done, something new you want to try out together. Whatever it is, go ahead and make a big abundant list.

LOVIN' ACTION


This list is like the *Cole's Notes* on how to love you—the user guide if you will. These are all the fun, loving, meaningful, juicy ways that if your partner could only do those things for you, boy, would your love tank ever be brimming!

Once you and your partner have both had an opportunity to make up a list of wishes on how you want to be loved, you're going to trade lists with each other. Looking at your partner's list, you'll each get to check off what you're *willing and able* to do for your partner. Then go ahead and give them their list back, take yours back, and be amazed at just how easy it is to start receiving more love and giving more love in your relationship.

Remember, the love that you wish to receive *from* your partner is always best achieved by giving abundant love *to* your partner. Do not give love in order to receive love—give it freely. Give love because you have chosen to love your partner, but know that even when we have chosen to love someone, it is hard to do so on an empty tank. You make your partner's job a lot easier to be loving toward *you*, when *their* love tank is full. True commitment asks us to give love abundantly, even when, and especially when, our own tank is empty, which is the hardest time to give. This is where we show unconditional love.

“Commitment is doing what you said you would do, long after the mood that you said it in has left you.” – George Zalucki

LOVIN' ACTION



So, in this exercise, make sure you're coming to the table in the spirit of "Yes." If your partner's making requests, you want to be in the mood to say yes, just as much as you're making requests and you want them to be in the mood to say yes.

Finally, I challenge you to take on Dr. Chapman's *tank check* practice. Three times a week, for the next three weeks, ask your partner, "How's your love tank?" And whatever they say—a 7, an 8, a 2—simply ask, "What can I do to help fill it?" It's a wonderful way to keep this exercise fresh in your mind and to remind you just how much of a difference it makes when you love each other rightly.

“In a full heart, there is room for everything. In an empty heart, there is room for nothing.” – Antonio Porchia

When relationships hit a dry spell, scary times, loveless times, or even risk separation, the first emergency step is to take the Love Languages® quiz, and find out your love language and that of your partner. Maybe you've both been missing the mark, unintentionally all this time, and it may be worth giving it a try the *right* way. What if, by starting today to love each other

rightly, things could change? When our partners learn how we both *want* and *need* to be loved, and then *choose* to love us in those ways specifically, wounds heal very quickly, people fall in love again, intimacy becomes more exciting again, and truly, relationships can begin the process of healing.

Once I determine how you both rank for Quality Time, Words of Affirmation, Acts of Service, Gifts and Physical Touch, I can easily build you a plan to repair and enhance your relationship based on what each of you requires to be happy and feel loved. You too can make a plan!

But what if your partner is not willing to do the questionnaire or even talk at this point? Many of my private clients were in the same situation, but one conversation was all it took for me to help them get past their differences and at least be willing to take this first step. If you are stuck, and your partner won't budge, I'm here to help. You can schedule your first call, on me, at www.YourHappyLove.com.

To summarize this chapter, we speak different languages—Chinese, Portuguese, English, and so on. If we were to speak to somebody in a different language, one that they don't understand, communication would be impossible. When we work in a company, it helps to learn the different personality styles of our colleagues, or especially in a business, to learn that of our clients, so that we can better understand them and cater to their needs. But above all else, when it comes to love, we speak five predominant Love Languages®, and it will change your life to figure out what your and your partner's preferences are.

LOVIN' ACTION


Once you've gone and taken the quiz to figure out what your most preferred Love Languages® are, and that of your partner, you'll make your suggestions and requests list, you'll swap lists, you'll each get to decide what you're willing and able to do for each other... and just like that, you will feel the possibilities unfolding. If you're wise and want to play full out, take on the *tank check*. Three times a week, for the next three weeks, ask your partner how their love tank is doing, and if it's anything less than a 10, ask them what you can do to fill it. Now, after 21 days, I almost guarantee that you'll be experiencing more love and connection together. So why stop then? Make this a regular habit in your relationship.

I believe that using systems and structures can help us stay accountable and keep the promises we meant to keep in the first place.

LOVIN' ACTION


So, if you're up for it, go into your calendar system now, and set yourself up a reminder, three times a week—Monday, Wednesday, Friday or Tuesday, Thursday, Saturday—so that you can remember to ask your partner how their love tank is, and how you can fill it.

I hope you enjoy this chapter. Of all the tools that I use with my clients, this is one of the tools that I did not create myself; but I've seen so much value come out of the work that Dr. Chapman has done that I wanted you to know about it. I really want to give him full credit for the amazing clarity he has created for couples all over the world. In my work, of course, it's even more fun when I can create tools that are brand new and unique, which will fill the coming chapters.

In the next chapter, you will learn how to master the art of heart-to-heart conversations, and cause instant connection with your partner. Your relationship can be one conversation away from hope, relief, growth, and excitement.

Sending lots of love your way xo

Chapter 11



Gain Instant Reconnection – Mastering the Art of Heart-to-Heart Conversations

“There is only one happiness in life, to love and be loved.”

– George Sand

“The first duty of love is to listen.”

– Paul Tillich

Imagine...“One talk, done this way, forever changed our marriage.”

Of the six simple steps you can take today, to make your relationship **extraordinary** (*even if that currently seems impossible*), we’re now going to go through step two. This chapter is dedicated to mastering the art of heart-to-heart conversations to gain instant reconnection.

Have you ever sat across from your partner and wondered, during the awkward silence, what you could possibly say to

make things better? Many couples feel like they have lost their words, their conversation skills, and even the confidence to communicate at all... because they feel stuck.

Good news: There is a conversation formula that works to improve your connection and fulfillment, if you do the work. This is the very same heart-to-heart conversation formula I have used with all of my private clients as they restored, rewrote, and enhanced their relationships. It's amazing how much you can accomplish with this one conversation.

LOVIN' ACTION



Take some time to plan what you are going to say, schedule the time, and have *this* talk. Here's the formula to bring you and your partner closer together again, with a good heart-to-heart chat:

My vision for our relationship is...

The apologies I want to make to you are...

The requests I have of you are...

This conversation formula allows you to actually have something meaningful to talk about, especially when things have been tense or distant. It's a good idea for both of you to prepare for this talk in advance, which also helps to calm your nerves and sets an intention to take each other seriously, because your relationship matters, and your feelings matter.

LOVIN' ACTION


First, let your partner know that you care about them, you care about your relationship, and you care about your emotional well-being. For those reasons, you want to have a loving talk with them, and ask them to clear some time for this talk to take place, without kids present or other possible distractions. If necessary, get a babysitter or take an afternoon off work together. Your relationship is worth it.

Give your partner the framework for the talk. Let them know that this comes from a Marriage Mentor who has supported thousands of clients just like you, but more importantly, that this comes from an expert who has a loving, healthy, happy, thriving marriage personally!

Ask your partner to spend some time thinking about the three topics of conversation, before you meet to have your talk. Go to the tools section on the website, www.YourHappyLove.com, to print off two copies of the template for your conversation, and you can fill it in right on the sheet. One copy is for you, and one is for your partner to fill in. Once again, the three topics are:

The vision or dream I have for our relationship is....

The apologies I want to make to you are....

The requests I am asking of you, to improve our relationship, are...

LOVIN' ACTION



When you have your talk, remember to start with a loving intention, and bring that energy to the conversation. "Sweetheart (or whatever name you call your partner), because I care about you, because I care about me, and because I especially care about US.... I am so grateful that you are sitting with me for this talk so that we can make our relationship even better. I have had some things on my heart and my mind that I need to share with you. We'll take turns. I want to share my vision and then hear yours. There are some things I want to apologize for, and hopefully you have some too. Then I want to ask you some heartfelt requests, and I also want to hear yours."

I suggest having this conversation with a relaxing drink and something to nibble on. Don't do this while attempting to cook or do dishes. Put your phones away, and really focus on each other. This conversation can literally open the door to resetting and recharging your relationship. Give it all you've got. Your relationship is counting on it!

If you want support in how to make this conversation a game-changer, or you are nervous about what to say, how it will go, or how your partner will respond...reach out! I am here for you! I support clients just like you, every day, to make this conversation light, loving, and effective. You can visit www.YourHappyLove.com to schedule a session, or text (416)797-5856 for urgent support.

In the next chapter, I can't wait to show you how easy it can be to finally have everything you want in your relationship—well, *almost* everything. And you my friend, deserve it!

Chapter 12



It's Easy – Finally Get (Almost) Everything You Want

“The degree of loving is measured by the degree of giving.”

– Edwin Louis Cole

Welcome to step three, for making your relationship extraordinary. So far, we've looked at how to love rightly using the Love Languages®, the value of mastering heart-to-heart conversations for connection, and now, we'll explore the relationship booster of loving negotiations and powerful requests.

Are you ready to learn how easy it can be to finally have everything you want in your relationship—well, *almost* everything? You will learn how to lovingly negotiate new terms and expectations for your relationship, so that everyone feels supported, honoured, and cared for.

The issue of needs and requests is going to be the final step in your amazing heart-to-heart conversation. However, just listing them is not enough. We need to figure out how to negotiate, compromise, and complete the process.

LOVIN' ACTION

Let's break down some essential rules if you want to WIN the game of love:

1. Always start by acknowledging what *is* working well, and what you appreciate your partner for.
2. You and your partner take turns making requests of each other.
3. The person asking, states their request calmly and lovingly, without any guilt trips, digs, insults, or rehashing of the past.
4. The other person gets to respond with:
 - “Yes, I am willing to do that, starting right away.”
 - Or, “Yes, I am willing to do that, and I can start on _____ (future date).”
 - Or, “No, I am not able to do that specifically, but what I am willing and able to do is _____ (propose a compromise), which I will start doing immediately or on _____ (future date).”

LOVIN' ACTION


- YOU ARE NOT ALLOWED TO SAY FLAT OUT “NO,” and make your partner feel embarrassed for asking, or like you do not care about meeting their needs at all.

In this game, everyone wins. Both of you get to make all of your requests, and while you won't always get *everything* that you ask for, you will most definitely get *MORE* than what you were getting before.

Write down your agreed upon terms, and stick to them, because your relationship and your partner are worth it.

Here's an example of a marriage where intimacy has been lacking, and sex has been happening once a week at best:

Wife says to her husband: “Hunny, I miss you. I would really love it if we had sex every day; are you willing to do that?”

Husband says: “With the kids in our bed and our hectic schedule, I can't commit to that, but I can commit to us being together at least 3 times a week. This week is so busy, so I promise to make time for us starting next week.”

This next example is from a client of mine where the division of labour was off in the home. The wife, Sherry, was working full time and running the house fully as well. Her husband, Simon, had time for hunting, golfing, and road trips, while she did all

the parenting and housework. Here is a request she made, and what he chose to respond with.

“I would like you to take over on Tuesdays, Thursdays, and Sundays for dinner. This means that I am asking you to buy, prepare, serve, and clean up the food so that I can have time to go to yoga or study for the course I am taking.” He responded with: “I can do every Tuesday and Thursday with pleasure, but Sundays are tough because I might be away. Can we leave Sunday as a game-time decision each week, where sometimes it’s me and sometimes it’s you, but you can count on me for sure during the week?”

Sherry was ecstatic because she now got back an average of six hours a week for herself, to use for her self-care and personal growth. How? Simply by acting with bravery to state her desires and make a powerful request. Notice how there was no guilt trip or shaming. She didn’t preface her request with, “Hey buddy, since you do nothing around the house, I’m asking you to pick up your slack.” She was clear and present, and she simply stated her request without making him feel badly. That allowed him to feel like her love hero and step up to the plate with contribution.

Finally, here is an example from a beautiful couple that were mentioned in the hope chapter, who were struggling badly while attempting to parent their two small children under the age of 3, living in a sexless marriage, with plenty of anger in the mix. This is a request that Carlo made to Lori, because when she was in the home, the kids would only go to her, and he felt left out and unloved by his own children. He badly wanted to

bond with them, and knew it was only possible if she wasn't there. Also, since their parenting styles differed greatly, he always felt like he was walking on eggshells and being watched if he was trying to be a dad while she was there. Additionally, she had expressed that since she had no time for herself—to run, unwind, or to even shower—those were key factors for why she stopped participating in sex completely. His request was brilliant because it was a win-win for both of them.

“Lori, I want to play a bigger role with parenting the kids, and I know you want to start running again. Can you please give me Saturday mornings alone with the kids, while you get that time off to run, rest, or do anything else you would like?”

As you can imagine, she said, “Yes!”

It really can be this simple to start getting your needs met, becoming closer and more fulfilled in your relationship. However, if you and your partner are having a difficult time negotiating this on your own, by all means, reach out! I mediate this process for clients in one extended session, and support both partners in getting their needs met, creating win-win situations. I am here for you!

Now, for your **L.O.V.E. Work**, don't forget to fill in your worksheet; and head over to www.YourHappyLove.com, to the tools section, and print off a few copies of the “Acknowledge and Ask” template. This worksheet is the place to do your prep work before commencing loving negotiations. The top of the document is where you will list your acknowledgments and gratitude for your partner, and the bottom of the document is

I can't wait to show you the other three steps for making your relationship extraordinary, coming up in the next few chapters. Get ready to...

Discover the number one tool to alleviate stress and tension with your partner, and then learn how to turn your love back on. And just before we get into step four, a bonus chapter on mind reading is coming up next.

I promise you from the results in my own marriage and thousands of other marriages and relationships.... These methods work, if you and your partner do the work consistently.

You are worth it!

Sending lots of love your way, and remember this... asking is not selfish. It gives your partner an opportunity to know what you would appreciate, and gives them a chance to step up and be your love hero. When your partner gets to know what you really want, chooses to do it for you, and sees the look on your face of pure joy and appreciation, their self-esteem rises, knowing they could make such a difference for you. Good people love to make a difference for others, and when given a chance to do so, they get to be an even better version of themselves. Allowing your partner to hear what you want, gives them their best chance to show up that way for you. This isn't about changing who they *are*, but rather shifting what they *do*, in the spirit of love.

Chapter 13



Mind Reading... If Only It Was Possible

So, it is August 14, 2019, and yesterday was my wedding anniversary with my husband. Well, one of the two wedding anniversaries we share together. Let me explain: In October 2011, we got married in our backyard. It was a real wedding, although super casual in blue jeans and white shirts, witnessed by our closest family and friends. It was beautiful, sunny, and romantic. Under our red maple and white hibiscus trees, we officially became husband and wife. Then, nearly two years later, we did it again in Jamaica for the dream wedding we had always envisioned.

You see, we had planned our dream wedding for two years away, so that everyone would have time to save up for their one-week, all-inclusive trip to Jamaica. We knew that our two closest grandmothers, in their 80s, would not be going to

Jamaica, so we wanted to officially get married in a place they could attend and witness. We wanted to honor them for their huge contribution of love, support, and guidance in our lives.

Off to Jamaica... August 13, 2013, was a magical day. We got married in the gazebo on the beach, and celebrated with a steel drum band, fancy fruit carvers, drinks, and tons of appetizers served right on the beach. We did pictures by the water, sang and danced with our friends, and then gave everyone a short break to head over to the dinner reception venue, the next beach over. All lit up and decorated with fuchsia orchids, it was perfect. The palm-thatched ceiling went well with the sound of the waves and the gorgeous Caribbean Sea view. Jer and I boarded a small boat on the other side of the resort, and we arrived to the reception, as a surprise for the guests, from the water. From the boat, we walked along a candle-lit boardwalk, right into the party. It was so much fun, and definitely a night to remember.

But here is where hubby and I differ greatly. For him, that was surely a night to remember, but anniversaries, Valentine's Day, and other days like that are not overly important to him. Although they are extremely important to me, he often forgets to make the most of special occasions like our anniversaries. August 13, for me, is not just a night to remember; it is so much more than that. It is a date to remember, cherish, and honor for the rest of our lives. It's the day we got married for the second time to each other, had our dream wedding, and re-promised our love for each other, in front of family, friends, and our favorite place on earth (so far). So, in my books, anniversaries are a big deal. Every day in our marriage

is a day I celebrate and shower him with loving messages to let him know how much he means to me. I don't wait for special occasions to let him know how much I love him... but I do go the extra mile on special occasions.

Unfortunately, for my hubby, there are three such anniversaries that mean a lot to me, for us to acknowledge and take the time to celebrate together: the day we started dating, in 2010; the first time we said, "I do," in 2011; and our dream wedding, in 2013.

So now let's go back to our anniversary from yesterday. We had an amazing afternoon together while the kids were in camp, and we enjoyed what I planned for us a lot: We had lunch at his favorite restaurant; we went to see *Lion King*, which is one of his favorite Disney movies, second only to *Aladdin*; and then we picked up the kids and took them for a picnic and some swimming. I was gushing with joy when I went to pick up his gifts—two new shirts that I knew he would love but wouldn't treat himself to; some specialty treats for our afternoon movie date; a photo of us from Jamaica, framed and already on the wall for him to see; and a card that I couldn't wait to fill on both sides with all of the ways that I love him and all of the future memories I look forward to making together. I packed a giant, heart-adorned bag with all the goodies, as well as some memory lane mushy stuff to help us remember together over lunch. I made a photo album that told the story of us: from the trips where we fell in love; buying our first home, just 9 weeks into dating (crazy, right? But we knew for sure!); getting engaged in Jamaica; and welcoming our first baby boy together, 11 months after our wedding. I had also made him

a scrapbook many years ago, with every card I had given him in the first year we were together. I couldn't even fit all of them.... That is how much love poured out of me, for Jeremy. I brought the scrapbook so that we could reminisce over lunch at how we began, where we are now, and all that we have accomplished and overcome in between.

So, as I said, we had a great time. The day was lovely, and I wished it never ended. But then it did. Once the kids were asleep, I went to my bookshelf to pull out my green and purple journal. It is a very special journal, because I am not the one who writes in it. You see, Jer doesn't believe in buying cards, which is completely fine, because I'm just as happy with a hand-written note on coloured craft paper. I'm not picky. Years ago, he chose a journal to put everything in that would normally go in a card, for all of the special occasions, for all of the years he could, until the journal's full. So this special journal has his hand-written love notes, and even some from the kids, for my birthdays, Valentine's Days, Mother's Days, and anniversaries. To my heart-sinking sadness... this year, there was no note. No card. No flowers. No gift. No romantic activity planned. Nothing. Well, not exactly nothing. He did show up for the date that I planned for us, and to enjoy the treats that I got for us... but that was all the effort he put forth. He showed up.

Granted, there is gratitude for the fact that he at least showed up, but I am worth more effort than just showing up. I could have been mad; I could have let him hear it—or worse—I could have resented him for it and never said a word, quietly letting this drive a wedge between us while I secretly felt underappreciated and under-loved. I chose none of those

options. Aggressive outbursts only get a partner's back up. Passive aggressive non-action only erodes a relationship slowly over time. So, the only good option is to be assertive, and that's the option I chose.

During a quickie lunch break together, before he left for work, and while I took a lunch break from writing this book, we sat together for a few minutes and talked. I paused for a bit, collecting my calm thoughts, as I took care to ensure that I would say what needed to be said, without upsetting him.

"Baby, yesterday was so nice to be together. I loved every minute of being with you. However, I am really sad that our anniversary came and went without you writing me a love note or card, or doing anything for me. I don't need expensive flowers or cards, and I am totally happy when you write in the journal or make a craft with the kids, but I felt under-loved to receive no effort on your part yesterday. I loved our time together so much, and I wished it never ended, but once it did, it dawned on me that I was the only one who generated the day for us. Lately, I have been wondering what would happen if I stepped back from over-loving you—would you step forward in loving me? What would have happened if I didn't make plans for us? I am not mad, but I am sad. It hurts to feel like I love you more than you love me. I want to feel appreciated and special, always, but for sure, on special occasions, I want to feel like I matter a lot to you, and that you want to show me how you feel by doing sweet things for me. I love you so much, and I am sure that you know how much you mean to me... everything!"

With tears in his eyes, he apologized for not doing anything for me yesterday, aside from showing up to be with me. He said it would be different from now on, because he could really see how I was feeling hurt. I had no tone in my voice, no harshness on my face—just genuine open communication about how I felt—so he could listen without being defensive or reactive. He told me how much he loved me, and we talked about what I would want in order to feel like a special occasion was lovingly acknowledged. I don't need gifts and I don't need flowers, but I do want romance, and for him to plan some of it. I love when he surprises me, plans alone time, takes the lead in the bedroom, arranges a babysitter, and helps me feel his love. Now that he knows that, and has been reminded of the outcome when it doesn't happen, I am feeling confident that our anniversary coming up in October will go very differently.

What is the moral of this story? Partners can't read minds. In his eyes, everything was fine. And in your partner's eyes, everything might seem fine, so if it is not fine with you... say so. Say what's on your mind, say it kindly, and say it in a way that your partner knows how you're feeling, why you feel this way, and what they can do about it for the future. Wait until you can speak calmly and kindly, but don't wait so long that you sweep it under the rug and build resentment. Choose your words carefully to say what needs to be said, without digs, jabs, and rehashing the past. You'll notice that I did not say things like:

"You have never loved me rightly, and I do all the work around here. I deserve better than you."

“You don’t know the first thing about loving a woman... what on earth were you thinking to disappoint me so much and think you would get away with such lazy effort?”

“I’m not talking to you. I am pissed off, and it’s up to you to figure out what you did wrong and then fix it.”

“You’ll never know how to treat me right; it’s pointless even telling you why I’m upset. You just don’t care enough.”

Or worse... I could have decided it was hopeless, said nothing, and decided to stop showing my love for him because he doesn’t deserve it if he won’t show me his love. That would be passive aggressive, and vindictive.

If my husband is anything like your partner, there are a few things to pay special attention to:

Mind your tone when you share constructive criticism or feedback.

Share something positive before and after the challenging part of your communication.

1. Mind your facial expressions when sharing what’s on your mind. If you look nasty when you say it, the reaction may be nasty too.
2. Give your partner suggestions on what you would prefer, so that they know what would help to avoid this conflict again.

3. Accept their apology graciously so that they feel like there is hope to mend the situation.
4. Show lots of gratitude the next time (and every time) it goes the way you were hoping. Reinforce the loving actions they take on your behalf, so that they know it is working and that you want it to continue.
5. Don't cut with the tongue; meaning, say the message without the added pain of insults.

Is there anything you might want to apologize to your partner for? Or anything that you want them to apologize to you for?

Apologies on their own are rather weak, but when combined with a promise of improved behavior, they set the stage for a brighter future.

In the next chapter, we will dive into apologies, and how to clean things up with your partner when there's a bit of a mess.

LOVIN' ACTION


For your **L.O.V.E. Work**, here are a few extra things to consider:

1. What have you been aggressive about and only shared your feelings in anger or upset?
2. Make a list of unresolved conflicts that could get resolved if calm conversations took place instead.
3. What have you swept under the rug, passively aggressively building resentment about?
4. Make a list of the things that have never been dealt with—just stuffed, ignored, avoided, and tolerated—and you know that life would be so much better if they were resolved.
5. Make a list of things you may want to apologize for, to your partner. We will need some material to work with, in the next chapter.
6. Also, make a list of things you long for your partner to apologize for, to you.
7. Finally, choose one small item to have an assertive conversation about with your partner. You will describe how you are feeling, why it is upsetting for you, and what you are requesting that they do to improve the situation.

Chapter 14



The Number One Tool to Alleviate Tension

“No one’s perfect, but apologies can be!”

– Hailey Patry

Of the six simple steps you can take today, to make your relationship **extraordinary** (*even if that currently seems impossible*), we’re now going to go through step four. In this chapter, we will cover one of the top tools for alleviating stress and tension with your partner, and it’s all about... apologizing properly. You can ease tension quickly, with a truly meaningful apology.

Have you ever said “sorry” but didn’t really mean it? Have you ever heard “I’m sorry,” and knew that your partner didn’t really mean it, and would just screw things up again the exact same way? Have the words, “I’m sorry,” been shouted at you, with attitude all over the other person’s face, completely lacking

kindness, empathy, or love? Or vice versa? Well, then you know exactly what I mean.

If you want to receive meaningful apologies, it's time to learn how to give a meaningful apology. This simple formula was taught to me by one of my mentors, and it is life changing! It allows you to clean up relationship messes quickly, and stop fighting about the same things over and over again...If, of course, you take it seriously and keep your commitments.

Here is the framework to make things right, when you've messed up:

1. What I want to clean up with you is...
2. The impact on you is...
3. The impact on me is...
4. What you can count on me for, from now on, is...

Let's do an example. In my marriage, I used to be guilty of upsetting my husband when he was parenting our three boys, and I did not stand firmly beside him. I wanted a softer consequence or reaction to the situation, and I mistakenly said so out loud, in front of the kids, which made us look like "good cop/bad cop," and I undermined his authority as a parent. I made a commitment to become a better wife and support him fully as the co-parent and co-manager of our family. I needed to clean it up with him first. It went like this:

1. "Jer, my love, **there is something I want to clean up with you.** I have not been honoring your repeated request, to have your back when you are parenting

the boys. I know this upsets you, and I have been failing on my end. I know that I need to fix this, and I truly am sorry for not doing a better job of managing myself in these situations.

2. **The impact on you is** that you feel like it is useless to parent the kids if I am just going to give them different rules or instructions. It must make you feel like I don't care about your feelings, since you have asked me this several times before, and that I don't respect you or your parenting methods. You may wonder if I care that this has a damaging effect on the kids' ability to respect you, and on how you feel about "wasting your breath." This frustrates you, makes you noticeably upset, and makes you want to pull away from me.
3. **The impact on me is** that I feel terrible for upsetting you and pushing you away. I am very mad at myself for doing this behaviour at all, but definitely for repeating it. I want nothing more than to show you how much you mean to me, how wonderful of a father I think you are, and to help us raise the most amazing kids together. When I behave this way, I undermine all of that, and I feel truly awful after I do it. It makes me feel sad that I hurt you in any way, and it makes me nervous that if I keep this up, you will lose respect for me and pull away in other areas of our relationship.
4. **What you can count on me for, from now on, is** to stand by your side as a united front, even if I do not agree with or share the same opinion on the situation. I will wait until we are alone together, and

find a respectful time and way to express my feelings to you. In front of the kids, I will do everything I can to show them we are a united front, and I will back you up and support your decisions. I will only express my difference in opinion when the kids cannot hear us. I also give you permission to call me out on this if I slip up, and to remind me by saying the words, *united front*, which will help me snap into gear and remember how important this is. I love you, and I will do my best to honour you in this way.”

Now, can you FEEL how different that sounds, how genuine it is, compared to your basic and general “I’m sorry?”

LOVIN’ ACTION

So, now it’s your turn. First, make a list of things you would like to clean up and apologize for to your mate. Pick the easiest of them all, and practice using the formula below. Once you are comfortable, work up to the more challenging items on your list, and give some real heart-focussed intention and careful thought to what you will say to your partner.

World’s best apology formula:

What I want to clean up with you is...

The impact on you is...

The impact on me is....

What you can count on me for, from now on, is...

LOVIN' ACTION


After you have run through your list, and you have really given thought to what you will say, don't waste another minute of having your partner feel like you didn't notice these things, or that you don't care how they feel, and that you don't feel badly about your choices or actions, and ultimately... you don't have empathy. GO NOW! You will blow your partner's mind, and put their heart into such a state of relief, if you pull them aside once you can have a quiet and private conversation, to let them know the following:

"Because you matter to me, and our relationship matters to me... there are some things I want to share with you." Then run the apology formula for each item you have on the list. Ask them to hear you out fully on any one item before they jump in. Ideally, ask them to let you run the entire list, so that they can really feel your love for them before they respond.

You're doing great so far, going through the six simple steps to make your relationship extraordinary, AND....I saved the best steps for last!

In the next two chapters, I can't wait to show you how to reignite your love and passion, and beat the odds, with a happy, healthy, fun, and—yes—*lasting* relationship.

I promise you from the results in my own marriage and thousands of other marriages and relationships.... These methods work, if you and your partner do the **L.O.V.E. Work** consistently.

You are worth it! Sending lots of love your way.

Chapter 15



Date Each Other and Fall in Love Again

“I’m very romantic. I’m extremely romantic. I date my wife!”

– Alice Cooper

*“Falling in love, and having a relationship,
are two different things.”*

– Keanu Reeves

Rekindle your love with this essential step, and beat the odds, with a happy, healthy, fun, and—yes— *lasting* relationship. In this chapter, I am covering step five of the six simple steps you can take today, to make your relationship **extraordinary** (*even if that currently seems impossible*).

Studies show that couples who date each other at least once a week are three and a half times happier.

When you were first falling in love, you made time for each other. It is amazing how quickly we forget that this is a top

priority. Once we have been together for some time, life seems to be busy; other things take precedent and, before you know it... love fades.

Whether you and your partner have quality time as your most dominant love language or not, all relationships need quality time in order to survive. Quality alone time together is like oxygen. Without it, your relationship will suffocate and die. This is a must to help you and your partner have a healthy relationship. There is simply no substitute for quality time.

So, how do you make it work in a busy schedule, to find time for dating your partner; and what's the best way to date so that you get the most value from your time together?

In my practice, I've found that a minimum date of three hours, once a week, is the place to start. Now of course, more is better, but at the very least, carve out three hours a week for you and your partner to be truly alone, doing something special together. There's a difference between a date and just being together. Oftentimes, when I'm working with couples that don't have children, they'll push back on this notion of dating each other. They say, "It's not like we need to book a babysitter and go out; every night is date night." But is it really? Is it really date night when you're exhausted, and you've come home from work, put on your comfiest clothes, and plunked yourself in front of the television? You probably didn't take a shower to get ready for love and intimacy later. Maybe you're eating in front of the TV and not really talking much.

So, I challenge you—even if you don't have children and you don't need to book alone time—that a proper date is *different*

than just happening to be home together any old night of the week. When I have date night with my husband, I am counting the days all week until it is *date day*. And on *date day*, I'm counting the hours until it's *date time*, and while we're on our date, I'm counting the moments until we can come home and be alone together and be intimate together. Because I know I want to be intimate with him, I've showered and done those personal hygiene things that make me feel ready for love. I've given some thought to my state of kiss-ability, bringing mints, brushing my teeth, and all those little things... because it's not just *any* night, it's *date* night!

For your date activity, do something where you can truly connect, and as parents say to their teenagers: "Put your darn phones away and actually make eye contact!" In order for you to really connect, an activity like going to a movie isn't the best use of a date night; however, it's a great strategy when things are tense, and you're afraid that if you do go on a talking date, you'll end up in an argument. Or you're overwhelmed with work and really need to unplug mentally. My husband and I have tried tons of things together—salsa lessons, live music, dancing, hiking, picnics, checking out waterfalls, live theatre, bowling, mini golfing, trying new restaurants, paint night, pottery making, couples massages, salt caves and meditation, hot yoga, relaxation yoga, couples yoga, chocolate making—you name it, we've tried it, or we'd be open to trying it! We've had dates in our bedroom, where we send the kids out to the park with the sitter so that we can have a great heart-to-heart, a snuggle session, and make love. We've tried so many things, and we'll keep looking for new fun things to try together.

LOVIN' ACTION



For you and your partner, I suggest you choose a window of time that's at least three hours, once a week, and commit to it being your regular date. It can be in the morning, afternoon, or evening.

In our life, we do a Monday evening date, and we also do a *day date* once a week while the kids are in daycare and school. I just love this man so much, and I want to spend quality alone time with him. When we don't have that alone time, we both get cranky, antsy, and not the best version of ourselves. It's like being so hungry that you get "hangry," only what we are craving isn't food....it's each other.

It's not enough to just be together; it's important to make the time together meaningful. Many times, my clients will share with me that they went on a date, yet all they felt they accomplished was chewing some food, drinking some wine, and that's it. They didn't know what to talk about or how to connect with their partner, so the love connection did not improve from their time together. Without some communication skills and strategies, many couples will go on dates and not feel a sense of deeper connection with their partner. They don't feel like they accomplished any more closeness in their relationship, and they didn't resolve any issue that they were having. And so, if your date is simply pouring your eyes into Netflix, or shoving food in your mouth, then we really haven't maximized that time.

LOVIN' ACTION

Here is what I suggest: Use the Heart-to-Heart conversation structure from Chapter 11, and make sure to have that conversation every time you have a date with your partner.

- Begin with sharing the vision you have for a future time frame (tomorrow, the coming weekend, next month, later in the year, a few years out, travelling, retirement, etc.).
- Choose something to clean up with your mate and make an apology, using the apology format from Chapter 14. I'm sure there has been at least one thing you can make amends for since the last date.
- Finally, make a request so that the next week can be a really exciting time with new growth in your relationship. And remember, don't be making requests of your partner unless you're in the mood for "yes," as your partner will be making a request of you as well.
- If you struggle with what to talk about with your partner, there are some great resources online that give you lists of topics and questions to go through, which scientifically nurture connection. I have included the links for you at www.YourHappyLove.com.

Getting inspired as a couple might turn into making plans for more fun together. When we're on our date, that's often when we're dreaming up ideas for our next big escape together. We plan a week away without the kids every year, and a weekend off, once a quarter, to have a mini vacay together.

I don't recommend using your dates to talk solely about work, kids (if it's applicable), or problems you're having in the relationship. If there are problems in the relationship right now, they naturally need a time where they can be brought up. So, make sure to set up a designated time to have the more difficult conversations. It would be ideal if you could keep your date sacred by focusing on the positives as much as possible.

If you're not sure how to get into positive gear, start by sharing some gratitude for your partner. I know this can be especially tough when things are not great in the relationship... but there are always things to be grateful for, no matter how big or small. Here's a quote to live by: *"Only appreciate those things that you wish to continue enjoying."* – Hailey Patry

One of our favorite subjects to talk about on our dates is reminiscing about the best moments from our life together so far. I love to retell the stories of when we were first dating, when we fell in love, and the sweetest stand out moments, like when we got engaged, when we got married, and when we welcomed our children. Talking about those sentimental things just puts our hearts in a good place, and puts us in a good mood. It reminds us why we chose each other in the first

place, and how much love we have shared together. Yes, at times, it can also be a solemn reminder of how far we have come, how much we have gone through, and whether we have let our love slide.

Lastly, we love to talk about goals together. Every month, we take inventory in our marriage and in our personal happiness, so that from there, we can decide what our goals are to work at. It makes my husband and I feel supported to be able to share our goals and ideas, bounce them off each other, and come up with plans for how to succeed at them. It makes us feel like we are a solid team, moving in the same direction, helping each other to grow.

LOVIN' ACTION

So, for you my friend, consider those topics on your next date:

- Making plans for fun, romantic, adventures with your partner
- Reminisce about the best moments you've experienced as a couple
- Share any new personal or marital goals you have in mind

There are a few other things to note about dating, if you're on a budget or you have kids that require babysitting. Dating

does not have to cost any more money than what you're spending as it is in your relationship. You need to buy groceries anyway, so cooking together and taking the food out with you for a romantic picnic, in a backpack for a hike, or serving it up romance-style in bed, does not cost anything extra. It's the thought, effort, and creativity that counts... plus the fun factor. There are endless ways to enjoy quality time with your mate, which are free. Also, going out to eat can be affordable if you snack at home before you go, only order an entrée, and come home for coffee, tea, and dessert. I personally don't drink, but my husband is happy to enjoy a beer or a glass of wine. We don't need to spend \$10 a glass when he can have a whole bottle of wine for \$11 at home, and enjoy it on four different days. So, if you like a drink but don't have the budget right now, and you are NOT going to be driving, consider having your glass of wine with some nuts or cheese before you head out, or with dessert once you get home, over a good snuggle and chat. If you've already enjoyed plenty of meaningful heart-to-heart conversation on your date, there's nothing wrong with cuddling over a movie that makes you laugh, think, connect, get inspired, or get in the mood. However, beware of the sleepy movie trap, where well-meaning partners fall asleep on the couch and never make it to that part of their date, where clothes come off, and skin-to-skin contact is enjoyed.

LOVIN' ACTION


Free date ideas:

Check out your city's online guide for activities, which is listed on their website. For example, where we live in Oakville, we will look up things to do in Oakville, Burlington, Milton, Mississauga, etc. We can always find free festivals and fairs, live music, movies in the park, and depending on the season or the climate where you live, there are free skating rinks, toboggan hills, and trails to explore.

Go into your nearest travel shop and grab some maps. We are blessed to have CAA here, which gives out free maps! Or do your map searching online. Find some new parks, trails, beaches, or areas to go exploring. Your running shoes, a backpack with some goodies, and a small picnic blanket are all you need for a fun and active date. We bring water bottles, a deck of playing cards, a meal to go (made at home or purchased), and most importantly, each other.

Make a post on your favorite social media platform, and ask your tribe... "looking for free or affordable date ideas. What do you recommend? You will be amazed with all the cool things your network will suggest for you, especially if they know you well and know your area.

Give each other romantic massages, set a stage for romance at home, and spend a date in, just exploring and enjoying each other. If you have a bathtub big enough for two, a hot tub, or if you enjoy showering together... but especially if you haven't done it yet... get clean together, and then enjoy each other.

LOVIN' ACTION



Board games, if you enjoy them, can be a fun way to get out of the boring work chat and unwind together. We also play backgammon, a few card games—heck, we'll do almost anything together.

Find a new hobby you can both pursue together, or a new skill to learn. Whether it's watching YouTube videos on how to make sushi; doing some fun DIY projects together, like growing your own herbs and veggies; or learning about massage and pressure point techniques that you can try out on each other—anything interactive is a great way to spend your time together.

If your budget allows, here are some other dates to try:

- Rent a hotel room for the evening, only wearing your robe at most, and having room service in bed, with lots of romance and intimacy.
- Go for a couple's massage, followed by a spa lunch or dinner.
- Arrange a private couple's yoga session.
- Go for private salsa lessons, and dance the night away together.
- Grab tickets for a live sporting event or concert.
- Hire a personal chef to come into your home and cook for you.
- Go on a retreat together.

LOVIN' ACTION



- Have some local fun, like bowling or mini golfing, or going to a trampoline park, an indoor adventure-plex, or rock climbing gym, etc.
- Get on the water! Rent a jet ski or speed boat for a few hours to go explore; or our personal favorite, hop into a canoe or double kayak and go for a relaxing paddle.
- If you or your mate are into arts or culture, there are endless options to check out: museums, galleries, live theatre, live music, and other special events.

You will never run out of things to do, new adventures to take, and memories to make, if you're willing to be creative and keep at it. Dating your partner is the best thing you can do for your relationship. If you have children, elders you care for, or pets, and babysitting, caregiving, or pet sitting is a concern, let's address that. Every couple with dependents, needs and deserves a break. It is crucial that you take the time to pour into both your relationship and your own self-care, so that you can remain healthy and happy, and still be present to care for your dependents the rest of the time. Regardless of who or what is dependent on you, it's essential that you have a regular service, agency, or person that you can call on when you need to be off duty. In our case, we have had the same babysitter for almost seven years. We don't have to call around

every week and leave it to chance. We have her booked on the same day, at the same time, every week, until she retires from babysitting—which we hope won't be for a long, long time. (Sigh.) We really love her, and more importantly, so do the kids. They actually call her Aunty April.

LOVIN' ACTION

So for you and your mate, figure out what resources and supports you need to put in place as a standing arrangement, so that all of your dependents are looked after, and you are free to date your partner and fall in love again every time you do.

For senior care, look into community services that you may qualify for, to offer help once a week. For kids and pets, if you cannot afford a service at this time, such as a dog walker or babysitter, then consider doing a child swap or pet swap with a close friend.

Many of my clients have found the child swap to be a sanity saver. Here's how it works: You take a friend's kids from 9–12 noon, for example, while they go on a date; then, drop the kids off at their house, and you go on your date from 12:30–3:30. This works especially well for kids who are similar in age or enjoy spending time together, and the best way to find a family that could do this with you (if you don't already have a friend in mind) is to host some playdates with your children's friends, and invite their parents over

as well. Get to know some other families who attend the same school or live nearby, or participate in programs with your kids. It's a dream come true to have time off for your relationship that does not cost anything, and I have found that more kids at home is easier than just my own kids at home. Why? Because they have buddies their own age to play with.

Whatever stands in the way of you spending quality alone time with your partner... let's figure it out! Remember, you can always schedule a complimentary session with me by hopping onto the website at www.YourHappyLove.com, and we will find a solution for you. Some of my clients who work shift work, date at very unusual times, which is perfect! If you prioritize your relationship, you can always find ways to be together. There are obvious exceptions, like business travel, military service, unfortunate events, and health challenges; but each of these challenges have creative workarounds that we can discuss privately.

What matters more than anything, is being present for one another, putting your relationship first, and taking the time from things less important. Make the decision that you are worth it and so is your relationship.

Because this topic is so essential to the happiness in your relationship, I will repeat the important pointers here:

- Do more than just watch television or Netflix together, and make time for talking, listening, touching, and building your closeness.

- Have fun together! Get out and try new things or do the things you used to love doing together.
- Make your dates feel special. Prep yourself with extra attention to your personal hygiene. When you put effort in for your date, then that alone makes your partner feel like you still care about them and your relationship. It doesn't hurt to smell nice, have fresh breath, plan a surprise, make actual plans for your evening or your daytime outing, and bring a little shock and awe by doing something you know your partner would be blown away by.
- It is also great to have dates that are simple, inexpensive, relaxed, and at home. Snuggle dates, with take-out Chinese food and great sex, are definitely underrated!
- Avoid rehashing negative things from the past, having your cell phone anywhere near you, and talking solely about work or the kids.
- Dates are a perfect opportunity to have heart-to-heart conversations, as outlined previously.
- Schedule a minimum of three hours to date each other weekly. If you haven't done this before, going from zero dates to monthly or biweekly dates would be progress worth celebrating. But aim for weekly dates, and your relationship will thank you.

Whatever you do, just do your best to make it feel special, and take it up a notch from how you normally do things. Extra effort helps the *in-love* feelings to flow again.

Happy dating! I can't wait for you to rediscover your partner and fall in love with them all over again as you venture out to do fun, new, and exciting things together. It's time to get your love on!

Chapter 16



Reignite Your Love

“We search for meaning, we long for connection, we yearn for love, but we hunger for touch.”

– Hailey Patry

“The best thing to hold onto in life is each other.”

– Audrey Hepburn

Of the six simple steps you can take today, to make your relationship **extraordinary** (*even if that currently seems impossible*), we’re now going to go through step six, which is all about loving touch.

There’s a reason many couples are familiar with the term, *make-up sex*. After a big fight, we don’t play make-up board games or go for make-up hikes.... It’s that *make-up sex*, the

skin to skin, spiritual, emotional, and physical connection that feels so healing.

“Love is an irresistible desire to be irresistibly desired.”

– Robert Frost

It is the first thing we can do to show love, nurturing, and support to a newborn baby... hold them skin to skin, and help them to physically *feel* the warmth and safety our love provides. And not much changes as we adult. So...touch each other! Whatever state your relationship is in, and wherever your intimacy is at right now...consciously choose to take it to the next level, and commit to doing that at least once a week for sexual intimacy, and daily for non-sexual touch.

LOVIN' ACTION


If you have not touched each other at all lately, gently incorporate non-sexual touch daily, to bring the closeness back. You can try simple gestures like:

- A hug before you part in the morning and when you reunite at the end of your day
- A good night kiss
- Holding hands
- A shoulder rub
- Putting your arm around your partner's waist
- Letting your feet touch while on the couch or in bed
- Cuddling
- A hug from behind when your partner is standing and doing something such as meal prep or the dishes
- Your hand on their thigh when you're sitting beside each other
- Offering a back massage or a foot rub
- * Always make sure that you both feel safe and willing to reincorporate touch

"They invented hugs to let people know you love them, without saying anything." – Bil Keane

LOVIN' ACTION



For sexual intimacy, if there are physiological reasons that make intercourse unsafe, painful, or impossible, try other options for sexual intimacy, such as:

- Holding each other naked
- Sleeping together naked
- Passionately kissing
- Oral sex
- Manual stimulation for your partner
- Incorporating sex toys or aids
- Incorporating lubricants
- Assisting your partner in loving ways during masturbation, such as holding them, lying naked with them, participating with them
- And most importantly, see a health care provider, such as a Urologist, Gynecologist, Cardiologist, Naturopath, or Pelvic Floor Specialist, to address and treat any medical factors that are inhibiting the enjoyment of your sex life with your partner.

If you enjoy sex with your partner, but the frequency is an issue, consider:

- Clear time in your calendar where you have the intention of making love and being alone together.

LOVIN' ACTION



- Find creative times to be together, such as in the morning before work, or before the kids wake up, or on your lunch break if you work close to home.
- Plan weekend getaways where you can make up for missed time together.
- Be prepared. If a spontaneous opportunity arises, take it! It helps to be prepared in advance by making it a daily habit of keeping up with your personal hygiene so that you will feel more comfortable saying yes to your partner.
- Be okay with different versions of being together... not all occasions will have time for dinner and foreplay. It is okay to have short, quick sex breaks to keep your relationship healthy.
- Shock your partner! If you are not normally the one who initiates.... INITIATE! If you are always the one to initiate, ask your partner to initiate once a week, biweekly, or monthly for you.

If sexual frustration or boredom has set in, consider:

- Picking out some books at the library or your favourite bookstore to address your challenges. There are many great resources that teach techniques for enhanced sexual satisfaction.
- You can also go online for educational videos on all areas of sex and sexuality.

LOVIN' ACTION



- Investigate if the issues stem from your partner's or your own lack of self-discovery or body confidence, feelings of shame or inhibition around sex and pleasure, insecurities, lack of practice, communication blocks, fears, anxieties, and so on.
- If you feel that your attitude toward sex and pleasure is healthy, and your skills as a lover are sufficient, consider simply adding in some variety to your sex lives, such as utilizing new positions, making love at different times of the day and in different locations around your house.
- If you prefer to be more adventurous, consider making love in unique locations other than your house.
- Shift roles from who typically initiates and who takes the lead during love making.
- Add romance to the experience, with the use of music, lighting, incense or essential oils, and even your wardrobe choices.
- Lighting has a big impact on sexual satisfaction, especially for those of you who are visual lovers and want to see and enjoy with your eyes what you are touching. It can really heighten the experience. I personally love to look into my husband's eyes and see him, which can't happen in the pitch black. Keeping the lights on during sex is difficult for those who have body confidence

LOVIN' ACTION


barriers, which can arise from childhood trauma, disordered eating and body dysmorphia, infidelity and trust issues, weight gain, and surgical scars, especially after a mastectomy.

- If lighting causes anxiety, but it is something you wish to improve upon, consider the gentle light of candles, made even safer by battery operated candles that can be turned on and off with a remote control. We use a heart-shaped salt-rock lamp, which produces a warm glow, the perfect amount of light, and beautiful energy as well.

Make a playlist that helps get you and your partner in the mood for love and closeness, and build it up as you would your lovemaking experience: songs that get you in a happy mood at the beginning, followed by songs that help you feel romantic and sexy (think musical foreplay), and finally, music you would appreciate during the height of your love making.

- Have a sex talk. Choose a time when you are both comfortable and open, and perhaps with your favourite drink in hand, such as a cup of tea, coffee, or a glass of wine... genuinely share your sexual fantasies with your partner of what you envision for the two of you. Talk about your likes and dislikes, what turns you on and off, and any requests you could make to have things shift

LOVIN' ACTION



in the ways you would appreciate. Be kind and gentle in this conversation, and make sure to share feedback constructively, using the build-break-build format. (Give a compliment or gratitude, followed by the constructive feedback or request, finished with a compliment or gratitude.) For example: “Hunny, I absolutely love it when you initiate sex with me, as it makes me feel wanted by you. Could you try to do that more often? I seem to recall it’s only every few months when you take the lead. When you do, I feel like the luckiest lover in the world to be chosen by you.”

Finally, and speaking of sex talks... add vocalization and sound to your lovemaking if this is an area that can be enhanced. Some lovers are visual, some are auditory, and just as much as we differ in learning styles, so too do we differ in what turns us on. If you are normally quiet and held back in bed, consider letting your inner diva/divo be expressed a bit more. If sounds are already expressed but words aren’t, consider sex-talk with your partner during lovemaking. Ask your partner (during a conversation and NOT in the middle of the sex act) if they would be turned on by you talking romantically, sexually, or naughtily during sex. See what feels right for the two of you, and have some fun experimenting together.

Don’t be alarmed if this last section has you a bit nervous. Many of my private clients were stuck regarding their intimacy issues

for years before they came to me, and within just a few hours together, we found the right solutions to bring them closer again. I have witnessed countless couples, who were having sexless relationships and sleeping in separate bedrooms, turn their love around and turn each other on again. Intimacy can be healed, restored, and revved up, when you do the work. Yet there are many hidden factors below the obvious challenges, so this is an area where I especially recommend speaking to a professional to assist you in a safe and gentle way. When we find and heal the underlying barriers to intimacy, love flourishes quickly and continuously.

As you can see, there is a lot you can do to enhance the quality of your relationship, and *most* of it is simple, fun, and not scary after all!

The only question is... will you take the time to make you, your partner, and your relationship a priority for the next 21 days, to see the difference these techniques will make for your love, your happiness, and your fulfillment as a couple? And after 21 days to build the new habits of loving each other, how about another 21 days... heck 90 days... 6 months... a year... or a lifetime?

Remember this: *“Loving touch, every day, keeps the divorce papers away.”* – Hailey Patry

As I’ve said before, I promise you from the results in my own marriage and thousands of other marriages and relationships... These methods work, if you and your partner do the **L.O.V.E. Work** consistently. To really repair, strengthen, or enhance

your relationship, in the shortest timeframe possible, let's get on the phone together, and make sure you're on the right track while using these tools.

Book a complimentary relationship session, at www.YourHappyLove.com, to FAST TRACK your results. You are worth it! Your relationship can be one conversation away from getting better.

In case you're going to go about your relationship rescue on your own, I really want you to be as supported as possible, and successful, which is why I have put all my best tools on the website for you to use! In the final chapter, I'll recap everything we've covered so far, to make sure you've got the whole process in order; but don't skip the next chapter! Turn the page to learn a very important missing link in the happiness you crave from your relationship.

Sending lots of love your way. xo

Chapter 17



It Takes One – Before It Takes Two

“I love being one half of a romantic couple.”

– Julianna Margulies

“Self-love is the source of all our other loves.”

– Pierre Corneille

If you have gone through the five-step process, you’ve implemented the six techniques of happy couples, and you’re wondering why it *still* feels like you’re far away from your goal, and you’re asking yourself, “Why are we not *fixed* yet?” There are a few more things to consider:

1. So far, you’ve done this on your own, and the process works much better and much faster if you work with a practitioner to help you see what’s in your blind spot. I am here for you, to help you explore what’s in the way. It is hard to see the problems in your own

fishbowl, and a safe, unbiased, outside perspective is the easiest way to create the happy, healthy relationship you crave.

2. Perhaps the lessons you learned are all still in your head and not yet in practice. Maybe you have been applying what you've learned but need more time for the consistent efforts to create results. In other words, you know what to do, but you're not doing it just yet, or you have begun but need to show your partner more action over more time.
3. Maybe you have stepped up in a big way, but your partner isn't acting like they've noticed or like it matters. When you're doing the right things, consistently every day, yet not being appreciated enough, it is really tough, I know. But stay the course. Sometimes healing a relationship is like speaking to a coma victim. They might not be able to talk back to you or say *thank you* and *I love you too*, but they ARE hearing you, and when they wake up, you'll know that your efforts were appreciated. Be patient. Some people take longer to come around.
4. Rehashing the past: If this is happening because you or your partner can't stop talking about it, naturally, the relationship will feel like it is stuck in the painful parts of the past, and not be present to the joy and healing you are creating in the present and for the future. Come up with an agreement as a couple, on staying present. There are exceptions when the past needs to be referenced for a particular conversation,

but it cannot be thrown in each other's faces and weaponized to keep a partner from moving forward. Especially in the case of infidelity, this is particularly hard. Most couples will benefit from agreeing on an allowable frequency. For example, we can talk about this once a week, but on the other days, let's focus on the present. This rule goes out the window during the grieving period after a trauma to the relationship, such as an affair. The partner who was cheated on, deserves to get their emotions out, for a reasonable time period, and the time period is unique to each situation. However, a partner can only handle so much of being the bad guy/girl, and will at some point feel like it is pointless to work on the marriage if their partner refuses to move on from the past. This is a delicate subject because the partner who is hurting deserves to be heard, but the partner who is doing all they can to repair the relationship and repent for their transgressions, needs at some point to be seen as the good person they are being now, rather than the flawed person they were before. Trust takes time to rebuild, and it is hard for both parties in the process. As a general rule, leave the past in the past, unless it is absolutely necessary to support the conversation you're having.

5. Another reason is typical for couples who avoid confrontation, vulnerability, or painful emotions at all cost. You might be handling surface issues but not solving the root cause. This is particularly challenging to do on your own. Notice if there are twinges in

your gut that something more is lurking below the surface. Are there issues you are glossing over or still sweeping under the rug? A great book that looks into the deeper issues is *The Love Fix*, by Tara Fields.

6. You might have all the best intentions, but you're falling off track and mucking up some commitments. Remember, trust and habits are fragile to build, and only take seconds to destroy. To really transform your relationship, honoring your promises is essential. To help you stay on track and be the best partner you can be, make sure you're scheduling things that you've promised to do for your partner. Setting alarms and reminders can be really helpful. Once you find a system that helps you stay accountable, stick with what works for you so that you can show up as the committed partner you want to be. ***This is the time to be who you say you are and to do what you say you're going to do.***
7. But... the other big elephant in the room, which we haven't really talked about a whole lot in the book, is... no matter how perfect your toolkit is for relationship skills, no matter how flawless your process is for creating and designing a beautiful relationship... each of you, as individuals, are a huge part of the problem, and need to be a critical part of the solution. Your relationship is a unit, but it is comprised of two individual units—you and your partner. And while this book has been dedicated to creating happy LOVE, it is also important to explore the subject of a happy YOU.

Healthy love is the sum of two whole parts coming together to make a greater unit—not putting two broken and empty pieces together, and seeing if they tally up to be one whole unit or not. By the way, they don't. Now, although this book doesn't cover the full process for creating a happy YOU, it is something I offer my private clients. I guide them through the I.D.E.A.L. method for personal happiness:

The I.D.E.A.L. *Happiness* Method:

- I = Inventory** – Take Stock of Where You Are Now
- D = Design** the 2.0 Version of Your Life
- E = Eliminate** Roadblocks and Discover What's Holding You Back
- A = Action Plan...** Map Out Your Path to Happiness as an Individual
- L = Learn** the 4 Secrets of Happy People

My private clients also learn, implement, and master the *Happy Life Formula* that I created: **P.T.S.D.**

P.T.S.D.

- P = Prioritize Happiness**
- T = Take It Seriously and Make Space for Happiness**
- S = Schedule for Joy, Master Time, and Maximize Your 168-Hour Week**
- D = Deal With and Be Done With Clutter, Overwhelm, and the Grip of Anxiety**

In session, clients can explore, heal, and transform their personal issues such as:

- Self-worth, confidence, health, body image, substance use, mental health, and anxiety.
- Personality traits, non-supportive behavior, unhealthy habits and addictions.
- Spousal and gender role models, heart walls, childhood trauma, and past relationships.
- Subconscious beliefs and stories, paradigms, thought patterns, and predictive outcomes.
- Generational repetition, cyclical patterns, trapped as your mother or father.
- Time management, organization, executive functioning, life skills, personal mastery, and more.

So, as you can imagine, despite having the relationship skills, communication skills, heart-to-heart skills, dating, intimacy, and all the tools and worksheets to use.... **YOU** are the wildcard in the equation. Every part of the process is perfect; however, the process works best when two happy, whole, and complete individuals are running that process. And the truth about most relationships is that the relational problems you're facing are often caused by the personal problems you have, the emptiness you feel, the baggage from your past, and so on. Therefore, it is my strong suggestion that you and your partner run a Happiness Wheel for yourselves. I have included that for you, to download and print off for free, at www.YourHappyLove.com.

Look into the 12 previously mentioned areas from Chapter 5; check in with how you're doing as YOU—not as a partner, not as a couple, but just YOU as an individual! And take a peek to see if maybe, just maybe, your moodiness, lack of patience, reactionary behavior, judgements, expectations, or temper might be happening because you are personally running on empty—not just in the relationship, and not because of the relationship, but as a condition separate from the relationship altogether. Are there other things out of whack in your life, so you're putting all the pressure on your relationship to be the main source of joy? You're not feeling happy with a variety of life areas, but you're blaming it all on your partner? Perhaps in your own discontentment, you're not being a source of joy to contribute *into* the relationship, because you're not happy as an individual? When your own personal happiness is bankrupt, you don't have much, if anything, to put into the relationship in a healthy way.

On the individual Happiness Wheel, we look at the following personal happiness areas:

1. Health/Body
2. Mental Health
3. Sleep
4. Energy/Vibration
5. Personal Growth
6. Finances
7. Business/Career
8. Fun and Adventure

9. Home Life and Location
10. Romance/Love/Passion
11. Family and Friends
12. Your choice!

It's a meaningful project for the sake of your relationship, and for the sake of your life. You deserve happiness, and happiness can be created through a step-by-step process. Plus, it's essential that we create a "Happy YOU" so that we can *then* create "Happy LOVE." When two people are whole and complete, you join together as healthy partners, where the love equation is more than $1 + 1 = 2$... in this case, $1 + 1 =$ so much more than just 2. It equals exponentially more. By being a healthy couple, it allows each person to bring out the best in each other, having even more energy, confidence, and love to bring to the world. Perhaps children will come into the relationship, or pets, or humanitarian projects that make a difference in the community. Healthy couples have full cups, and when the cup *runneth over*, there is so much to give to others.

Conversely, as I see regularly with couples in my practice, when you come to the relationship table feeling empty and depleted personally, then $1 + 1 =$ less than 1. These codependent relationships suck the life out of each partner, leaving you feeling even less fulfilled than before the relationship. Couples like this are vampiric, taking what they think they need from each other, causing conflict and pain. Life becomes worse and not better. The challenge of individual unhappiness isn't going to be fully solved in this book, but it will be in my next book on personal happiness.

What can you do now? Really look at yourself first, as an individual, and choose to become the very best version of yourself. I promise you, your relationship happiness will be amplified, and your goals will be much easier to accomplish, by being the best YOU that you can be. It's crucial to work on more than just the relationship itself, but on each of you individually as well. As you come together in your relationship as two healthy partners, you will experience the joys of life where $1 + 1 =$ all you ever dreamed of and more.

LOVIN' ACTION

Remember, your relationship is worth it, and YOU are worth it. This is an important time to do your **L.O.V.E. Work**. If you haven't done so already, pop over to www.YourHappyLove.com, and:

- Print off the Personal Happiness Wheel and fill it in.
- Print off the **L.O.V.E. Work** worksheet and fill it in.
- Re-read the 7 possible reasons at the beginning of this chapter, under "why aren't we fixed yet," and choose which reasons apply to you, and more importantly, what you will do about it.
- Schedule your complimentary personal happiness session or relationship happiness session with me by texting 416-797-5856.

After you've taken the time to do the **L.O.V.E. Work** above, I can't wait for you to dive into the next chapter, which will help you reset your relationship, making today a new beginning. There's nothing quite like a fresh start, and you deserve one. Plus, I will recap the entire book for you in one easy list, so that you can really cement your learning and take the action that your relationship requires to finally give you the happy, healthy, beautiful relationship you crave.

Chapter 18



Make Today a New Beginning

A Fresh Start

Imagine today as though it were the first day of your relationship. What would you do if you could really start over? How about starting with a solid foundation? That's a good place to start. Imagine having read this book and known the love skills in advance, starting your relationship well-prepared for success.

To do things right from day one, it's important to be fully open, brave, and assertive with your partner. And although today is NOT your first day as a couple, we're going to act as though it *is* the first day of your *new* relationship to the same person; like the second act of the same play, with the same characters. Lay everything on the table:

- Share your values, hopes, dreams, core drivers, sensitivities, and insecurities.
- Discuss your expectations and assumptions, and work together to come up with agreements—no mind reading, mind games, or holding beliefs that you don't express to your partner. So rather than expecting that they do all the cooking, ask them if they would be willing to do the cooking for the relationship, and you'll handle another role, such as paying for groceries, or cleaning.
- Make honest vows or promises to one another, and this time, keep them fully.
- Consider doing a mission statement for your relationship. I have shared mine with you at www.YourHappyLove.com.
- Clear the slate, and start without a list of grudges, resentments, and items of non-closure. Then, when tension or disagreements arise, fight clean and play nice. Handle issues as they come up, and don't allow elephants to pile up in your room. If needed, get professional help to keep you on track with being good to one another.
- Rediscover each other. Be genuinely curious and interested in getting to know your partner at a deeper level. Practice asking great questions and listening with an open heart.

Cement Your Learning

We have covered a lot together in this book, and I really want to make sure you apply what you learned. It's such a shame to learn transformative techniques and not implement them. If the best methods don't get used, they will produce no results. Set aside dates and times to do the self-coaching from this book, do your **L.O.V.E. Work**, and practice the techniques with your partner.

Have you loved what you've learned here so far, and want more? I would be delighted to work with you in one of my group or private programs. I offer a couples workshop, called "Fall in Love Again," which is a fun way to work through the methods and techniques in the book, in a safe space. The class is taught in a group format, but each couple's conversations are private, and no one else in the event hears what you're discussing and working through. I have watched countless couples reconnect, heal, and begin to fall in love again, right in front of me during this class.

If you feel you would benefit more from private mentoring and coaching, I offer a 90-day relationship transformation program, called "Love 2.0," where I lovingly guide you through your complete relationship redesign, healing, recovery, and celebration. We begin with a very special session, of which client's repeatedly say is the most transformative experience their marriage has ever had.

Lastly, for couples who are in dire need of help and are 100% committed to making it work, I take you on a luxurious, all-

inclusive, destination Relationship Makeover Retreat. This option is not cheap, as I spend an entire week focused on you and healing your relationship, but it is 90% less expensive than a typical divorce, so it's worth it! Imagine, spending a week in paradise, having the time of your lives while falling in love all over again.

Regardless of whether you think you need professional help or not, you deserve some, and it is always my pleasure to offer you one complimentary Happy Love strategy session, which you can schedule from the website. If you can't find the time you want, kindly text my confidential line at 416-797-5856. I am here for you, and I know that good things are in store for you, if you apply what you learned.

Recap of the Book

Congratulations on coming this far. This book is crucial to your success as a happy couple, and yet hard to read at times when things are tough. You've come a long way, and especially if you have completed the **L.O.V.E. Work** and online resources, you're probably experiencing progress and a lot of relief in your relationship. Reward yourself for the great decisions you've been making since you started this book. I am proud of your effort, dedication, and the courage it required to take action in difficult situations. I would love to hear about your success story from implementing the methods you learned.

Let's recap what we've covered so far:

- There's hidden dirt in your relationship.
- There's also plenty of hope.
- Regarding fidelity and infidelity, you've learned:
 - Why it happens
 - If it's fixable
 - What to do next
- I covered each step of The I.D.E.A.L. Love Method
 - **I** = Inventory – Take stock of where you are now
 - **D** = Design the 2.0 version of your relationship
 - **E** = Eliminate roadblocks and discover what's holding you back
 - **A** = Action plan...map out your path to success as a couple
 - **L** = Learn the 6 Secrets of Happy Couples
- Those 6 secrets are actually 6 *skills* of happy couples, which are:
 1. Discovering how to love each other the right way
 2. Gaining instant reconnection through heart-to-heart conversations
 3. Learning to negotiate lovingly to get your needs met
 4. How to apologize so that it really makes a difference

5. The art of dating each other, causing the *in-love phenomenon* to come back
 6. Reigniting your love with passion, intimacy, and physical touch
- We talked about mind reading... and just how much it is NOT a tool for relationship success.
 - And finally, how important your own personal happiness is, because *you* are a key ingredient in your relationship.

Our time together on these pages is coming to an end. I am so grateful for you, my reader, for trusting me to be your guide as you work on your relationship. There is nothing I want more for you than to achieve a *Happy Self* and *Happy Love*. It's what we're all here to share: joy and love. Today is a new day, you now possess new skills, and you have a blueprint to follow for achieving *Happy Love*. What comes next is up to you my friend. Take action!

“Vision is not enough; it must be combined with venture. It is not enough to stare up the steps; we must step up the stairs.” – Václav Havel

You now have everything you need to journey on and create your own version of *Happy Love*. But before you put the book down, please head over to the very last chapter, the next chapter, and see what a life of gratitude can do for you. I wish you and your partner a lifetime of love, laughter, health, happiness, fun, abundance, adventure, open communication,

romance, peace in your home, meaningful connection, and...
great physical intimacy!

Sending lots of love your way, your friend and Marriage
Mentor,

Hailey xo

Chapter 19



Uncommon Acknowledgements & Short Stories

I decided to be a little different in this book. Rather than have the acknowledgements section as a two-page blurb thanking just a few people, I wanted to let you in on *all* the details and special people that have been a contribution in my life. You will know more about me than anyone who actually knows me, by reading through the heartfelt thanks and short stories. So, although it is uncommon, which is my favourite way to be... I've created the acknowledgements as a chapter for you, which I hope you enjoy. In every "thank you," I reveal a little piece of my story, and you'll also see just how many people played a crucial role in shaping the direction of my life, my marriage, my work, this book... and hopefully... your life, too, as a result.

Always remember that you are just one mentor, one book, one inspiration, one person, and one day away from changing the course of your *own* life. Please enjoy the acknowledgements of my family, my friends, my mentors, my inspirations, and even those people who tried to keep me down in the very worst ways. I am thankful for every bit of it, and soon you'll know why. But this is not about me; it's about YOU. I want you to see just how many people can play a key role in your life by following their lead and taking action. Also, I want you to see how much love is possible, and how much happiness is possible, no matter what you have gone through. I'm good proof of that! Plus, I want you to start feeling grateful for your own life, just by reading this long but revealing chapter. Think about your own lineage, how you got here, who helped you along the way, and who *you* could be helping too.

It has only been possible to write this book because of all the key people in my life, who have shaped the events that have shaped me, to arrive at this very wonderful moment today. These acknowledgements are written on the dock of Jenn Schurr's beautiful lake house, facing the gorgeous waters and islands of Lake Nipissing, with the cool breeze and comforting warmth of the sun, on August 4, 2019. A million thanks to Jenn, and to Michelle Banham for introducing us.

FAMILY:

First, I thank the family lineage that brought me into this world, and the seemingly unsurmountable challenges they went through to survive, thrive, marry, and eventually make me... on a beach in Negril, Jamaica. I thank my great grandparents

who reside solely in the spirit form now, for all they did to raise my grandparents. I especially thank **Great Grandma Mary Perlmutter**, for being that generous heart and hardworking spirit of resilience, which still beats inside my father and in me. She is now, and will always be, a guiding light within us, which still changes the world with every person we help.

I thank my grandparents, **Rose and Jack Stork**, and my grandmother, **Anita Snider**, for all their love and support. Grandma Anita is the source of genius and IQ that I am so grateful to have and share with my children, clients, and readers. Grandfather (Zaidy) Jack was my best financial teacher, who I aim to make proud in this lifetime, learning to be a good steward of money and making intelligent decisions that honor the long game in life, not just the short game. I thank my grandmother (Bubbe), Rose, who is my last living grandparent, for the above and beyond support in every way in this lifetime. Without her support, my family growing up, and the family I am raising now, would have endured so much more struggle. She has blessed us in so many ways, and I am forever grateful for her abundant generosity. Her life was hard, and when she was healthy, she constantly sacrificed herself for others. Now that her own health is challenged, I wish her the ease and comforts she has always given to everyone else.

I thank my parents, **Ricki and Sandy Snider**, for their unconditional love and support. We have had more ups and downs than most people could imagine, and through it all, we remain unbreakable together and so close as a family. I love them both with all of my heart and would not change one minute of our lives together. I especially thank my parents

for being in the front row of my keynotes and book launches, especially since parts of the story I told, share the pain of my childhood at their hands. It takes very big people to forgive, and even bigger people to know how forgiven they are, that they can be proud of who I became after healing from their faults, and be present in the audience while I tell the stories they aren't proud of. I am so grateful for the good love that my parents have given and continue to give me, my husband, and our children. But I am equally grateful for the times that were exceptionally hard, and how those times strengthened me and then taught me who I really am. Those painful times are the very reason I am so understanding of the pain that my friends and clients endure, and more importantly, why I know how to solve their pain. My work, my family, and any success I have had, wouldn't be possible without the amazing babysitting my parents have offered from day one. Mom and Dad, thank you for all that you did, all that you did not do, all the ways you loved each other rightly that I could learn from, and all of the ways you loved each other wrongly that I could learn even more from. You are cherished beyond words. As grandparents, words cannot describe how beautiful the love is that I see you have for my three sons. These boys are blessed to have you as their grandparents. You call daily to see how they are; you see them weekly as much as possible, and their lives are enriched in so many ways because of your love. Thank you! Thank you! Thank you!

To my two younger brothers, **Josh and Zack Snider**, I am so grateful for our friendship now, as adult children who make the time and take the time to remain close. Josh, thank you for your tremendous generosity in hosting our family again and

again at your beautiful home in Ottawa. Thank you for loving us and caring about the wellbeing of our family; and also for your tough conversations that come out of love, and for being such a tremendous uncle. You have made so many memories with my boys, which they will cherish forever, from tent sleepovers to beach trips and learning how to grow veggies. To my baby brother, Zack, and your beautiful wife, **Heather**, thank you for being such a shining example of happiness in love, financial stewardship, and living life well. I love you both. Zack, you are my baby brother and yet such a great role model and example in so many ways; I truly look up to you. At the time of writing, your first baby is on the way, and I can't wait to meet your little girl and shower her with love, while telling her how lucky she is to have you and Heather for parents.

To my husband, **Jeremy**, you are my best friend, my soul mate, my confidant, my partner, and the beautiful father of our beautiful boys. I love you with all my heart, all my soul, in this lifetime, the next infinite number of lifetimes, and with every breath I take. All of me, loves all of you. Thank you for falling in love with me as a party of two, when I was a single mom with a little boy soon to turn four. Thank you for your patience, your gentleness, and all the support you have given me to do what I do professionally. You are the best house husband, and have never shied away from hard work in our home. I appreciate you so much for this. You have played with our boys more in the last 5 years than most fathers would in three lifetimes. Thank you for being such a fun and attentive daddy. You are the first man who I could bare all of myself to... no makeup, no heels, no hair dye.... Just the real me was always your favorite. Thanks to your love of the natural me, I have learned to love

myself in a whole new way, through your eyes. I can never thank you enough for this.

My love, Jeremy, you need more than a paragraph... much more! Thank you from the bottom of my heart for raising Tristan as though he were your own son, and then adopting him so that he did in fact become that. You are a beacon of hope to single parents all over the world, which proves that there IS love after divorce, and there is family after divorce too. Thank you for bringing sports, especially basketball, into Tristan's life, in which he has found his passion and purpose. Thank you for creating Cameron and Bennett with me, because they are such amazing little boys, who surely would not exist in this world if it were not for you. You were such an amazing birth partner, you are such an amazing father, and when I see our boys smile with their adorable dimples... I see you!

Thank you for our good times, our tough times, and your calmness throughout everything. When our love has been on a high, words cannot describe the elation, fulfillment, bliss, and gratitude that I experience when we are united, connected, and being our best selves. When the worst has happened, and I was on my knees in pain, thank you for letting me release endless tears into your safe arms, especially when who I was sad and mad at, was you. It takes an amazing man to stand in the path of so much pain, and receive it lovingly, taking full ownership and responsibility, and being willing to just hold me and remain patient that I would heal, and that we would heal. So, we did! I know with total confidence that because of everything we have gone through together, our marriage

today is better for it, and the marriage we are still creating is going to be the most beautiful example that love can be healed, restored, and blissful, regardless of what it has endured. You are my forever, and I will always love you. Xo

For my first-born son, the amazing boy who first made me a mommy, **Tristan**, I love you beyond words. You are just 13 when this is being written, and I want you to know how much you are cherished, cared for, and unconditionally forever and ever loved. You are kind, affectionate, caring, funny, talented, sensitive, smart, athletic, romantic, goofy, beautiful, and special in so many ways. Your life has not been easy, and you have been through a lot, but through it all, your heart has gotten bigger and bigger. You care so much about others, and you want to make sure everyone is safe, treated fairly, and provided for. You can't pass a homeless person without giving them food, and I love this about you so much. You, my sweet boy, have a beautiful soul, and I will always have your back, be here for you when you need me, and do my absolute best to help you create your wonderful happy life. You deserve so much better than what you have experienced so far, and I know confidently that your life is about to get much better. Through your struggles with Tourette's, Dyslexia, ADHD, OCD, anxiety, and more.... I am so proud of you for who you are, how much you care about everyone else, and how pure of heart you are, no matter what. You are an amazing boy, Tristan, and I know that each of your struggles are gifts in their own way. You will create an incredible life for yourself and for others, by working with what you have, focusing on your strengths and passions, and never letting things stop you from pursuing your dreams. I love you, sweet boy!

To my sweet, calm, and kind **Cameron**. On this day, you've recently turned five, and you're getting ready for Senior Kindergarten. I am so thankful for the gift you are in our lives. My pregnancy with you was at a very hard time for me emotionally, but you were the joy and the love that kept me going. Feeling the flutters of you in my belly, gave me so much hope for the future. I loved you beyond measure, from the moment I knew you were inside my tummy. Your home water birth was one of the most incredible experiences in my life. Daddy and I sat in the birthing pool together when you arrived and went straight into my arms, with Daddy holding me. It was pure joy to see your precious face, hold your sweet little body, and nurse you for the very first time. I think I said, "I love you so much," about 100 times while crying happy tears. From the day you were born, you've been such a sweet and gentle soul. You are amazing at playing quietly, coloring, sorting vehicles by classification, building Lego, and making train tracks. You are perfectly curious about the world and the nature of things, and you love to ask why. Daddy and I love answering you and watching your amazing smart mind grow with knowledge. You are caring, sensitive, affectionate, articulate, brilliant, funny, talented, and really great at singing, dancing, and break dancing. Nature walks, playing in the sand, swimming, and most recently, snorkeling, are just a few of your faves. Snuggling with me during a movie or favorite show is your happy place, and I hope you'll still snuggle with me for many years to come. You have a very special place in my heart, Cammy. I love you "bigger than the universe."

Baby **Bennett**... you surely are not a baby anymore. My fun and energetic little one, you are three and a half at this moment,

and your personality is as big as the world! You've lived life on your own terms since the very beginning, and I admire your strength, spunk, determination, and cheekiness. You are a little firecracker, and I get such a kick out of watching you be you. You really created a whole new world for us. What an amazing experience it was to watch you being born. Holding you in my arms was pure joy, and the sweetest accomplishment after a challenging pregnancy and long labor, which was at home for the first 33 hours. I knew you would be our last little boy, and I could never get enough of holding you, nursing you, snuggling with you, or watching you. I feel tremendously blessed to be your mommy. You have taught me so much about parenting, sleep training, potty training, patience and persistence through your spunky and determined personality, and your health challenges that resulted from having issues on your 8th chromosome. On your soft side, you have shown me so much love and affection, and allowed me to shower you with my love and affection...it just melts my heart. Though we do not always agree on who is the boss, LOL, I love you "big and lots," as you say, and "to the moon and back." I will always love you unconditionally, and I can't wait to take you on more fun trips, adventures, and nature walks. You are FUN FUN FUN, and I am excited to play with you through every stage as you grow up. Big squeeze!

To **Nana J**, thank you for being such a guiding force in my husband's life when he was growing up, as well as to this very day as a man with a family of his own. So much of the good I see in him, comes from you, his grandmother. Thank you for always being so loving and kind to me. I appreciate you very much.

To my amazing in-laws, **Heidi and Zoltan Kish**, and **Sharon and Alex Patry**, thank you for making and raising the love of my life, your son, my husband, Jeremy. The last ten years of my life, all the love, the joys and the children, would not exist if it weren't for you. Thank you so much for giving Jeremy the life that you did, both for the good and the struggles, to shape him into the man he is today. He is the most wonderful father I have ever witnessed, and he is who he is because of the journey you created for him. Thank you! Thank you also for all your help and support, as we were a young couple when we met, and needed the village to raise us and the kids. Thank you for babysitting the boys when our sanity needed a holiday without kids, to keep our marriage strong. Thank you for welcoming me into your family, and for all the love and support you continue to give us. I feel so blessed to now have three sets of moms and dads. More importantly, thank you for your huge hearts and for being such loving grandparents to our three boys. We are so grateful.

I have inherited a beautiful family through marriage, and I want to thank my amazing sisters and brothers-in-law: **Ty Patry**, thank you for your kindness and love for our boys. **Taylor Patry**, thank you for being such a helpful auntie, and for your babysitting support. **Katie and Cory Raposo**, thank you for loving our boys so much, for helping us when we needed a break, and for taking them on adventures. They have made so many memories with you. Katie, thank you so much for capturing thousands of beautiful photos over the years, which our family will cherish forever.

To all my extended family, thank you for being who you are. To my **Aunt Linda** and my **Uncle Brian**, thank you for all your love and support over the years, and especially for the love and support for our three boys. It is so nice to see you as great aunts and uncles...our boys love spending time with you, making memories together, having you up to our vacation spots, and just talking about life. Thank you for always knowing when we needed a life raft to get by, and for caring enough to make our lives better in any way that you could. I am so grateful for your support, and love you very much. You have been there for us through some of our darkest days, and we are so thankful for you. Also, thank you for all that you do for Bubbie Rose. I know that this comes at a major sacrifice to your schedule and freedom. I know how hard you work to make sure things are done right and that everything is looked after.

My **Aunt Eve**, and cousins, **Ben and Zoe Pidgeon**, thank you for all the fun memories and the love you have shown for my boys. Eve, thank you for all that you did to spend time with me as a little girl, and all that you did to care for Grandma Anita and Great Grandma Mary. You sacrificed so much for their health and wellbeing, and I am forever grateful that they had you there to care for them. From the bottom of my heart, thank you!

To my **Aunt Bonnie**, and my cousins, **Guy, Daniel, and Yoav Levy**, thank you for being amazing hosts when we have travelled to you, and for travelling so far to be there for my wedding day in Jamaica. That meant more to me than you could ever know. It is always so much fun when we are together, and although

it doesn't happen nearly often enough, it is always amazing when it does.

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Over the years, I have been blessed with some very special people in my corner, and most recently, after making my new home in Oakville, I have had a new wave of amazing people come into my life and play significant roles at significant times. I am forever grateful to **Michelle Banham** for being the very first friend who I could tell my real story to, and share the pains of my recent life, where most of the world only knew of the pains of the past and the joys of the present. Michelle, thank you for your huge caring heart, your open ears, and for caring so much that you sent me daily messages to make sure I was okay. Thank you also for your faith in me professionally, for referring me as a lifeline to those in need, and allowing me to be a part of your life. I feel like we have known each other forever! I only wish we had.

To **Jennifer Vansickle**, huge gratitude goes to you for your tremendous generosity, and for being there for my family when I was recovering from surgery. I will never forget what you did, without even really knowing me. You are an angel! We were destined to be friends, and fell in love so fast with each other. Thank you for allowing me to share your victory and story with clients in need, and for your friendship. Thank you for being a kind and nonjudgmental listening ear, and for having the heart of gold that you do. I adore you!

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Muna Jayussi, my beautiful sweet friend and my next-door neighbor, I feel tremendously blessed for your friendship over the years, and especially for your generosity when Tristan was small and I was working crazy hours. You are one of the kindest people I have ever known, and I am so thankful for you in my life. I wish you health and prosperity always, as you have surely been through enough my friend.

Sujata and Ronnie Banerjea, words cannot express how grateful I am for your friendship, and the ways in which we contribute to one another's families. You are two of the kindest and most generous people I have ever met, so much fun, and I love you both! Thank you for all that you do! Sujata, thank you for being my mentor on my second journey through Metabolic Balance. You are a phenomenal coach, nutritionist, and friend. Ronnie, thank you for being such a great role model of what true love looks like. Thank you for being you! Jeremy and I look forward to travelling the beaches and restaurants of the world with you, and partnering on projects together.

Trisha Turner, you are a soul sister and I am so thankful we met, in the crazy way that we did. I love your huge heart, your caring nature, your brave mama choices, and for the way you let me be the real me in front of you. Also, thank you so much for scoring me crutches when my knee locked at our last visit and I could not walk for the 190th time.

MENTORS:

As a coach, mentor, author, speaker, consultant, and life guide... I could not pour so much greatness into others, without the huge team of people pouring greatness into me.

I want to thank **Odette Peek** for being one of my very first business coaches when I launched my coaching institute: *The Lifted Lid... Life Uncapped*. Odette helped shape the programs, workshops, and pricing structures that I still use today. Thank you for all those early, tough love conversations. Your butt-kicking ability is second to none, and I am forever grateful to you for it. Also, thank you for allowing me to help someone you love dearly, and for your faith in me.

Randi Goodman, where do I begin? You have shaped so much of my business and my reach that I simply could not do what I do if it weren't for you. I am so grateful to you for your friendship, your events, your faith in me, your tremendous unwavering support, the many opportunities you have shared with me, and for our girl's trips. You have changed my life, and I love you dearly! Thank you for being such a stand for empowering others, and especially for your work as my very first book publisher. Thanks to you, I became a 3x #1 international

best-selling author, and that is just one of the many ways that you have been a catalyst for greatness in my life. Your heart is as big as the universe!

Gordon So, thank you so much for everything you have done to help others get ahead and share their talents with the world, including myself. You are incredible at what you do, and are so committed to letting the world meet and learn from the mentors you showcase. You played a massive role in the early success in my business, including pushing me to create my very first online course, which has now helped well over 20,000 students in 136 countries. You are a NOW person, and I completely admire that about you. Thank you for your mentorship and your brilliant ideas.

Sebastian Meine, words cannot describe how thankful I am for the time you have invested in me, to help my work reach the world and change lives. You have a wonderful heart, a kind and gentle spirit, and a totally brilliant mind on all things online, content related, funnel marketing, presentation creation, messaging, software, and so much more. You are a true gem, and any business owner who wants to grow their client base, would be wise to hire you as their consultant for success. Thank you from the bottom of my heart for choosing me to build up and grow together.

Paul Chek, it has been nearly 20 years since I took your programs, read your books, did your courses, and worked with you as my teacher in San Diego, California. Your philosophy, methods, and eye-opening material has not only changed my life for the better (cancer free for 22 years), but it has also

changed the lives of thousands of others who I have shared your work with. I will never forget what I learned from you in becoming a Nutrition and Lifestyle Coach, or through your programs, Scientific Core Conditioning, Golf Biomechanics, You Are What You Eat, and How to Eat, Move, and Be Healthy. Your influence has been amplified, and will always be cherished as a turning point in my life.

Sharna Florence, thank you so much for introducing me to the work of Paul Chek, which has forever changed my health and my life. I will always remember our trip to California and the difference it made in my life.

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Les Evans, thank you for assisting me in writing one of my keynote talks, "Happiness Pays and Unhappiness Costs," which was delivered at the Disneyland Resort. It was a lot of fun!

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marketing strategies. Also... for your tremendous hospitality. We had a blast working with you!

To **Brian Klemmer & Associates**, and the **Personal Mastery** program that I completed before mastering my self-worth: Thank you so much for creating the most love-filled, life-lifting course. I will never forget my experience in my very first Klemmer weekend, and the treasured souls I met through the work, such as **Robert Gentile**, **Jennifer Beale**, and **Michael Shepard**. My heart felt like I was home that weekend, and I am forever grateful for the experience and how it shifted me.

I have a special place in my heart for **Landmark Education**, and The Curriculum for Living. I became “me” while doing the deep dive of personal growth throughout my years at the Toronto Landmark Centre. During my time in the “work,” I got the confidence to reclaim my safety and leave my marriage. Thank you to my friend, **Chuck Long**, who I met in the class, for hope, advice, and support while I left that marriage. At Landmark, I learned how to overcome all of the things in my past, and I designed my ideal life. A huge thank you to **Faith**, the centre manager, and all my teachers, especially **Shana Landolt** and **Teresa Jabor**. Teresa, thank you for your amazing work in teaching me Mission Control and the communications courses, in which I made my manifestation documents that led, within a matter of months, to meeting my husband.

As a true believer in the power of personal growth, I have committed to be a life-long student and never be too “arrived”

to stop being on the “journey.” Recently, my husband and I attended “**The Gift**,” created by **Jay Fiset**, which was a wonderful experience.

In my earlier years in the fitness industry, I worked with many organizations to become certified with 13 wellness designations, including ACE, OFC, The CHEK Institute, and Can Fit Pro. I am especially grateful to **Can Fit Pro** for making additional qualifications readily available for me to support special populations such as pregnant mothers, especially when I was one of them.

Miki and Miri Klevan, you probably don’t know this, but I have always looked up to you as a couple. When I was 16 years old, Miki hired me, and over the course of 10 years, I worked happily for him and eventually ran the dancers for Freedom of Sound. I absolutely loved my job, but I also loved both of you as a couple. You showed me what hard work in a young couple’s lives could lead to. It was such an honor to be at your wedding, and watch as your family grew. You are one of the couples I have always held a special place for in my heart. Thank you for being an inspiration when love had not yet found its way, properly, into my life.

There was a time in my life where I worked in the financial sector and supported some **IPCC** offices with their marketing and business development. I am forever grateful for what I learned and who was there for me. Thank you, **Robert Abbott (Bob)**, for being such a kind, generous, and gentle person, and for taking me under your wing and teaching me about the industry with such care. I will never forget the day

you told me you had A.L.S., and I spent days crying because you did not deserve such an illness, and your youngest son was just three months old. I have always held a very special place in my heart for you and your family. **Derek Heuchan**, thank you for making it so much fun at the office, and on our office lunch outings. **Chris Reynolds**, as the president of IPCC at the time, thank you for taking such a stand to further my career when Bob got sick. I will always remember the email you sent to over 200 IPCC branches, letting them know what a powerhouse I was, and since my boss was very sick, I needed a new branch to hire me so that Bob could be with his family. I had more job interviews that week than most people do in a lifetime!

LIFE CHANGERS:

On my journey, there have been many steppingstones; some have shaped the course of my life so dramatically that I have to give them credit for definitively helping me get to where I am today. Thank you to **T. Harv Ecker**, and his weekend workshop, the **Millionaire Mind Intensive**, where I met my network marketing sponsor, **Domo Kovacevic**, and friend, **Super Dave Ogunnaike**. Thank you to Domo for spending two years following up and persisting until I joined **ACN**. Thank you to ACN for being the company I partnered with when I was a young single mom, sparking my speaking career and allowing me to share my story. Ten years ago, while sharing that story and speaking at an ACN home introduction, I met my husband in the audience, and the rest is more than HIS-tory; it's OUR-story.

PUBLISHERS:

My heart is filled with gratitude for all three of my book publishers, for their hard work and dedication, and for providing the platform that takes my story to readers all over the world, so that they too can find their happiness and true love. Thank you to my dear friend, **Randi Goodman**, for your massive heart. I love you to the moon and back, and will always remember how hard you worked to help us hit number one international best seller, put on the best book launches and conferences, and do everything in your power to help each of us authors rise and shine. **Raymond Harlall**, you my friend are the hardest working person I have ever met, and the fastest creator of an international best-selling anthology the world has ever seen. Maybe you will sleep in your next life, because you are not slowing down in this one! Thank you so much for everything you did for us and continue to do, including partnering our book with **Les Brown** and **Ona Brown**. **Ona**, thank you for being such a beautiful soul to work with on our book collaboration. You are a miracle!

And finally, **Raymond Aaron**, my publisher of this book, and one of my mentors from 13 years ago. **Raymond**, from the bottom of my heart, thank you for appearing at precisely the right moment in my life, three different times now. When I was a member of your **Monthly Mentor** Program, 13 years ago, I needed it like my life depended on it, and surely, it has changed my life. Fourteen months before writing this book, we shared the stage together as speakers at **Cora Cristobal's** event, and you invited me to be published by you, so of course, I said YES! And finally, just a week before writing this

book, you allowed me to attend your Get-Your-Book-Done Boot Camp. It was incredible! Thank you for all that you have taught me about creating a book with a purpose, and thank you to our dear mutual friend, **Cora Cristobal**, for reconnecting us after more than 10 years. Cora, I love you, and thank you so much for allowing me to speak and be a part of your amazing Toronto Women's Club events, where Raymond was also speaking.

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There are thousands of people that I have been blessed to work with over the years, but a few have stood out recently that I want to give extra thanks to: **Jim Rowe** and **Mick Perkins**, thank you for bringing me in to teach the Additional Qualifications Physical Education Classes, about Natural Nutrition, for York University. Your bravery in letting me teach the wild and wacky stuff, not normally in the curriculum, truly shows your love for people and your mission to spread better health to the masses through empowered teachers.

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For their privacy, I will only use first names, as these incredible people know who they are.

From the bottom of my heart, I want to thank the greatest raving fans of the work that I do, for being incredible clients, for allowing me to be of service in your life, and for your tremendous generosity, sending me so many referrals. It makes my heart feel so happy and honored when you trust me enough to connect me to the people you care about most, who really need my help. I am forever grateful to you for your faith in me, especially **Tina, Crystal, Andree, Wende, Christine, Bonnie, Joana, Jennifer, Donna, Lindsay, Linda, Ashley, Sujata, Ryan, Rita, Lenae, Yvonne, Michelle, and Randi**. You have a special place in my heart, and because of you, many lives, marriages, and businesses have been turned around, which could never have been possible without you! You have changed the world!

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They say it takes a village to raise a child, and it's been shown to take an even larger village to continuously raise up an adult. I would not be where I am today without the phenomenal tribe of business owners I see every month, supporting each other in growth and positivity, as well as the supportive online communities of local moms, keeping it real, one day at a time. A humungous heartfelt thank you to all my amazing tribes, including:

- **Fem City**, with special mention to the founder, **Violette DeAyala**; the president of collectives, **Lynn Pelzer**; and all of the incredible women in the **Oakville Collective**.
- **Powerful Women Today**, especially **Carolina Billings**, our fierce and fabulous unstoppable founder; **Karla Lang** and **Jackie Porter**, for all the behind-the-scenes support; and every single powerful woman leader in our organization.
- **Grow Your Biz**, with special mention to **Marg Hachey** for her leadership, **Susi Graf** for chairing my Board of Directors, and all the amazing women on our **Vaughan Board**.
- **MBA (The Mind Body Abundance Alliance)** – with special mention to our founder, **Jim Hetherington**.
- **Araceli Hernandez** and **Tim Thurgood**, with **The Mississauga Referral Group**, plus all our wonderful members.
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- **Anne Day**, thank you for all you do with **Company of Women**.

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I want to sincerely thank the people and the events that, at the time, were so painful, but over time, have helped me become who I am. This includes those who were my **abusers, my rapist, my ex-husband, my former loves and heartbreaks**, and also, **the old me...** for she hurt herself a lot. Had any of my past been avoided, I would not be who I am. I would not do the work that I do, touch the lives that I touch, or feel the sense of accomplishment from overcoming so much adversity. Truly, thank you for giving me the choice, in each event, for me to decide if this was in my life to **BREAK ME** or **MAKE ME**. For the record, I went with the latter.

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I simply could not do what I do if it weren't for my personal care team, who has supported me over the years to stay healthy, which has, at many times, been a bit of a challenge.

Thank you to the amazing chiropractors who have been there for me, including **Dr. Judy Snider**, **Dr. Craig Anderson**, **Dr. Jenna Davis**, and **Dr. Rachel Carson**.

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heroes. I love you and the work that you do. You have left, and continue to leave, a very special mark on the world. You inspire me to help more people touched by violence, trauma, and adversity, heal their lives, and then powerfully share their stories.

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Gary Chapman, creator of the Love Languages® books, quiz and resources, I will always be thankful for the work you do, which has played a special role in the work that I do. I use the Love Languages® quiz in all my couple's workshops and makeover sessions, to help couples learn to love each other rightly. I probably mention your work daily, helping you to reach more audiences in Canada, in case you were wondering about a spike in book sales. Wink wink.

I am grateful for each of the wedding shows I attended that helped keep my dream of a fairy tale love story and wedding alive, from age 20 to 30, before it finally happened for me, including **Canada's Bridal Show**, and **The National Bridal Show**.

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Jules Pinkus and **Cindy Litwin**, you were like second parents to me, ever since I was 12 and started babysitting your kids weekly. I saw your marriage as the example of how I wanted mine to be when I found true love and created a healthy marriage. I literally wanted to grow up and be just like you. You taught me so much about love, and I will always cherish both of you and the kids, who now have children of their own. You will always be in my heart, with so much gratitude.

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JUST BECAUSE:

There are places in your life that you will never forget. Maybe it was the memories you made there, the instant feeling when you walked in, or the way it changed your life. There are a few such places that I would like to thank:

- **Chapters Indigo....** For being a safe place to hide for some quiet time, read, and fill my bookshelf with special books that are always there at the perfect time when I need them, or for a client or friend in need.
- **Gran Bahia Principe** in Runaway Bay, Jamaica, for being the site of our engagement, our dream wedding, and soon to be, our vow renewal.
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Special mention to **Bell Let's Talk**, for making it easier for people to be open about their mental health. When people speak openly about sensitive topics, it's beautifully contagious and spreads the message of hope that "you're not alone," "we're here for you," and so much more. Because of campaigns like this, I get tagged daily in online groups to offer support and healing to those brave individuals who come out with their struggles.

I will always cherish my very first gay and lesbian couples, for allowing me to be their guide to fall in love again. As a heterosexual woman, I felt so honored that you chose me as your coach!

In my work as a marriage mentor, sex and intimacy are huge areas that we explore and heal as a team. Many of my clients would not have succeeded at turning the fire back on in their marriage, without the use of **K-Y lubricants**. It just makes life better!

I owe a world of gratitude to all my clients for inspiring me to be a better wife, a better mother, and to learn from each of your stories, just how precious and perfectly imperfect my own marriage and family are.

If you've made it this far, reading all of this outpouring of love, I trust that you too have a huge heart, and can already see just how many people you'll want to thank when you put your first book, or your next book, out to the world. Every moment is precious, and every person that helped you arrive at those moments, is even more so. Now, that brings us to the real

point of this book... you and your relationship, both of which are precious. But just in case you're not feeling that way right now... I'm here for you, to help you turn things around.

This book was designed to help frustrated couples... good people like you, to find your way back to one another, by following the process. If you really do the **L.O.V.E. Work**, you can make things sweet again, healthy again, fun, happy, and heck, even juicy! This book was such a joyful labor of love to create for you, and I truly hope it serves its purpose, helping you achieve more happiness in love. I hope you took the book seriously, including the **L.O.V.E. Work** and the discussion questions in the chapters, and followed through with your action steps. If you read the whole book first, and intend to now go back to do the work, that's perfect too. Ultimately, I hope you take your relationship seriously, and your own personal happiness seriously; and by serious, I mean handle with care and extreme love. As I've said many times before in this book...

Your relationship is worth it, and YOU my friend, are especially worth it! It helps to have good people in your corner, supporting you as you journey with your partner, one step at a time, in the right direction. I'm sending you so much love, light, courage, and strength. You've got this, and I've got your back.

“Choose the one you LOVE, and LOVE the one you chose!”

– Hailey Patry

About the Author



Hailey Patry lives in Oakville, Ontario, Canada, with her husband and three sons. She is a hopeful romantic, who lives for love, and loves to give. She's been nicknamed, "World's Happiest Woman," and after surviving and thriving from a life of trauma such as rape, cancer, depression, abuse, divorce, and more... she has true empathy and compassion for your personal situation. Now that she's created her life, to be filled with happiness and love, she wants to share happiness and love with *you*.

Hailey runs a private practice, seeing clients around the world, either virtually or in person. She makes house calls in the Halton region and the Greater Toronto Area, and offers a unique 1-day relationship makeover session, which clients

rave about as the most transformative day in their entire relationship.

Through her work as Your True Happiness Coach, Hailey helps you overcome depression, anxiety, trauma, and devastating life transitions. She helps you raise your confidence, your self-worth, and the quality of your life in all 12 key areas.

As a Marriage Mentor with a specialty in infidelity, radical forgiveness, addiction, and trauma, Hailey helps you fall in love with your partner again, rewrite your relationship, gain closure from the past, and design the relationship of your dreams. She also helps each spouse become the best individual they can be. She lovingly offers comprehensive round-the-clock support, to ensure your success in reaching your goals.

Hailey is a professional speaker, corporate facilitator, and 3 x #1 international bestselling author. As the founder of “The Lifted Lid... Life Uncapped,” she helps GOOD people actually live a GOOD life, so that they can make life happen FOR them, instead of it happening TO them. If you, your marriage, or your organization can benefit from a LIFT, it would be her pleasure to gift you a complimentary strategy session. You can send a confidential text for support or booking inquiries to (416)797-5856.

When she is not on-stage touching audiences, running transformational retreats, or in session with clients, you'll find Hailey hiking with her family, working out, cooking up healthy alkaline meals, cuddling with her kids, or out with her husband, on their weekly date night ♥

“We’d been struggling for years, living separate lives. Our relationship had been sexless for 10 years, and although we’d seen numerous marriage counselors, things just weren’t getting better. I’d had enough and was about ready to leave before I was referred to Hailey. With her guidance and tools, we learned to communicate, trust and reconnect with each other. After just two intense sessions, we not only began reconnecting on a deep level, we started making love again. I can truly say, we have never been happier or more in love. Hailey’s methods are unique to any other marriage counselor and she is the first person that was helpful for our marriage, and each of us individually. This is not therapy. It is BETTER! The methods in the book are the same methods we used with her in our private sessions and let me tell you... they work. If you and your spouse are struggling or even contemplating separation or divorce, make sure you see Hailey first. Don’t wait until problems set in. Read this book to learn the methods and tools for HAPPY LOVE to prevent and solve problems in your relationship. Your relationship happiness hinges on the material in this book.”

–Mary Morris, Realtor, mother of three and proud grandmother.

“Hailey is a brilliant and gifted writer. She speaks in a way that makes it easy to understand and connect with the content. I work with her personally and feel tremendously blessed to have her expertise in my life.”

–Vera Jamin-Wirth, CEO Metabolic Balance Canada, based in Germany, and happy newlywed.

“As Hailey’s first publisher, she has always been such a joy to work with. Her writing is powerful, transformative and truly inspirational. You’ll want to get your hands on all her bestselling books and to connect with her in person. This woman will change your life!”

–Randi Goodman, Publisher, 7x #1 international best-selling author and housing expert at RandiGoodman.ca.

“As a fellow colleague in the relationship help space, and an ordained minister, I simply adore Hailey and the unique perspectives and fresh approach she brings to couples coaching. We regularly share the stage delivering keynotes and workshops to hungry audiences searching for new ways to solve old problems. Hailey has a heart of gold; she is a ton of fun to work with and she is a powerhouse speaker and trainer. Don’t let her youth fool you! Although she and I have two decades between us, I trust her work with my own family members, and you can too.”

–Jim Hetherington, Relationship Breakthrough Specialist, international award-winning #1 bestselling author and father, happily married for 37 years.



ABOUT THE AUTHOR

HAILEY PATRY, Your True Happiness Coach and Marriage Mentor, has spoken for over a million audience members and has served thousands of private clients. She is a happily married mom of three and her mission is for you to LOVE YOUR RESULTS. She is known for helping you find your ‘HAPPY’ and FALL IN LOVE again. Hailey is a professional speaker, corporate facilitator, private practice coach and 3x #1 International bestselling author with clients in 136 countries.

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