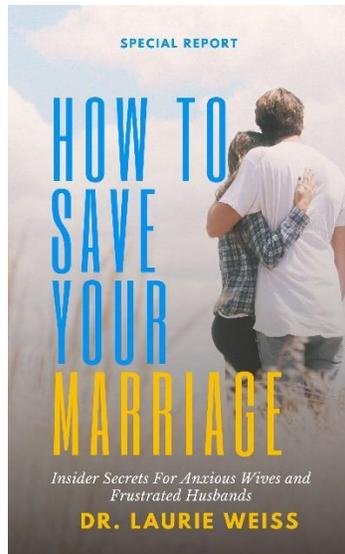


"How To Save Your Marriage: Insider Secrets for Anxious Wives and Frustrated Husbands"

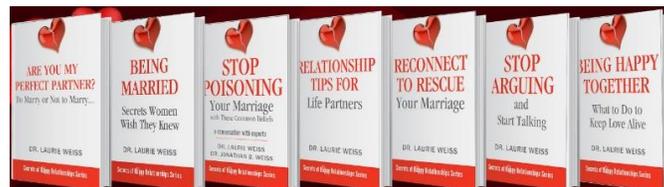


by:

Dr. Laurie Weiss

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Introduction

Hi, my name is Laurie Weiss and welcome to "How to Save Your Marriage: Insider Secrets for Anxious Wives and Frustrated Husbands."

You're about to discover the secret of how to feel loved and connected.

We've created this meaty Free Special Report for you to give you the answers to these important questions and challenges frequently faced by every anxious wife and frustrated husband:

- How Can I Save My Marriage When My Husband Always Wants To Be Left Alone?
- How Can I Save My Marriage When I Don't Know What My Wife Means by More Romance and Better Communication?
- How Can I Save a Marriage When Things Start Going Wrong?
- I Love My Wife but She Won't Kiss and Make Up
- Should I Keep Doing Sexually Disgusting Things?

Also, if you're serious about wanting to get all the details about how you can immediately start having the conversations that will dramatically improve your marriage, make sure to check out this exciting resource right now - [Click Here](#)

Enjoy!

Dr. Laurie Weiss

About The Author

Dr. Laurie Weiss

Relationship Communication Expert



Laurie Weiss, Ph.D., is internationally known as an expert who helps other relationship consultation professionals develop their skills. She is a Certified Transactional Analysis Trainer with Clinical and Organizational Specialties, a Master Certified Coach, a Logosynthesis® Master Practitioner, a speaker, and the author of 13 books on personal and business relationships. She has been a psychotherapist, executive coach and marriage counselor.

Her life revolves around relationships — to her husband of 61 years and business partner of 50 years, Jonathan B. Weiss, PhD, her two adult children, 5 grandchildren, her friends and her clients.

Dr. Laurie is passionate about helping people maintain their integrity by having the important conversations that build great personal and working relationships. She loves helping very smart people stop making dumb relationship mistakes and repairing the mistakes they have made, one conversation at a time.

She says “I have an unshakeable belief, based on over 50 years of experience, that people are doing the very best they can with the resources they have available to them at any given moment.”

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How Can I Save My Marriage When My Husband Always Wants to Be Left Alone?

When you love your husband and he starts wanting to be alone and refusing to be close to you there are several things you can do to try to save your marriage. There's always a reason that someone drastically changes his or her behavior. Finding the reason is your first challenge. Then you can figure out if there's anything you can do to help.

The reason may have nothing to do with you. He may be facing some sort of difficult challenge and be depressed because he feels powerless to manage it. Men have a hard time talking about their feelings and sometimes the mounting pressure leads to depression. Is he withdrawing from everybody or just from you?

He could be withdrawing from you because you have done or said something that he doesn't like and he doesn't know how to talk to you about it. Sometimes it's something physical like gaining weight or not taking good care of yourself. Maybe he feels that you're pressuring him to do things he doesn't want to do or not leaving him enough personal time and space. Sometimes a pattern develops when one spouse feels smothered and wants space and causes the other to feel abandoned and act clingy.

It's also possible that something worse is going on. He could be having an affair with someone else and getting his physical closeness there. He could be bored and angry or feel trapped. He could be spending his time watching pornography on the Internet.

If you haven't asked him about why this behavior has changed, you can start there. Since he's withdrawing he may not answer your question. You need to start to notice anything that's a possible clue to his behavior. It's easy to not pay attention to things we don't really want to know about so this may not be easy. Do it anyway.

If that doesn't work, a marriage counselor can help you both understand what's going on and what to do about it. A step you can try before you see a counselor is to learn to act differently yourself. This [resource](#) will help.

How Can I Save My Marriage When I Don't Know What My Wife Means by More Romance And Better Communication?

When you don't know how to communicate or be romantic the way your wife wants you to be it can be very difficult to save your marriage. Often a man doesn't understand that there is a problem in his marriage until his wife threatens to leave it because he just doesn't give her what she needs. Then he is frantic to figure out how to keep her.

The problem is you love her but she just doesn't get it. Besides that, she doesn't seem to appreciate how much you actually do for her. If you only could figure out what she wants you would bend over backwards to do it.

When you try to fix things by buying her beautiful gifts, she gets mad because it's not in the budget. Then you try to tell her how she should appreciate your efforts and things only get worse. It's almost as if the words she's using are in a language you've never learned. They don't seem to mean what you think they mean.

Your communication goes around in circles and nothing is ever settled. You are always trying to figure out what to say next and you end up defending yourself over and over again. Meanwhile she keeps trying to explain what she wants from you and you think you are already doing it. You love each other but you are both frustrated because you can't get through to each other.

If this is happening in your marriage, it's time to try something new, a different type of communication. It's time to try listening to her without talking about what you believe and what you think is right. Listening this way is a skill that anyone can learn but it does take self-restraint. It will mean not defending yourself even when it clear that she doesn't understand the situation.

Actually, she understands the situation differently than you do. It's your new job to discover how she sees things instead of trying to make her understand how you see things.

You do it by telling her you want to set aside some time — perhaps an hour — to try to understand what she wants by JUST LISTENING TO HER and not talking about yourself. That, by itself, may seem romantic, especially if you do it in a candlelit space.

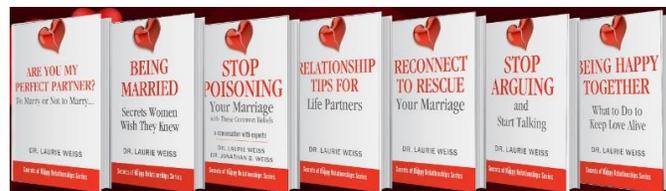
Tell her that each time she speaks all you will do is check with her to see if you really “get it” by saying back to her what you think you heard her say to you. Her job is to tell you whether or not you got it right, and if you didn't to tell you again in a different way until she is certain that you understand her meaning because she has heard you say it back to her. NEVER just say “I understand.” Say what you understand. If you need clarification it's okay to say, “Can you tell me more about that.”

Once the guidelines are set, ask her to tell you several different things you could do that she would consider romantic. Keep listening carefully without agreeing to do anything. Just be sure you understand enough to actually do what she wishes sometime in the future. A good follow-up question is, “Is there anything else you would like me to understand?” You will be surprised, maybe shocked at what you learn. And you will feel closer to each other by the time the hour is up.

If you are really serious about saving your marriage, you’ll continue to have conversations in which you learn to listen and really hear each other. Many people have used the proven conversation starters in The Secrets of Happy Relationships Series to not only save their marriages but to create extraordinarily loving and mutually supportive relationships.

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These articles are samples of the contents of [Reconnect to Rescue Your Marriage](#) which is just one of the 7 books in this series.

How Can I Save a Marriage When Things Start Going Wrong?

When things start to change in a marriage it's easy to get scared, think things are going wrong and believe that you must do something drastic to save the relationship. This is not always the case. Most people don't know that relationships go through a natural cycle of change and development just like people do. You need to learn to tell the difference between this natural development and a serious problem that needs attention. Here are some steps that will help.

First, really pay attention to what's going on. That's not as easy as it sounds because most of us would rather ignore a problem and hope it will go away than to really examine it closely. That's because we're afraid of finding out something we really don't want to know. So, the first thing to do is to pretend you're watching a recording and describe only what you see and hear happening.

Next notice how you feel when you watch that recording. How you feel is usually based on the story you tell yourself about the meaning of the event you observed. Everyone makes up stories like this. The problem comes when you believe that your interpretation is the only possible correct explanation for those events. How you feel is your reaction to the story you created. Someone else in the same situation could make up an entirely different story and feel very differently.

Finally share what you've been thinking about with your spouse. First tell what you've observed and then say, "I made up a story about this and I think it means..." and fill in the blank. Then ask your spouse, "Am I right?" Notice how having a conversation this way comes across as curiosity rather than an attack. You're not blaming your spouse for doing anything and so he or she is not likely to get defensive with you. You're having a conversation that will undoubtedly make it easier to understand and connect with each other.

If you really want to know more about the normal changes that occur in a marriage and how to respond to them some marriage counselors have this information and will share it with you. A faster and much less expensive way is to use [The Secrets of Happy Relationships Series](#). When you know what to expect, you'll know what steps to take to save your own marriage.

I Love My Wife, But She Won't Kiss and Make Up

In order to save your marriage it helps to understand why your wife might not want to kiss and make up after a fight. It may seem weird to you that she doesn't want to be hugged and kissed after a fight and gets mad at you for approaching her that way, but it's really a pretty common reaction.

When you fight you push each other away and disconnect from each other. To make up, like many men, you want physical closeness. That closeness lets you know that you are loved. For many women though, it doesn't work that way at all. Women often need to reconnect in other ways before they feel like allowing physical closeness.

Hugging and kissing her may feel to her as if you want something else from rather than that you are giving her something. The answer is giving her what she wants first before you try to get what you want. The problem is you probably have no idea what she wants.

Since you don't know, you simply follow the Golden rule which says to treat others the way you would like to be treated. And that backfires because she needs something different than you do in order to feel loved again. You can save your marriage by using the platinum rule which says to treat others the way they would like to be treated.

Different people need different things to feel loved. Gary Chapman's book, [The Five Love Languages](#) suggests that there are five different kinds of things people may need in order to feel loved. Some people prefer physical touch, others want words of affirmation, others want acts of service, some want a commitment of time and still others prefer gifts. Each person likes one or two the very best.

You need to find out what your wife's favorites are and give them to her. Then she'll probably be ready to kiss and makeup. Read the book and talk about it. Many people have also found marriage saving strategies at [The Secrets of Happy Relationships Series](#). If these things still don't work, a marriage counselor can help you sort things out.

Should I Keep Doing Disgusting Sexual Things?

If your husband insists that you must do things that disgust you in order to save your marriage, you should really question whether the marriage is worth saving. You should stop doing those things immediately and start making decisions about your future. The way to decide whether or not to save your marriage is to answer these three questions.

First, does he know you are disgusted by the things he is asking you to do? If he doesn't, you must tell him, no matter how much you are afraid of hurting his feeling. Remember to use words like “I feel” or “It just doesn't feel right to me” to make it clear that you are not attacking him. If he does know how and still insists that you do things you hate it probably means you can't save this marriage.

Second, are these things that are ordinary things that most women do and that simply disgust you? Some women experience things such as deep kissing or intercourse as disgusting and upsetting because they have a past history of sexual abuse. If you fall into this category then it's not about your husband, it's about you. Psychotherapy and particularly energy-based psychotherapy such as Logosynthesis can be very helpful to help you move past those feelings.

Third, how is the rest of your relationship? If your husband treats you well in general and you really care about each other then this is a problem you can and should address together in marriage counseling. However, if your husband treats you disrespectfully at other times or blames you for everything that goes wrong between you, then it's time to dissolve the marriage, heal the damage he has caused to your self-esteem and move on with your life.

If this marriage is worth saving and you're serious about doing everything you can do to save it then you should start having conversations with your husband right away. [The Secrets of Happy Relationships Series](#) can show you the right way to have those conversations. Best of all, you don't have to wait. You can start immediately.

Conclusion

So there you have it - "How To Save Your Marriage: Insider Secrets for Anxious Wives and Frustrated Husbands."

This meaty free report really delivered the goods when it comes to answering these important questions and challenges frequently faced by every anxious wife and frustrated husband.

BUT, as you can also see, this is just the TIP of the iceberg when it comes to how to feel loved and connected!

So, if you're *serious* about wanting to immediately start having the conversations that will dramatically improve your marriage and you want to have a happy and successful marriage, then you need to check out "[The Secrets of Happy Relationships Series](#)" Have a great day!

Dr. Laurie Weiss

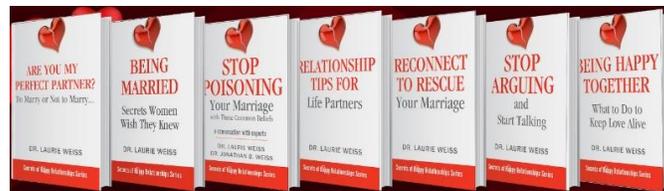
Other Resources

Relationship Tips for Life Partners, by Dr. Laurie Weiss

The Five Love Languages, by Gary Chapman

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