

FFALLING IN LOVE
WITH YOUR MATE...AGAIN





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Falling in Love with Your Mate

Introduction

Whether you've been married for 10, 20, or 30 years, or you are not married but have been with your partner for years, you may find that the sparks that once flew are now only dying embers. You still love each other but the feeling of being "in love" just isn't there anymore. The everyday doldrums have robbed you of the time you once shared and you may not feel that you are any longer "in love."

It's natural for men and women to look back on the days when they first fell "in love" and realize that things have changed. You still love each other but something is different. The daily routines of working, caring for children, taking care of the house, and many other activities can get in the way of truly living and enjoying your times together.

It happens all of the time. You're not alone.

So how do people stay in love for the rest of their lives? What's their secret?

The secret is that there is no secret. It takes hard work, commitment, persistence, and creativity to continually revive the sparks that drew you to each other in the beginning. It takes a true desire to fully share your life with your mate and find the time and energy to really "be together."

In this book, you'll learn how some couples have learned to fall in love all over again. You'll see how important it is to pay attention to the little things. And you'll see how important it is to overlook many of the simple things too!

Life is a precious gift and love is just as special. Sharing your life and your love with another person is one of the greatest gifts of all.

If you feel like your relationship has become stale or just routine, then now's the time to do something about it. It's time to learn how to fall in love with your mate all over again. The joy and pleasure that you both receive will give your lives more meaning and fulfillment than you ever imagined.

It all starts with recognizing what made you fall in love the first time!



Falling in love once, and again

Falling “in love” with your mate was a wonderful time in your life. Most people find that they can think of no one or nothing else except their mate when they experience those first feelings of true love. It becomes difficult to sleep, eat, and even think. Falling in love is such a special time in your life and the feelings are so intense you want them to continue forever.

When you first fall in love, you want to spend every possible minute with your partner. You make time to be with them and you often neglect friends and other activities just to be together. It’s a special time in your life as you feel a strong sense of belonging to someone, and having someone belong to you.

But those incredible feelings that overtake your emotions and your life when you first recognize that you love your mate will slowly fade. The daily chores and tasks of living will begin to take more of your time. Your love will take on new dimensions and it will grow stronger and deeper over time, but the incredible sparks that burst into flames the first time will only be reignited by falling in love all over again.

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

Mignon McLaughlin

Successful marriages take work. That may be a surprise to you since many people believe that once you fall in love, everything happens naturally. Being “in love” is more than a feeling of euphoria when you are with your mate. One of our deepest emotional needs as human beings is to be and feel loved. Being loved gives a person a sense of comfort and fulfillment.

When you first fall in love, you dream of the future you will have together and envision the ideal life for both of you. You dream of intimacy and love everlasting and you cannot imagine life without your mate. It is an incredible emotional high when it first occurs and it is a feeling that everyone wants to keep forever.

Those first days, weeks, and months of being in love are filled with emotions and passion. Everything else takes a back seat to your relationship. You likely find more enjoyment in everything in life when you first fall in love because you are



emotionally charged and mentally optimistic about the future. The future holds great promise for you and your mate.

But the truth is, “falling in love” the first time is just the beginning. It’s the initial stage of a truly wonderful and fulfilling life together. It’s the first step in many steps that you will take together in this life. Those first sparks of love are just the beginning of the life together that you will continually need to refuel to keep your love burning and to recapture some of those early feelings of falling in love.

The key to having a lifelong, fulfilling relationship is to continually fall in love all over again with the person you love. But falling in love again and again doesn’t just happen in your lives. It takes work from both of you. And it takes a commitment to the relationship. Keeping the sparks glowing requires that you love your mate unconditionally.



“In love” and loving your mate

Loving your mate and being “in love” are two very different things. Of course, falling in love does lead to loving your partner more deeply. When you fall “in love,” you feel a very strong, instinctive attraction to another person. You don’t really do anything to make it happen – it just happens!

It may happen when you first meet or it may happen after you’ve known the person for a while. It is a very emotional feeling that is hard to explain, but when it happens – you know it.



When you fall in love, there are many things going on in your mind and with your body. Sometimes you can’t eat, you can’t sleep, and you can’t concentrate. It’s usually both a physical and mental attraction to another person. It can feel very unsettling and you go through a range of emotions – all making you want to be with the other person constantly.

When you are falling in love you may even do irrational things. You may do things you never thought you’d do. That’s what makes it such a wonderful time in your life. Spontaneity dictates many of your actions and when your partner experiences the same feelings, you have a match made in heaven.

Falling in love doesn’t take work – it just happens when you least expect it and it’s like a burst of energy that overpowers you.

But loving your partner is different. As you get to know the person better and you spend more time together, your relationship begins to change. You become comfortable with each other and you enjoy being together. You learn more about the inner person and you begin to share your hopes and dreams for the future. You share intimate thoughts and feelings because you learn to trust your partner and you know that anything you say is safe.

Loving another person takes work and it requires you to think about the other person more than yourself. It takes acts of kindness, consideration, and caring to continually show your love and to strengthen the bond between you and your partner. Loving another person is a very important part of life because it is a strong and powerful connection with someone you care about deeply.

When the fiercely overpowering emotions of falling in love begin to fade, they are replaced by a calm and peaceful feeling of true love and caring. As you go



through the different phases of your life, your life and your love changes. Life's circumstances can help you strengthen your love.

Loving your partner is a very special gift to both of you – but if you work really hard at it, you can also experience many of those earlier feelings of falling “in love.” Falling “in love” with the same person again can be very exciting!



Derailing your efforts

Falling “in love again” with your mate means thinking about your mate more than you do yourself. It is a conscious decision that takes effort on your part and on the part of your mate. It’s different than simply showing your partner that you love them. It’s intensifying those feelings and evoking emotions that are buried deep down inside - emotions that often get buried under the day to day activities of life.

Doing things for your mate to let them know how much you care about them is a way to express your love. It’s not something you do for recognition and you should expect nothing in return. When you are able to do this, you will find that your feelings for your mate will intensify when you see the joy and excitement in their face.

No matter how hard you work on your relationship and seek to fall “in love” all over again, there are always factors trying to derail your efforts. Many of them are out of your control, but many of them are IN your control too. It takes hard work to make a relationship grow and flourish.

When you first fall “in love,” you don’t think anything could ever change how you feel.

But it can.

And it will.

Every relationship will eventually experience some type of problem or conflict.

Some of the most common causes are:

- **Financial issues**

Money is always a factor in any relationship. There is never enough money, or there is disagreement between mates on how to spend the money. Financial issues can create such friction between a couple that they are unable to see the wonderful things in their relationship.



- **Children**

If children are involved, there is often disagreement over disciplinary measures and how to raise children; and sometimes couples disagree



over who should have primary responsibility for caring for children. Children add a new dimension to your relationship and although they come with challenges, they can also make your relationship more loving when you work together. But if you don't work together, they can push you apart.

- **Responsibilities**

It is not uncommon for a couple to disagree over who has responsibility for household and domestic chores or other tasks. They may also disagree over who should work outside the home or how much time is spent working outside. The division of responsibilities between two people is often the center of conflict - but it doesn't have to be. Communication and working together can help you overcome this challenge – but it does take work!

- **Intimacy**

Partners often have different ideas of what constitutes intimacy and their sexual desires may be different. Rather than taking time to understand these differences, they go their separate ways. They don't talk about what they want and discuss their intimate thoughts and desires. This can erode a relationship quickly.

When you fall in love, intimacy seems to come naturally. As you grow together and pass through different phases of life, intimacy takes more work. Spontaneity is rampant when you're falling in love and to regain many of those earlier feelings of falling in love, you must learn to put spontaneity back into your relationship. One important thing you'll learn later in this book is that intimacy is more than a sexual relationship and it can strengthen the love and bond more than anything else.

All of these problems and situations can usually be resolved if both partners are committed to the relationship for the long-term. If couples realize that much of their dissatisfaction with the situation comes down to a misunderstanding of the other's feelings or motives, they can more easily resolve their issues and continue developing a strong, healthy relationship.

Communication is essential to having a lifelong, strong relationship with another person. Without communication, everything is left to chance and innuendo. That's a dangerous combination!

Expressing love for each other is one of the best ways to overcome the problems associated with a relationship. When two people truly love each other and are committed to their relationship, they can overcome the challenges of life and they'll find that they fall "in love" many times throughout the course of their lives.



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