

At last, SOLUTIONS
to your problems



100 Sure Ways To
Help Your Couple

Ivan Greindl

May I ask you a favor?

When somebody buys or receives a 'non-fiction' book, they sometimes open it, sometimes even read it a bit... and then put it in a shelf. Nearly 90% of people don't even read past the first chapter.

Please, dear Reader, could you avoid to imitate them?!

You can go ahead and skim through it first but, if you want to get the most from this manual, please take the time to read and understand each item: these ideas are so simple and easy to assimilate that you won't have any problem to implement them in your daily life as a couple.

You know, in this book, there is something for absolutely every couple, —whether you're in love since a week or since 50 years. Don't stop reading just because you don't immediately see something that you could use: in fact, there are a lot of them; just go and look further.

If you are positive, if you have valuable goals in your love life, if you concentrate on improving *communication* with your beloved, you'll reach amazing results.

Do you think revitalizing your couple is very complex and long? Think again: It's *not*.

It would be a genuine pleasure for me to hear from you, to receive your sincere comments about this system and the results you reached.

Don't hesitate *contact me* : info@4yourcouple.com

My first language is French; excuse me when sometimes you feel my 'international' English somewhat weak. Thank you in advance for your indulgence: the point to focus on is the information you'll find here.

☺ « *To be happy with a man,
you must understand him
a lot and love him a little.
To be happy with a woman,
you must love her a lot without
trying to understand her at all.* »

**DISCOVER THE SEX THERAPISTS' SECRETS
– AND THE ONES OF LONG-LASTING COUPLES**

At last, SOLUTIONS

to your problems:

100 Sure Ways To Help Your Couple

by Ivan Greindl

WARNING

This book is intended for couples. Its purpose is *information*.

Some explicit words or illustrations could offend the sensitivity of too young readers.

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On the last page (**'cover's fourth'**), you'll read
an introduction to the author's purpose

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☺ You're kindly invited to read this section *after* the previous ones

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Foreword

What ordeals teach us:
it's urgent to love and
to say it to those we love.

by J. DELATOUR,
Behaviorist Psychologist
Professor of Clinical Psychology (I.S.P.A.)

This is a well done and original piece of work, a *vade mecum* for couples to which you refer when you're in need of a 'recipe'.

A first reading incites keeping it near at hand like your favorite cookbook: you hasten to plunge back into it when a culinary problem appears!

The author has applied his mind with care to an in-depth reflection on the various aspects of the life as a couple. Far from acting as a moralizer or a 'sermonizer', M. Greindl obviously abstains from judging or even to advice; he prefers to suggest.

The attentive observation of his numerous patients' as well as his relatives' or friends' reactions and impressions, a meticulous study of new conceptions and regular attendance at specialized congresses and seminars, have enabled him to draw several lines of force in useful directions.

Out of this had resulted a series of clear and logical ideas where men and women of goodwill will find food for thought in.

Dissociating himself on that point from some (too many?) colleagues, the author pays particular attention to the clarity of the style: simple words, clear explanations, concise and forceful sentences underline the cordial and personal tone of a conversation.

One cannot doubt the attractiveness and profit the readers will find in this innovative and instructive book. In particular, discovering several sex therapists' easy ways in Section 4.

In connection with that, I highly recommend the readers to follow the proposed order of the chapters: as the author mentions it, « *seduction never starts in the bedroom!* »

The idea, still little frequent in Europe, to publish this 'User's Manual for Couples' (or should I call it 'Repair Handbook'?) as an *e-book* on the Internet is ingenious: besides a light-speed route through the pages thanks to the *hyperlinks*, it allows the author to join a generous guarantee to the book as well as some welcoming presents and colored illustrations. Above all, it's the easiest way for free future *additions* and regular updates.

I wish you a good read and a pleasure equal to mine: as Christopher Columbus, you too will make discoveries.

J.D.



Any indecision brings its own delays and days are lost
lamenting over lost days.

Whatever your dream is, what you can do or think you
can do, begin it *now!*

For audacity has magic, power and genius in it.

Johann Wolfgang von **GOETHE**
1749 -1832
Poet, novelist and scientist



The verb 'to love' is difficult to conjugate: its past is not simple; its present is imperfect; its future is always conditional. (Jean Cocteau)

Introduction

You too did observe it around you: for numerous couples, when the first amorous fervor is gone, communicating becomes THE problem and causes many frustrations. School indeed teaches us History, mathematics, geography, information technology and some other useful things like foreign languages and sex education.

If only it could warn us against the multiple pitfalls of the life as a couple! Awaken our interest (and the teachers' one) for values such as consideration for our partner, sharing of responsibilities and activities, *communication!*

If only it could teach us the way to find our place inside our couple and keeping it! If only it could persuade us how useless it is trying to change our partner's character! Arrrrh! For God sake, why nobody does ever show us, finally, the misdeeds of 'habit', of *routine*; the imperative need to *preserve* day after day our relationship's quality??

Three decades of listening to many men and women experimenting difficulties in their couple relationship, during sincere, trusting and relax conversations, allowed me to collect a mine of information: ideas to share for helping other people, – like YOU. My purpose? Submitting the best ones to you to let both of you experience

moments of happiness every single day of your life!

Among these simple and concrete « suggestions », you'll select the ones best adapted to your personal case for toning up your life as a couple. You should think, together, about a few recipes at the same time, test them and remember them.



Before sharing somebody's life, we're focused on our mutual desire, on our beloved's strong seduction, on the perspectives of an idyllic happiness in our future life, on security... and we all forget a crucial 'detail', –

each of us will have to change our habits...

Time passes. Then, one day, your relatives, looking concerned, are using some strange words with you: *patience, concessions, attentions*, etc. Why?

Well, they simply allow you to smooth things over: you quickly discovered that, in the long run living together can't be compared anymore with the time of engagement or the first months of an affair, when we all are *idealizing* our beloved. However, each of us has their own peculiarities, weak points, slightly bad habits and some shortcomings. That means you need to adapt – or to go away.

But where to? To rebuild your life with another partner? To discover other difficulties? Sometimes worse? **No!** Believe me, it's much easier, more logical and *efficient*

to begin with slight changes, – in yourself.



Your beloved often acts as a mirror, your behavior influences their. Their attitude could change if *you* change, take the risk. You'd like to *stay* in love? The secret takes up three words, – **'cultivating' your love.** It deserves your most attentive care. (Still more than your friends, your house, your garden, your car or your house plants!...)



When 'weeds' are invading your love garden, eliminating them is quite simple:

- ✓ each of you thinks about the problem, – *acknowledging* it;
- ✓ you *explain* your thought and *express* your expectation, – frankly but kindly;
- ✓ you *act* together: a thought becomes useful and interesting only when it moves to resolution and then to ACTION!

Does your love become slowly bogged down in *habit*? Making it blossom again and revitalizing your life as a couple just needs a touch of shared goodwill.

Read these lines together: toning up your life as a couple is teamwork, a partnership, a matter of synergy. This notion of teamwork is even a basis for a strong relationship.

Obviously, some of these ideas are not new:¹ various authors often put forward similar ideas. Other concepts are so obvious that... we forget them; it's then useful to remind us of them, to make them pass into our daily lives, to really *apply* them with a hint of perseverance..

One of this book's advantages is to group these suggestions for your ease. So you can choose the ones that best fit your own situation and easily return to them.

Reading this book already is a first step. But you'll really benefit from these 'secrets' when you'll put them *into practice*. Just like a musical piece only exists when a musician performs it. Not before.

We all are going through the same kinds of problems, particularly in our relationships with others. To reach its purpose, – *helping you to spend moments of happiness together every single day of your life* –, this book will show you how to solve them, how to overcome them *together*: your relationship's success or failure depends on *the two of you*.

All right, you'll need to move; to practice in reaching better communication (even if it's to express your resentment); to make some choices too in your life and to hold onto them. First of all, you'll need to **listen** to your partner and **share** with them.

Adopting these simple principles and techniques with just a touch of perseverance will rapidly transform them into (good) habits – and you'll (re)discover the joy of living together, you'll feel again the *pep* of the old days.

You'll also be surprised, finding how easy it is (and really within your reach) to make your desires and the objectives of your life as a couple come true. 😊

The most regrettable mistake you could make in the coming pages, is to make the decision to apply this information... and then not to do it. Then, « *be like the postage-stamp, stick to it until you get there!* » (Bob Proctor)

You get what it takes to decide! Make the *commitment* to yourself right here and right now, that *you will do what it takes* – to see results and (re-)discover the joy of a creative and harmonious life as a couple.

¹ We could here paraphrase the famous French writer, André Gide: « **Everything has been said – but no one listened [or remembered]; therefore you need to repeat it .** »

Several tips in this book were, among others, inspired by the ideas and concepts of Dr M. Rosenberg, Dr C. Olsen, Mrs Susan Quilliam, Gary Halbert, Jim Edwards, C. Carter and Michael Webb.



« People who say that life isn't worthwhile are really saying that they have no personal worthwhile *goals*. Get yourself a goal worth working for! Better still, get a project; always have *something ahead* of you to look forward to, to work for and hope for.»

Dr. Maxwell Maltz (*Psycho-Cybernetics*)

- Section 1 -

Make use of... 'psychology'



« Do you want more love? Then love
the way you would wish to be loved »

Sex therapists obviously are interested in sex-linked behaviors; however, 'general psychology' concerns them as well: as you know it our personality forms a whole. So did I understand one of their basic ideas: invigorating your life as a couple, rekindling the joy of living together, refreshing your desire, – all this

doesn't rely on physical solutions only!

Some attitudes in your daily life with your beloved may seem unimportant to you. They are part, however, of a global behavior, – indissociable from your sexual life: everything is held together in your union.

Modifying or fitting out some elements of this whole will allow you to chase clouds away. How? *Why?* Because, in spite of some people's idea, your first sexual organ is your... *brain!* Yes,

*sexuality takes place in your head first!*²



A smile, a cheerful tone, a kind word, – that's the way how a relationship begins.

What's simpler, what's more natural? How could you remain insensitive to these positive signs, like warm words, kind gestures, cordiality, eyes smiling, sincere, unselfish kindness...?

Quoting Gary Halbert, « *The 'point' where you awaken the most intense pleasure in a woman's body is her... brain.* » (This is as well true for us, guys!)

The QUESTION is: do we still want to supply a moderate effort for an (even) better agreement between us?

If some feelings for your mate remain in your heart, if you wish to (re)gain her / him, to live happier with them, – the answer is *yes!* It's worth it and it's rather easy to do.

Remain lucid, rely in the future: to succeed in a radical change, you've just

- ✓ to **want it**;
- ✓ to **act** – in small steps at a time, but in the right direction.

This harvest of ideas that you just acquired results from hundreds of hours in conversations with men and women often distressed. They felt some comforting to be *listened to*: 'There are more ideas indeed in two heads than in a single one'.

These people were looking for constructive 'recipes' to dissipate their concerns and frustrations. Curiously, they often had the same impression:

- « *I'm full of goodwill myself, but (s)he refuses to make any effort !* »

A useful way to help them is indeed listening to them; then, to convince them to *act*.

And at first *on their own* behavior in their daily lives. Their (your?) difficulties of a sexual nature may indeed be a concern; *it's never the only one.*

For this reason, the ideas of change provided in these pages do not concern sexuality *alone*, they're going far beyond: limiting yourself to it wouldn't be enough to reach the aimed result.

² It's particularly true for women: « Women must *mentally* agree to sex before their bodies can begin to respond sexually. » (L. Brotherson)

You indeed cannot cut your life as a couple into slices. For this reason,

*Reconciliations 'on the pillow'
never chase away all your frustrations.*

A harmonious life as a couple is a magical happiness. **Seven conditions** are required to fulfill such a relationship, – demands to be developed if they don't exist yet:

1. Being genuine *friends*, – feeling (and *nurturing* in tenderness) a strong and *valuing* emotional link;
2. Developing and *maintaining communication*, – through daily dialogue, sharing regular and fruitful conversations and *listening* to each other;
3. Daring to *express one's own expectations* and *feelings*, – simply and frankly, without any shyness;
4. *Sharing* and/or *exchanging*, – tastes, activities, emotions, interests, projects, objectives, dreams, a same ideal, experiences, discoveries, responsibilities, commitments, bursts of laughter, moment of amazement – or revolt; ...
5. Giving *priority to the same values*, – that is having a similar vision about Life, agreeing on the « *essential* » and accepting to *exchange* concessions on the rest;
6. Being capable of *empathy*, – putting oneself in one's mate's place to show of indulgence, tolerance and respect towards their personality and differences, *accepting them as (s)he is* ;
7. Living a *harmonious intimacy*, – sustained as much by sincere feelings than by a mutual desire.

The suggestions you'll read here are simple; they're formulated as 'key-sentences'. A brief reflection should allow you to choose those you can most benefit from. To focus yourselves on a single one may be enough to change your daily life's quality – and be worth your purchase.

Now, because “ **knowing is never a substitute for doing!** ”

Act Upon Them!



3 points
to 1.
remember
😊

1. « Never think that looking for counseling equals failure! It can turn a bad relationship around; it can turn an average relationship into a brilliant one. »
2. Information + ACTION = Results + Satisfaction
3. *Happiness As a Couple Is Within Your Reach!*

Important Notice

✓ Living a true '**family** life' is a privilege, a luck known by too few people. Inside the family core, you may indeed find a profusion of positive feelings: shared enjoyment to be together, solidarity between close relations, exchanges, dialogue, support in the delicate moments, confidence, radiant love, consolation of the sorrows, simple, genuine human warmth... On a reduced scale, all this can be met in your life as a couple!

It's why I propose to underline the analogy with 'family life' by indifferently using besides 'life as a couple', expressions such as conjugal or love life, 'life together' or even « **couple life** ».

✓ You don't imagine how effective it is to **NOTE DOWN** your objectives and progress! Don't forget it. You can use a notepad called, for ex., '*Our objectives & progress*'. Smile if you like but *just do it!* With a written trace, you'll measure the distance you covered and keep hope.



*Just as well as life,
« a relationship has to be foreseen,
has to be built
and has to be maintained. »*

(P. Estrade)

LET'S COMMUNICATE!



*Talking together,
listening to each other,
communicating,*



those are the 'winning cards' of all long-lasting couples.

Did you know it?

« A woman communicates above all in words. A man marks intimacy more by sharing activities. Ladies, don't hesitate to ask 'him' to *listen to you*, by showing appreciation when he does. »

However, « **Be aware that most men aren't mentally programmed for conversation in the way women are.** » (S. Quilliam)

« According to your customs and cultural past, to some people, not looking straight in the eyes is a respectful attitude. To others, it betrays a lack of frankness or unjustified - suspect - shyness. » (Dr. C. Olsen)

(...)

**You wonder what this book's real purpose is, right?
It's simple: to let you savor moments of
happiness together every single day of your life!**



For 35 years the author practiced as a dentist. His first purpose was to establish a trustful (and painless) relationship with his patients, to let them overcome their 'fears'.

Thus, this man learned to listen to them so that he could help them more efficiently. At first medically, then often on a more personal level too: after a while, he had collected the friendly, sometimes rather painful confidences of hundreds of people.

Facing awkward crises, these people took advantage of these exchanges; through them they found optimism, force and decision enabling them to put a 'spark' back into their lives.

You too will discover a genuine help in reading this book: it speaks to your heart as well as... to your body.

Throughout these pages, you'll find the fruit of more than three decades of *listening* to people. Certain of them went through delicate moments in their life as a couple; others, as you maybe, just wished to find some ideas to improve it:

- ✓ Ideas concerning all domains of a relationship, easy to understand as to apply;
- ✓ Simple, logical and *practical* suggestions of which you may have not thought yet, to stimulate or revitalize your intimacy.
- ✓ The clear, concise style is easy to read; no complicated words; footnotes are used to explain unusual terms.
- ✓ Daily life examples abound. Items concerning intimacy are illustrated in an explicit, however discreet way.

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