

Happy Husband - Happy Wife

“Revelations of a Family court Lawyer – in seven concise secrets to happy married life.”

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Preface

“A great marriage is not when the ‘perfect couple’ comes together. It is when an imperfect couple learns to enjoy its differences.” **-Dave Meurer**

Marriage is a long and very much interesting relationship. At one moment, it makes you feel like being one half of the perfect couple while on the next, it sounds like ‘All said and done ...its over now... let’s get out of this relationship’. There isn’t any guaranteed recipe to cook a successful and happy married life but, yes, there are ways to dilute differences and improve the quality of togetherness. This book is all about those ways which impact our marriage life.

What tempts me write “Happy Husband -Happy Wife” ?

All through my advocacy career, I have been meeting several couples in family courts, conciliation proceedings, counseling sessions, marriage counselors etc. I am glad that my profession provided me good number of occasions to deal with several marital issues – right from those certain to get the divorce, to those which were highly uncertain.

Down the years, I met number of couples in family courts, in conciliation proceedings, in counseling sessions and in parties. I got numerous opportunities to deal with variety of marital issues. Few couples wanted a divorce while some others were still uncertain, or maybe were ignorant, about what was wrong in their relationship.

On several occasions, I was left to doubt the ancient adage - ‘Marriages are made in heavens and celebrated on earth’. What was quite strange here about the people around me and what the occurrences made me think was, “If marriages are made in heaven, why am I handling so many divorce litigations, breakups and dissatisfied couples. Is it the heaven, or individuals, responsible for making or breaking the otherwise sweet relationship?”

One of my friends, who has been married thrice, calls marriage a gamble. He adds, “You win or loss in this gamble depends upon how smartly you play your cards in this game”. Frankly, I don’t agree with him. Marriage is neither a ‘game’ nor a ‘gamble’. It is a very special and serious relationship which makes you feel like a complete human being and that depends upon how sensibly you deal with it.

Experiences, feelings and thoughts shared by my clients during my professional journey, and of course the people I met during this course of time, prompted me to study about all that

lies behind a successful marriage. In addition, I have been also inclined to know about what all can we do to save this relationship called marriage.

Naturally, this is a vast and sensitive subject and in all respects worth penning down systematically. That is where the idea to write this book comes from!

“Happy Wife, Happy Husband” – How the thought nurtured!

Discussions, counseling sessions, behavioral patterns and court judgments – all elevated my insight to better understand the mystic aspects of a marriage. I recall those interviews, with some successful couples and couples already undergoing a stressful relationship, as insights for a lifetime. My observations and findings during the professional life and parallel study of matrimonial matters have considerably helped me understand those facilitating as well as obstructing factors in any marriage relationship. They have strengthened my belief that no set formula works for a happy marriage; rather it is a unique chemistry which works, and it can be concisely put as under:

- Successful couples follow almost a similar pattern. Their behavioral patterns or interactivity actually turn out to become hidden principles to intertwine the fabric of relationship.
- Even successful couples don't know that they unknowingly follow the success principles.

However, this is not as simple as it sounds – you got to know them! And that is the inherent purpose this book is meant to serve.

So, what's in it for you?

Wondering what's in it (the book) for you? Well -

- You, as an aspiring bride or groom, are preordained to benefit from “Happy Husband, Happy Wife” as you can better anticipate the future challenges.
- Regardless of the number of years you are married, book has lots of handy hints by way of real life experiences. So there is always one rightly fitting your situation.
- Far from being ‘just another self-help book’ you can find on any nearby bookstore, “Happy Husband, Happy Wife” speaks with you – about the workable principles successful couples have used in their life.

- Precisely, the book is an opportunity for every reader to assess and reassess his or her own relationship.

According to an Indian proverb, marriage is referred to such a ‘tempting candy’ which no one can resist from eating. It identically tempts everyone, right from bachelors to the married to those divorced. It is so amazingly alluring that even the divorcees, or those in a regretful relationship, want to retry their luck by remarrying.

“Happy Husband- Happy Wife” – Satisfaction Guarantee

While turning through the pages of “Happy Husband, Happy Wife”, you may come across examples and incidences you might have come across. Needless to mention, some of them may well relate you or your circumstances. You will see messages subtly interpreted through experiences and those may largely facilitate you.

So whatsoever the stage in your relationship, or howsoever stringent a phase you are passing thorough, principles quoted in this book guarantee marital success – given that both partners decide to honestly implement these principles. I would add, these principle are actually ‘Secrets to a happy married life’ – secrets which no one cares to share with you. They are to be learnt on our own!

This book is a nonfiction work and contains true stories. It is not some kind of psychological insight pertaining to marriage; it is an outcome of true incidences, the experiences sharing by nearly fifty individuals/couples, whom I have closely observed myself. Apparently, the book turns out to be too constructive for every reader - to assess their relationship and welcome more bliss than ever!

You will also see a self-assessment questionnaire at the end of each chapter to catch up with powerful sutras (tips) and quotations that work as a soothing breeze to keep love juices flowing.

It gives me immense joy to bring together all the succinct points by way of “Happy Husband, Happy Wife”. I am sure the compilation will be a joyous experience for you as a reader and at the same time, will prove highly valuable as a married individual – whether you are already happily married or are struggling couple wishing to identify issues and finding ways to resolve!

You are welcome to drop in a line with your views, comments, feedbacks, and even experiences, using my email id ambrishdost1@gmail.com.

How to read and use this Book :

The book “Happy Husband, Happy Wife” contains seven secrets to a married life which I have noticed. This is the reason I have begun each chapter with some real life incidence(s). These incidences are a precise anticipation which you can easily relate to the real life instances. Obviously, it was not appropriate to disclose anyone’s identity for ethical and confidentiality reasons.

Moreover, people’s identity is secondary; context and the subtle messages laid therein are most important. In fact, messages coming out of incidences so quoted are the crux of my entire effort. I have tried to address the key issue in nutshell highlighting underlying principle.

I am sure you will enjoy every page of this book and would like to share the contents with your partner.

However, objective behind putting through this book is not entertainment solely, but it is to prompt assess their relationship. For that purpose, few set of questions are provided at the end of each chapter, each question being descriptive type. I urge you to take your own time to answer these questions. If desired, you may also use a notebook to take down notes and use them to answer questions. So, right from your reading time to the assessment completion time, the book is all about you and your married life.

These exercises are made for you to evaluate your compatibility with the partner.

If everything goes fine in your relationship, just skip to these assessments. Once you are through reading it, you may give it to the partner. If you feel appropriate, you can give your answers as well. But remember, if your answers are hand written or signed then may have legal consequences. So, beware!

While exchanging your thoughts via answers, I cannot devalue the reality that both of you are strengthening and healing your relationship.

Remember, if you feel that your true answer may hurt your partner or create any sort of trouble then you can opt not to share the written answers. In this situation, you can just have relevant discussion with your spouse to find out what he/she thinks regarding a certain question.

I must say here that the outcomes of this book maximize and get manifolds when both partners understand the secrets well and become capable to identify those exact situations when their relationship needs to be a healed.

Being an ideal document for married couples, you can ideally gift “Happy Husband, Happy Wife” to anyone, be them engaged, newlyweds or long time strugglers. This will prove to be an enormous gift to help them preserve their relationship.

Don’t forget read and benefit from the powerful sutras given at the end of each chapter!

Dedicated

To my beloved father Shri K.P.Tiwari , My Mother Sunita Tiwari, Loving wife and blessing of God -my daughters.

Special Thanks To

Shashank Karambelkar, Harish Akhipuria, Awanish Tiwari and all clients who shared their experience to make this book more meaningful

Prejudices and Perceptions about Marriage

It is truly amazing that majority of married individuals can talk hours about the relationship – some secrets included! But much significant than that, I am sure, it is to develop an understanding with the marriage and the relationship. Therefore, I vitally stress that you spend some time assessing what led you to get married and to get into a relationship, before knowing the secrets to happy married life.

Can you forget those bachelorhood days when you enjoyed absolute freedom? But then there came a turning point – the decision to get into a relationship, to get married. This decision is evidently the consent to companionship, and more specifically, a decision to be one essential half of the couple. So, it should be apt to say that both of you have ‘unanimously decided’ to live together.

Let’s get deeper.

Why eh? And what took you to this decision?

Well, I have a simple yet powerful answer. You cannot create anything in this world on your own. For living, you need breath and it becomes life only when the body has breath. A seed nurtures only when it mixes with soil, water and is coupled with adequate atmosphere. A bulb cannot produce light on its own; it needs to be coupled with power – the electricity. In the same manner, a fulfilling relationship and wholesome life can blossom only when a man and a woman “couple up”.

Rightly so, such coupling provides an opportunity to create a new life, by eliminating loneliness and conferring a sense of completeness, so as to make life ‘worth living’!

Marriage is merging of two independent bodies and minds into one, coming together of two souls for a common objective. Howsoever different the bodies look, marriage prompts them find a common meaning in life, for mutual goodness, and welfare. In short, marriage is the ceremony when singleness vanishes and coupling emerges.

Numerous researches have already proven that loneliness can be hazardous as it may limit one’s social, psychological and emotional being and many other facets. Many lonely folks have seen the mercilessness of this world where they got easily preyed to isolation, further

leading to depression and aimlessness. And it is just because of that inherent human need to experience belongingness everyday and feel cared every moment!

Someone has aptly quoted, “Art without an artist is nothing”. So it is about being a life partner yourself and having one for you! It is this integral urge to be someone to take care and care for someone that makes life so fabulous.

Togetherness can be out of a marriage, companionship or a live-in relationship – the ‘seven secrets’ identically work and they work practically, recurrently, for whatever type of relationship you have chosen.

Coupling gives ample opportunities of happiness, completeness, desire fulfillment, sharing, loving, purpose and much more. That’s why marriage is a more preferred institution to serve the social tool for controlled society and its maintenance.

As a couple, one should understand that he or she exists but is incomplete; his or her being is partial. It is only when you accept that you need someone to cohabitate with and be ready for all adjustments and understandings involved.

You cannot keep two lions under the same roof; lioness controls lion while the lion controls the roof. This adjustment and understanding is the process of coupling and this arrangement becomes the basis of marriage.

It is equally true that misunderstanding is always likely in married life and this can cause marital discords. It may happen at any stage because husband and wife have their own perceptions and ideologies. Something right for the husband may not be so for wife as well and it can be vice versa too.

As a matter of fact, we see the world through our experiences. Husband’s childhood environment may not necessarily similar to the wife’s. Childhood environment affects our life for long. It creates an opinion about something which reflects in our behaviour.

To understand some one, it is necessary that we go through their back ground, childhood experiences, adult life and over all experiences he/she had till now. We will not reach anywhere without knowing the detailed background of our partner. So, to develop understanding you need to understand the background and experiences of your partner.

After acquaintance to the past and experiences of each other childhood and adult life experiences, it would be easier to develop understanding. It require more patient listening and good communication with trust.

Truthfulness & Marriage:-

One of my client has shared an interesting incidence. She said that during some very intimate moments her husband had openly shared his previous affairs and sexual activities with his girlfriends. Her husband asked this lady to share 'deep secrets' about her previous affairs, if she had in her life.

Since, that atmosphere was intimate and open so she also shared her previous affairs, infatuation and an attempt of sexual of intercourse. 'After listening the truth, my husband suddenly became angry and started making allegations on my character. It came as shock to her. She said "He himself has shared similar affairs but he could not tolerate mine. My husband stopped talking to me and I am suspecting that he is preparing for divorce. After that day, his behaviour is changed completely.' I regret, why I shared and tell the truth"

Here you have to distinguish the categories of truth into two divisions- what is harmful to share and what is less harmful to share. Everyone does not take the 'truthful sharing' in good sense. It depends of individual's maturity level. Sharing of truth may do more harm than one can imagine.

Check the level of tolerance and acceptance of the other partner. Also, it depends on the maturity and wisdom. Anticipate his or her reaction after 'truthful disclosure'.

What is the point to share something which may ruin your relationship forever? A cautious approach is required for truthfulness in marital relationship.

Secret I

“Marriage Is Physical”

‘He ignores me. He comes home late. Watches Television; takes dinner and then he goes to sleep without even touching me. Nothing ‘sensational’ has taken place in our relationship in last three months. Every night, I keep hoping of some sexual initiative from him, dreaming of a fabulous ‘wet’ experiences; but he proves me wrong recurrently. Even my initiative is turned down as I watch him turning head to sleep. It hurts. Every couple enjoys and I know I am not demanding something out of the world. It is my right to have sex but he refuses and avoids. Naturally, I have lost hope and stopped expecting any sexual pleasure from him. I am back to my parents and want divorce.

(Statement given by a lady in witness box in
Court)

‘My Husband is weak; to be more precise, he is partially impotent. He ‘gets over’ before the ‘real game’ actually begins in hot nights. I can easily count on seconds between the beginning and the end – it is almost the same. What can I do when I am left to listen him snore after a while? I remain desperate but cannot awake a sleeping animal to eat food. I am beautiful and have a natural yearning for sex, but he is weak in that lower region below abdomen. Highly disgusting and puzzling about how to deal with it!’

(Shared by a lady during counselling session)

‘Wife has refused to have sexual intercourse, deserted her husband soon after marriage, thus causing mental pain and psychological agony. Denial of sex is cruelty. Husband’s statement that wife is too religious in nature and afraid of sex. She treats sex as demon. She thinks sex to be a sin. Wife’s argument that husband cannot force him for sex and intercourse is her absolute discretion is not tenable. Cruelty proved. Divorce granted.’

(Court’s verdict in a case of divorce filed by husband)

‘Sex is the foundation to marriage. It is a matter of right for spouses. Without a harmonious sexual activity it is impossible for any marriage to continue for long. Marriage without sex is meaningless’.

(Court’s verdict of petition for divorce filed by a land claiming ‘no sex’ after first child is born, husband stopped taking interest in sex with her).

‘Couples should shower together more often. It is a good opportunity to see each other’s wet face with bare body and having absolute closeness during shower. This aptly brings couples closer and the more you do so, your intimacy increases and better chances of a developing relationship.’ (Says a marriage counsellor)

It is physical. Physical security, physical relationships and physical satisfaction is the first and foremost requirement of a marriage. Your partner expects, and deserves to be physically connected with you. Physical security is women’s expectation from her husband.....and physical comfort with luxuries is man’s expectation from his wife.

During a counselling session one lady revealed that her husband avoids hand-in-hand while walking in the garden, shopping or when watching a movie. ‘He always walks three or four steps ahead of me’ she nervously admits. In contrast, I want to walk side-by-side and feel his presence around me, beside me’. She showed up her feeling.

Another lady shares her thought. *“He is usually a gentleman and a normal guy otherwise, but when in bed, he gets violent and is transformed into a beast; he is entirely different those five to ten minutes and then – all is over. He becomes a normal being as if nothing happened. However, those few minutes are like years for me. Romance and sensual pleasure are far away from my life’.* And she cries.

What all these real-life incidences indicate? What is the message?

‘Go physical’! While quoting so, I may sound obvious because I clearly mean your love must be visible, it should be expressed physically. You might be having a heart full of love but is gets best conveyed only through ‘touch and feel’. Your partner expects such physical intimacy from you, and only you! “Nobody else can satisfy that physical desire and expectation!”

Women, on the other hand, might often be shy to express their feelings for ‘physical contact’. However, they expect that their husbands should understand the timing and urge without saying.

Some of us may feel and say hey, sex is not a guarantee to happy married life. Well, my intention is actually not to prop up ‘Sex-maniac’ ideology, but yes, sex is an outstanding tool to develop, and to carry on, lifelong intimacy, liking and closeness with your spouse.

In similar fashion, physical appearance matters a lot. Partners subconsciously compare their life partners' physical appearance with others. This is natural and there is nothing wrong in that. It is perfectly normal. And therefore, it is vital that everyone gives proper attention to his or her physical appearance from time to time. Particularly when entering a social gathering, attending guests, involving in get together, appearances do matter. These are actually the times when you and your partner are noticed and therefore, the other half expects you to be the best, as good as the others' partners, and to find you best in terms of physical appearance.

Clothing, hairstyle, fragrance, shoes, shaving, colour combination etc. comprises your physical appearance. Improve it and you can feel a notable behavioural change in your partner. But you got to keep a separate attire for night hours. He/she expects you to understand his/her expectations for clothing at different time. Be thoughtful, innovative and you will be able to understand the expectation.

Sex is vital and an essential prerequisite from the marriage's perspective. Partners have to understand each other's preference for the way they want the sexual act.

An average man's sexual involvement is approximate more than 400 times a year. This number may be more or less depending upon individual's sexual expectation. This is quite normal in marital life. Therefore, it is essential that partners give due importance to this physical aspect of marriage.

Numerous scientifically proven facts support Sex for better life. They clearly indicate that sex increases oestrogen and testosterone levels. It not only makes both partners feel way better in bed, but also strengthens muscles and bones in men. In women, hormone oestrogen is meant to protect them against heart diseases.

More findings here are worth your view:

- *Sex improves cardiovascular health.*
- *Studies show that men who have sex more than 2 time in a week, have a lesser risk of getting a heart related issues, than men who have it less than once a month.*
- *Sex is an outstanding stress buster. Research has proven that folks, who indulge in regular bedroom activities, handle stress much better and stay lot happier people.*
- *High Level of immunity Regular lovemaking increases the immune-boosting antibody immunoglobulin A (IgA).*

- *Right as the orgasm occurs, level of hormone oxytocin increases by 5 times. This endorphin reduces aches and pains.*
- *Helps longevity: During orgasm, another hormone called dehydro-epiandrosterone gets released which improves immunity, repairs tissues and keeps the skin healthy. Men having at least two orgasms a week live longer than men who have sex just once every few weeks.*
- *High blood circulation: During sex, as heart rate naturally increases, fresh blood gets supplied to organs and cells. While used blood is removed, body also expels toxins and other materials that cause you to feel tired.*
- *Enhances sleep: You sleep soon after completing a sex session or lovemaking is much more relaxed. Apparently, a good night's sleep makes wake up refresher, feel alert and keep overall healthy.*

Be aware of the fact that physical assault is considered as bodily weakness. It is immoral and unlawful too. You have to understand this secret 'Marriage is Physical'.

Going physical or assaulting is against this rule. This means you are violating this rule. It will give you nothing except 'scars on heart'.

Your materialistic possessions like a good house to live, its physical appearance, interior, amenities, home cleanliness, discipline etc. get tinier as against the partner's love. Believe it or not but your partner observes you unconsciously and gives you a rating on numerous such parameters. You might have heard about divorces due to smelling shocks, bad body aroma and dirty mouth.

You don't need to be reminded how as children we were taught by our parents about the cleanliness habits such as brushing the teeth while going in bed. As adults, we know how important a message it is. Even more important it is to bid your partner a goodnight kiss every evening. Whoa! And what if you got a bad smell? Heck, it can disturb a sweet relationship. Howsoever loving your kiss, make sure you should not have bad smell from mouth.

This, and many such small yet significant things, are physical forms of your marital life and deserve to be cared for.

Factors intruding this Secret:

- Lethargy and lack of physical exercise.
- Casual dressing sense, wrong approach about cloths, appearance, home and environment.
- Day dreaming, over-fantasizing, fear and anxiety.
- Substance addiction and abuse, substance-dependency.
- Irregular life style, negligent attitude, lack of awareness.
- Lack of discipline, carelessness.
- Bad Hygienic habits

Sutras facilitating the First Secret to Happy Married: -

- Discover your partner's interest. Find out what fascinates your spouse. Try to gift that thing to him or her.

Stay fit by sticking to an exercise regime and join it together. Go on a walk, jog together

(Read on.....**There are more to read in this book in full version like Secrete -- 2., 3, 4, 5,6, & 7 ..It will be interesting and helpful book.)**

This is pre- Launch Version of my upcoming book on Marriage : "Happy Husband-Happy Wife" -

Please let me know about your feedback / Messages/ Suggestions on this on my email id 'ambrishdost1@gmail.com, tiwariadvocate@rediffmail.com' . I will appreciate your response and comments.)

Feel free to write and oblige.

Thanks

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