

HAPPY WIFE, HEALTHY LIFE...

A friend of mine had just finished a round of golf with a group of guys and they were getting changed in the change rooms when a mobile phone that was sitting on the bench rang. He picked it up, answered it and on the other end was a female voice that said, 'Hi darling how are you? How was your game of golf?' 'Great', he replied. She continued, 'I have just seen the most perfect outfit for the party on Saturday night. I absolutely love it, but with matching shoes and a purse it will be quite expensive...'



He asked, 'Would it make you happy to get that new outfit?' 'Oh yes it would' she replied with a quivering voice. 'Then you go and buy it and don't worry about the cost.' She was so happy, 'thank you darling, I love you so much.' Just as he was about to hang up she said, 'Did you know that there is a new Mercedes SLK on the market? Mine is due to be upgraded and...' Before she could finish he asked, 'Would it make you happy to get the new Mercedes SLK?' 'It would make me so happy my love.' 'Then you go and get it today' he said. 'Oh thank you, thank you my beautiful husband'.

She must have been feeling extra confident that day because she then went on to say, 'Do you remember that house we looked at on the beach with the beautiful views? Well the agent just rang me and said it was still available and I really love it and...' Again he cut her off and asked, 'Would it make you happy to buy a new home on the beach?' 'It would make me the happiest woman alive,' she replied. 'Then you go and do it!' Her excited voice could be heard by everyone in the change rooms as she said, 'Thank you my darling, I love you, see you soon.'

My friend hung up the phone, looked around the change rooms and asked, 'Does anyone know whose phone this is?!'

Happy relationships are the key to happy & healthy lives



Good joke hey? Well I liked it anyway. Clearly the point is not to lie and deceive but to do what it takes to make sure you have a happy relationship. I have called this article 'Happy Wife, Healthy Life', but girls don't get too cocky, it is also about keeping your man happy as well!

When I think about when I am the happiest, most motivated and healthy it is when my relationship is great. Like everyone I have had my fair share of bad ones and the stress, anxiety and negative impact they have had on my life

has been significant. Today's article is aimed at being a bit of fun, but with a really strong message to; not only work hard to find the right person for you, but to keep working on your relationship to make it something that continues to bring endless love, joy and wellbeing into your life. Just as mine is with my beautiful wife Laura.

Men and women are different!



I am pretty switched on because I worked that out all on my own! Well, actually it wasn't all on my own, there were several ex-partners involved, many other friends and some great books, particularly by Barbara and Allan Pease. The one I liked the most is, ***Why men don't listen and women can't read maps***. The experiences I have had, the people I have spoken to and the books I have read have led me to the following conclusions that may help you to live; 'Happy Wife, Healthy Life' or 'Happy Man, Long Life Span'.

Some of Andrew's conclusions for men, for women and for both:

For Both: Don't try to understand everything about the opposite sex. It is not possible and if you try you will most likely end up rocking, dribbling and mumbling!

For Men: Let women talk. They don't need an answer or a solution they just need to be listened to.

For Men: Be thankful women are talking to you. It means they like you – the more words the better!

For Women: The silent treatment is not a punishment for a man – it is bliss!

For Women: Men like sleeping on the couch – they have television! If you really want them to suffer make them stay in bed and talk about their feelings!!

For Men: Never, ever leave the toilet seat up. Women do not want to touch where your bad aim or splash back may have hit!

For Women: Men's underwear belongs wherever it lands!

For Men: Turn the TV off when a woman wants to have a serious talk, it is too tempting to watch it and not listen to your woman!

For Women: Don't try to have a serious talk with a man when sport is on!

For Men: When a woman asks, 'does this outfit make me look fat?' The correct response is, 'You look beautiful!'

For Women: When a man is dressed and ready to go out, that **is** what he is planning on wearing – you don't need to ask!

For Men: When a woman asks you whether you want a cup of coffee, she doesn't care what the answer is, it means she wants one!

For Women: Bodily functions **are** funny!

For Men: Women **are** listening to you when they are doing 4 or 5 other unrelated things at the same time. Just because you can't multi task doesn't mean they can't!

For Women: Men can only do one thing at a time – but they do it very well!! Don't get frustrated if they don't answer you when they are changing a light globe, or when they turn off the car radio to read a map!

For Men: Women turn the map upside down because it works for them. Don't question it! The best solution is don't ask a female to navigate!

For Women: Tools and golf clubs are to a man as your shoes and handbags are to you. Please treat them with respect!

For Men: Don't ask, the answer to the question is; 'No, women don't need more shoes or handbags, but what does that have to do with it anyway!'

For Women: Men have a condition called 'Domestic Blindness'. They will miss obvious things – it isn't deliberate, don't let it get to you.

For Both: Mirrors don't lie!!

For Men: Women want to know how much you love them. This may be through words, quality time, gifts, acts of service or physical touch. It is your job to find out which is the best way to communicate it.

For Women: Men want to know that you respect them. Again it is up to you to work out the best way to communicate this to him.

More: Please share any insights or conclusions you may have for our benefit

The path of discovery

This is just the beginning and there is a lot to learn about the opposite sex, and yes, a lot of it **is** funny! We should learn to lighten up and just love each other for who we are and the obvious differences that we have. It really isn't that hard to have a happy relationship and a blissful life. It just takes us being serious about our relationship but not so serious about ourselves. My last message is for the men – just remember what a woman wants....EVERYTHING!!