

"Is Love ENOUGH?"

By Dr. Cindy Brown

We think when we meet someone and fall in love that the love should be enough to just heal any problem or issue in our relationships...Right?

However as we go along, we see that Relationships can be and often are very complicated due to the different personalities, backgrounds and relationship experience of the two people involved.

The thing is, we don't receive much training for relationships in our younger years or in school, and often the only experience we did receive is witnessing our caregivers interact as our role models. And so what we witnessed as a child becomes what we learn, know and what is familiar to us. Then what we do is... either do exactly what we have seen and are familiar with, OR we try to do the opposite without any real training of what is healthy and what will actually work with our partner and our unique relationship.

It is understandable that the majority of people who are in relationships have very unhealthy ways of relating. Communication is a tricky concept, and often men and women speak and listen and comprehend differently, however we expect each other to do the same things and get frustrated when we both don't do what each other wants. Women complain men don't listen or open up and share their feelings or anything!! AND Men complain women talk a lot and are always nagging them.

SO What should you do? I recommend getting some coaching early so your relationship doesn't get to be a bigger problem than it is. You wouldn't wait weeks and weeks OR EVEN months and years to fix a problem with your health or car, would you?

Let me, the DR, know if there are any questions you need answered, or advice you need, I am here to help you! *****Please do not make the mistake of many**

and feel too proud that you should know everything, or be too ashamed or embarrassed to ask for help. The smartest couples ask for help and advice when there are issues. Be proactive, not reactive and your relationship will be more of a success!

Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!

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WOULD YOU LIKE TO USE THIS RELATIONSHIP TIP?

You may, as long as you include the following information along with this **Tip**: **Dr. Cindy Brown**, author of *The Cinderella System*, helps Women and Men understand themselves better from the Inside-Out, So You Too can have a Successful Life and Relationship Now! Dr. Brown assists you to communicate your needs better, teaches you listening skills, helps you love and accept your body and to give and enjoy pleasure, all so you can live the amazing, happy life you deserve and desire! If you want to have and live the relationship and life you really, really want, subscribe now to my award winning weekly online newsletter *Relationship Intelligence* and get my FR*E Special Report and Audio Class at www.SuccessfulrelationshipsNow.com