

BETTER

Relationships



How to Have Happier, ¹ Longer Relationships

Better Relationships

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Table of Contents

Contents	2
Introduction	3
Chapter 1: It Starts With You	5
Confidence and Independence	6
Confidence	8
Chapter 2: The Art of Small Talk.....	10
Chapter 3: How to Make More Meaningful and Lasting Friendships	13
Creating Opportunities to Meet People.....	14
Taking it to the Next Level	16
Chapter 4: How to Overcome Social Anxiety.....	19
Chapter 5: How to Meet a Romantic Partner	22
Online Dating.....	22
How to Meet People in the Wild	24
The Power of Facebook	25
Becoming the Life and Soul of the Party.....	26
How to Get Out of the Friendzone.....	27
Chapter 6: New Relationships.....	30
Chapter 7: The Importance of Acting Out of Character and Drawing Lines in the Sand	33
Chapter 8: How to Develop Deeper Relationships.....	37
One-to-One Time.....	38
Familiarity.....	39
Making Memories	41
Chapter 9: Controlling Your Emotional Responses	42
Conclusion	44



Introduction

Introduction

Without meaning to sound too much like a fortune cookie, it is certainly true that our relationships are what give colour and purpose to life in most cases. A moment is only ever improved by being able to share it with someone else, and most of us would rate having a range of close and deep relationships as being among the *most* important factors for creating a meaningful life.

If you've ever known what it is to be truly lonely, then you'll recognize the importance of these relationships no doubt.

And if you want more proof that relationships are really where it's all at, then try thinking back to the happiest and best memories of your life. Isn't it the case that every single one of those involves other people?

It is perhaps odd then, that relationships are something we never really learn all that much about. There is no lesson we study at school that is dedicated to relationships. And when it comes to reading self-help books or engaging in self-improvement generally, all the advice seems to be aimed squarely at building muscle, confidence, or success.

Wouldn't it make more sense for us to focus on developing the skills that fill life with meaning? And with happy memories that we will cherish for the rest of our lives?

Perhaps the reason that we do not like talking about improving relationships is that we do not want to admit that we could use the help. We all like to think of ourselves as these outgoing, gregarious, confident people. Surely, learning how to make better friends is just for the socially inept?

It does not have to be. Of course, you do not need to struggle at something to realize that you could be even better. In fact, it takes a certain maturity and insight to recognize this.

You might be perfectly happy right now with a bunch of friends that you love and who you have shared many happy memories with. Maybe you have got a romantic partner who you are very close to and maybe you get on well with all your co-workers.

But that does not mean things could not be better!

That does not mean that you couldn't have a wider selection of friends. It does not mean that you are necessarily perfectly happy with *all* those friendships. Maybe you get teased more than you would like. Or maybe you feel as though your connections could be deeper. Maybe you do not have as much sex as you would like. Maybe your work colleagues trample on you.

Whatever the case, relationships are incredibly complex and dynamic and the better you become at navigating them, the happier you will become and the more you will be able to achieve.

With all that in mind then, read on and in this book, you will learn to master your relationships with others. You'll discover how to build longer, lasting friendships, how to have a more romantic and more sexy love life and how to generally have better relationships across the board. You will see that there is an art and a science to this, and you will learn to master it!