



LOVE and

Attraction

Table of Contents

Introduction	6
Are You Lovable?.....	7
Chapter 1: Are You In a Toxic Relationship.....	9
Are You a Jealous Lover?.....	11
Some Ways You Can Handle Jealousy	12
Chapter 2: This You're Getting Cheated On?	13
Being Lied To In a Relationship	14
How to Tell is a Person is Trying to Bluff You.....	16
Chapter 3: Breaking Up The Easy Way	18
Break-Ups And Guilt	20
Chapter 4: Building a Romance Bridge	21
Former Lovers Can Be Just Good Friends.....	23
Chapter 5: Ending Relationships Gracefully	25
Emotional Affair or Friendship	28
What Is An Emotional Affair?.....	28
Does It Hurt Marriage?	28
Why Do People Have Emotional Affair?	29
How To Avoid An Emotional Affair?	29
Chapter 6: Fear Of Commitment In Relationships	30
Express Your Love With Flowers	31
Caring for Cut Tropical Flowers.....	32
Chapter 7: Growing Online Dating Relationships	34

Introduction



We all know that relationships can be difficult. One of the best methods we have for making every relationship less stressful and more enjoyable is to show a little patience.

Patience has been defined as what we lack for the driver in front of us and demand from the driver behind us.

In truth, patience is nothing more than time.

Time before we say something: Think of a time when someone was not patient with you when you needed them to be. Think of how you felt. Think of how deeply you might have been hurt.

The next time you find yourself losing patience with another, take a moment to remind yourself of how you felt when someone had no patience with you.

Time before moaning and groaning: Patience takes time, but no more time than the showing of anger; of stomping or yelling or whining or complaining. A little patience can often resolve a conflict that a loss of patience will only escalate.

Time to just let things run their course: Arnold H. Glasow said, "The key to everything is patience. You get a chicken by hatching an egg, not by smashing it." Some things require a certain amount of time. Losing patience only hurts ourselves and won't speed up the process.

So, take the time to smile instead of frown; the time to wink instead of snarl. How much time does it really take to give someone a small nod or a pat on the back? We never stop to think about how a little of our time can make such a big difference in how we make another feel.

Benjamin Franklin said, "He that can have patience can have what he will."

The lack of patience is the key to so much unhappiness and grief in this world, when all it requires is a little time on our part. One of the simplest ways to build stronger relationships and bring more happiness into our lives is by becoming a little more patient.

Showing someone patience is really giving to another that which we wish to receive, while a lack of patience is nothing more than a reflection of ourselves.

Are You Lovable?

This looks like an awkward question. We will confess that he/she is not lovable? But the truth is that many of us are not lovable at all. Can you imagine of a small kid? A kid is always lovable. Why? If we can answer that question, we will solve the puzzle about whether we are lovable or not.

A kid is innocent. Knows nothing and is totally defenseless. You love a kid, because he/ she wants you to protect him/her. You love a kid because of innocence. You love the kid because of the smiling face.

You love the kid because the kid has no malice towards anyone. Does not desire anything bad for any one. Recognizes no enemies and has