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Re-energise  
**your relationship**

Put the sparkle back into your loving life  
Dr Sabina Dosani & Peter Cross

# Reenergise Your Relationship Put The Sparkle Back Into Your Love Life

**Dr Suzanne Gelb Phd Jd**



## **Reenergise Your Relationship Put The Sparkle Back Into Your Love Life:**

**Re-Energise Your Relationship** Sabina Dosani, Peter Cross, 2005 You can have a happy fun and sexy relationship by using the 52 brilliant ideas collated in this helpful guide Dr Dosani and Peter Cross ask How Can you recapture those golden moments when your relationship was new and exciting when the thought of just speaking to your lover made your heart pound Would you both now rather watch TV than talk cuddle or even kiss Well it doesn't have to be like that With a little effort you can light that fire again They reveal how to say sorry find time to talk create quality time for each other and understand why people change Rediscover what turns you and your partner on in this fun easy to use guide to re energising your relationship

Black Cream Kenny Attaway, 2017-11-27 Black Cream is a straightforward honest and relentless memoir chronicling the life and times of Kareem Parker aka Black Cream For all his childhood and early adulthood Cream battled self esteem issues bouts with anxiety mother son battles with his mother and her various boyfriends skin complexion complexities and ongoing battles with wanting needing a true father figure this battle coexists with his mother's battle to find true love from a man Throughout his early years of two years old up until sixteen to seventeen he not only battled his problems and shortcomings but became a battering ram and sometimes an unwanted distraction to his mother's various boyfriends paramours that misled and abused him and his mother Later in his midteens he finally found peace and love within but only for it to be shattered again by an ugly truth held by his mother which leaves his newfound peace not only broken but spiraling out of control Its never easy when the most precious thing you are attempting to help protect is hurting you Black Cream stirs the pots of humanity and injustices many young black boys cope with without a father or without a positive father figure in their lives Black Cream stirs the pot of hopelessness and abandonment and pain when they are left alone and must fend for themselves being given the awkward task of defending themselves even when their mom is present And Black Cream stirs the pot of molestation systematic dependency ongoing broken relationships drug dependency and self hate Black Cream explores how cycles of the broken boy syndrome begin and how it can continue to plague into manhood due to failed ingredients Written with a poetic pen conscience mind and honest heart Black Cream in various ways tells the story of many other creams that experience the same pain and torment without ever having light or confetti thrown over their stories It is penned with an honest flair with bright drips of imagination and honest art Then without further ado I present to you Black Cream May peace happiness and LUV reign on you confetti style This is your moment but share it with those that need it most Re-Energise Your Relationship: Put The Sparkle Back Into Your Loving Life Dosani, 2007-09 **Love the One You're With** Lee Ellis, 2019-11-19 A solution for those who are terrified of being trapped in an unhappy marriage for the rest of their life

*Re-Energise Your Relationship 2e* Sabina Dosani, Peter Cross, 2007 A guide to re discovering the sparkle in your love life

*A New Song* Miriam Hampton, 2022-12-29 Rekindle Your Marriage and Sing to the Lord a New Song Do you love the Lord and seek to follow Him in all areas of your life including your marriage In *A New Song* Miriam Hampton outlines a path to

God's peace, love and harmony in your relationship with your spouse. Perhaps you are wondering what went wrong after your marriage began so well. Hampton, a certified life coach with fifty years of experience in her own marriage, if you now find yourself feeling alone, frustrated, unloved or unsupported, Hampton shares a message of faith for your life. Using biblical principles, she will guide you to refocus, release and renew your central relationship. In your journey through the pages of *A New Song*, you will discover how to be the catalyst for new love and life in your marriage by returning to love through refocusing, abiding in the peace of God's presence, letting go and letting Him work in ways you could not imagine. Growing into the fullness of who God made you to be and keeping your marriage growing. Bring new life into your most important relationship today.

**Growing the Sparks, How to Bring Back the Sparks and the Magic in Your Relationship** Paul McLovett, 2013-10. Is Your Marriage Losing The Glow And The Spark It Started With? Is Your Love For Your Partner Growing Stale? Imagine Getting Back All the Butterflies and Flutters You Had When You First Met. Do You Want To Get Closer To Your Lover More Than Ever Before? When a love relationship grows stale, it may simply be a speed bump in the normal terrain of a long-term relationship. But most couples tend to believe something is wrong. You hear people say, "Maybe I chose the wrong partner," "Maybe my partner doesn't care about me," "Our relationship feels empty," "There's no spark left," "We don't hate each other," "Our relationship just feels flat," "There's no magic left." What if you could bring back the magic, the butterflies and flutters you had when you first met? In this powerful relationship book, a top-notch relationship expert, Paul McLovett, exposes what makes love grow stale in marriage: the 3 long-term relationship killers, the 7 greatest challenges of love relationships, and how to overcome them; the 10 ways to quickly and easily bring the spark back into your relationship; and much more. The secret information in this book will create the spark and bring the magic back in any marriage. Guaranteed. Colin Cooper, PhD, Marriage Counsellor.

**Reigniting Your Marriage** Toyin Fakorede, 2015-10-08. Songs of Solomon 8:6-7: "Wear me as a signet ring on your heart, as a ring on your hand. Love is as overpowering as death. Devotion is as unyielding as the grave. Love's flames are flames of fire; flames that come from the Lord. Raging water cannot extinguish love, and rivers will never wash it away. If a man exchanged all his family's wealth for love, people would utterly despise him." The scripture above describes the intensity of the love that should exist between couples, especially when the relationship has just begun or early in marriage. In this passionate loving state, no storm or life challenges can extinguish the love; such couples share. However, there are certain attitudes and behaviours that can gradually extinguish love if care is not taken. Proverbs 26:22: "When there is no wood, the fire is extinguished." The wood represents several things we do or fail to do in marriage that can erode love, e.g. when mutual respect is somewhat lacking in a relationship, when couples fail to spend quality time together, when conflicts and anger are becoming regular, and many more. In this book, you will find out how to understand the needs of your spouse, re-ignite the passion you once shared, bring back intimacy and romance into your relationship, stay spiritually connected to your spouse, resolve pressing issues, become your spouse's best friend, and stay strong in your relationship. No one can go back and change

how it started but a new future for any marriage can begin the moment one person begins to invest in it Fawn Weaver

*Rekindle Your Love* Leanne M. Shine,2012-09-14 The road to love has never been a smooth one From Adam and Eve s problem with produce to Samson and Delilah s unplanned makeover couples have struggled to find and keep a healthy relationship Most will agree that the secret to a happy healthy relationship is honest communication and common interest mixed with a sense of humor and a liberal dash of understanding But what do you do when things are already on a rocky path How to you preserve your relationship Or even rekindle the dying flames of love This book will teach you the tools you need to have a happy healthy committed relationship that will let you get the most out of life Rekindle your love will not only teach you the secrets to reclaiming lost love but it will help you to keep the relationship you have healthy and moving in a positive direction This book will help you to achieve the kind of romance you have been dreaming of **How to Improve Your**

**Marriage** Erica Middleton,2010-04-28 Searching the right person whom you would spend your whole life with is not that easy as well as being the right one to that person Eventually after being with someone for a long time you get to move on to the next level to be married The first few months are for settling in as a married couple Maybe people will see you so sweet loving and as if you are the only people on this world You won t care because you both are really in love And then later on here comes the reality You get to notice your differences and the things that will drive you crazy You will be having difficulty in solving some of these problems but it depends how you would both handle it The outcome could be positive or negative Almost all couples don t want to end their marriage and would do whatever they can to save it **Return To Love** Henley Parks,2020-12-14 Return To Love The Essential Guide On How to Revive Your Relationship Discover How You Can Rekindle the Flames of Love and Bring Back The Spark and Happiness in Your Relationship Starting and building relationships is easy enough but knowing how to sustain them and make them last forever is a different story It is difficult and requires other things other than your love for each other It usually involves a lot of effort compromises and patience Sometimes it involves basic attitude adjustments and lifestyle changes in order to make things work This book will teach you all the secrets and useful information that could help make your relationships stronger and healthier You will discover the most important thing to consider if you aim for longevity and happiness in your relationship You will learn various lessons on things and gestures you can adopt in order to keep your relationship alive This book will discuss the following topics Basic Needs of Relationships Making Your Husband Wife Relationship Stronger Improving Adolescent 6 Tips for Strengthening Your Relationships Secrets of Strong and Healthy Families Things to Avoid Break Ups There are no perfect relationships and everything has its ups and downs But it s important that you learn how to always solve your problems and fight for your relationship If you want to learn more on how you could revive your relationship scroll up and click add to cart now **Learn to Love** Jaslin & Yusuf

Varzideh,Yusuf Varzideh,2023-05-31 Embrace the wonders of a healthy relationship and say goodbye to a dull and unsatisfying love life Has the spark in your relationship fizzled out Have you and your partner grown too comfortable with

each other causing things to become stagnant Do you worry that your love is fading by conflicts that never seem to get fully resolved If you answered yes to any of these questions this guide will ease your mind with relatable and practical advice to build a more fulfilling relationship Even the most passionate and loving relationships can hit a rough patch as time goes on Work finances family issues and personal struggles can take a toll on the relationship and make it difficult to maintain the intimacy passion and commitment that once came naturally The good news is that with the right tools and techniques it is possible to rekindle the love and intimacy in your relationship With the methods suggested in this book you can improve your communication become closer emotionally and rediscover the spark that first ignited your love for each other Within its pages you will find Nine surprising benefits of being in a committed relationship How to understand yourself and your partner on a deeper level to strengthen your union How your differences with your partner can actually become a pillar for a healthy relationship The three essential ingredients of love and how to strengthen each one The key components of intimacy that will bind you closer to your partner How to create a deep and unbreakable bond with your partner that lasts a lifetime How to balance individual needs and relationship goals to live in harmony Learn compassionate communication skills to resolve conflict with ease for happier and more fulfilling conversations And so much more You may have reached a plateau in your relationship and don't know how to bring the spark back You might settle for companionship but secretly yearn to rekindle the desire and need you once felt for your partner But what if you can invite intimacy and passion back into your relationship harnessing their power so your love stands the test of time Wouldn't that be worth the effort Are you ready to have the love and happiness you truly deserve in your relationship Then scroll up and click the Add to Cart button right now

**Reclaim Your Relationship** Patricia S. Potter-Efron, Ronald T. Potter-Efron, 2007-08-10 An interactive workbook to help couples reconnect The simple phrase I love you is terribly important to people so what keeps so many of us from saying it In Reclaim Your Relationship Ron and Pat Potter Efron marriage therapists who have been married for 37 years combine their real life and clinical experience in this practical and accessible workbook designed to help individuals improve connections in their relationships with those they love Presenting engaging hands on exercises the authors help readers learn to say I love you to their partners with ease and genuine meaning show their partner love through consistent acts of caring and take in their partner's loving words and deeds without always demanding more Ron Potter Efron MSW PhD and Pat Potter Efron MS Eau Claire WS are psychotherapists in private practice They are the authors of Letting Go of Anger 1 572 24001 6 and Letting Go of Shame 0 894 86635 4

**The 5 Little Love Rituals** Marko Petkovic, Marko Petkovic M Sc, 2016-01-14 Put the MAGIC Back in Your Marriage in Just Minutes a Day Whether your relationship is a new romance or one that has passed the test of time there might be days when you wonder how to keep the fire burning Perhaps you already feel the space between the two of you but you don't know how to close the gap Maybe you're having a hard time right now and you aren't sure how to reach out Or you simply miss that bond you once had and you want it back The 5 Little Love Rituals book is about five tiny

little habits successful couples do to connect and keep their love young in just minutes a day About The 5 Little Love Rituals Written by an author who has been there and done that this book will let you re discover amazingly simple things you can do to achieve a fulfilling relationship that doesn't feel good just for the moment but a relationship where that feel good sensation is normal Why You Should Check Out The 5 Little Love Rituals This book will be a good fit for you if you want to Put your marriage first and keep it there Start creating bonding moments right now or right when your partner gets home You can start on your own without cooperation from your spouse and then let them take notice and want to join you The best thing Many activities shown in the book will take you no more than a couple of minutes of your time sometimes only seconds Avoid the not so much talked about silent killer of relationships that is far more damaging than a lack of communication Learn how to create your sacred couple time when you can hang out reconnect rekindle your intimacy even if your days are long and your schedule is packed full Prevent ending up living with a stranger some day and instead become someone who knows your loved one best while helping them know your heart better Discover simple ways to spend meaningful time together and put more laughter back into your marriage without worrying about money or finding a sitter Learn how to surprise each other in new ways and keep each other excitedly wondering when your next move will take place Start recreating that thrilling sense of excitement and novelty just like when you first met so that your spouse can't help but crave you Learn how to increase intimacy in your relationship without any sex expectations and why this is one of the easiest yet most connecting things you can do Avoid starting to get bored with your marriage like so many couples eventually do You won't Have your children grow up in a healthy emotional atmosphere as you'll learn in the book it was author's children who ultimately pushed him and his wife in the right direction Learn the easiest way how to make your new love rituals actually stick so you'll immediately know what to do the next time you feel you're starting to drift apart And much much more The book comes with a link to the exclusive members area with the Golden Collection cheat sheets and a success checklist that you can download to your phone or tablet and use them even when you don't have this book handy The bottom line If you're serious about taking your marriage from just fine to the marriage I've always wanted download The 5 Little Love Rituals today Then watch the magic starting to happen Take action now Pick up your copy today by clicking the Buy Now button at the top of this page [How To Be More Romantic With Your Spouse](#) Lynnette Foster, 2024-06-26 In How To Be More Romantic With Your Spouse discover the secrets to reigniting the passion and connection in your relationship This heartfelt and practical guide offers insightful advice creative ideas and meaningful activities to help you and your spouse grow closer celebrate each other and create lasting memories Whether you're newlyweds or have been together for decades this book provides the tools you need to bring back the magic and keep the flame of love burning bright Learn to communicate better express affection in new ways and prioritize your relationship amidst life's demands How To Be More Romantic With Your Spouse is your roadmap to a more loving joyful and fulfilling partnership Here's a little of the ideas I delve into in this book Candlelit Dinner at Home Weekend

Getaway Memory Lane Walk Love Letter Sunset Picnic Spa Night Movie Marathon Stargazing Cooking Class Concert or Live Music Surprise Date Night Personalized Gifts Scavenger Hunt Dance Night Photo Album Breakfast in Bed Love Coupons Nature Hike Bookstore Date Art Class Charity Work Board Game Night Staycation Watch the Sunrise Sports Event Favorite Meal Write a Poem Carriage Ride Couple s Photoshoot Surprise Lunch Plan Future Dreams Music Playlist Couple s Workout Visit a Museum Craft Night Road Trip Love Jar Themed Dinner Favorite TV Series Surprise Flowers And More *The Love Tune-Up* Dr Suzanne Gelb Phd Jd,2019-04 What if instead of attracting people who don t respect me I could meet the love of my life What if instead of blowing up whenever my partner annoys me I could respond with patience What if instead of feeling an increasingly vast distance between us with less intimacy and sex each year brought us closer together These are important questions Questions that Dr Suzanne Gelb Ph D J D has been exploring in her work with men women and couples in her counseling and coaching practice for over 30 years combined The answer to every question is Love And when Dr Gelb says Love is the answer she s not trying to be poetic It s actually very practical When you know how to treat yourself with love care and respect then you tend to attract people who also want to treat you with love care and respect When you are living a happy healthy life then you naturally form happy healthy relationships with others Yes of course romantic partnerships involve two people not just one But if things are feeling rocky or difficult or not flowing in the way that you d like the first relationship to explore and upgrade is your relationship with yourself The Love Tune Up is an invitation to do exactly that With this 14 day course you ll receive short lessons plus a few more surprises to help you tune up and upgrade your relationship with yourself How you talk to yourself and how you treat yourself Lessons to help you move back into your natural unburdened state of being free of guilt shame or unresolved anger Lessons on moving back home into Love Whether you re currently single dating or in a relationship it doesn t matter The Love Tune Up is designed to help you create a happier more loving relationship with yourself regardless of your current coupledness status It s always the right time for more Love The basic details The Love Tune Up is 14 days long You have access to a new lesson for each day You can go at your own pace and there is no expiration date There s a written version paperback or digital and in the future there will be an audio version of each lesson So you can read or listen Whatever you prefer You can start The Love Tune Up at any time But why not now It s always the right time to choose Love **Secrets to Loving Again** DEBRA. HARWOOD,2022-08-14 Even when things in your relationship appear to have taken a horrible turn you can fall in love again Being in love in a solid stable relationship whether you re married or just in a long term relationship improves every aspect of life In **Secrets to loving again** you would learn how to Re ignite the spark reconnect with your spouse and strengthen love forever in your relationship Spice up your relationship Rekindle the sparks that helps you fall in love again Enjoy long lasting love in your relationship Click on Add to Cart button to start the journey to bringing back the excitement from beginning **Sparkling Marriage** Lita Caine,2023-03-15 This is a guide on how to have a strong relationship by learning to speak the language of

love Follow the guidelines in this book and you will be easily able to speak the love language and implement the steps in your life Learn how to give space to your partner so that they can be themselves Never be codependent because that way you won't grow in your relationship The start of every new relationship is very exciting The first touch the first kiss and that first intimate look that sweeps you off your feet those are just the surface emotions To make your relationship last longer you need to dig deeper Once you are committed to your relationship time starts to not take each other for granted This is why to bring back the spark in your relationship you need to put in continuous effort We have placed immense importance on communication which is the key that locks a relationship

**The Spark of Your Relationship** Adrian Collins,2024-12-09 Have you ever wondered how to recover that magical connection you once shared with your partner Do you feel that with the passage of time routine misunderstandings or past wounds have begun to overshadow the love that once united you The Spark of Your Relationship is much more than a book it is an intimate and practical guide to rediscover that spark that can transform your relationship and give it back life joy and depth This book has been designed with a clear purpose to help you understand strengthen and renew the love in your relationship From the first chapters it will lead you to remember those special moments that united you with your partner to reconnect with the emotions that started your story together But it does not stop at nostalgia This book will help you identify current problems communicate them effectively and understand the languages of love that each one needs to feel valued and loved Throughout its pages you will discover the power of small everyday gestures that have the biggest impact you will learn to heal past wounds that may be holding back your connection and you will understand the importance of dedicating quality time even in the midst of busy lives In addition it will invite you to break with routine and explore new ways of getting closer to your partner both physically and emotionally to renew intimacy and revitalize the relationship This book also addresses deep topics such as the balance between the self and the us showing how to maintain your identity without losing sight of the value of the team you form You will be surprised to discover how something as simple as humor can become an essential engine to overcome difficult times and maintain joy in your daily life It will also lead you to dream again as a couple to visualize shared goals and to build a life that inspires and motivates you mutually

**Secrets to Love Life: How to be Happier, Healthier, & Richer Than Ever Before** Stephen

Berkley,2021-08-03 Sometimes with the passage of time people lose interest in love life If you feel that your romantic life is boring than these secrets will help re energize your sex life Many of us would be able to recall the romantic and often exciting times that we had our first romantic moments with our partners However this flame can become less energetic with time With time this sexual enjoyment becomes a routine and your sexual life begins to wane But you can get back your love life back This guide is an untold secret to having a long lasting romantic love life Based on psychological facts and research this guide will help you to get back the charm of your romantic love life Whats included Top secrets to have a better romantic life Sexual problems To find out what it is you really want Discover your partner s fantasy Assessment of your relationships

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### Reenergise Your Relationship Put The Sparkle Back Into Your Love Life Introduction

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