



*Create More Romance
in Your Life*

A Creative Guide to
Love and Romance



Angelia Griffith

Create More Romance in Your Life

A Creative Guide to Love and Romance

By
Angelia Griffith



Copyright © Being The Best
All Rights Reserved

[Click Here to learn how to
Become irresistibly attractive](#)

Table of Contents

Disclaimer

Introduction

What is Romance?

Vital Facts About Romance

The 10 Biggest Misconceptions
about Romance

Setting the Mood For Romance and Love

Romance Tips to Win Her Heart

The Chemistry of Romance and Stress: How
to Boost Your Romance!

Using Positive Affirmations
Love and Romance

Disclaimer

Reasonable care has been taken to ensure that the information presented in this book is accurate. However, the reader should understand that the information provided does not constitute legal, medical or professional advice of any kind.

The information contained in this book is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this book, you are taking full responsibility for your actions.

No Liability: this product is supplied “as is” and without warranties. All warranties, express or implied, are hereby disclaimed. Use of this product constitutes acceptance of the “No Liability” policy. If you do not agree with this policy, you are not permitted to use or distribute this product.

We shall not be liable for any losses or damages whatsoever (including, without limitation, consequential loss or damage)

directly or indirectly arising from the use of this product.

As always, the advice of a competent professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of ideas/methods in this book.



Introduction

The importance of romance in every single relationship cannot be over emphasised. We all at one time or the other respond to romances without paying attention to any form of rumours

In real life romance, people find it very difficult to pin point the exact romantic pulse your partner reacts to positively. Basically, there are some basic indicators that will help you to figure out what direction to take your romantic intentions.

In every romantic relationship, it is always good to note that the advantages of how romantic you are, this usually outweighs the reason for being romantic. Both are important, but the action is what makes the most impact. It is always erroneous to think or analyse love or the reason behind it without taking the person's emotions into consideration.

To so many, it is rather a prolonged and demanding process to be solely rigid on romance. Always take the time to remind yourself that no matter what you struggle with right now, the rewards far outweigh any difficulties in the end if you find that you are someone who struggles with some of the concepts and ideas of romance.

At every first attempt at romance, there are always failure expectancy degrees. Do not expect success at every first romance attempt. This is due to the bare fact that we are mortals that are prone to errors. These errors are allowed.

In Martial Arts, there are true masters, but there are no true masters of romance in the real world. Everyone is a newbie at the game of romance and just like anything else; it takes time and practice to learn the skills of the trade.

Romance is an excellent way to keep or re introduce passion into any relationship. It is

virtually impossible to keep that enduring feeling from when you first met for a lifetime; however it is possible to keep the passion alive for as long as you want it to be there with romance. Keeping passion in a relationship leads to a lifetime of happiness.

Remember that giving one hundred percent is the only way to have a good relationship with romance. If you believe that you and your partner must give fifty percent and meet halfway, there is still too much effort missing from both parties. Romance and relationships take all of a person's effort.

Visualize your partner as not being a robot or a stereotype. Discard any premonitions you might have. See your partner as an exceptional being and that is what is driving you innate passion about him or her. Do not be loaded with preconceived notions and expectations. Eliminate any stereotypes or unrealistic expectations from your thought process and give your partner a clean slate.

Believe that change would come but not sudden in trying to build any relationship. It is always said that the only thing permanent in life is change. Change takes time and can be difficult for some people but know that it will surely come. It is slow to move and slow to work. Also, enjoy the slow pace because change is an adjustment for many. If you feel uncomfortable with change, allow yourself a long time to get used to ideas and concepts before passing judgment.

What is Romance?

The first thing to go in a troubled relationship is usually romance. When couples patch their relationships together in therapy, one of the first dilemmas that couples face is how to get the romance back into their lives.

They look back nostalgically at the beginning of their relationship, a bit sad at the impossibility of capturing the magic of their first meeting. While this sort of thinking can provide my clients with important clues about what made them excited and happy at the beginning of the relationship, these memories rarely help the couple recapture the magic.

According to Helen Fisher, a prominent anthropologist, romance is the civilization of sex. Viewed from a cultural perspective, this is probably true. This is probably why relationship books rarely go into much depth regarding the nature of romance. Typically,

most authors discuss the need for romance in a marriage. This is usually followed with a discussion of seduction and foreplay. As most couples will tell you, sex is not romance. However, most couples are hard pressed to tell you exactly what romance is.



As I mentioned before, nostalgically thinking about the way the couple behaved at the beginning of the relationship can offer important clues about the nature of romance.

According to Dr. Fisher, couples will generally report romance is:

- 1) The excitement of discovering someone new that you love.
- 2) A mutual feeling of being special or primary in the other person's life.
- 3) A mutual feeling of being understood in a way that was different or more special than in other relationships.
- 4) A bond that transcended normal relationships.
- 5) Sexual excitement and novelty.

One or both partners in a troubled relationship will complain that they cannot possibly recreate the romantic feelings they had when their relationship was new.

However, older, successful couples will report an improvement in the value of their relationship with their partner and an improvement in their sex lives over the years. This is because they acquire the trust that allows them to teach each other and learn new things about what gives pleasure to their partner in their daily lives.

Couples who are not willing to learn what gives their partner pleasure and accommodate them tend to get stuck in their inability to be responsive to the other partner's emotional requests. Relationships get stuck where there is a lack of trust and an unwillingness to become vulnerable in expressing one's needs. We sometimes need to move beyond our comfort level to accommodate a partner. Think of it in these terms. Healthy couples who are romantic are able to find novelty in their own relationships.

As I mentioned before, sex is just one ingredient of the feeling of romance. And

certainly, in a healthy relationship, sex is an important element. Often, couples will become sexually bored and resentful because they are unwilling to communicate their desire for exploring new sexual territory.

Often, sexual experimentation within the context of a committed relationship will indeed provide the excitement and novelty that both partners seek. When the romance has drained out of a couple's life, one or both partners feel resentful or hurt.

Proposing sexual exploration will often provoke feelings of bitterness or vulnerability, making sexual exploration too hard a challenge for the couple. All too often, before this aspect of the relationship can be recovered, trust and respect have to be re-established first.

So what is romance? If you look at the remaining four perceptions that describe the feeling of romance, we see that romance is the ability for both partners to communicate

reciprocally their feelings of being mutually bonded and special to each other.

Looking for the magic formula for romance? Simply say these words to cast your spell: Darling, you're the most important thing in my life. Nothing else comes close. I don't care what else happens; we're going to get through this together.

["Click Here To Watch this how-to video
To learn the secret 'Desire' text
Message that men are powerless to resist"](#)

Vital Facts About Romance

When you are thinking about romance, you are thinking of very many things. It is vital for you to narrow down and focus on your partner for true romance to flow. Romance is best felt. This means that, showing romance is mainly all you need to do. How can you show romance if you do not know about it?

This is a very good question. You need to know the heart or the essence of romance; vital facts about romance. Some people will continue to confuse sex with romance. Romance is not sex and romance should or might lead to sex.

Sometimes, it is said that romance is greater than sex. This is because it is much more wholesome. Ladies are known to use sex to corner a man into loving them. There is a

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

