

It's Time
to Get The
GROOVE
BACK

The Marriage Manual

ADEWALE ADESOYE

Acknowledgement

Special thanks unto God Almighty for his free gift of Grace that has transformed me. I thank God for the finished works of Jesus manifesting in my life and my family. **TO GOD ALONE BE THE GLORY!!!**

Dedication

I dedicate this book to my Late wife, Ann Ofonmbuk Adesoye who was with me when God birth this vision. It's so sad that you had to leave so soon, but I know that you are having fun in heaven right now. We miss you.

Table of Contents

<i>Acknowledgement</i>	<i>iii</i>
<i>Dedication</i>	<i>v</i>
<i>Introduction</i>	<i>ix</i>
<i>Chapter One: The Drift</i>	1
<i>Chapter Two: Hygiene</i>	11
<i>Chapter Three: Compliments</i>	17
<i>Chapter Four: Relationship with the Opposite Sex</i>	23
<i>Chapter Four: Your Ex-Lover</i>	29
<i>Chapter Six: A force of Attraction</i>	33
Conclusion.....	37
About the Author.....	43

Introduction

A lady that had been married for many years shared her problems with me. She told me that she had not had sex with her husband for months. The husband was always complaining of being too busy, too tired or was not around most times. He left for work very early in the morning during the weekdays and arrived back home very late when everyone would have been fast asleep. He always claimed to be having some left over work to do on Saturdays, and the family spent the $\frac{3}{4}$ of the day in church on Sundays. No time to connect together. She was so dejected and sad when she was sharing this story with me that she was already thinking of a divorce or an opportunity to cheat on him. Does this sound like your home or a home you know about?

Many marriages are in a state of decay, and many couples are just getting by. Marriages are just crumbling down due to lack of sex, lack of enough sex or lack of good sex. Someone once said, "I sometimes pray that I wake up in the morning and find my husband dead so that I can find myself another man. I don't get any affection or sex from this man anymore." Why would someone think of death on her husband because of lack of affection and sex? Does this sound like you? Or someone you know? Honestly, you will be so

surprised by how many people wish their spouses dead due to sexual dissatisfaction.

Statistics show that married men and women have sex on the average of 58 times a year, that's a little more than once a week. Other statistics have also shown that 70% of married women are not having as much sex as they want and are not even satisfied even when they have it. If a man or woman is not having enough sex at home, he/she will be looking for it elsewhere. It is important for you to know that lack of sex, good sex, and enough sex in the home leads to frustration, which in turn leads to infidelity and then divorce. Pastors and highly respected men and women of God have found themselves in this ditch again and again. Anointing is not a substitute for sex, and it will never be. If you are not giving your partner good and enough sex, he or she will go elsewhere looking for it. Remember, I used the word, good and enough sex. Some people just do it like an obligation and don't even enjoy it anymore. The sex must be good, and it must be enough.

Some people don't even feel comfortable discussing sex with their spouses because they don't want him or her to think otherwise of them. I once heard of a woman who didn't feel comfortable telling her husband to touch her on certain parts of her body when they are together or while having sex, with the fear of being tagged a nymphomaniac. Yet, she was never enjoying sex with him and was thinking of going back to the men she used to date before she got married. Some people think that it is a nymphomaniac or a

promiscuous person that pays too much attention to sex and affection. That's not true. No wonder we see many highly respected people end up in the wrong beds because many of them are not having it at home. By not talking about the problems a sexless or less sex couple might face, it will only destroy the marriage in the long run. It's time to take the bull by the horn and solve this silent killer.

Research estimates that at least 50% of married couples are having sexless marriages, one where there is little or no sexual intimacy or activity occurring between the two spouses. Most research has shown that couples who are reported to be having sex more frequently are indeed happier than those who don't. Sex does great things for our souls and bodies. Our minds and emotions are excited and hence, we perform better.

Do you see a drift in your Marriage? Then you need to read this book and have things right back on track, the way God ordained it from the beginning. Over the years, statistics have confirmed again and again that couples that have sex every day or every other day are happier than those who don't, or those who have it once a week or lesser. Sex is a serious business, and it is a need, not want. I know what you might be thinking, "Is he asking us to have sex every single day? I can't stand that man/woman in me or on me every day, sex with him/her is boring, and I can't even be aroused." Many thoughts might be going through your mind but just relax and take your time to read this book, follow the steps and watch how things will take a new turn in your marriage.

A friend was in a large social gathering of couples and asked a very strange question to everyone in the room. He asked them how many times they had sex every week, to his surprise they felt so uncomfortable to give him an answer. I'm sure they would have been very comfortable if he had asked the question from the men separately and the women separately. He asked the question again and was so surprised that nobody felt comfortable to say a word. They just looked at themselves and kept sealed lips. Then he asked them how many of them have sex as much as four times a week and one vocal lady said, "That's too much, do you want to kill us?" I happen to know this woman's husband, and I knew he was a super player, sleeping with lots of women. I am not necessarily saying that the husband was cheating because he and his wife were not having a daily sexual relationship; I am saying that there is a solution to having a better home and reduce the rate of adultery and divorce cases out there. Let's stop deceiving ourselves and start fixing things. Some of the solutions are right in this book. It's time to make our marriage work and get the groove back.

If you walk up to the streets and ask anyone what it takes to make a good marriage, everyone has something to say. Just ask a 16 or 18-year-old boy or girl what it takes to make a perfect marriage, and you will be surprised how much they claim they know about marriage and how to make a marriage work. I am not saying that an 18-year-old cannot make a better home than a 50-year-old, because age doesn't have anything to do with it. However, I am saying

that everyone claims to know how to run a home and make a marriage work, yet many marriages are ending up in divorce, adultery, and pain. You need to be educated and equipped before you say, "I do," and you need to be educated all through the marriage. The moment you get to the point where you say, "I know all about marriage, and I don't need anybody to tell me anything," that's the beginning of your marital trouble. We must all learn and keep learning how to make our marriage work and become better. I am also learning more and more every day.

In most cases, everything has to be okay in the home before the couple can have sex. This book is going to address the common problems that have led to most divorce cases and help you have a happy home. Since I was a child, I had always been so angry when I heard about people going through divorce or people living in unhappy homes. It hurt me so much, and I was determined to find a cure for it. I have been doing surveys, extensive research and interviewing couples for over 10 years, and I have been able to discover some of the common problems and cures to this epidemic. I am not saying there are no other solutions aside those written in this book, but I can assure you that your home will surely get better if you just spend your quality time reading and following these pieces of advice. Just follow me patiently in this book and let's get the groove back. Ride on with me and watch how things will gradually change in your marriage. Everyone I shared all the action steps in this book with, have come back to tell me that it worked.

CHAPTER ONE

The Drift

I know a couple that was married for five years (I will call the husband Tom and call the wife Kay - Real names Withheld). They were so in love with each other. They held hands everywhere and professed so much love in public. Tom was tall and handsome; he always had a smile on his face, while Kay was exceptionally beautiful. I personally know many people that told me that they wish they had a wife or husband like Kay and Tom. They were everyone's dream, and every single person around them always wanted to be like them. Even married couples envied them because of their strong bond, everyone wanted to be like them (At least that's what it looked like in the open). They even prayed to God to make their homes like Tom and Kay's. The world around them thought they were having a blast, but it was an entirely different story at home. The couple did not have it good in the bedroom; they hardly had sex. The sad story is that they both started admiring other people. Tom had a colleague at work that he was getting close to,

while Kay also had a secret admirer. Tom told me that he was not having enough sex at home, that they had sex once a week sometimes, and other times only about twice a month. This was gradually drifting them apart in the home, but they still showed all the love and affection in the public eye. Does this sound like your home or a couple you know?

I knew this couple personally, and it hurt me so much because I never thought they could be having such a problem based on the way they held hands in church and smiled at each other when they talk to themselves. They were playing a very good game in public but were dying slowly emotionally. After my conversation with Tom, I advised him to start having sex with his wife every single day. At least start with four times a week, then gradually move to having sex every day. I told him to make sure that they tried a variety of things in the bedroom and spice it all up. I told him to take his wife on a date and go there with 2 sheets of paper and 2 pens. That both of them should secretly write 2 or 3 things that they need the other partner to improve upon. After writing it, they should both exchange sheets and agree that they will not get angry over what the other person writes, and make a commitment to improve. I gave him some other tips on how to electrify the bedroom and things to do outside the bedroom that will spice up their marriage, which I will further share in this book, and it worked for him. He came back to me after a very short while to thank me because it worked for them.

In the beginning, when Tom and Kay got married, they had sex every single day. They spent quality times together and got to explore their bodies well. They were inseparable both at home and in public, but everything changed after a while. Tom started a new job and got back home late every day. Kay started some kind of work-from-home business that also took her time. Then kids came in the scene, and they both drifted apart unknowingly. The couple that was having sex every day before went to every other day, then once a week, then just once or twice a month. Does this sound like your home? Research shows that this is the growing trend for 80% of marriages in most developed and developing countries worldwide.

Having sex every day is not the only thing that gets the home back on track, so many other things help alongside. The problem is that so many couples have actually lost the desire to have sex with their partners. They enjoy spending time with friends or some other colleagues than they do with their spouse. Marriage has now turned into two people just sharing the same apartment or house, but no deep connectivity like it is intended to be. If you enjoy spending time with other people outside your home than you enjoy spending time with your spouse, then you must know that your marriage is not working, and heading for a crash.

Think about it, what happened when you first met your spouse? You sent text messages, letters, flowers, cards and wonderful gifts time after time. You spent so much time together; holding hands and talking about a glorious future

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

