

LolaAndOLA.com

*get my*

**MARRIAGE**

*back*

How to save & fix your broken marriage all by yourself  
even when there is infidelity or you feel it is completely over.

**LOLA & OLA**

**OLA TUX & DAMILOLA ABITOGUN**

# **Get My Marriage Back**

How to save & fix your broken marriage all by yourself even if there is infidelity or you feel it is completely over.

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## **ABOUT THE AUTHORS**

Lola & Ola Abitogun started dating in March of 2004. They fell in love and got married in August 2007. They are blessed with kids.

After 10 years of ups and downs with a marriage that was basically non-existent for 2 full years, they've found real love at last, and got their marriage back.

They have also decided to use this medium to share how they did it so that anyone can use it to save and fix their broken marriage.

LOLA & OLA are ready to fight the evil forces against your marriage with you using practical and actionable steps that you already have control of.

All you need is someone to show you.

Don't do it alone.

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# **ACKNOWLEDGEMENTS**

## **FROM LOLA**

*First and foremost, my thanks go to the Almighty God who has always been there for me even when I don't deserve it. I'm his favorite child. To my one and only husband who God specially created me for, you are one in a million, thanks for never giving up on us. To my beautiful children, you are the most precious gifts God has blessed us with and you inspire me every time. To my parents, I thank God for blessing me with you, I'm super grateful. I also thank all my extended family and friends for your love. My thanks won't be complete without remembering Pastor Ayeni and his beautiful wife & family, thanks for always believing in us. God bless you all (Amen)*

## **FROM OLA**

*To my beautiful wife and my kids, I love you for inspiring this work. Thanks to my parents and extended family for doing an awesome job raising me. It's true. It takes a village. Thanks to all the numerous coaches and mentors over the years. Thanks to all the friends and family that has supported our family in prayer over the years. Special thanks to Pastor & Mrs Tunji S Ayeni. God bless you and your family. To God be all the glory.*

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# INTRODUCTION

## From LOLA

I got pregnant on our honeymoon, we were so happy to be expecting. Little did I know that our honeymoon was already over.

I went to work as usual, cooked and cleaned like I would normally do, I did everything with pleasure.

One evening, my husband mentioned he would be going on a birthday cruise. At the time, I was already about 7 months pregnant.

I started vomiting and throwing up that evening, I noticed a lil red spot in my throw up and I freaked out.

I told my husband that I was scared and wanted him to stay with me that night. But his reaction was something that blew my mind away.

Ola responded that I was trying to put him in bondage because I didn't want him to go on the cruise. I was hurt when I realized he still decided to go.

I started asking myself questions like...

*"Did I marry the right guy?"*

*"Is this what marriage is supposed to feel like?"*

*"Is the honeymoon already over?"*

To me, he wasn't the guy I dated for 3 years so I didn't understand the sudden change. After he left, I called my friend because I was too ashamed to call my parents or my siblings.

*"What would I say to them? Won't they hate him?"* I wondered.

The protective side of me decided it's unwise to go to my family because I knew they would overreact.

I drove down to my friend's place and decided to stay the night there in case anything happened overnight. I told

her everything and she was so disappointed but she calmed me down that everything would be fine.

My phone started going off around 5:30 am in the morning. I looked at it and saw that it was my husband, so I ignored his calls. He called my girlfriend and I heard them talking over the phone.

I didn't care because I was still hurt. I was determined not to go home that night. My girlfriend persuaded me to talk to him.

He apologized and asked me to come back home. I went home later that morning and I accepted his apology even though it became a scar I carried along over the years to come.

## **From OLA**

I can't give a good reason why I was so stubborn on that day. What I can tell you is that I was adamant about stepping out and having a little fun.

There was nothing special about that particular friend who was throwing the cruise party. I can also tell you that my friendship with that celebrant and one night of standing around a cruise boat was not worth my wife's happiness for the next 8 years.

Anyways, I left for the cruise party. As soon as the boat took off from Perth Amboy, New Jersey, I regretted the decision instantly.

I just couldn't get off the boat for the next 4 hours. It had to go around the liberty statue and New York City before it would return at around 4 a.m.

It was the longest night of my life because I knew that the decision I made would affect my peace of mind at least for that day. However I did not realize that it could possibly be the beginning of the end of our marriage. I didn't think it was that serious.

But like most men, I was convinced that she had nowhere to go. After all, this girl, Lola, is the love of my life

and she was head over heels in love with me and the family we started building together.

Anyway, it was a weak moment for me as the head of a brand new family with a pregnant wife. In an ideal world, my wife would be strong enough to decide that she won't allow that one night to determine the fate of our marriage. We do not live in an ideal world; do we?

When I got home at around 4:30 am, she was not in the house. I was scared. Remember she was carrying our first born together.

There was only one friend I thought would know her whereabouts. As soon as I called her, she informed me that my wife had called and went over to her place.

I was happy she was alright after all. Like most women, she got over it quickly but not really. She would reference this occasion every time we had a heated argument over the next 8 years.

Anytime I engaged in an argument with her, unintentionally I would take it as an opportunity to be "right"

once again. I didn't learn until years later that men who understand women do not argue with women. It's just not a fair game and no one wins. It's 100% destructive.

There were many things I did not know about marriage. I was running it with common sense like most people. The bottom line is that our marriage was just as weak as 99% of marriages in this civilized age.

The illusion and idea of a life that doesn't need a life time love connection as a basic need of humans is in full effect. People don't mind the wedding ceremony but today's media encourages checking out of the marriage at the first signal of lack of happiness.

It's everywhere on TV. People are throwing divorce parties to pretend they are not lonely. In fact, they are hurting from failing at their marriages; not everyone but the majority of them are hurting.

Like most people, we spent more time on planning our wedding than we did planning our marriage. And you

know what they say about people who fail to plan. They plan to fail.

As you will discover in this book, there is so much to learn from emotional to psychological to spiritual even before the physical. Setting weekly dates and sex schedules are simply not enough to sustain a happy marriage in this civilized age.

I believe that marriage to a lover and a best friend is still key to a fulfilling life. Anyone who says anything else is just in denial and projecting their own misery on others.

With that being said, a happy marriage, consistent, good and enjoyable sex by both parties is a by-product of mastering the information in this book.

Within a broken marriage, it's possible that one party is enjoying sex and the marriage while the other party has completely checked out years before it manifests.

Therefore, if you feel that your marriage is suffering but you are still enjoying sex, chances are you are being oblivious and simply not paying attention to your spouse.

Sex is 'energy' in one of its purest forms. They can feel its emptiness. It's only a matter of time before your spouse checks out and it will make it that much harder to win and attract them back.

I'm aware. Unfortunately most people that get this book are already suffering from a broken marriage, it's not too late for you to experience happiness again or maybe for the first time.

One of the biggest myths often uttered by a checked out spouse is that love is not enough. I guarantee you that most people simply have a bastardized idea of what love is.

They think it's the dopamine chemical released in the brain when two people that don't know each other enough fall in love for the first time. That's called the in-love experience by Gary Chapman; the author of "[5 Love Languages](#)". That's not real or true love.

I can guarantee that love is just enough.

By the end of this book, you will have a full understanding of what real love is and how to use it to attract



your spouse back into a brand new and real love driven marriage.

**1 Corinthians 13:4-5:** *“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.”*

### **There are 3 sections in this book:**

In section 1, you will learn immediate actions (*and non-actions*) to take in order to attract your spouse back and fix your broken marriage even if you are doing it alone.

Most people have the illusion of action; they think they can take certain manipulative actions to make their spouse behave.

Clearly, that hasn't worked for you right? Most of the actions that Lola and I recommend in this book are for “you” and not for your spouse. You are the one that wants to attract them back and not the other way around.

However when you take these actions on yourself, your spouse will have no other choice but to be attracted back to the idea of making you happy again and making love to you over and over again.

Think of section 1 as the emergency room where we will give your marriage quick treatment to make it stable.

In section 2, we will take you (*as 50% of the cause of the state of your marriage*) into extended treatment. You will be admitted into the facility so we can work on you; virtually of course.

You will learn how to channel the pain you and/or your spouse may be going through right now into creating a top 3% happy and blissful marriage.

Section 3 will cover things you need to know to maintain a happy married life. None of these methods are manipulative in any form or way. These are completely natural cure that tap into the greatness that is already in you and your spouse.

In the first and next chapter, you will learn how to stop the bleeding immediately. You probably have no idea how far the damage has gone in your marriage. If you don't stop the bleeding immediately, you may never be able to re-attract your spouse and make them fall in love again.

So not only is it important for you to get into the next and first chapter right away; it is very important that you read this book 10-15 times.

Lola and I have been through whatever pain your marriage is feeling right now. In fact, we've been through worse and we will continue to share our story with you as you go through this book.

Let's help you navigate out of the misery into victory at last. With God, all things are possible.

# **SECTION ONE:**

## **Emergency**

# CHAPTER 1

## STOP THE BLEEDING

### FROM LOLA

The 9th year of our marriage was the most exhausting year of my life. I felt so broken up inside. But I did a pretty job at making sure I looked great that no one could tell.

I was going through the hardest times of my life. I felt like I lost my husband and best friend to everyone else. The last straw was his last emotional affair with a childhood friend. My heart literally broke into tiny pieces when I read each line of the chat.

I saw that all the sweet things my husband would say to me was being said to another woman. I did confront him then but his answers wasn't good enough for me. I just couldn't get over the fact that he would do this to me.

I started having panic attacks for straight 2 weeks. I got extremely emotional over anything and I literally cried myself to sleep most nights. I felt so lost and hated it.

It got so bad that I decided I wasn't going to deal with our marriage anymore. My sisters noticed that I was going through some type of depression because I had lost weight.

Anytime we hung out for lunch or dinner, my mind would travel far each time. I would just blank out. They knew me usually as the silly sister who would joke around a lot. But here I was, so lost. I also refused to share my problems with anyone which made it worse.

My sisters asked me if I would like to go to one of their friend's wedding in Nigeria. I jumped on the idea because I definitely needed a change of scenery and they offered me a free ticket so why not. I told my husband about the free trip and he agreed that I could go.

On Christmas morning, I had my bags packed for the trip and couldn't wait to leave for the airport. My husband

wanted us to take Christmas family pictures before leaving. For some reason, I was just cranky.

I responded in a very harsh tone to whatever he said. Before leaving, I felt bad about my actions and apologized to him. He dropped me off at the airport. I was so happy to be going away for 2 weeks. I hadn't been that excited all year long.

We got to Lagos the next afternoon. My best friend and her hubby were already waiting for us at the airport. I knew I was going to have a great time because we already had a bunch of events lined up. We got home, got into the shower and went to bed.

The next morning, I got on FaceTime with my husband and he looked like he was pissed off. I told him to call me back because my best friend and my sisters were in the room with me. He called me back and he seemed a little more composed.

We talked a bit and afterwards, he hung up. I started getting ready for our 1st event; an all white event hosted by a DJ and artist from New Jersey.

The next day, I called my husband. I told him we would be hanging out with one of his friends who happened to be an artist. It was his last night in Lagos before going back to New Jersey. My husband seemed pretty cool with the idea and we said our good nights.

It's a 5 hour time difference between New Jersey and Lagos. He would be sleeping by the time I got back from the party. My sisters and I got ready and jumped into our Uber and on our way to Victoria Island by 11pm.

The dance club was so packed but we were able to locate our friend in the V.I.P area. As I was still chatting with my husband by the side on WhatsApp, I told him I had to go so I could enjoy the party. My sister started making videos featuring me and posting them on Instagram which my husband had apparently seen thousands of miles away and didn't appreciate.



Anyway, by the time we were done at the club, a friend dropped us off at my best friend's house. I noticed on the way back home that my husband had called me 9 times. I was shocked and before I could put my phone down, my sister's phone started ringing. She passed the phone to me and said *"it's your husband."*

I was embarrassed. I could hear his loud voice asking why we were still in the club when his friend, the host, had left already. I was so angry. I felt he had no right stalking us and making me feel like a child. I told him I would call him in the morning. Our ride back home was so awkward.

When we got home, my husband kept calling me that morning. I picked up and told him I wanted to go to bed and I ended the call.

I woke up the next morning and I wasn't in the mood to explain myself to no one. My sisters wanted to know what happened but I wasn't in the mood.

We had brunch and I started getting WhatsApp messages from my husband. He apologized and said he was just concerned about our safety.

He also said something to the effect of my sister being irresponsible for posting videos of us online. I told him to let it go and we would talk about it when I get home in New Jersey but he refused.

As he went on and on, I just got ticked off. I was upset that he wanted to ruin my trip to Lagos. All I could see at that moment is that he was jealous that I was on a trip without him. I was tired of his constant drama and I was starting to hate being married.

He started chatting with my best friend whom we stayed with telling her how he didn't want me going out with my sisters but I decided against it. He told her not to allow me to go out because he felt I was so naive but my sisters could go wherever they wanted.

At one point, he got even angrier and said I should not bother coming back home and move to my sister's house

instead when I get back. I felt insulted by his outrage of chats. I got even angrier, now I couldn't even take it anymore and I completely shut down. The rest of the trip went by quickly.

As we got back to New Jersey, I ordered an Uber ride and didn't bother calling him to pick me up from the airport because I was still angry. I got home and of course, my husband started apologizing again.

I told him I was fed up and I went to tell my parents about the whole ordeal. My parents were shocked, I had never said anything to them concerning our marriage issues before. They always assumed we were good. They pointed out their concerns from what we talked about and we ended it there.

I got a call from my mother-in-law saying that I should come and see her. I went there and she asked me what was going on.

I showed her and my father-in-law all the screenshots of what my husband sent me while I was in Lagos. They

didn't even bother to look at it. They just talked about how perfect my husband was as a child and basically didn't believe he could do anything wrong.

All I could say is "just look at the messages." It clearly says his name at the top but they started preaching about a woman's role in the House. I got so pissed off because this is not the 1st time I have had a talk with my father-in-law about my concerns over the years. I just felt like they didn't care, I thanked them and left.

I knew it would be a waste of my time because of our previous encounters and I felt they proved me right. I knew at that moment that my marriage had hit a drastic end. I went home and told my husband I don't love him anymore.

## **FROM OLA**

By the time I realized that our marriage was in trouble, she was thousands of miles away both mentally and physically on a girls trip with her sisters.

Just like many people, I was caught completely off-guard and didn't see it coming. I was aware that we were not seeing eye to eye on a few issues; but I thought that's normal in all marriages at some point.

My initial call to her while on the trip was to simply check on her welfare. Suddenly things I would do on a normal day were being received by her as jealousy, obsession and insecurity. She thought I was watching her steps and that I didn't trust her.

That confused the hell out of me and I continued to express that confusion even more. The more I expressed it, the more needy I sounded and the angrier she got.

It's little to no wonder why she felt I was suffering from obsession and insecurity. That's what neediness in a relationship does. It chokes and suffocates the other person.

I even decided to attack one of her siblings in a text message. Text messages in the middle of negative emotions are 100% destructive in your marriage. Just avoid serious conversations by text message.

I was made aware by her best friend whom she was staying with while in Lagos that she was crying, confused and she may leave me.

*“WTF,”* I asked myself.

For me, that would be a first. I thought her best friend was exaggerating or she was crazy. I couldn't believe her.

Besides, my wife had been my best friend for 12 years. In my heart of hearts, she could never be that weak of a person to give up that easily on our marriage.

In my mind, it's her first time experiencing such confusion. So she should have been able to pick up the phone and talk to me about her concerns.

The thought of her crying on other people's shoulder when I had been nothing but her best friend killed me even more. I became very angry and I over-reacted in a lot of ways to her over the phone. That's probably why she didn't trust me enough to cry over my shoulders.

Well, I was just as weak and couldn't see it that way. In my mind, I was just communicating and she wasn't being reasonable. In other words, I was right and she was wrong; at least that's what I thought.

In response to a demand she made of me, I booked a therapist. She demanded that I had to seek help. As you can imagine, I was right and she was wrong right? (Ya right...). So it was an opportunity presenting itself to me to prove her wrong finally.

I booked a one hour session with a therapist and that resulted in more resentments and just a waste of money. In fact on our way back from there, she started reminding me of every way I had offended her since 1st year of the marriage.

As usual, I continued to be surprised and over-reacted. By that time, I realized that I was no longer talking to the person I fell in love with. It got worse and worse from there for the next year and a half.

I know that you are probably experiencing this at this moment in your marriage and you have probably made the

same mistakes that I made. You may have experienced behaviors from your spouse that you find quite unusual. Every move you make to correct things offends him/her and things are getting worse.

I want you to know that you both share 50/50 responsibility in what got your marriage to where it is now. You don't need to feel guilty ever. I also want you to know that it's not too late.

With the strategies Lola and I want to share with you in this book, you can single handedly save and fix your broken marriage even if your spouse has completely checked out of the marriage. If your spouse is still open to the idea of working on your marriage, that's okay.

I still strongly suggest that you take some time off and work on yourself by reading this book before booking therapy and counseling sessions. The very first step is to read this book at least 10-15 times; congratulations for being in the process already.



You need this material to become second nature to you. Clearly what you had before didn't work. It's time to learn something new.

There are probably more damages than you realize at this moment. However the first step you need to take is to stop all actions and especially, reactions.

Let me repeat that.

Any idea you may have to take certain action in order to get your spouse to behave will make things worse. It's called illusion of action. Stop and don't take those actions.

The only thing that will work is to build attraction first and you will learn how to do that in this book and through [our online videos](#). With that being said, it's not as bad as it may feel to you right now. Feelings are exactly that; feelings. They don't last.

Your spouse will be thrown off by your sudden change in behavior. The fear and anxiety you've been experiencing will transfer to your spouse; I promise. He or she will try to

engage you in behaviors that will typically make you want to over-react. Don't.

It's the test that you need to pass to stop the bleeding and start the process of building a better and stronger attraction and marriage. Avoid all types of reaction to your spouse's behavior regardless if it is positive or negative.

Apply the 30 seconds rule. That means for every action your spouse takes and designed to pull a reaction from you, take 30 seconds to think about the effect of your reaction long term. You will find that most reactions would not be necessary if you are patient for at least 30 seconds.

Reactions are the number one thing you need to put in check. Knee jerk reactions are natural but you need to rise above them. Don't be attached to a need to want to react.

Stop all reactions and take time to work on yourself. My reaction to my wife on that trip was the beginning of the end of our previous old marriage. However in hindsight, it was ordained by God to build us to a greater place that most people will never experience.

Everyone becomes complacent in a marriage and all types of relationships. It's pretty normal but very destructive when you mix it with over-reactions and lack of proper communication skills.

When I say communication, I am not referring to talking. I had to learn that the hard way. That's why I was confused.

Unfortunately, seeds of slow death are planted years in your marriage before it starts manifesting. Just like me, most people don't see divorce coming. Because they don't see it coming, they overreact with fear and anxiety. Remember, what you fear the most, you will attract.

Fear comes from lack of education. When you operate from a place of fear and anxiety, the universe will agree with you. As you are educating yourself now, watch your world transform to serious levels of greatness.

If your spouse has checked out mentally from the marriage, they may have said things like:

*“I need space.”*

*“I need time.”*

*“I don’t love you anymore.”*

*“I need to work on myself.”*

In fact, those words are the best things you’ve ever heard in your life and you will understand why by the end of reading this book. I understand that these are very hurtful things to hear from the person you love.

However the worst thing you can do right now is to react in fear by begging them to stay. Even more than one apology will destroy furthermore. Stop begging.

Your best chance of attracting your spouse back is to give them exactly what they asked for in this moment; time, space and distance. You are going to take advantage of that to work on yourself by reading this book 10-15 times.

If you stay in their face, you are basically delaying the process and blocking nature from working its magic. You are choking and suffocating him or her.

Once a person unilaterally checks out on your marriage, it's a result of feeling choked by your relationship. It's not a matter of right and wrong. It's not your fault. It's a matter of the heart.

You may not understand it because you feel differently but it is time to learn something new. You cannot learn when you are not listening. In this moment, you will learn how to listen beyond just words and leverage it to your favor.

Giving your spouse space and time does not mean to ignore them. When they are reaching out, assume they want more of you. At that moment, take two steps forward and one step backwards.

As you could see in our story, I was coming off as needy to Lola for years and everything blew up during that

trip. My intentions were not to be needy but she was receiving me as needy and that was all that mattered.

When you come off as needy to your spouse in the early days of your relationship, it's cute. With time, neediness kills attraction in a marriage with a slow death.

You have to love in a way that your spouse feels free. If you can't do that, you are operating from fear and you will attract what you fear; your worst nightmare. That's part of what took our marriage for the nose dive.

Right now and possibly never, don't put him/her on any type of pedestal and never react before counting 30-90 seconds; yes I added more. Enjoy the awkward silence for now until you fully attract them back and they are all-in with the journey.

Three months after Lola had checked out of our marriage, I checked out too and checked into more personal and self development. In fact, I realized I had checked out way before her. I was just pushing our issues under the rug.

However, I didn't just check out. I took advantage of the next 15 months after that to focus on myself. I moved on literally. I had a few relapses naturally since we are best friends. But I had every intention to move on and I did mentally and physically for the most part.

I learned that we were only able to check out of the marriage because we didn't value each other properly. Sure we were in love. We were best friends but the entire experience and empire we were building had no pillars. We had all types of loopholes where we took each other for granted.

In this book, you will learn all about the pillars that our brand new marriage and relationship now stands on. You cannot afford to get into another relationship or marriage (with or without your spouse) without adapting these pillars. It will fail even faster if you dare.

During our hiatus, I learned that our previous marriage was over and it needed to be over. It was a good

thing. Lola and I needed the test to create the testimony you are leveraging right now; the Get My Marriage Back project.

Accept that your previous marriage is over and it's time to build something brand new with the person you love. More importantly, the person will and must love you back with true and real love because you are precious. If not, you will naturally attract a better replacement that will blow your mind away. You deserve the best.

In the next chapter, we are going to talk about the proper way to take advantage of your time off. Some people call it "the no contact rule" while others call it "radio silence period." Lola and I definitely think silence is golden in this process and it's designed to build yourself and your value.

The next chapter will show you how to not get into manipulation games. Manipulation won't work and it will set you up for failure. You will learn how to authentically attract the person you love back into a lifetime love affair, having raw crazy sex and never getting tired of each other ever again.



Take your time and learn this stuff. Don't be afraid that your spouse will leave you forever. You will learn very quickly in the rest of this book that it doesn't even matter. What matters is a healthy and happy marriage with a person that will love you back. What you had was the in-love experience. It probably ended in a series and sequence of fake love.

With this journey, you can single handedly, attract that person back but you need to be ready. If you are not ready, you will lose him or her again and possibly forever.

Let's get you ready now.

### **3 PRO TIPS: How To Get The Most Value Out of this Book.**

You got through the first chapter. Congratulations.

Are you like me, easily distracted when you're reading? Well, I've got some awesome tricks up my sleeve to help you make the most of this book. Let's dive into them.

Okay, here's the first trick: never stop in the middle of a chapter. Why, you ask? Because finishing a chapter feels like a little victory! It's like reaching a checkpoint in a video game. And who doesn't love achievements, right?

When you complete a chapter, it's like a high-five from your brain, saying, "Great job, keep going!" So, even if you stumble upon a tricky part, power through and finish that chapter. You'll be all set to start fresh with the next one, and you'll feel amazing doing it!

Now, let me drop another cool life hack on you. Imagine this: you're not just reading a book; you're also listening to it at the same time. How cool is that? Well, it's not just cool; it's super effective!

When you listen to an audiobook while reading the physical book or ebook, your brain goes into overdrive. It's like you're downloading information into multiple parts of your brain at once. Fancy, right? This is how I tackle books that are totally worth reading.

Plus, if you're someone like me who sometimes struggles to stay focused, this hack is a game-changer. The audio keeps you engaged, preventing those pesky zoning-out moments. I even recorded this book out loud over two days, just so you don't have to struggle like I did.

So, if you want to give it a shot, grab the audio version and try it out. You'll be amazed at how valuable this technique can be!

I wanted to share this "hack" with you right at the start. Why? Because I believe in giving you the best tools right away. If you found this first chapter valuable enough to keep your attention, you're in for a fantastic journey.

Oh, and one more thing to keep in mind: we don't update the audio books as quickly as the text versions, so hop on this opportunity early!

There you have it, friends. With these tricks, you'll be on your way to getting the most out of this book. Happy reading and learning!

***PS & A BONUS:*** *Read the book more than once and you will learn something new every single time.*

## **CHAPTER 2**

# **SILENCE IS GOLDEN**

### **FROM LOLA**

The 1st night I moved into my parents house was the toughest night for me. They tried to make me and the boys feel comfortable but it just didn't feel the void I was feeling in my heart.

I felt like a complete failure even though I was the one who got fed up and left my marriage. I felt like someone chopped my right arm off. I couldn't believe it would get to a point where me and my husband are done.

I remember my friend telling me to just work on the marriage but I didn't know how to. I was totally exhausted and completely lost. I questioned God and cried the whole night before sleep eventually came; for 3 nights.

During the day, I would wake up and try to put on a brave face for my kids. One of them kept asking me when we will be going back home and when Daddy will be back from his trip.

Everytime I heard our kids ask, my heart broke. I had completely failed them. I couldn't even answer their questions with a straight face. I'm sure they sensed that something was definitely wrong and I hated that.

I have always been an overprotective mother but unfortunately, I felt helpless in this situation. I started spoiling them with outings, new outfits and gifts; basically trying to shift their focus from the present situation. But they would always come back asking for their dad. "*All will be well eventually.*" I kept telling myself. But I decided to go on and file the divorce.

I remember how exhausted I was when the paperwork was given to me. The forms had up to 4 parts, about 3 sheets in each part. I took the paperwork home and I broke down into tears again in my room. I asked God why he

allowed me to get married when he knew I wouldn't succeed at it.

*“Why can't this cup pass me by?”* I was so overwhelmed in the process. I told myself to stop dwelling on the past and move forward. In the midst of all these emotions, my husband called me from his project in California. We talked like we weren't going through anything.

The one thing that has been constant in our relationship was friendship. We knew how to talk about everything else except our intimate issues. Even though I had moved out with our kids, I just told him we were spending some time with my folks which he was okay with.

I consulted with an attorney to help me understand how to get through the divorce smoothly without causing additional drama. She advised me about trying mediation because of our kids. So I went back home and finished part 1 & 2 of the paperwork and submitted it to the courthouse.

I started seeking God's face through fasting and prayer. I also started reading a lot of self-development books during this process. I was determined to make sure that I didn't fail at raising my kids even though I had failed at my marriage.

I started looking at online programs to challenge myself while saving money for my hairstyling shop. I was determined not to wallow in my pains. I knew I had to be a strong and successful black woman.

## **FROM OLA**

Those first three nights that Lola went through at her parents house have been in the works for more than one year. In fact, I was not expecting it to come ever but I was doing the only thing that got us the best chance to get back together.

I knew that there was a very high chance that the day would come that I would attract my wife back; even possibly long after divorce. However it didn't matter if it ever happened. It took a certain amount of work for me to get to



that state of mind. I was indifferent and had zero expectations.

I fully became focused on being the best human being I could possibly be. It was no contact rule or radio silence period but a different kind designed for myself.

### **What is the no contact rule?**

It's a popular strategy taught by coaches to people who want to attract an ex or ex-spouse back into their lives. It's popularly set at a 30 days period.

The idea is to cut contacts completely with an ex that has checked out of a relationship or marriage with you. It can work but it can also backfire if not done properly. It's not a one size fits all cookie cutter formula.

There is an art to the no contact rule as much as there is science to it. With all the different no contact period formulas out there, it was a bit scary for me to just abandon my wife and family in the name of trying to get her to behave. I'd rather just let her go and move on with my life.

I get it. If she doesn't want me, I shouldn't want her either. But this is the mother of my kids. She is also my best friend. Our relationship is bigger than some mathematical attraction formula.

But I embraced the idea of "letting her go" more because I love her enough to do that and love myself even more. I didn't like some of the ideas I was learning because they were borderline manipulative.

Some of those "*no contact rule*" ideas basically suggest ignoring and giving her the cold shoulder for 30 days. Some suggest 21 days. Some of them even suggest going cold turkey for 6 weeks. Some even suggest writing a letter after the period. But I disagreed.

Instead of these manipulative methods, I want to share with you what worked for us to build a brand new and better marriage. This version of no contact rule I used and recommend has no ultimatum on my part. There was no time limit like 21 days or 30 days or 6 weeks.

The problem with the ultimatums is the attachment and expectation to a certain number of days. If by the end of the period, your spouse is still shut down, you will resent him or her, catch anxiety and overreact.

The only ultimatum is when the checked out spouse reaches back out to you; still with zero attachment to that ultimatum. If they reach out or act friendly around you, assume they want more of you. Then it's simply time to hang out, have fun and hook up. If you are a man, ask for a casual coffee date. If you are a woman, make it easier for him to ask.

If your spouse continues to act angry and checks out, that's not really your problem. It's not your fault. Take advantage of the time to work on yourself, personal and self improvement.

If your spouse is human, it's only a matter of time. You will attract him or her back into a stronger and better marriage by doing nothing other than building yourself.

It may take 3 days, it may take 3 years or it may be never if God has someone better for you. If you have expectations, it will manifest as fear and anxiety which will push your spouse further away from you. What I did wasn't a no contact per se. It was my me-moment to work on my personal purpose, mission and self development.

The old school "*no contact rule*" seems similar to the same behaviors of a manipulative psychopath. They are reactions I would expect from someone suffering emotionally. I couldn't just ignore Lola in those crucial time.

I could give space, time and some distance but that's it. I didn't have to be married to her ever again but I had to remain a responsible man for me. But in a twisted way, it was all planned out and designed to attract her back. I figured out the best way to go about my no contact rule. She called it the "*silence is golden*".

It was my check out period and a way for me to get my 50% power that created the marriage back without being an asshole. Even though she checked out of the marriage first, I'm empowered enough to know that she did that out of

weakness. She was suffering and I simply wasn't equipped enough to help her.

It was an opportunity for me to be there and give to her what I had; Not physically but more so emotionally. The difference with my amended no contact rule is that I am checking out to take advantage of the time to work on myself. How long? As long as it takes and up to a lifetime.

Other versions of no contact rule with the ultimatums can easily get confused as a manipulative measure. Of course, I had the fear that she could be gone forever while I was checked out. But I also chose to ignore the fear as it serves me no logical purpose worrying about another adult's choices.

I also knew giving her the time and space she asked for would create the best chances that I will attract her back if it was meant to be anyway. After all, distance makes the heart fonder. That's what she discovered and manifested on that first three nights after she moved out.

During the taping of the “Get My Marriage Back” home study course, my beautiful wife Lola came up with a better name for the strategy I used to attract her back;

**“Silence is Golden.”**

So with this method, you will leverage silence in your favor. He or she may continue to act in ways designed to extract your old reactions. Instead, you will however never react to anything he or she says or does unless 30 seconds passes.

You will find that when you wait for 30 seconds, more than 90% of your spouse's actions will require no reaction. However, he or she will catch anxiety because of your new behavior. As a direct effect, his or her attraction towards you will increase a little more every time you pass that test.

If you are a man, remember that the women in your life will always test you. It is what it is. There is only one way to pass; be the rock. Let her be the source of the occasional wave of wind. Simply never move from your center.

Either as a man or a woman, continue to work on yourself until your spouse expresses in words and/or body language that they don't mind hanging out with you again. Then hang out, have fun and hook up.

Keep it up and avoid all reactions within 30 seconds of the corresponding action. By doing so, you will avoid 80% of the energy that got your marriage to where it is today. One of the things I did was to take on consulting projects out of town. I would be gone for 2 weeks at a time.

This period was also necessary to ensure that my self esteem was intact. She also had time to process her decisions and choices. As hard as it was to accept it, her choices became none of my business.

Whenever I came home, we remained friends and took great care of our kids together. The time we spent together was also a great moment to practice and showcase the new 'me' which she couldn't resist any longer.

This was not an easy task to do but I was clear that it was the best chance I had to keep my family together and

simultaneously have an awesome life full of fun. Let me share a quick example of how hard it was.

The first time Lola shut down on the marriage, I stumbled into the “no contact rule” and practiced it mildly and reluctantly. I went out of town on a consulting project and came back. It worked. I managed to attract her back temporarily. We had two of the greatest sex we’d ever had at that time.

With some other events that went down, we relapsed. She shut back down but this time, for the next one full year and change. She even said she thought I was using good sex to manipulate her. ‘Dem legs closed off for construction.

If you are a man, remember this. When you listen to a woman, she opens up for you to penetrate in every way. If you are a woman, work on yourself.

All I got from that short experiment was that it works but we weren’t ready to get back together. I knew that it would work again but it may take longer than 3 months because she was now saying that our marriage was over.



Statements like that no longer had any effects on me. I agreed with her, brushed it off, accepted my awesome self and story and moved on. We became roommates and slept in the same bed 99% of the time without any intimacy.

You need the time off too if your spouse is saying they are done. Take advantage of it.

Many people want to know if it's okay to go on dates at this time. That's not the purpose of this period. However it's okay as long as you don't have any expectations.

Be careful so that you don't create irreversible damages such as contacting diseases. It's dangerous out there and there are bad people that can take advantage of your vulnerable moments like this.

The priority at this moment is to work on yourself before jumping into another relationship with or without your present spouse. You have to make sure you are ready before doing it again.

Silence is golden. It works. Your spouse wants space and time. Give it to yourself. Give him or her the gift of missing you.

Don't ever ask him or her to get back together since you are not the one who checked out. You will need infinite patience.

If your spouse acts as though they want to get back together to work on the marriage, after some hangout and fun, ask to read this book. Ask to go through coaching or therapy together. You have to ask in a loving way. I wouldn't ask more than twice .

It's time to move to the next section of this book. So far, you've learned how to stop the bleeding and bring your broken marriage to a stable state.

I want you to know that you will still make mistakes every now and then; but it's okay. You are learning new behaviors. You are still better than 97% of people out there.

In the next chapter, you will learn how to choose the right meaning for everything that has been happening in your marriage. Truth is that bad things happen in everyone's life.

The difference between the winners and losers in life is the meaning they attach to everything that happens. This will affect your ability to attract a healthy and happy marriage again.

As you've probably realized, pointing blame fingers, feeling guilty, over-apologizing and being nice is probably not working out so far.

You will realize in the next chapter that you needed to go through this period of your life. In fact, you will start to appreciate the experience.

# **SECTION TWO:**

## **New Foundation**

## **CHAPTER 3**

# **TEST, PAIN & GREATNESS**

### **FROM OLA**

I won't deceive you. The first week of a marriage break up is extremely painful. As Aretha Franklin said, it hurts like hell.

The part that pissed me off the most is knowing that the majority of the pain is not physical. The idea of being a healthy human being sitting there and just punishing oneself internally because of the decision of another person was very annoying to me. Yet, I found it hard to get off my butt in that first week. I guess I was disappointed in my whole idea of how my story was supposed to go.

In fact, I was the same one that many friends and family would call about their issues. I gave solid advice that helped many but I could not help my own marriage.

Knowing that felt painful and shameful at the same time. I wondered how many people would know what was going on with my marriage.

In fact, one day I packed a small bag and told my wife that I'd be at my parent's house for a while. They lived about 10 minutes away.

When I got there, I could not go inside for about 2 hours. I sat there on the floor in front of the building trying to process how our marriage got to such a horrible place.

Sure I had made some mistakes in the past. I apologized multiple times. Therefore I really couldn't pinpoint a good reason why Lola would shut down on the marriage but stay in the same house and bed with me. Basically I was processing the whole ordeal with a mindset that wasn't matured enough. But it all had a deeper meaning and we want to share that with you.

We've all heard the saying "no pain no gain". In fact, Lola says it all the time but we also had no idea what pain feels like. Did you know that we do most of the things we do in life specifically to avoid pain. Sometimes we do things to attract pleasure but we avoid pain mainly as human beings.

Anyway I finally entered my parent's apartment and I broke down into tears within a few minutes. My father held me as I sobbed like a baby. I needed to do that. I learned quickly that crying in front of a woman while she's shutdown reduces attraction further. Therefore I was swollen and it was long overdue.

I always believed that divorce is not a big deal for me. If it's wrong, I'll move on easily. But the thought of my kids being moved from one home to another every other day killed me. I felt as though I was the only one thinking about that.

The sobbing in my father's arm was a cry out for help to talk to and embrace my wife. Unfortunately, my parents received it as something else completely; a random girl hurting their boy. To say the least, that didn't help. But that's

a story for another time. Just avoid crying on the shoulder of extended family members and third parties which by the way includes your parents and siblings.

I had to acknowledge and accept that I was going through pain. That's the only way that the crying and sobbing helped. Today, I would have done that on my own without involving people who love you enough to suggest throwing a fixable marriage away. That's a tip for you.

I also had to start appreciating the pain as an opportunity to gain some muscles to handle life. Life has a lot of awesome things to offer but they won't come unless you experience some pain. That's the reality.

Think of it as going to the gym. You have one choice to grow some strength, and stamina. The only choice is pain. You can distribute the pain over time in the form of reps or concentrated heavy weights. That's up to you but in life, it's a little different.



God has the ultimate plan. The only choice you have is the one you are already taking by reading this book. Preparing and working on yourself.

The way the relationship between Lola and I is setup is that we are extremely passionate about each other. So our fight and arguments can be just as passionate. It's a gift and curse when we were not properly educated. Basically, it's good energy that was channeled in the wrong direction due to all types of background baggage from our past and previous generation.

So before I could attract her back, I had to learn how to process the test and pain. It was the same test and pain that transformed to the testimony and greatness you have here as a book.

That's why when you read this book 10-15 times, you will have no choice than to transform your own dilemma to a greater future for yourself with or without your spouse. Of course, you probably want your future to be with your spouse.

No worries; I want the future to be with your spouse as well. But you won't attract your spouse back if you "need" it to be with your spouse because you will come off as needy. That expectation will result in a weakness that will lower attraction levels.

It's cool to want to get back with your spouse because the pain he or she is going through right now will also transform into an even better marriage for you both. A couple that have experience in forgiveness is just that much powerful because of the element of giving in that behavior. More so, forgiveness is something you do for yourself.

One of my major concerns I had during our marriage crisis was this. I wasn't sure if I would be able to forgive Lola for thinking it's okay to just check out of our family. Then I learned some really cool facts and wisdom from TD Jakes to make forgiveness easier.

He said once you realize the difference between behavior out of weakness and behavior out of wickedness,

forgiveness becomes very easy. One requires empathy and the other is just good ol' wickedness.

Then I started having empathy for what she was going through. I made a choice to attach a different meaning to the crisis and her behavior. By doing so, I was able to calm down, eliminate fear and anxiety. Then I did the necessary work on myself to attract her back. It worked clearly.

All you need to get your marriage back comes down to attraction. In the next chapter, you will discover how attraction played a major role in the breakdown and building up the marriage to this level. The concept of attraction in a marriage is more of an art than it is a science. It's not a **“one size fits all”** so you need to understand at a fundamental level.

You have learned now that you have the choice of the meaning you attach to the pain and the crisis your marriage may be going through. Therefore you are now equipped to

focus on attracting the person you love back into a healthier marriage and relationship.

## **CHAPTER 4**

# **ART OF ATTRACTION**

### **From OLA**

During my early teen years, my parents went through their own fair share of marriage crises. They had no idea that I was old enough to note certain things. I was paying attention.

I remember my mother declaring to me that she was leaving their marriage. She left the room they both used together and she cried day and night in our room. She thought she was done with the marriage.

I felt for her. I saw her in pain but I couldn't help her. There was an awkward silence during that period in our house.

One day, my father was getting ready for work when he saw my mother crying. “*What happened?*” He asked in somewhat a harsh tone. Then he left for work. I noticed thereafter that he kept taking care of his breakfast by himself. The awkward silence continued for days and possibly weeks.

My mother would send us to go collect every last dime we needed from him. That was never a practice in our home. Before their marriage crisis, she wasn’t too particular about where we got our allowances from. She made her own money and gave us money whenever we asked. But she was angry with him and wanted to make him pay.

He seemed to have noticed but never allowed that to get to him. He handled his business without complaining. He got his own breakfast and headed out to work daily.

Weeks later, I noticed something that became a useful memory for me 25 years later. My father was busy grabbing his breakfast as usual. Then my mum walked up to him and

offered to help him. I watched them both for a moment. He was quiet.

*“You don’t have to do that, I still love you.”* Said mum. I didn’t understand what happened at that moment until 25 years later like I said.

To be frank, I don’t think they both know how significant that moment was. Maybe, they would even disagree or have no memory of this when they read this.

As a 10+ year student of attraction, let me explain. That was basically the attraction level rising back up because he pulled back and showcased self reliance. That’s one of the most attractive things you can do in the midst of a crisis.

I never saw him apologize. The harsh tone was a one time event as far as I saw. He didn’t become an asshole either. He became the rock; himself. All I noticed was that he pulled back completely from her and became self reliant.

The time and space allowed her attraction for him to come back to the surface. As a child and their first born, the only thing I knew my whole life was them together.

I couldn't imagine them divorcing each other. But it sure was a possibility. Most divorcees never see it coming. No one goes to the altar to get married only to divorce less than 15 years later. Most people go there with the plan of a lifetime.

But when there is a crisis, the sudden disappearance of attraction shocks the hell out of most people in the civilized age. Then they try to talk it back into the other party. They beg, apologize, overreact and effectively push their spouse away even further.

The knee jerk reactions usually work against the actual desires. In spite of a pure intention, attraction cannot be forced. Time, space and scarcity is important in building attraction.

Common sense suggests apologizing if you know you've offended your spouse who has checked out. But



that's the myth that we all grew up with. There is nothing wrong with an honest apology if the spouse communicates expressly that they feel offended . But when it's more than one time, it loses its value. It's a supply and demand thing.

The last thing an angry spouse wants is more of your apology. First of all, they don't usually know what they want because they are angry; a.k.a temporarily insane. This is especially true if they are of the opinion that you've messed up more than once.

They sure don't want to be on your pedestal as they feel like it's fake and manipulative. In the short term, they don't see any value in the relationship they have with you and any of your attention.

So that wouldn't be the time to operate from fear. Clearly, there was once value since they are in a relationship with you without a gun to their head. But like I said, they will realize that eventually, provided you value time and space.

When a person doesn't value your attention anymore, you feel rejection. That rejection will create an illusion of

additional higher value perception of your spouse in your eyes. You value them more than what they actually are.

Even if you didn't really enjoy the relationship before the rejection, you would instantly start feeling as though it wasn't that bad. At that point, it's only natural for you to fear losing that person.

You catch anxiety and start begging for them to stay. In essence, you increase the exact attention that they already don't want; negative version of the attention for that matter. That makes your spouse's attraction level for you drop even further.

When he or she was in love with you, the attraction level was at around 9 on a scale of 1-10. At this point when they've checked out, you have a 6. It's not too late if it has not dropped below 5.

The emotional thing for you to do when you experience rejection is to drop your self-value and increase your spouse's value perception. You will basically leave the universe and your spouse no choice than to agree with you.

They can tell because it reflects right away in your low confidence level. Your confidence level is directly proportional to attraction level in your marriage.

So the logical thing to do when you are equipped with this knowledge is to value yourself enough to pull back when you experience rejection. Throw him or her time and space. Decrease the supply of your attention. Give him or her the gift of missing you.

You can't force attraction. But you sure can reverse engineer it with this knowledge and techniques. There is nothing manipulative in this technique as it should be used on yourself with zero expectation from the person you love.

That's why there is no time limit or expectation on the process of re-attraction. It requires infinite patience. If the attraction level has dropped below 5 which is usually not the case, it means God has new and better for you.

But remember with God, all things are possible. The new and better marriage could still be with your spouse. But

staying open minded will also increase attraction level as it will tell in your confidence level.

When you master the art of attraction, crazy sex follows of course. Your spouse doesn't get to control that. It's only natural for him or her to want more of what seems scarce.

This doesn't mean that you should use sex as a weapon on your spouse as that would be manipulative. Attraction techniques should be only used on yourself to increase your perceived value in your own eyes first.

If your spouse wants to have sex and they are not meeting your needs, starving them with sex would backfire and become resentments. The solution to that problem would be communication 2.0. We cover that in chapter 12.

The art of attraction is a chapter designed for you to master what goes on in the mind (*especially your mind*) that causes rejection and how to respond to it. It's not about the physical effects of the attraction levels. Always remember that it requires time and space.

That's why you should embrace it as a great thing if your spouse has asked for time, space and claim they are not in love anymore. You now know better than your spouse and you can fix it by pulling back and giving him or her the gift of missing you.

Giving is key in that equation. You should only do it in love simply because they actually asked for it. More so, it's a sign that you need it to build attraction back up.

There are many things that generally cause a drop in attraction level especially over a long period of time. In a long term relationship, it's easy to fall into a lifestyle of predictable routines. That can cause a couple or at least one of them to grow apart.

Two of the 6 basic needs of human beings are certainty (*which is predictability*) and varieties (*which is unpredictable and uncertain.*) I know. It's an oxymoron but that's what it is.

I know it can be confusing but not really because feelings are temporary. What you need is the awareness you

are gaining from this chapter. Routine and “excessive” predictability will create boredom in your marriage.

Any form of excessive attachment to the same way of doing things will kill attraction slowly especially in the area of intimacy. Put some surprise and mystery effect into your lifestyle.

This is especially important if you are the man. But it can be true if you are the wife as well. Your husband can get bored. He is not being wicked. It’s the nature of humans but varies from person to person. The good news is that you can reverse engineer this in your favor now.

That’s why if you’ve always overreacted before in every disagreement, changing that behavior, staying calm and listening will throw your spouse off and the attraction level will rise. It’s not necessarily because of the actual behavior but the switch from the usual that causes a rise in attraction level.

The moral of the story is don’t be so predictable. If you are used to staying calm when your spouse offends you,

throw in a little sassiness without engaging in arguments. It will create a shock and anxiety, then the attraction level will rise.

As much as I love the idea of weekly date nights, it can create excessive routine and predictability. That means it will have no positive effect on your marriage and attraction level to each other over time.

This is especially true if you go to the same spot every week. Start from changing the date spot weekly. But it's okay to revisit your favorite spot every now and then. Again, routine kills attraction.

Throw some surprise element in the equation every and/or every other month. Complacency will happen but it's okay as long as you wake up from it from time to time. Just pay attention to the attraction level from your spouse simply because they are human.

**NOTE:** Don't throw any type of surprise for your spouse if he/she has completely checked out. Remember, they expressed that they don't want the attention. Elements

of surprise are only useful and applicable if you notice a little complacency in your marriage.

How do you know if they have checked out? They have expressly asked for time and space. They've said they don't love you anymore. They've expressed those things in words.

If one or two of you work from home a lot, throw in elements of missing each other. Work from StarBucks or the public library sometimes.

When your spouse reacts to you hanging out with your friends, it may come off as jealousy. But that's a good thing. Trust me, you don't want the opposite of that to happen.

Growing up in an over-religious setting, many of us experience the excitement in the idea of secret lovers. Do you know that song "secret lovers." That's the reality of attraction science unfortunately.

You can sit there and judge if you want but we all operate at some level like this. Women especially love



mystery men. When everything about your marriage becomes a routine, your marriage will start dying a slow death. You will expose your marriage to dangers of emotional affairs and possible infidelity.

If you are experiencing infidelity in your marriage. Don't panic and don't be attached to your pain. Leverage it to build a new greatness. Don't get into arguments about a loser on the sidelines. Avoid all needy behaviors as that may push your spouse away further.

Instead, keep focusing and working on yourself until your spouse realizes that they may lose you. By doing that, you will increase the chances of attracting your spouse back.

If you attract a better situation-ship before they realize their loss. Remember that life is too short and the meanings you attach to events in your life is your choice.

In the next chapter, you will discover a better alternative to the myth of "the one". Many married folks kill attraction in the marriage because of attachments.

If you were raised with the idea of a soulmate, chances are you will suffocate your spouse. It's a myth especially in a brand new marriage that has not survived a major test that your spouse must be "the one". It creates unattractive energy. Stay tuned for the next chapter.

You have now learned that attraction works in the polar opposite direction of knee jerk and anxiety driven reactions. This is especially true if your reactions are predictable. Switch it up.

You also discovered that excessive routine and predictability will make you and your spouse grow apart. Throw in elements of surprise every now and then. Even if your spouse claims they hate surprise, it's your sign to know that it will work even better in your relationship provided he/she has not checked out of the marriage.

My beautiful wife Lola exposed me to this quote. Let's share.

*"The secret of attraction is simple... Love yourself."*

When you love yourself, other people, your spouse and the universe will agree. The confidence you project will naturally cause attraction levels towards you to rise. It's not our decision as human beings; it's the way we are set up.

Note that the momentary feelings in your marriage is the attraction. That's not love. True and real love is deliberate and can only be developed in time with God, personal purpose and self development. It takes maturity.

Most people in marriages within their first two years especially have no idea what love is. They are operating on a high of attraction that will wear off. When it wears off, one party usually starts acting weird. The other then overreacts in fear and anxiety.

These series and sequence of events usually create a vicious cycle that kills the initial attraction. That's why it's important to understand the art of attraction. It's even more fun to know when you start experiencing real love again.

# CHAPTER 5

## THE MYTH OF THE ONE & SOULMATE

### FROM OLA

As we were growing up, we were always engaged in some form of media, tv, radio, music etc. I don't know if the media and its content was designed to influence us. But the fact of the matter is that the media influences the behavior of the society.

Love stories, movies and novels are best sellers for a reason. It's always a trial to triumph in a love story. "*Boy meets girl; they lived happily ever after.*" Right? Majority of these stories typically emphasize the happily ever after. They also create the fantasy of that 'ONE' soulmate which most young people carry into brand new marriages.

If you are like most people, you also believed in the myth of the soulmate. The idea is that there is this one person that belongs to you as a soulmate. We were all sold on the idea through movies and media. Even as a young non-committed person playing the field, you were on the search at the back of your mind for your soulmate.

Two years into dating my wife, I felt that same way. I truly felt that I had met my soulmate and the one. She was the one sent to me from up above.

As I was approaching my 26th birthday, I planned a trip to Kansas to go visit my Uncle and his family. That wasn't the only plan, I also secured an engagement ring and a proposal presentation.

During the flight, I opened my laptop and played a presentation for her. At the end of the presentation, I asked if she would marry me. She said yes.

How could she not be the one? We dated for 2 years already. I never had a single doubt. She spent every single day with me for 2 years with the exception of 2 occasions.

On both 2 occasions, she cried like I would never come back.

All the love songs, movies and stories I had consumed for almost 26 years had finally come to pass. Her and I were both on the same page.

Of course we were both high on attraction to each other. What we had was real. But it was a real in-love experience. It wasn't real love. It couldn't be; we didn't have the test, pain, time, space and maturity to back such a claim up.

There is nothing wrong with feeling like you've found your one and only soulmate created for you by God. But there is a problem. The problem ends up creating a big blind spot and loophole for marriages. That's what I want to bring your attention to.

For a fact, every marriage will go through its trial and test period. I believe it's designed by God to transition the marriages that are meant to be from the in-love experience into real love experience. No pain; no gain right?

When that happens, it's only natural for you to get defensive and point fingers at your spouse who may have been checking out. You feel as though they are taking the idea of the one and only soulmate away from you.

Let me remind you at this junction that excessive attachment to any extreme ideology will kill attraction in your marriage. Unfortunately, getting attached to the idea of the one and your spouse being the soulmate will manifest as lack of confidence and options to a weak and non-matured spouse. It's not attractive.

Let me illustrate how it goes down. Your spouse have found himself/herself drifting away. In fact, he or she has typically drifted far away psychologically before even realizing it. They don't even know it, much less being able to communicate that to you. Doesn't that make the matter worse?

The heart is somewhere else and can't wait to get away from you. Your spouse may even be in denial about it. It's not always denial; a lot of times, they really don't realize

they are already creating a permanent wedge between the two of you.

By the time your spouse realizes it, much resentments have been built inside. The last thing you want to do in that state of your marriage is to act like you don't have options and choices. If you remember those days in high school, no one wanted a person that nobody else wanted.

Please note that I am in no way suggesting that you have to exercise the options of attention outside of your marriage. I am simply making you aware of the psychological effect on an emotionally weak spouse when they feel that you don't have other options.

Men in general are under the illusion that the wife doesn't have anywhere else to go until it's too late. It's little to no wonder why they take their wives for granted. Slowly but surely, the wife may start fantasizing (***sometimes for years***) about being with another person while he thinks his soulmate will always be there.



It's just fantasy right? So the wife or spouse is probably in denial and doesn't realize that their marriage was dying a slow death all those years. However internally, she feels different because she is already gone. She feels she has options and she is starting to manifest that by taking him for granted. She may even check out completely.

Typically, it's still early. But the husband is starting to feel the distance. He starts to nag about it. That's another unattractive behavior of course.

The more he nags about it, the more he pushes his wife away and possibly into the harms of another man. He had been completely sold on the myth of "the one and soulmate.

So he starts to react out of fear. What you fear in life, you will attract. He doesn't feel there is another human being that can occupy the position of a wife in his life. He fears the idea of losing the one and only but he's already lost her because he is nagging.

That's not the main reason for losing her. The main reason is that he lacks a mindset of abundance and she can feel it even if she doesn't know it. He has been operating from a place of lack, fear and anxiety. This is also true when it's the wife who is fighting for the marriage.

Remember that no one wants a person that nobody else wants. It was true when we were in high school but it's true for the rest of the life of your marriage as well. If your spouse is feeling jealous when you receive attention from others, the attraction level is in a good place. It's okay in that moment to reassure him or her of being the one and only soulmate.

If they've already checked out, that would be the wrong period of time to be attached to the myth of the one and only soulmate. First of all, it's not true at least yet. Your marriage will have to pass the test of time in order to prove that myth to be true. Be content with one day at a time.

Also, during a crisis is the wrong time to be coming off as you don't have options. If your spouse expressly tells you they need time and space, the last thing they want is to feel

like either of you don't have other options. It makes him or her feel like freedom is taken away. Proclaiming your ideology of a lifetime love in that moment in time will make him or her feel even more suffocated.

On the contrary if you take advantage of that moment to build and showcase self reliance, his or her attraction for you will rise back up. He or she will suddenly start feeling anxiety. Eventually, the feeling of the need to prove that they are the "one" for you without you having to proclaim it will creep back.

In that period of time, the best thing to do is to focus as usual on working on yourself. Work on making yourself irresistible to not just your spouse but anyone you come in any type of contact with.

When he or she starts seeing that you are attracting other people's attention, the attraction level will rise. They will express it in words and/or very clear body language. It will then be the proper moment to exercise your options by

asking your spouse for individual and joint self development for the sake of your marriage.

If you are the man, ask her on a date and focus on hanging out, having fun and hooking up. If you are the woman, invite him on a self development journey and do it in a loving way.

In the next chapter, we will dive into the last chapter in the foundational section. If I could wrap the cause of most marriage failures into one word; it's '**attachment**'. It has been the elephant in the room since the beginning of this book.

As you've probably noticed, we will continue to reference attachment throughout this book. But we will cover it by itself in detail from a fundamental standpoint.

## CHAPTER 6

# ATTACHMENT & NEEDINESS

### FROM OLA

Once Lola and I had completely checked out of our marriage, it was completely over. After all, we've got 2 kids to raise together. We were both determined to ensure a healthy lifestyle for our kids.

Before I checked out, I kept hearing things such as "*the kids will be fine*" from everywhere. Every time I heard that, I would take offence. I just felt that no one, including Lola, cared about my kids enough to suck up their feelings.

If anything created any anger in me, that was it; anything against the welfare of my kids. Today I know that I had an unreasonable expectation of human beings. But the

expectation wasn't the main issue. It was the **attachment to the expectation.**

I guess it's okay to have expectations but it becomes unhealthy for you when you are attached to the extent that you start building resentments. After much analysis, I realized that most people around me suffered from the inability to forgive. Some even find ways to sugarcoat it like this...

*"I can forgive but I can't forget."*

Lack of a forgiving spirit only leads to more personal long term suffering. When you have a problem forgiving (and yes forgetting as well), you will carry unnecessary energy and burdens around life. It's not fun. It can feel like a high in the short term but it causes long term suffering for you.

During the first phase of our crisis, I thought my wife was selfish. "How could she abandon our family?" I thought. That made me overreact. It wasn't helpful for me of course.

Typically, I am not the type to hold in resentments but that also wasn't necessarily a good thing. I can forgive easily but in a very short few minutes, I could say things that will hurt people and relationships for a long time.

Anyway, she received all my harsh words and actions as attacks as you would expect and it made things worse. I was yet again attached to my own ideology of a healthy environment to raise my kids; a home with both parents.

I was also attached to many ideas that were not necessarily bad ideas. Attachments are not necessarily a bad thing as well since many of us are attached in many awesome relationships. But I want to stress that excessive attachments can set you up for unreasonable expectations.

The very idea of relationships is not a logical thing to engage in. Think about it. You are basically letting your guards down for another human being to come in. You are trusting a human being.

By all standards and according to history, people hurt people. That's a fact right?. But also, people don't typically

hurt strangers. People hurt people they are in relationships with. People hurt the people they are closest to. People hurt the people they love the most.

If you look around your circle of influence, your network, family and friends, you can observe hurt and pain everywhere. So logically, we should all choose to not engage in relationships, especially marriage with expectations. But we do and that's why we get disappointed and devastated.

You can't and shouldn't even trust in yourself according to the scriptures much less in another human being. *"Trust in the Lord with all your heart, and do not lean on your own understanding."* Proverbs 3:5

Basically, you should get into relationships at your own risk. Psalm 118:8 also says *"It is better to trust in the LORD than to put confidence in man."*

Many of us grew up learning this stuff but somehow feel like it is not applicable in a marriage. Your best chances of enjoying marriage with these unreasonable expectations



is only possible if your spouse has become a student of this material as well. If not, you will need lots of luck.

In many cases, I didn't have enough tolerance. After the initial phase, I realized that Lola was struggling and I started feeling more empathy for her. After much back and forth while arranging these attraction concepts, it became clear that the main elephant in the room was always excessive attachments.

Sure, we naturally have expectations of our spouse in a marriage. But having these expectations doesn't mean they will be met. The real question is what happens when the inevitable happens.

What's inevitable? Expectations will sometimes not be met. If you are attached to these expectations, you will be disappointed. I wish that would be the end of the effect of these types of attachments. It is not.

Attachments usually manifest as neediness which drives down attraction levels in your marriage. There is a difference between expectations and **attachments to**

**expectations.** The difference is primarily the toxicity that excessive attachments tend to carry when the inevitable happens.

There are so many toxic attachments that can manifest during a marriage crisis. Some are attachment to words while some are attachment to the meanings we attach to events of life. I want to give you a few examples.

Your marriage is now in a space where your husband asks you for divorce. That word carries such a negative energy as far as your background is concerned. Divorce has always been your worst nightmare.

As soon as he asks for divorce, naturally you panic and start yelling and threatening to fight him with your last breath in court. You are not thinking right now. Basically, you are just saying anything to make him feel the hurt you are feeling. He isn't feeling hurt.

In fact, you are confirming that he made the right decision by asking for divorce with your reaction. Your

reaction is natural for most people. But then most people don't have the knowledge we are sharing with you.

The best reaction to a husband who asks you for divorce is to agree with him. Then simply leave the doors open by asking him to let you know if he changes his mind. After saying that, you should also check out and work on yourself.

The same response is applicable if your wife has asked you for divorce, time or space. Tell her you understand and leave the doors open if she changes her mind. You should have learned this in previous chapters.

More importantly for this chapter, why did you overreact to divorce announcement or speech? It's because of your unhealthy attachment to words such as 'divorce'. In fact, the word 'divorce' is not as big a deal than the stress you have probably been experiencing in that marriage if you are not in denial. But the illusion of a perfect life can make us feel otherwise.

In most marriages, people get attached to unhealthy situations and their chosen meanings or words such as 'divorce' and effectively drive their spouse further away. Things that the eyes have never seen may happen in your life, it's not a big deal until you attach a big deal of meaning and reaction to it.

The type of reaction you send out will be dependent yet again on the meaning you assign to these events. If you are attached to certain unhealthy extremes of ideologies, you will overreact and things will get worse than it actually is.

What I am suggesting is to be mindful of your attachments and focus on what matters; your power to create and influence outcomes from now without obsession of the future. You should have goals but attachment to outcomes can turn out real bad.

You have no control over the past. Therefore attachment to events of the past beyond extracting the lessons will only hurt your present. In the same token,

obsessive attachment to future outcomes can prevent you from enjoying life as well.

As a race, humans are still learning. Keeping an open mind always, especially in your marriage will help your listening ability.

Remember that your spouse was raised by another family entirely. If you are attached to your ideas of life, you may end up missing out on new awesome ideas. Anytime you are confused, it's time to learn something new.

By any means, I don't mean not having your own values and standards. After all, if you don't stand for anything, you will fall for anything. Just keep an open mind and be mindful of your attachments as they create neediness in a marriage.

We all have attachments. I am aware. But the very fact that you are now aware of the presence of your attachments gives you an edge over others in your judgments of situations that will arise.

If you are overly attached to your spouse, you will often come off as needy. Eventually, he or she will start feeling choked and suffocated. I can think of 100 different types of attachments, they all have the same effect; neediness.

Neediness kills attraction slowly over time. Your spouse can't necessarily put this in words either. Therefore it is hard to detect and fix when you don't master this material.

It is also attachment to the past that makes forgiveness hard for people. If you put your trust in God and not man, you will have zero expectations of the people in your life. You will simply enjoy when they do give and sow into your life.

Bottomline here is that you have to let go and let God. Put your trust in God when it comes to your marriage and focus on giving. Take advantage of the weak moments of the people in your life to give to them.

When your spouse offends you, give them the gift of listening and learning why beyond the physical. Then communicate your feelings in a loving way. Discover more about that in the communication 2.0 (Chapter 12).

In the next section, we will cover techniques to help you build a loving and happy marriage. It's not designed to become a "know it all." It's designed to position you for ongoing development and tools to equip you for crises even before they manifest.

If you follow everything we've shared with you up till now, the bleeding has stopped in your marriage and things are stable. That's not good enough right? You need to learn techniques that will make your spouse fall in love with you over and over again. Imagine, your wife chasing you around the house again trying to de-virgin you.

We are almost there. Keep going.

## **SECTION THREE:**

# **Real Love Techniques**



# **CHAPTER 7**

## **BUILDING YOUR REAL LOVE STORY**

### **FROM OLA**

If you were like me and most kids, you had an idea of what you think marriage should be as you were growing up. I played house with other neighborhood kids. I figured it all out. After all, it was all common sense.

Two adults getting married, living together, raising kids and living happily ever after. What could be hard about that? Not much right?

Sure we learned a little bit about handling disputes in social studies. But if we are being honest here, I didn't care about that subject. It was going to be happily ever after regardless.

If you were lucky, you were raised in a home where your parents didn't argue in volatile and violent ways. That was me. Basically, you would have been set up for failure because your norm would mean "no arguments."

Unfortunately in real life, you would probably get married to someone raised a slightly different way or may be; a major different way.

That was my story. In my family, everything was perfect until my teenage years around age 11 to 13 when they had their major marriage crisis. By the time I was 14, they were back to normal and it was happily ever after again. Yea right!!!

The truth is that they tried their best they could and in all honesty, both of my parents were best friends. Therefore it was easy for them to push a lot of issues under the rug just like Lola and I did. That's not necessarily healthy but you can get by I guess.

On the flip side, you may have been raised in an environment that was extremely toxic. You couldn't wait to

escape after graduating high school. You knew that you would never want to raise your own family the same way.

In that case, you would carry that baggage around in life. It would typically manifest as a guard-up in your marriage. You may find yourself panicking at every sight of a possible dispute or misunderstanding in your relationships. That cannot result in a happy marriage when combined with a spouse from an entirely different background.

Take a close look at the scenarios I just painted for you. Then imagine everything in-between that could possibly be the reality of your situation. The bottomline is that most of these scenarios are nowhere close to a real love story.

Most people are just getting by. These stories are not what you and I would consider real love stories when we fantasized as young bloods. The truth is that the majority of us were not prepared properly for what a marriage is supposed to be and how to navigate it.

I say majority because I can feel that person saying “*I was prepared but my wife wasn’t.*” Some may say “*I was*

*prepared but my husband is from a dysfunctional family.*” If you just said that, you are wrong.

If you were prepared, you would have been able to handle any spouse from any background. You are probably reading this book because you failed at marriage. That’s okay. Lola and I did too but it’s time to learn something new and cool.

The worst part about marriage reality is that many have decided to settle for less. They don’t know or feel it could be better. That was me. When my wife would nag and shut down in the midst of serious conversations, I decided that’s how marriages are supposed to be... I think.

I didn’t really want to accept it. But I was dealing with another adult with choices so I decided to settle and accept it as my fate. That came from some of the wrong ideas we learned growing up. In many cases, we learn it by seeing our parents practice it.

We barely saw our parents express affection. They barely kiss goodbyes in the morning when they go off to

work; not even on the cheek. You probably saw less and less of it as you grew older. They were just passing through life.

For a long time, I knew it didn't have to be that way. I knew I could create a true love story. But once my wife started shutting down, I accepted it as the norm since I can only control another adult so much. After all, we are not supposed to be controlling each other right?

However, my relationship with her is too passionate on both ends. When you mix that together with the enlightenment of our generation, it backfired. I started enjoying attention outside the marriage and that ended up really badly. But not really, as we are both here sharing these lessons with you right now.

I know what you are thinking. We went through counseling before we got married too by the way. But I've got bad news for you. There is only so much about the realities of marriage that your brain is open to receiving in the midst of the highs and excitement of getting married soon. You can

know a lot in theory. But most people are extremely weak when it's time to practice these things in real life.

As we struggled through trying to figure marriage out, we learned so many bad ideas and myths. These things are the very opposite of what you need to build your true and real love story on. We want to share a few with you.

### **Myth #1 - Marriage is a partnership**

Marriage is not a partnership. It is an institution created by God and you need the creators' constitution to make it work. Common sense will fail you in such a spiritual endeavor.

### **Myth #2 - Love is a feeling**

Real love is not a feeling. It's an action word; a verb that only emotionally mature people can participate in. Most people mistake real love for the in-love experience or high attraction energy.

You do need a feeling of attraction which cannot be forced. But with the wisdom in this book, attraction can be

reversed engineered over and over again by giving. Read chapter 4 again on the art of attraction.

### **Myth #3 - Marriage is give and take**

Marriage and relationships in general is a place you go to give. No more, no less. When you approach your marriage with expectations to take, you will kill the feel-good experience and fulfillment of receiving from a matured spouse or partner who decides to give to you.

### **Myth #4 - Love expects**

Love cannot be dominated with expectations. Attachment to expectations from your spouse will only turn to nagging camouflaged as communication and therefore killing attraction.

### **Myth #5 - Love is not enough**

This only comes from a bastardized definition of love. Once you start understanding that love is synonymous to God and that it was in fact created by God, you will define love properly.

If you consider God to be enough, Love is for sure more than enough. However if you think love expects, your marriage will suffer and that myth will become your reality.

### **Myth #6 - Marriage is common sense**

I think this whole chapter is clarifying the opposite to be the reality. Marriage takes high emotional intelligence in the civilized age. Don't ever assume a good response, action or reaction within 30 seconds. Take your time and remain charming with zero expectations from others. Master yourself.

### **Myth #7 - Grass is greener on the other side.**

Unless you are experiencing physical abuse, the grass is only green when you water it. Start watering the grass in your marriage by giving, working on, and mastering yourself. You can't love someone else unless you love yourself enough to be the best human being possible.



In the next chapter, we will dive into the three core pillars that you need to master in order to build a real story. Lola and I call them the G.P.S.

If you want a sense of direction anytime you feel lost, you need to be all over that chapter immediately. I agree; there's a lot of content here. But the GPS is a great tool to reference in a few seconds whenever you feel the need to.

## **CHAPTER 8**

### **3 CORE PILLARS**

#### **FROM OLA**

About a few years into our marriage, I started realizing that there are so many factors out of my control. Naturally, I consider myself a control freak. In general terms, it means I like to know what's going on at all times. That's why I was never a drinker.

I felt like a lot of people just float around life expecting 'destiny' to determine the direction of their lives. Depending on politics and religion before a person can claim a quality lifestyle is often a symptom of the life I definitely never wanted. I like to be in control.

Because of that, I always walked around with my head up. I got it. You couldn't tell me anything. I had figured it all out

As a matter of fact, that's the same attitude I had when I introduced my girl to everyone. I chose her, she was the one that I wanted. My family knew enough about my personality to not give me their opinions about her. However my confidence about my choices also gives them peace.

I had my life all figured out. After college, I launched a multi million dollars business. I bought a ring a couple of years later and proposed to the girl of my dreams.

So far, nothing has been wrong with the picture I've painted right? You may have noticed a slight arrogance with my attitude. But most people that know me in person would argue that I'm a humble guy. I really do think I am a humble guy but I may sometimes be too overconfident.

This is what the scripture has to say.

*“Therefore let anyone who thinks that he stands take heed lest he fall.”* 1 Corinthians 10:12 ESV.

That’s one scripture that I’ve known all my life but had not paid attention to until my marriage crisis. I really thought I had it figured out as long as God spared my life. After all, I make the decisions and choices. After all, I had common sense. What else could I possibly need outside of common sense to run my home and marriage as a man?

There is another scripture we’d love to share with you with regards to this here.

*“Trust in the Lord with all your heart, and do not lean on your own understanding.”* Proverbs 3:5 ESV.

Sorry. Common sense is not enough to build a crazy sex multiple times a week type of lifestyle, a real love story, a successfully happy marriage for a lifetime. You need a little bit more than that. If it was that easy, divorce wouldn’t be at a 50% rate in most civilized society.

So one myth that a lot of young people carry around in their head is that it's common sense. They don't claim it in words; they show it in action.

How many times have you heard a single young person give you opinions on what they think a marriage is going through? I saw and heard it all. Maybe you've made the mistake of crying on the shoulder of a single person. It's not unusual to hear one sided opinions. If you noticed, after their advice and opinions, you still felt empty and drained.

They will never understand what you are experiencing. Even other young married people will never know what you are going through in your marriage, much less a person that has never been married. It's even worse if your advisors are your family members such as siblings.

These people are in a danger zone for your marriage because they often walk around with illusions that they love you more than your spouse. It's also very easy for you to believe that because you are clearly in a vulnerable state.

They mean well but that's what makes it even more dangerous to seek advice from friends and family members.

It's also a testament to the fact that you've been walking around with the wrong mindset about what it takes to build a happy married life. You ask these people because you really think it's common sense as well. You think it's logic.

I made the same mistakes. It is okay. You are being human but it's time to learn something new.

Lola and I were also raised with the idea of perfection. Therefore we still make the same mistakes in different forms. But we are in a better place because we have this knowledge we are sharing with you.

TD Jakes said it better. He said...

***“What happened? What went wrong?”***

...are the questions we ask our family and friends. Then they try to give you a logical answer. He then said...

***“If you try to go through life with logic, you will go crazy.”***

Using logic is not completely out of the question. However it must involve certain types of wisdom that most people simply do not have. The wisdom I am talking about comes from years of combination of knowledge and experience. That’s why most young people typically do not have much to say to this subject.

It really doesn’t matter if they’ve gone to classes or have a degree in marriage psychology. The soul of this knowledge comes from pain and experience. That’s why you are actually in a better position to teach this than most therapists and counselors.

Back to taking heed lest ye fall. I believe that marriage is a form of an empire. There is a myth flying around that a marriage is a partnership. That’s one of the nonsense that people run to when they hit a stumbling block.

A marriage is not a partnership. It’s an institution ordained by God. It requires a constitution written by its

creator. It's a spiritual endeavor. Besides, most partnerships have no structure and hence end up crashing and burning in real life. Why would you want to run your marriage as a partnership?

If a marriage is an empire and/or an institution, it needs to be sitting on the right foundation. The whole empire needs to be standing on a few strong pillars. Let's be honest, none of these pillars can be your own present understanding; especially common sense.

One of the reasons why my assurance and insurance in my own understanding failed me was because I disregarded the fact that I was dealing with another human being with their own power of choice. She is special to me but she is also very unique. I would blame some of our differences on our different backgrounds. But I know better because Lola is also very different from the siblings she grew up with.

How do you build around the inevitable; differences? A lot of couples end up with irreconcilable differences as a



reason for divorce. As you can see, that makes no sense since there will always be eternal differences.

I remember my wife would say we were not compatible as one of her reasons for shutting down on the marriage. What is compatibility in a marriage? Same personality? The only thing remotely close to that is the same goals. Personality and many other things will always be different.

There will be inevitable storms and dangerous winds in your life, especially a marriage. When you build it on the right foundation and pillars, all is well. Every storm ends and that's a fact. Even Jesus had a little something to say about building on the right foundation.

*“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock.*

*And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been found on the rock.*

*And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand.*

*And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it." Matthew 7:24-27 ESV*

The pillars you build your marriage on have to be bigger than you and your spouse. The pillars have to be more important than life itself. If your marriage doesn't stand on pillars with these levels of strength, your marriage will become a casualty of the inevitable; storms of life.

In the next 3 chapters, we will discuss the first, second and third pillars of a successful and happy marriage. We will dive into each of the pillars. You will discover clearly why so many marriages fall apart when they are not built on these pillars.

Remember that this is not knowledge you can read just one time and expect it to work long term. This is about mastery and you need to master the concepts by repetition.

It's obviously worth it as you will be building a brand new relationship with your spouse.

By now, it should be clear to you why you may have been experiencing pain in your marriage. After all, there are explainable reasons why it hasn't been working out in spite of your intentions.

Both of you went to the altar with lifetime intentions. But here you are with your marriage basically hanging on a thread. Your marriage didn't have the right foundation and strong pillars.

It's all making sense now.

The three core pillars that we use and strongly recommend for your marriage can be simply summarized as the G.P.S (God, Purpose and Self Development).

Let's get into it.

## CHAPTER 9

# GOD & UNCONDITIONAL LOVE

### FROM OLA

When we were going through our marriage crisis, my wife would say things like “*love is not enough.*” In fact every now and then people leave this same comment on our Instagram page [@LolaAndOLA](#)

I get it. My wife couldn't question the love we've always had but she needed to blame her hurt on something. She, like many others, had concluded that love was not enough.

These types of statements did create a little confusion for me. I knew that she was hurting. I didn't consider myself as hurting. I just concluded that the crisis was part of life. I

concluded that it wasn't my responsibility to try to understand everything about life.

We love each other in ways that even strangers would never understand why she and I would ever break up. The friendship and closeness that we have always had was envied by many people. I could not understand the struggle either.

She pounded on the myth for a while. At some point, she decided we really never had love. She claimed what we had was lust. The sex was that good I guess. I almost bought into that but when I looked back on many good times, it didn't make sense.

I felt a little funny with that one. "*Is she for real?*" I wondered. We were together for 3 years before I married her. If all we had was lust, we would have moved on long after having sex or gotten tired of waiting for sex. So it didn't make sense to me to say we didn't have love.

These were some of the things that confirmed for me that she was truly struggling with herself. Eventually, I had to

partially agree with her. I didn't agree that we weren't in love ever. I agreed that we didn't know the meaning of true and real love.

With that being said, how could we possibly know how to love? She had an idea of what she thought love meant. I did too. Both meanings were more synonymous to the highs you feel from sniffing coke than it could possibly be to a lifetime of bliss and happiness.

Once I started learning this material, I realized there is more to true love. It has to be unconditional. But it is impossible with mere human understanding but only possible from a spiritual standpoint. With my background, I quickly realized there is only one way to this type of love. It has to be God himself.

*“Anyone who does not love does not know God, because God is love.” 1 John 4:8 ESV*

Many people have been conditioned to think that this kind of love has nothing to do with marriage. It's in fact the first pillar of our marriage today. Lola and I do not think a

happy marriage is possible without having God as the first core pillar.

If you know me well, you know that I want to give you a few **“close enough to logical”** reasons for the first pillar which is God. I am sure there are more than enough pastors out there preaching God to or at you without backing it up. Let’s break the first pillar down to make sense.

In order to do it justice, I have to break a myth down a little further. We asked a poll question on our Instagram page [@LolaAndOLA](#)

We asked what category does Love fall into; decision or feeling? 77% answered the feeling while 23% said the decision. Wow! I thought that was crazy.

But then again, it’s no wonder why there is a 50% divorce rate in this civilized world. The very same generation that claims to be empowered cannot claim control over something that’s so much needed and beautiful; love.

I personally believe it's laziness in the mind. But then again, I may just be overconfident as usual. What use is my overconfidence if I cannot marry myself?

77% of people think that love cannot be their own decision. So what happens is that they get married at the highlight of the in-Love experience which is temporary. When that "feeling" evaporates as it normally does within two years, they are left with a blank.

I actually kind of agree that it's a feeling of attraction for most people. But I am also saying that, knowing well that most people don't know the true meaning of love. That feeling is attraction and that's not love in its purest form.

We all have that nature of love in us but it gets buried when we experience devastation from a person we love. It is not sustainable because it's conditional love. It can last but for a little while.

Have you realized that relationships, marriage, family and the closest people to you are the main source of devastation, hurt and pain. It's very simple. Most of us get



into these things with unrealistic expectations. You can avoid reality but you cannot avoid the consequence of avoiding reality.

The confusion between love and attraction is killing marriages worldwide. Most people get into relationships banking on the initial attraction. When that fades away, they start trying to figure out love with tons of expectations and conditions.

By now, you've learned that attachments to expectations will kill attraction and eventually kill your marriage. The only exception to that rule is when both of you have matured and become self sustainable. Your trust for each other comes from God.

When I was learning this stuff, I watched a YouTube video that I found quite fascinating. It was a couple just like us that had filed for divorce and then got back together later.

In fact, they were one of the first examples that made me let go of attachments to my marriage and the word

‘divorce’. After watching them a few times, I was no longer afraid of divorce. It didn’t matter to me.

If it happened, it would simply be the will of God. I knew it was possible that the lesson God wanted to share with us would take as long as it needed according to his purpose for my life. My life became peaceful with that wisdom.

So one of this couple’s viewers asked if they could possibly still break up? Their answer was so profound, I always meant to share it with you. The answer was yes but it wasn’t an issue as 100% of their trust is in God.

Trust or lack thereof has caused so many people heartache. Why? Because they are relying on their trust of the mortal human. The truth of this matter is that humans will always mess up.

This is why expectations beyond the three core pillars, God, personal purpose and self development, (GPS) do not work. When your love is not sourced from God, that question that was thrown at that couple would have created

fear. Love cannot be unconditional when it depends and expects from human beings.

What you fear the most, you will attract. Fear and anxiety comes from dependency on other people including your spouse. When you depend on God, you only need yourself to have a happy and awesome life. It's even better when both of you let go and let God as the first pillar of your marriage.

In the next chapter, you will learn all about the second pillar which is personal purpose and mission. If you don't have this, you will suffocate your marriage to death. Your meanings to life events will create a toxic lifestyle and your spouse will run away.

Don't forget; just trust God.

# **CHAPTER 10**

## **PERSONAL PURPOSE & MISSION**

### **FROM OLA**

As a young man, I was always clear about my purpose. My purpose may have evolved over time but it was always bigger than me. I shared it with everyone proudly.

I didn't always know or refer to it as "purpose". It was first wanting to be a Doctor, then switching to aspiring to be an Architect with the influence of my father. When I finished high school, my purpose had evolved to include some music and computer engineering.

The key thing was that I was always up to something. I have never experienced what many people will consider

boredom. I remember one day that my brother showed up to the gym where I was working out, not to work out but because he was bored; I didn't understand it.

Case in point; I'm on a train to New York as I am writing this. It's 6:01 am. Particularly, I decided not to drive to New York daily for this 2 weeks project because I wanted this "down time" so I can produce more a.k.a writing.

Is it truly a downtime? Because I am producing does not make it a busy work time. Here is my point. When you are in your purpose, and on a personal life-mission, it doesn't feel like work.

When we were going through our marriage crisis, my personal purpose and mission was extremely helpful in maintaining the cool that I needed. My creativity was weaker at the time and it affected my overall productivity and our income temporarily.

So in no way, shape or form am I telling you that you won't be affected. I was but it was under a certain level of

control because my purpose is bigger than my attachment to my marriage.

If you recall, the purpose of the core pillars is not to prevent crises. Storm, winds and all types of craziness will try your marriage. But God has given you the gift of purpose to help you withstand any storm if you are in your purpose.

The wind will blow you back and forth and seemingly try to break you. But a strong personal purpose will help you maintain your sanity. If you've managed to attract your spouse back, I strongly suggest finding a joint purpose as well, provided it doesn't replace your personal purpose.

Have you ever heard, "*I need to find myself*" from your spouse as an excuse for checking out? If you've heard those words, it is true and you need to pay attention to it. A person who utters those words does not have the ability to love you properly because they don't love themselves enough.

As we went back and forth during the early days of our marriage crisis, I started detecting her attitude as

joblessness. I thought the idle mind is the devils playground. I was right and wrong at the same time.

How was I right?

You could be working a 9-5 everyday and still be doing it out of your purpose. Your brain will not be fully engaged in its full potential and your outlook on life will reflect that. Everything wrong with your marriage is wrong with the other person or some other people and you won't take responsibility.

How was I wrong?

My perception of what was going on was basically pointing the finger at her. I called it joblessness. If she had heard me say that or show it in an attitude, she obviously won't appreciate that. That doesn't help either.

Eventually, I noticed that what I was trying to say was that she wasn't tapping into a greater personal purpose than marriage. That manifests as a lack of personal fulfillment.

It's harder to love another person when you don't feel fulfilled as an individual.

As soon as I realized that, I embarked on a journey to help her in that sense whenever I could without being her therapist. We started talking about investing in her hair styling salon. The good thing is that it engages the best of your brain even while it's still a goal.

It takes a certain amount of energy to dwell in the weakness of your marriage. When you both have a stronger personal purpose as your strength and pillar, it will consume the idle energy available in your marriage. The devil will have minimum to none to play with.

As individuals, we have strengths and we have weaknesses. Most people spend time and energy worrying about their weaknesses. Successful people focus 80% of their time and energy on improving their strength.

Marriage as an institution works in the same exact way. By now, you've realized that no marriage is perfect right? Well when you engage in a simple argument with your



spouse, it's the symptom of an assumption that there is a perfect marriage somewhere.

Whatever you are arguing about just happens to be the weakness in your marriage. Why not use that moment as an opportunity to detect energy you could redirect towards a joint bigger purpose... that would be a suggestion.

Once Lola and I destroyed everything we could destroy with our old marriage, we agreed to see the Pastor who performed our wedding ceremony; Pastor Tunji Ayeni. It was the beginning of a level of greatness we had never seen in our marriage. One of the few recommendations he gave us was to get on a joint project together.

We used to have a YouTube show where we basically commentated on celebrity lifestyles and trendy news. I got tired of that show specifically because I felt it lacked purpose. At the time, she didn't like us shutting it down.

I had some really bad moments of falling from grace financially. The show was the first thing I always picked on as a non-productive activity. Eventually, she admitted she

didn't like the idea of tearing other people down even if they are public figures.

I remember Lola telling me in the midst of our crisis that she wanted to be a life coach. I jumped on the idea and encouraged her. As I said earlier, I felt for a long time that she wasn't tapping into a bigger personal purpose and that was part of her 50% contribution to the collapse of our marriage.

No matter what, we always remained great and best friends so we continued to talk mildly about these things. Instantly, I started suggesting marketing ideas for her. She shut me out on that and I left it alone. You have to know when to back off.

After the Pastor's suggestion, it made sense. So as one of the joint projects, we chose to convert the YouTube channel to "The Get My Marriage Back" project. Teaching life and love is a major part of my personal purpose. It just makes too much sense to be doing it with her.

So these days we get turned on after naturally enjoyable conversations about our individual and joint purpose. Afterwards, we have even better and raw sex... lol. There is nothing sexier than having purpose driven and aligned conversations with the person you love.

I understand you may have a hard time identifying your life purpose and mission. If you noticed, I used the word “identify”. That’s because there is no need to create. It’s usually already in you. So how do you find your purpose?

It may not be as easy for you to identify. But the three things you should definitely look out for are activities that you love, enjoy and have passion for. What activities would you always engage in even if you don’t get paid for it?

Money is good and quite useful in life. But if that’s the only benefit you get from your personal purpose, it won’t last. In that sense, you cannot refer to it as your purpose.

Your personal purpose should seem almost effortless while simultaneously serving humanity. It’s one of the main reasons why you are here on earth. It must be the most

important thing in your life; yes, more important than your spouse.

Once you attract your spouse back into your life fully per his or her choice, it's okay for him or her to be the most important 'person' in your life. But your spouse cannot be the most important 'thing' in your life. That will lead to dangerous complacency, attachment and a "neediness" zone.

No one needs to be on that type of pedestal. Only God, your personal purpose and your lifetime commitment to self development deserve that level of attention. Believe me; your spouse does not want that type of attention. He or she was attracted to your self confidence and reliance. You need to maintain that in order to attract high levels of attraction in your marriage.

Overreactions and arguments are some of the most common signs of your spouse on a pedestal. It's a sign that you've positioned them in a place where they could never disappoint you. No human needs to be under that type of pressure.

In the next chapter, you will discover the third pillar, self development, in a new light. This is the information that will put you in the top 3% of human beings. The bottom 97% basically feed off of the nastiness that life has to offer. They flow with it. They don't get to write their own awesome story.

Again, the GPS is all you need to maintain your cool and high levels of attraction in your marriage. In the last chapter, we talked about tapping into God for unconditional love as a first pillar. Now, you discovered the second pillar which is your personal purpose and mission in life.

It keeps you busy and keeps your spouse attracted to you. No one wants a dead beat as a husband or wife. Your purpose also helps you attach the right meanings to inevitable devastating life events. Basically you will have limited unproductive thoughts and activities available for the devil to mentally mess with you.

Your marriage is designed to be an awesome journey. The best and fastest way to get your spouse on the same

page is to focus on developing yourself development. It's just the sexiest thing to do as a human being.

It's the icing on the cake. Let's talk about it.

## CHAPTER 11

# SELF DEVELOPMENT

### FROM OLA

At first, I read books about money; [think and grow rich](#), [rich dad poor dad](#), [the secret of a millionaire mind](#) and many other awesome books that basically pointed in one direction. There is one thing in common with all of these books; mindset.

Over the years, I battled back and forth. A part of me thought it was all complete nonsense. However I was always fascinated by the power of the mind. I find myself saying and seeing things that an average mind can't really phantom.

For 10 years straight, I became an avid student of personal and self development. I applied it in my businesses. However there was a massive battle between my

childhood/society concepts and this new found series on knowledge and wisdom.

So why am I introducing this in the **Get My Marriage Back** project? This thing called marriage involves lots of psychological, emotional and spiritual moving parts. In fact, the physical only reflects the effects of things that have happened in other realms already.

For this simple reason when you decide to get involved in marriage to another human being, you are basically targeting a moving target. Every-time you feel that you've figured something out, people evolve.

Unfortunately, that includes your spouse but fortunately, you are reading this. My goal is to sell you on a lifetime journey and commitment to self development. The only way to master human beings is to master yourself. All you have to do is master what makes you tick and remain a student of that mastery for life.

As human beings, we are influenced by our surroundings and society. Even if you are a thought leader of



sorts, you cannot influence people if you are not aware of the things that already influence them. So either way, your results in life and especially marriage are subject to the level of influence of society on people.

If you feel that it doesn't affect you (***very likely it does***), it probably affects your spouse. So if you are not aware of the influences on at least 50% of your marriage, how can you maintain a happy marriage? It is fundamentally impossible.

For example, social media and the ever evolving technology have massive influences on all of us. As I am writing this, I am standing at the Newark Penn Station with about 300 people around me trying to board a train.

Guess what at least 50% of these people are doing. They are on their smart phones either chatting or browsing social media. The rest of them are walking towards the train they want to catch. Well, I'm over here writing for you.

These things are evolving. More importantly, we as human beings are evolving everyday and faster than ever

before in the way we process our values. There is a massive spike in information availability.

That's a good thing but every good thing creates new sets of problems. Most people are not prepared for the effect it has on their marriage. I am proud to say I was prepared as a husband.

All those years that I was reading those books, I didn't realize it would become more useful in my personal life. Everyone basically shut down and got caught up in their feelings; my wife, our parents and our siblings. Outside of Lola continuing to be an awesome mother to our kids, I was left alone to maintain a center that brought our family back together.

It was effortless because of relentless commitment to self awareness, development, improvement and self love first. In hindsight, a few overreactions I participated in were a great excuse for our family to become like most humans; point blaming fingers. I hate to sound like I am praising

myself but all glory to God for exposing me to self development.

Sometimes, I hear things like I have a big heart. I guess I can understand why people feel that way. But I'm just a mind-fitness addict who was lucky enough to stay in that type of gym. It's the result of years of reps and preps.

Lola and I have shared a little of our story in this book. But that's just the tip of the iceberg. We will continue to share more on our [YouTube channel](#) and the next book.

Just know that we are both special. This marriage was destroyed completely. It took God, a massive sense of personal purpose and lifetime commitment to self development to bring us back together. It took the GPS. This is as spiritual as it is ever going to get.

By the end of our last marriage to each other, our parents thought it was over. They couldn't see a way to fix it. So instead of arguing, we created a new marriage.

We knew that it was time to break a curse. It was time for our family to learn something new through us. They tried

to discourage us from getting back together, honestly, for a seemingly legitimate reason. But God is bigger than our human perception of legitimacy.

The fundamentals of what we want in life as human beings hasn't changed much. But the ways we pursue them are changing. Love and connection is still and will remain one of our basic human needs.

People used to get married and then fight to stay married. These days, many people don't feel they should fight as much. When they fall out of love, it's over. When it's falling apart, you will hear things like ***“it is what it is.”***

When they are confused, they look for outside comfort. That only, of course, messes things up more. There is a proverb in Yoruba language that says...

*“If the wall doesn't crack open,  
a lizard cannot enter it.”*

It means the only way for third parties to get involved in your marriage is to invite them in. Instead of inviting

outside comfort in, take advantage of confusions to learn something new.

It's a cliché that works. When you are confused, it's time to learn something new. It's not time to run for the new. When you run from your problems, there you are again.

The sad truth is that a lot of lies are manifesting through the evolution of the media and many people are buying into it. Many married people don't want to end up going to bed lonely at night. But they will fantasize about it because they are focused on celebrity divorcee highlights on social media and TV.

By the time they realize that we still have the same basic needs, it's often too late. It was all a fantasy. The realest and best fantasy available to us as human beings is still through leaving a life of purpose as we pointed out in the previous chapter.

But it's even better when you can share that life of meaning and purpose with a person you love. What if you

can do it in marriage successfully knowing that 50% of them are failing?

The solution is a lifetime commitment to self awareness, development, improvement and self love. Simply put, you cannot love another person unconditionally unless you love yourself first enough to commit to becoming the best and most awesome self you can possibly be.

80% of what I am suggesting is mindset. You need to master yourself. You need to commit to becoming a student of your mind.

*“And be not fashioned according to this world: but be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God.” Romans 12:2 ASV*

This is a constant and never ending process. One of the things that fascinated me the most when I was running to my parents and sharing our ordeal is that, they were not equipped enough to help us. Therefore self awareness is not

a matter of how old you are but how committed to learning more on a daily basis ***“till death do us part.”***

They have the experience and taught us a lot and more than enough as parents. But I quickly realized that both Lola and I were their first children to get married. Their responses and reactions to what our marriage went through mixed with the siblings' reactions made things worse.

I personally noticed that most of them are not students of self development. So it isn't like they have much choice. My brother, the only one that seems to have an idea of self development questions a lot of the concepts. He calls them kumbaya. So, the only choices our family had were knee jerk reactions that society has influenced them to create over time.

By now, you know that instant reactions to matters of the heart are 100% destructive. Most people and loved ones will not have enough self awareness. It's one more reason why you need to commit to mastering it. It's a protective measure.

The pride of **“know it all”** at any age is also 100% destructive. Think about it. If you know it all, you will essentially lock up the ability for you to receive new knowledge and wisdom. That’s not good.

But when you are open minded and crisis comes, you will automatically have tolerance to relax and leverage it to learn something new.

Most people try to use existing knowledge and expired wisdom to fix marriage issues. If that was good enough, the crisis wouldn’t come to anyone.

It takes time to get to the crisis. You may have been oblivious and not see it coming. But every crisis takes time. Therefore you shouldn’t expect to fix it with knee jerk reactions. Take your time to listen and process it.

There is only one way to see these crises coming and more importantly process it properly. That’s by staying and being ready. The only way to be ready is to become a student of mastering self.



It's the missing piece. Continuing education about self mastery is the solution to the moving target of building a true real love story and a happy marriage. Self mastery is your third pillar.

It manifests in your marriage as self confidence and that's an extremely attractive trait for your spouse. The alternative to that is being needy and suffocating your spouse and the marriage to attraction-death.

With low attraction, your chances of attracting your spouse to committing to the GPS diminishes. That means your chances of a blissful marriage is basically none. Of course effectively and eventually, sex will disappear too. It all originates from the health of your mind. Not your spouse's mind; but yours.

**Here are your actionable first 7 steps towards a lifetime commitment to self awareness:**

1. Subscribe to our YouTube channel and click the bell to be notified of new videos.

[www.LolaAndOLA.com/youtube](http://www.LolaAndOLA.com/youtube)

2. Read this book 10-15 times. I can't over-stress or over emphasize that.
3. The audiobook is just as good and you can get it free with free trial of Audible at this link.  
[www.LolaAndOLA.com/audible](http://www.LolaAndOLA.com/audible)
4. Read "*The 5 Love Languages*" by Gary Chapman  
[www.LolaAndOLA.com/5lovelanguages](http://www.LolaAndOLA.com/5lovelanguages)
5. Read "*How to Win Friends & Influence People*" by Dale Carnegie  
[www.LolaAndOLA.com/winfriends](http://www.LolaAndOLA.com/winfriends)
6. Read "*The 3% Man*" by Corey Wayne especially if you are a man.  
[www.LolaAndOLA.com/3percentman](http://www.LolaAndOLA.com/3percentman)
7. Love yourself enough to engage immediately in the first 6 steps religiously.

In the next chapter, we will debunk all the crazy and ineffective myths you've learned about communication. Everyone knows that broken communication is detrimental to

living a life of awesomeness. Multiply that by 100 if you are in a marriage.

You've discovered the GPS now. It's time to go learn how to apply it properly. If you don't, it will backfire. After all those years of being a self development student, I was missing this one piece; communication 2.0.

That often made it backfire badly. She would ask me to stop being her therapist. Let's go there.

## **CHAPTER 12**

# **COMMUNICATION 2.0**

### **FROM OLA**

Everyone has an opinion when you run into a marriage crisis. Usually they start with 'communication' as their personal diagnosis for your situation. It's also the run to solution whenever they hear about a marriage in trouble.

To be fair, they say that with all types of relationships. It's conventional wisdom and everyone is kind of aware of communication being an important quality in marriage and relationships. So ignorance is not the actual problem.

Clearly there is a bigger problem if 50% of marriages are ending up in divorce in spite of this knowledge. Majority of these husbands and wives know that communication is key in a marriage. In fact, many of them would swear they can teach it.

I am one of them. I can't claim that I remember a particular moment when I discovered communication. The ability to express myself has always been a part of who I am.

When I was growing up, I was a quiet kid. Many people referred to me as the gentle young lad. But I promise; I've never had a problem expressing myself. I pride myself in the ability to be able to communicate. At least, that's what I thought until recently.

Recently, I discovered this concept I want to share with you; communication 2.0. Just like me, many people have an abused definition of what communication is. They think it's about their ability to express themselves.

In fact, one of the things that made me hold resentments against Lola for years is her seemingly non-ability to express herself. I always wanted her to speak out her mind a lot more. She admitted to that severally in the previous chapters.

If your spouse is like that, that is his or her problem. But if you love your spouse, here is a gift you can give to him or her in this matter:

1. Learn your spouse's love language
2. Learn how to listen

That's communication 2.0. No more no less. For a long time, I didn't realize this. Have you heard this one before?

*"If you want a happy marriage, never go to bed without resolving your issues"*

I did too. It's a myth. That was the school of thought I came from. I want to emphatically declare to you that buying into that myth will turn you into a nag. That's one of the most unattractive things about being in a marriage.

Shortly after we got married, Lola and I would have arguments. Earlier on, I realized that this wasn't the way to live in a marriage. As usual, I decided I can solve the problem by simply talking about it.

But what if she didn't want to talk? I would ask her **“to death”** why she didn't want to talk. She would want to go to bed, then I would talk on and on about why we shouldn't go to bed without addressing our issues.

Honestly, it was a very weird position for me to be in. But I felt that I had no choice; it was my cross to bear. For life? I wasn't sure.

Remember she got pregnant with our first baby immediately. What I used to think before we got married was that I had no problem with divorce if I found out I married the wrong person. I was open to it until I started popping babies.

Then that kind of decision wasn't so simple anymore. That's why I chuckle at the idea that single and never being married people can think they could be so opinionated about the ease of decisions in a marriage. It's a joke.

To be fair, most married people are just as ignorant as well. Not too long ago, an Instagram influencer “wanna be” decided to try to argue with us on our [Instagram page @LolaAndOLA](#)

We post marriage empowering quotes about once or twice daily [on our feed](#). Here is the post that he had a problem and almost disagreed with.

***“Real Love begins when nothing is expected in return.”***

We responded to him that expectations are normal but must be channeled properly. However attachments to your expectations are absolutely toxic energy for your marriage.

I felt he wasn't satisfied with the response; I just knew it. He proved it a few days later when I stumbled into one of his posts that showed up on our newsfeed with this quote.

***“Any relationship that you have that could get ruined by having a conversation about your feelings, standards and/or **expectations** wasn't stable enough to begin with.”***

The problem with this quote starts with the tone. First of all, a person that feels the need to engage in a conversation about feelings is in a very weak and not



empowering place. I also felt a sense of lack of confidence, especially for a man.

Such conversation will be full of nags about how the talker's expectations and needs are not being met.

### **Did I say “needs”?**

That's also a very needy place to come from. If you engage in enough of these needy conversations, the attraction level in your marriage will drop. Needy conversations are not synonymous to communication. Talking does not make your conversation a communication.

By the way, if you haven't been in a position where you were dumped and/or your marriage almost ended, we especially don't expect you to agree with a lot of these new concepts. It's very likely you won't be ready to receive it.

Not just marriages, but relationships in general is a place where you go to give. Having expectations is something that we are all already very good at. Giving in a

relationship is not a natural act for most people unless it's a new love hookup. It comes from maturity.

What most people are missing in their marriage is not conversations. In fact, they are probably having an overdose of conversations. These rules and guides are especially applicable in communications within a marriage.

If you are not coming from a place of “giving” during communication of any type, you are probably nagging. Communication in the form of giving is what we refer to as communication 2.0. There is a formula to it. **It's 80% Listening And 20% Talking.**

As I stated earlier, most people try to communicate with their spouse without learning their spouse's love language first. This is why we recommend that every couple must read “[The 5 Love Languages](#)” individually and as a couple. It was the first thing that Lola and I did as soon as we decided to get back together and work on our marriage.

Before I discovered that her first love language is Acts of Service, I kept trying to communicate with her in my own first love language which is Words of Affirmation.

She never said I nagged. But she definitely shut down so quick whenever I initiated serious conversations. She wasn't aware that she was doing that. I sure didn't interpret it as "not speaking her language." Today, I know that I definitely was nagging; yurp, some men can nag too.

**Let me repeat your first two steps towards communication 2.0:**

1. Learn your spouse's love language
2. Learn how to listen

If you are not listening effectively to your spouse, how could you possibly speak into their soul?

I remember one day, we were arguing. In an effort to try to get her to see my point (*being needy*), I became very frustrated and asked her for a divorce; only 5 years into our

marriage. I think that was the very first moment that I planted a bad seed unnecessarily into our marriage.

I don't think she felt safe and assured about our marriage from that point on. If you have a habit of threatening your spouse about divorce all the time in the name of communicating, he or she will never feel safe and secure.

By doing so, you will create fear and insecurity in him or her. As you've probably heard a few times now, you attract what you fear. The universe will start agreeing with the fear that occupies the atmosphere of your marriage. Both of you will act accordingly and destroy what you have.

If you are a man, you have to start allowing your wife to do 80% of the talking. Use it to learn how to listen effectively. A lot of times, she just needs to vent. It's okay for a woman to need to talk as it is a feminine energy to want to talk.

Listen to the exact words she's uttering and repeat them back to her when she pauses. For example, she may say...

*"We don't spend enough time together as a family. You are always on your laptop. How do you expect us to have a strong bond that way? Don't you see Rick and Marcia and how close they are?"*

Most men will "react" angrily...

*"Why are you comparing us to those motherf\*\*ers? Does that make any f\$\$king sense?"*

That's an overreaction. Overreactions is a symptom of fear and anxiety. It will kill attraction and your marriage will start dying a slow death the more you do it. Here is a better response.

*"So babe. You feel as though I spend too much time on my laptop and you'd rather we work on building a better bond?"*

Once I learned how to do this, my wife would say....

*“Helloooo... EXACTLY.”*

If you noticed in the response I recommend, I never mentioned those third parties in my acknowledgement of her feelings. If you start doing this, your marriage will receive a massive liberation. Not only will she feel heard, she will start giving those expectations you’ve always craved for and nagged about.

Another book we recommend to learn more about this is [\*“How to Win and Influence People”\*](#) by Dale Carnegie. Funny enough, I learned that arguments are 100% destructive in this book first. But I didn’t realize that it was applicable in marriage as well.

This is the fundamental difference between taking and receiving. Receiving as a result of giving from your spouse just feels a lot better. Beyond that, it leaves a massive wave of positive energy in your marriage the more you practice this.

It takes practice. You will sometimes relapse to your old ways if you argue mostly before now. That’s why you

must read this book 10-15 times. Repetition is the mother of mastery. You need this new behavior to become part of your DNA.

If you are a woman, learn his love language and speak to him 100% of the time in that love language. If you are a talker like a typical woman, that can easily translate to nagging when you are not speaking his love language.

Communicating in your spouse's love language is truly the best gift you can give him or her. Consciously and subconsciously, he will have no choice than to love you in speech, behavior and action.

Just focus on giving in your communications and communication style.

## CONCLUSION

To share the knowledge and wisdom in this book has been an awesome experience for us. It will be a great honor if you continue to build yourself through our [YouTube channel](#). Continuing education will serve as 80% of what will create your desired result and marriage.

You see we've all been conditioned to a certain mindset. Being conditioned means it didn't take one day to have the mindset that created your present situation. It took a lifetime to learn a certain way of thinking and lifestyle.

Likewise, to create a new way of thinking and habits will take practice and time. In fact, it will take a lifetime commitment to being a student of the game. It's a complete lifestyle change; your demeanor, your attitude, your posture will change and you will attract happiness intentionally.

If everything we've shared in Get My Marriage Back has made sense to you, that's awesome. But you need to understand that additional effort is required on your end to



make it stick and continue to grow perpetually. You want this material to become second nature to you. If I woke you up from a deep dream, you need to know this stuff enough to be able to teach it without looking.

When I was in high school, I used to try and memorize in order to pass tests and exams. That was such a stressful way of learning. On top of that, I would still get some answers wrong.

All that stopped after I discovered the secret and the power in repetition. Some refer to it as practice but that still sounded like work to me. I've never really minded working but I don't like to call it work.

Then eventually, I found out that the whole world felt that same way. As technology continues to evolve, everything gets gamified. That means the developers make everything seem fun and like playing a game.

When our first son got into first grade, we found out that his preschool did a horrible job preparing him for reading. Towards the end of his first grade, his teacher

suggested he might have to repeat the grade. We rejected it and spent \$8,000+ on an immediate tutoring to at least get him to pass and make it to 2nd grade. He made it.

But we knew from that experience that getting to the next grade wasn't good enough. He needs to be well above prepared. Knowing what I know about the evolution of technology, I went searching on the internet for gamified learning.

The idea is to get them studying and preparing without feeling like it's work. Well, it worked. We enrolled them for one grade ahead of their present grade.

He and his younger brother spend about 30 minutes to 1 hour per day on the website. We pay about \$35/month for both of them. By the beginning of his 4th grade, he made it into the honors roll.

Repetition makes learning so much less stressful because you are not under pressure to learn all in one round. That's why I couldn't stress enough that you need to read this book at least 10 - 15 times. If I were you, I would

listen to the audiobook over and over with my subconscious mind as I'm engaged in other things.

When I was learning this, it helped me in taking the space and the time I needed to allow my wife to grow attraction back for us. More importantly, I was learning that I didn't need her to be a happy and awesome human being. And even beyond that, I was ready to love her unconditionally as the mother of my kids and friend for the rest of my life. I had already started moving on with other people for the purpose of intimacy.

Your spouse needs to see that you may not need him or her. It's the reality of the art and science of attraction. We all want that which seems unattainable or that which has other options. However over time of consistent attraction and lifetime of healthy, happy and matured love affair, real and unconditional love will kick in. Unfortunately most times, it takes taking for granted and almost losing your spouse. Believe it or not, that's normal.

But now, you've learned so much and it's time to do the work. The work as I said is just practice, failing

sometimes and repetition. Repetition is the mother of mastery.

The first video you need to go watch on our [YouTube channel](#) is on the “**7 Ultimate Guide to Saving & Fixing a Broken Marriage**”. Each of them cover the following subtopics.

1.God 2.Purpose 3.Self 4.Reactions 5.Attachments 6. Fun 7. Sex. It’s a 35 minute video that you need to watch every time you feel any type of pain and hurt with regards to your marriage. It’s all in that short video.

You see; there is nothing new under the sun. But every now and then, we need a kick in the butt. We need reminders because we are just mere mortals.

The brain is just a brain; a body organ. It needs to be conditioned to guide you in your marriage. There is often a battle between your head and your heart. That only happens when you are either lacking knowledge or the knowledge has not become wisdom for you.

### **How do you turn this knowledge to wisdom?**

Experience, practice and repetition. By the way, that means you will sometimes make mistakes. But you will know almost instantly when you've made a mistake.

Another mistake you can make is to start apologizing every time you make a mistake. That's the Mr Nice Guy syndrome. That kills attraction. There is usually no need to fix past mistakes. The key is to make less and less of those mistakes. Remember that action speaks louder than voice.

That's why we've also committed to releasing tons of free videos on [our YouTube channel](#). All you have to do is make sure you are subscribed and signed up to get notified every time we release a brand new video.

Here is a quick hint. Let YouTube know that you like the video by clicking the LIKE button on every video you like. YouTube algorithms will put in extra effort to make sure you see every video we release in time.

If you need a more personal touch to help you attract your spouse into a better, healthier, happier and awesome

love affair, go ahead and book a private and personal coaching with us at [www.LolaAndOLA.com](http://www.LolaAndOLA.com)

When you get to the website, click on the product tab or menu and book the option that's most suitable and comfortable for you.

You can follow us on social media such as [YouTube](#) of course, [Instagram](#), and [Facebook](#). @LolaAndOLA is the username in all three platforms.

Hopefully, you have been enlightened and educated. We will see you at [www.LolaAndOLA.com](http://www.LolaAndOLA.com)

To Be Continued...

## REFERENCES

Private coaching and more from Lola and OLA

[www.LolaAndOLA.com/products](http://www.LolaAndOLA.com/products)

FREE YouTube video releases @

[www.LolaAndOLA.com/youtube](http://www.LolaAndOLA.com/youtube)

The Five Love Languages by Gary Chapman

[www.LolaAndOLA.com/5lovelanguages](http://www.LolaAndOLA.com/5lovelanguages)

How to Win Friends & Influence People by Dale Carnegie

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