

Suggested Questions for
How to Be Cherished
A Guide to Having the Love You Desire
By Marilyn Graman and Maureen Walsh

1. What is the first step to take in regaining the joy and love you initially felt in your relationship?
2. What are the best methods for dealing with differences in lifestyle that at first seem insignificant, but once that you've been with someone for awhile, they become harder to dismiss?
3. How do you get your partner to stop taking you for granted?
4. If you aren't receiving the love you want, what can you do about it?
5. What's wrong with thinking he or she will change if we love them enough?
6. ***How to Be Cherished*** cites many pitfalls, the universal problems we all face in relationships. What are the biggest pitfalls that get us in trouble?
7. What is going on when a seemingly small incident really upsets you to the breaking point?
8. What do you mean when you say, "getting hysterical is historical"?
9. How does our past influence or obscure what's going on now in our relationships?
10. Why is it that we attract someone who reinforces and repeats the most challenging aspects of our history in relationship? How can we stop repeating bad relationships?
11. ***How to Be Cherished*** says we're either rebelling or repeating our parents' relationship and that how we are today has everything to do with our parents' relationship. Is everyone really destined to repeat his or her parents' relationship?
12. One of the Life Works mottoes is that "90 percent of the cure is awareness." Please elaborate and explain how simple awareness of a negative pattern can help you have more of what you want.
13. ***How to Be Cherished*** suggests seeing things from our partner's perspective. How does "stepping into their shoes" change the dynamics in a relationship?
14. What does "owning your part" mean?
15. What makes a woman irresistible?

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16. Why is a person's happiness with himself or herself the most important factor in determining if their relationship will be successful.
17. How important is being able to receive love, as well as give it?
18. What is the number one complaint from women about men? From men about women?
19. What do you think is the biggest myth about male/female relationships?
20. What are the top five irritants of a relationship?
21. How can we break the habit of using threats such as "I've had it. This isn't working. I can't take this anymore. I'm outta here" to get our way?
22. How can we communicate our upsets without getting upset?
23. Do men and women have different attitudes about relationships? Why is this so?
24. In ***How to Be Cherished*** you say women are the keepers of relationships. In fact you say that leaving relationships to men can be dangerous! How do women keep a relationship on course?
25. What is the "15-Minute Rule"?
26. What are the secrets to being cherished?



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