Chapter 4: The Secret to Happiness

10w ourselves ey is, once we nd limit them, , satisfy them. being met, it ur lesser needs s. For instance, leeting without nice thing to do. acher, and don't to put our own him to come to vith our feelings. crucial ones, our es. A good rule of husbands happy, that we feel that hat point we have eing taken care of. we take care of our zell.

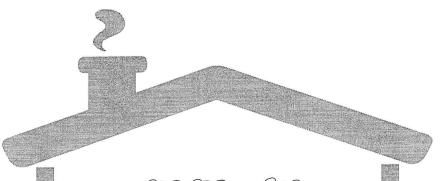
ıts to Ponder

pare time.)

ct your relationship

et go of in order to

your newly clarified k you have a better practicing letting go



Try This at Home

- ✓ Notice when you might be treating your husband like a vending machine. Stop and consider what you might really need, and try to let go of one want.
- ✓ Do the top-three-needs exercise: 1. Make a comprehensive list of desires. 2. Remove "wants" from your list. 3. Prioritize your needs.
- √ Write down three ways that the mediadriven message to "want" has affected your marriage.