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How to Last a Lifetime as a Couple



Nicholas Pollak / June 9, 2015 /

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Photo: <http://bowliving.blogspot.com/>

My business tends to go in cycles, so busy I don't have time to scratch or so quiet that I do. Once that worried me. I no longer worry because life is what you make of it.

There are people — I call them Emotionals — who are uncomfortable if they are not working. As a priority, work is No. 1. No. 2 is individual-type activities, and No. 3, their families.

Physicals are the opposite type, and has differently arranged priorities. Family is No. 1, any activity involving lots of people is No. 2, and work is No. 3. This does not mean they are bad or do not like work. They have different priorities.

Physicals get on so well with their co-workers that the Physical often is a supervisor at work. Physicals live to help each other and to do for others.

Emotionals, more introverted, will not do so much for others. They will, however, do what needs to be done at their work.

I know a man who hates to be the center of attention socially. At work, though, when asked at work to deliver presentations to anywhere from 200 to 2,000 people he is ready

with a smile.

It is important to remember opposites attract. A plus magnet always draws a minus magnet. A plus rejects a plus and a minus rejects a minus. It is this oppositeness that attract. Unless one is careful, opposites can destroy a relationship.

Understanding the differences between these behaviors makes the potential of finding the right kind of partner significantly greater. If you already are involved in a relationship, this will help you to avoid the perils of marriage.

Our December Schedule Every Year

A personal example: Every weekend in December, my wife and I, with about 50 people, go to the Los Angeles Mission, Ronald McDonald's home, the retirement home for the television and motion picture industry as well as Juvenile Hall and Children's Hospital. We sing our hearts out to people who are deserving of Christmas cheer. We enjoy a great time.

I am an emotionally sexual male. I enjoy solitude but I am happy to help in these instances.

On this day, we had been singing from 9 a.m. to 6. Then we went to dinner. By the time we arrived home at 8:30, I plonked into my chair, exhausted, fed up with being squashed amongst my fellow carolers. My wife turned to me and said that she had just remembered that we needed to attend a tree trimming party in half an hour. I said I was not going. I had had enough of people for the day.

In most marriages my refusal to go would have meant an argument and at least one person being unhappy. Either my wife would be unhappy because she had to stay or I would be unhappy because I was forced to go. I am 52 percent Emotional. My wife is 52 percent Physical. She understands the principles of the Emotional and Physical interactions. She smiled at me and said, "I can see you are being an Emotional right now. I am being Physical. See you later." Off she went.

Do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (<mailto:nickpollak@hypnotherapy4you.net>). See my website at www.hypnotherapy4you.net (<http://www.hypnotherapy4you.net>)



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A secret cache of letters brings together a former

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Love, incest, mental illness and murder. A 25th an

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