

DOWNLOAD PDF THE EXPERTS GUIDE TO SURVIVING YOUR MARRIAGE (EXPERTS GUIDES)

Chapter 1 : A 5-Step Guide to Surviving Infidelity | blog.quintoapp.com

But don't worry The Expert s Guide To Surviving Your Marriage can help you negotiate the marriage minefield and maintain your sanity until you can get safely divorced!

Often, this relies on whether the marriage is a happy one. Curious whether being married is good or bad for you? The answer might not be so straightforward, but here are some surprising ways your life partner can play a role in your health. People who were never married were 42 percent more likely to develop dementia than those who were. Spouses might also motivate each other to engage in healthy habits such as eating right, getting physical activity, going to regular doctor checkups and making and keeping friends—all of which mean good things for your brain—as well as cutting out bad habits linked to dementia, like smoking or drinking. Widowed study participants had a 20 percent higher risk of developing dementia compared to those who were married, leading researchers to believe dealing with grief from the loss of a loved one can harm cognitive abilities. A study in the June International Journal of Cardiology looked at how marital status can affect the likelihood of surviving a heart attack. Researchers tracked , patients, some of whom already had a heart attack and others who just had r isk factors for a heart attack , including high blood pressure and cholesterol. At the end of the year study, researchers found married people had a 14 percent higher chance of surviving after the heart attack than those who were not married. Married people with risk factors also had a higher chance of survival. One reason spouses might fare better, heart-wise: Lower stress could mean lower blood pressure and less risk of inflammation, which Drimer calls a well-recognized cardiac risk. A married person can also ensure their spouse is taking care of their heart, as well as going to doctor appointments and heart screenings. Studies suggest it can. According to a review of the effects of marriage on health, it may reduce symptoms of depression. Furthermore, people who are married have smaller increases in symptoms over time. On the flip side, getting a divorce boosts symptoms of depression. Experts believe marriage offers an emotional and social support system, which could explain these trends. A single person might have better mental health than a couple who is constantly fighting. A study published in January in Osteoporosis International took measurements from the lumbar spine and femoral neck bone located in the hip of adults; both areas are signifiers of healthy bones. Married men had a higher bone density than men who were never married, divorced, widowed or separated from their spouse. Women in happy marriages also had a higher bone density. Good bone health amongst married couples could be attributed to the way significant others take care of each other, similar to how it helps decrease dementia and heart disease risk. While the women did not seem to see changes in their weight after getting married, the men who were polled, did. The married men were 25 percent more likely to be overweight. There might be an explanation for that. A research study of 5, men and women showed that married women drink more alcohol than women who were never married, or who were divorced or widowed. For married men, the opposite was true. Men who tied the knot actually had fewer boozy beverages on average than those who were not married. However, this association flip-flopped when it came to people who are divorced. Men coped with the divorce by drinking, whereas women exhibited symptoms of depression.

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Chapter 2 : Can Your Marriage Survive the Challenges of Entrepreneurship? | blog.quintoapp.com

THE best way to survive a killer hurricane like Irma is to flee and if that means packing the kids in the car and saying a final farewell to your home then so be it.

Is your marriage over? The answer to this questions depends entirely on you. Are you dealing with physical or emotional infidelity here? For many, infidelity or any kind can be a deal-breaker and can completely shatter the relationship. But, it does not have to be that way. Many couples have successfully overcome and survived infidelity in their relationships because they wanted to. So if you love your spouse and want to approach the problem with the aim of healing yourself and your marriage , then here are some tips for you: Refrain from punishing your partner Getting cheated on can be a devastating experience. You hurt so bad. So much that you want to hurt back and make them pay for doing this to you. But realize that this is the moment you choose how you should feel and react. You can either be mean and vengeful which will only widen the wound and add to the pain or you can be wise and try to get some insight into the real issue. Do not use this as a time to punish your spouse for their acts; that will turn you into a permanent victim and create a power imbalance in the relationship. If you really wish to heal, you will have to forgive and change. Ask yourself what was your role in the affair. Perhaps somewhere there was an unmet need in your relationship “ for love, affection, attention, validation of worth or anything else? Perhaps it could be that they were simply not being heard and understood? Acknowledging the unmet need can be quite a painful revelation “ that is when you know your own contribution in the extramarital affair. Doing this is an important pointer in helping you both recover and heal. Replace anger with understanding This is never easy. But it will happen in time especially after you have acknowledged your own role. After all, know that whenever there is infidelity involved in a relationship, the non-cheating partner also plays a role in the drama. Repair will only be possible when you both decide to share your respective responsibilities. Refrain from bad-mouthing Of course, after all the shock and trauma, you will feel the need to confide in a close friend or with family members. You need support at this time and that is completely normal. But if you intend on surviving infidelity in your marriage and work things out with your spouse, it may not be a great idea to divulge in all the dirty details and put them in bad light. Eventually, everyone will question your motives for staying. Forgiveness is very important but make sure to remember the pain in the end. As horrid as it was, it was something the two of you got through together. Use the tips above for surviving infidelity in any relationship.

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Chapter 3 : Five experts reveal the secrets to long-term love

But if you intend on surviving infidelity in your marriage and work things out with your spouse, it may not be a great idea to divulge in all the dirty details and put them in bad light. Eventually, everyone will question your motives for staying.

Anyone planning on buying property in the USA will need to brush up on their knowledge of US inheritance law in order to protect the best interests of their loved ones. In the USA, inheritance laws govern how people receive their share of assets. Alaska is also a common property state but in order for a spouse to have a right to inheritance, there must be a written agreement between spouses. In the majority of circumstances, US law forbids leaving a spouse out of a will entirely. As a general rule, in community property states, each spouse will automatically own half of everything that the couple earned over the course of their marriage. They are then able to dispose of their share of this property in whichever ways they desire. This means that half will go automatically to the spouse, and the remaining part of the estate can be distributed in accordance with the wishes of the person in question. They can of course elect to give the remainder to the spouse too, but they can also share it amongst children, grandchildren, friends and other relatives. Where the deceased wishes to give less to the remaining spouse, a written agreement must be in place outlining this approach. This automatic right of the surviving spouse to automatically inherit half can also be negated by a prenuptial agreement. When moving to the US, ensure your inheritance wishes are heard Common law All of the states not listed above are common law states. Here, a spouse is NOT automatically entitled to the one-half interest in all property acquired during the marriage. Ownership of property acquired during the marriage is not automatically assumed to be half and half. In common law states a spouse is NOT automatically entitled to the one-half interest in all property acquired during the marriage. Bear in mind that in common law states, ownership of property will be determined by the name on the title deed, regardless of whether the other spouse paid for it. In common law states the surviving spouse IS protected from being disinherited from the will. If the deceased outlines leaving less to the surviving spouse, where a will is not in place, the surviving spouse will be able to contest this in court to inherit the amount that the specific state law outlines they are entitled to. It is possible to give the surviving spouse less than this allocated amount – but that will need to be agreed in writing in the will, otherwise the spouse will be able to fight it in court. What happens after divorce? As the law changes from state to state you will need to get clued up on how your rights will change once your divorce papers are signed. In some states, gifts made in a will to an ex-spouse will be automatically revoked. In order to avoid confusion, never assume that the rights of your ex-spouse will be retained or revoked – the only way to make sure that they are given what you intend to give or not give them is to have a brand new will drawn up. For example, US law presumes that where a parent has included all children in a will bar one, who was born after the will was drawn up, it will be presumed that this omission was accidental and the child will be awarded an equal share with their siblings. Where omissions are intentional – they need to be expressly stated within the terms of a will. Your intentions will be honoured by having a new will drawn up, in accordance with US law. You can assure peace of mind that your intentions will be honoured by having a new will drawn up, in accordance with US law, which expressly outlines your intentions for your estate. This is the only sure fire way to secure peace of mind and to ensure the best interests of your loved ones are completely protected. The USA Buying Guide covers every stage of the property buying process, sharing our experience and knowledge to ensure a safe and successful property purchase. The guide will help you to:

Chapter 4 : Is Marriage Good for Your Health? The Answer Is Complicated | Relationships and Family - Sh

The Medical Experts' Guide to Surviving Two Thanksgiving Dinners with Your Gastrointestinal System Mostly Intact By Sharone Carmona · NOV 15, Edit Post Doubling down on turkey usually means doubling down on the toilet, too.

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Chapter 5 : The Mental Health Expertsâ€™™ Guide to Surviving the Holidays Â« News

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Chapter 6 : USA inheritance laws - USA Property Guides

This extraordinary guide teaches you how to think like a couple, and turn your first year of marriage into one of the best years of your lives. It offers insight into the thoughts of the opposite sex, tells you how to achieve a meeting of the minds, and warns you when you should agree to disagree.

Chapter 7 : The expertâ€™™s guide: how to survive a family ski trip | Travel | The Times

Surviving the Holidays is structured as a freestanding, two-hour event designed to be led by a lay team. It's structured in two distinct parts. First, your group will view a holiday-themed video session, and then your team will lead a group discussion about the material presented on the video.

Chapter 8 : The Experts' Guide to Surviving Fashion Week - Ed

Lucky enough to score your first invite or backstage pass to some of the most highly-coveted shows this Mercedes-Benz Fashion Week? To ensure they keep comin', we enlisted editors who've been there to share some of the tips that have saved them season after season.

Chapter 9 : A (single) dating expertâ€™™s guide to surviving the holidays â€“ The Sanity Snack

If your holiday blues turn into day-to-day impairments beyond typical stress, it may be time to seek more help," Dr. Saab said. Five tips for making your holiday both merry and bright: 1.