

## Save Your Relationship and Get the Love You Deserve

Whether we want to admit it or not, even for those who are adamant in their denial of watching the tabloid reports, weâ€™re all affected by the news of celebrity break-ups.

The latest rounds to end the season in a not so bright fashion are: Nichole Richie and Adam Goldstein; Valerie Bertinelli and Eddie Van Halen; Christina Applegate and Johnathan Schaech. With rumors flying about Britney Spears and Kevin Federlineâ€™s break-up on the horizon; millions of pages dedicated to the looming divorce of Nick Lachey and Jessica Simpson. Whereâ€™s the hope for us?

How can we, as â€œmere mortals,â€ believe in ever lasting love? In the back of our minds we think that these celebrities have everything any couple could possibly need to enjoy the happiest â€œever afterâ€ life imagined. I canâ€™t tell you how many times I hear people say, â€œIf only we had more money;â€ â€œA bigger house;â€ â€œIf I were better looking;â€ â€œIf I lost more weight;â€ â€œMy life would be perfect;â€ â€œOur relationship wouldnâ€™t have so much stress;â€ â€œI would be happy.â€

We look at the famous and say, â€œThey are the â€œbeautifulâ€ people.â€ â€œThey travel the world.â€ â€œHave beautiful mansions and lots of money.â€ â€œThey have an army of people waiting to do their every bidding: publicists, managers, accountants, housekeepers and chiefs.â€ â€œIf only I were in their shoes.â€

What a great example and lesson to all of us â€œnot so fortunateâ€ people who arenâ€™t blessed with their lives and the kind of money they possess; that money doesnâ€™t make a relationship happy. Time, effort and determination are what make a relationship thrive. Iâ€™m not implying they donâ€™t put the time and effort into their relationships, only that all the things we say, â€œIf only we hadâ€ â€œwonâ€™t make our relationships last longer or be happier than theirs were.

Key factors to a lasting relationship are laughter, a sense of humor about life as well as a lot of hard work. These three things have always been a common thread for every successful and happy relationship I have interviewed over the years. Every one of them say the same thing: They work hard; donâ€™t go to bed angry, resolving â€œissuesâ€ right away; and they laugh with each other.

A step that can help you regain the spark in your love life is something I call Soul Gazing. Itâ€™s a simple technique of gazing into your partnerâ€™s eyes. I usually recommend 15 minutes, but in the beginning, 2-3 is fine. No talking, no looking away. I have seen this technique strengthen relationships that were already strong and help those relationships that were on the brink of disaster. Try it. If you want to have the love you deserve, remember my simple rule: Love is a gift, itâ€™s not a right. Love is a decision, itâ€™s not a feeling. Make the decision to make your relationship right, so you too can have the lasting and deep love you deserve.

### About the Author

Jaci Raeâ€™s grit and determination brought her from a poor childhood to a successful singer and performer who tours around the world. She is the recipient of the "Female Vocalist of the Year" award at the Golden Music Awards in Nashville, as well as a Barnes and Noble and Amazon #1 Best seller. She is the author of The Indie Guide to Music, Marketing and Money, as well as Winning Points With The Woman In Your Life One Touchdown At A Time. Jaci lives in California where she spends her spare time working on her music, writing and hanging out with family and friends. For more information, go to <http://www.jacirae.com> or <http://www.winningromance.com>

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