

Welcome!

Getting married was easy, but staying happy and in love year after year, baby after baby, is much more difficult. But the truth is, it doesn't have to be.

Being a mom in the modern world means that there's more mental stress and less support for you than ever before. And that can be hard on your marriage.

Without the right approach you will continue to have painful fights, frustration, and cold awkward silences. Who wants to live that way? Not to mention, your kids don't want to see their parents live that way either.

So, I'm going to just come straight out and explain the Adored for Life system so that **you can inspire your husband to listen attentively to your heart and come through for you, again and again and again.**

In this *Ignored to Adored Roadmap* I will share with you what's the real cause of marriage pain and outline the key steps to fixing it, so you'll never have to experience the emotional exhaustion of fighting with your husband again.

No more stonewalling, or having a moody, angry, or depressed husband all the time. And certainly no more "screaming matches" (which some "experts" like John Gottman think is perfectly normal).

You won't have to have emotionally exhausting conversations with your husband about the problems in your relationship or learn ineffective skills like rephrasing your grievances in an "I statement" instead of blaming your "partner."

Instead, this system will focus 100% on creating more of what you want in your relationship: feeling happier, getting more help, more affection & connection, and having a husband who can't wait to make you happy.

You'll learn exactly what to say and do to increase the intimacy and tenderness in your relationship. Even with kids! Because let's face it, they are super cute and adorable, but can add a layer of stress too. (I have five of my own!)

This is the same system that I used to overcome the problems I had in my relationship where communicating with my husband was sometimes a struggle, where getting more of what I wanted would likely turn into an argument.

Before I started using the *Seven Secrets of Complementarity*, I felt that I either had to compromise, do everything myself, or risk painful fight. But not anymore. Now my sweet hubby goes out of his way to make me happy and remembers to do the things I love without my nagging or reminding him. It's really amazing!

That's why I started sharing these *Secrets* around the world with other busy wives and moms just like you, and they've found the same results I have.

Turns out that sexual difference makes a HUGE difference when we're talking about marriage, and that's the main reason why most "experts" are failing and why it doesn't take long to get amazing results.

Take it from a Specialist in Sexual Complementarity.
Let's get you results!

Irene Alexander, Ph.D.

HOW TO GO FROM BEING IGNORED TO ADORED

There is only one reason why some marriages succeed, and some marriages fail. In a happy and successful marriages, couples are *doing* the specific things that successful people do and they are NOT doing the things that unsuccessful people do.

That's it.

Maybe you're thinking, "Uh, yeah! Tell that to my husband. That's what I've been trying to tell him for years." I totally hear you. I'll get to that in a minute.

Now, it's easy to see why this is true in every area of life. Successful businessmen are doing the things that make them successful and they don't waste time or money on anything else. They know the exact steps, they do them in the right order, and they get good results.

It's a myth that those who are "working hard" at something are necessarily going to be successful. You can work very hard at doing the wrong things and that still won't get you to where you want to be.

Then you feel frustrated, overwhelmed, stuck, and eventually hopeless.

Maybe you go looking for a marriage counselor.

If you do, you'll likely discover TWO things that are absolutely shocking.

Are you ready for this? Here goes.

Shocker #1: The experts have no idea how to help married couples.

How do I know? They say so themselves!

Dr. William Harvey, a licensed psychologist, found that despite all of his education and training, "almost everyone who came to me for help got divorced." He found in fact that "most of the marital experts in America were also failing." In fact, "marriage counseling made couples *more* likely to divorce."¹

Wow...shocking. Shouldn't experts *know how to help*? Isn't that what they go to grad school for? Nope. Dr. Harvey was so disappointed in the results he got when he used his professional training in psychology that he literally decided to ditch it and try something else.

So...if it ain't working....it ain't working. Something is really wrong.

He's not the only one. Here's what one textbook manual from an experienced licensed professional secretly admits to other licensed therapists:

"Under the best conditions (that is, highly skilled and experienced counselors who follow a manual that describes an effective marriage counseling protocol), counselors have traditionally not been successful at helping troubled couples avoid divorce...If you [licensed therapist] are discouraged with your results, you are not alone."²

Shocking, right? What a dirty little secret. I can't tell you how many times I see wives on Facebook reaching out for marriage help, and everyone recommends that they should "see a marriage counselor." It seems like a good solution. But turns out that it's not.

How about this surprising fact. Many marriage counselors themselves have divorced, are divorcing, or their marriages are hanging on by a thread. I was especially surprised to learn that Harville and Helen Hendrix admit that they—*the marriage experts*—were also on the verge of divorce!

"We kept trying to make it work, and sought out the top relationship therapists in New York City (a few fired us, and one we fired). Not holding onto too much hope, we gave our relationship one last try, committing to another three months to do everything we could to salvage our relationship."³

It's just never a good sign when the marriage counselors themselves need multiple marriage counselors because, just like their clients, they too are contemplating divorce.

Honestly, I took this a little bit personally because I have friends who are counselors trained in their programs and have married friends who paid for their training courses. *How are they fairing?*

When I learned that one of them divorced, and saw the pictures of their beautiful family on Facebook now in the emotional upheaval of divorce, it really broke my heart.

The truth is...enough is enough! *You deserve something better.*

Now. It's vital to grasp the main reason why so many marriage counselors are slowly coming out and admitting failure. How could it be that, despite their years of valuable psychological training, they are so ill suited to helping married couples?

Shocker #2: The experts do not believe that sexual difference makes a difference in marriage.

If you are surprised by this, so was I. The top experts believe that sexual difference is a result of either "evolution and culture" (Hendrix) or that it is merely "biological" (Gottman), with no substantial difference that deeply affects the human heart.

Dr. Sue Johnson of the emotion-focused-therapy (EFT) school works so hard to accommodate same-sex couples into her counseling practice that she cannot in principle attend to the ONE thing that is unique to married couples...

Sexual *difference* and the *complementarity* between man and woman: A.k.a., men and women are different, but physically & emotionally designed to fit together!

The truth is, when you try to help everyone, you really help no one.

(Who would you trust with your heart-health? A general practitioner or a specialist in cardiology?)

So that's the key problem with mainstream marriage therapy, and anyone who has trained in their approaches.

You're not going to find anything remotely related to "masculinity" or "femininity" on the L.M.F.T. exam. It's just not a part of their training!

That's a HUGE loss for you if you want to experience more of your husband's attractive and tender love.

Just ask yourself....

Did you sign up for marriage because you couldn't wait to be a generic "partner"? Or did you sign up for marriage because you couldn't wait to be pursued, adored, and tenderly loved as a bride?

Just trust your intuition as a woman. I know what I want!

Honestly, I have never met one wife who went to marriage counseling and found that her husband improved dramatically. I *always always always* find the opposite. Secretly, she still feels resentful. Often the hopelessness leads to depression. It deprives her of the joy of life, and that is a HUGE loss.

Imagine if a physician tried to treat a broken bone but had absolutely no training in the underlying anatomy of the human body. Ouch! That would hurt, and the injury would just never heal.

That's exactly what's happening in mainstream marriage therapy, because **dismissing sexual difference means turning a blind eye to the actual anatomy of how man and woman fall in love, and stay in love.**

Now...let me ask you this question. *When boy meets girl. Who asks whom out?*

It's such an easy question that it defies belief, I know. And of course, you know the answer already.

He asks her out.

Ever wonder why **men pursue women and not the reverse?**

Why the direction of erotic love is always ***man chasing woman?***

Would you be happy if you had to ask him out? If you had to plan the proposal? No, of course not.

As women, you and I love to be chased after and cherished. We yearn to *be adored* and loved. And men love to chase after us and know that they are successful in making us feel loved. That's how marital relationships thrive.

But before your man asked you out, something very mysterious happened first, which set the whole romance in motion.

1. Your femininity inspired him. You powerfully drew him towards you and influenced his heart in a marvelous way, which led him to...
2. Freely and courageously take the risk to pursue you and to delight your heart. And being romanced like that was just amazing. Wasn't it?

3. Then all of a sudden, *you*, had a choice. Do I like this guy pursuing me or not? Should I accept him or reject him? Your relationship succeeded only when you said “yes” to his advances and received him.

And then wow, he couldn't believe that such an amazingly beautiful woman would admire him like that and he was motivated to keep pursuing you.

And then this mysterious 1,2,3 Rhythm kept repeating itself the more you fell in love. You kept inspiring him, he kept chasing after you, and you kept receiving him.

When you showed that you admired him by receiving his efforts to impress you, he was just absolutely thrilled and kept courageously wooing and delighting your heart until at long last you finally said “yes” I will marry you.

The love between Man and Woman always follows what John Paul II calls a “rhythm dictated by nature.”⁴ You inspire him, he pursues you, you receive him. You feel **ADORED** and he feels **ADMIRE**D. That's how you fell in love.

So *you* recognize this *Rhythm of Romantic Love*! This gives you an incredible advantage over ALL marriage therapists because there isn't one licensed professional in the entire industry that recognizes this sex-specific rhythm.

This means that you now have the key to having an amazingly passionate and peaceful marriage. A successful marriage not only has *something to do* with sexual difference, it consists in the *fulfillment* of our hearts as man and woman.

Something called **sexual complementarity**. As John Paul II argues, “a woman wants *to be loved* so that she can show love. A man wants *to love* so that he can be loved.”⁵

At Adored for Life, we put it this way: **A woman yearns to be *adored* by the man that she admires, and a man yearns to be *admired* by the woman he adores.**

Fulfilling man and woman's distinct core desire is the true key to marital happiness. It's what every happy marriage has in common, and it's what every unhappy marriage doesn't.

The Cycle of Neglect & Disrespect

Here's the truth. All hurting marriages follow the same sex-specific pattern—but in the *opposite* way. Men complain about their wives nagging, criticism, control, lack of appreciation, “not enough sex.”

Women, on the other hand, complain that their husbands can be selfish, don't contribute enough, or don't listen to what they want, or give enough attention, affection, and tenderness. They also feel deeply hurt when their husbands withdraw emotionally, or become angry or verbally harsh. (Btw, it's very common, but totally preventable).

Men and women's complaints are largely sex-specific, but this pattern continues to elude the “experts.” They all fail to see that man and woman's core desires to be *admired* and *adored* mysteriously turn into the *Cycle of Neglect & Disrespect*, the complete *opposite*, of what man and woman find fulfilling. She feels neglected and he feels disrespected.

Look at these examples from couples who went to therapy with the “experts.”

Katie complains that her husband works all the time and doesn't spend enough time with her. (Gottman)⁶

Dara thinks Oliver doesn't do enough housework, and he complains that she nags him too much. (Gottman)⁷

Melanie wants Stuart to tell her that he loves her and Stuart checks out of the relationship because Melanie is too critical. (Hendrix)⁸

“Sarah's attacks and demands are a desperate protest against the erosion of her bone with Tim, while Tim's defensiveness and cool rationality are expressions of his fears that Sarah is disappointed in him and that he is losing her.” (Johnson)⁹

Michael complains that he can't do anything right, because his wife is constantly criticizing him about everything he does. (Popcak)¹⁰

Trey quit marriage counseling when his therapist suggested that Jenna was not the real source of his angry outbursts. Jenna was infuriated by Trey's refusal to change, and exhausted by his excuses for his poor behavior.(Popcak)¹¹

Scott wishes that his wife Monica would listen to him and treat him with more respect so he wouldn't have to raise his voice. But Monica complains that she could listen if he wasn't constantly yelling at her. (Fittsgibbon)¹²

Do you see the pattern? Isn't it obvious? She wants him to pursue her, help her, treat her tenderly, and listen to her desires instead of checking out of the relationship. He feels that she's too critical and disrespectful and as a result, he will either stonewall or explode in anger. Have you experienced that too? You're not alone.

In every hurting marriage, Man and Woman's core desires to be *admired* and *adored* fall into the *Cycle of Neglect and Disrespect*. The more she tells her husband how she feels he's been neglectful and needs to improve, the more he feels criticized and disrespected, and he reacts by getting angry or shutting down.

Since his reaction is displeasing to her, she very easily loses her admiration for him. Then her palpable disappointment in him demotivates him from pursuing her desires, so she feels neglected even more. Then the cycle repeats itself, like an endless circle until their intimacy is destroyed.

What every unhappy marriage has in common is that ***he doesn't feel admired and she doesn't feel adored***. Not only do their core desires as man and woman remain unfulfilled, but each spouse feeds into the *opposite* of what would be fulfilling for the other: neglected and disrespected instead of adored and admired.

All of the marriage "experts" I just cited above have worked with couples for decades and not one of them has so much as even *noticed* this very obviously sex-specific pattern.

Or if they did, they immediately dismissed its significance. (Heaven forbid that the empirical data calls their own politically correct ideas into question!)

So the key question in restoring marital intimacy then is *how does the Cycle of Neglect and Disrespect happen in the first place?*

Here's a key clue from the data. **Wives initiate most marriage conflict. 80% of the time, when there's a conflict, it's the WOMAN who brings it up.**¹³ What can I say, we LOVE to "communicate."

But it turns out that the **WAY** we tend to express our needs and desires can backfire and bring out the **WORST** in our man, rather than his absolute **BEST**...

...which makes you feel ignored, hurt, and unloved.

...the total opposite of **your core desire to be pursued, adored, and tenderly loved!**

Are you seeing it?

This is a sex-specific pattern that has nearly half a century of data to back it up.

“After forty-two years of research, I have noted that...most marriages (including healthy, happy ones) follow a comparable pattern of conflict in which the wife, who is constitutionally better able to handle the stress [of conflict], brings up sensitive issues. The husband, who is not as able to cope with it, will attempt to avoid getting into the subject. He may become defensive and stonewall. Or he may even become belligerent or contemptuous in an attempt to silence her.”¹⁴

Do you notice this pattern in your marriage? You bring up the issues and your husband tends to be defensive, angry, avoidant, or shuts you out by not speaking to you for days? The experts have never noticed that **there’s a sex-specific pattern that leads to happiness and a sex-specific pattern that always leads to pain.**

The best that they can do is to tell you that after decades and decades of research, they’ve arrived at the earth-shattering conclusion that...are you ready for this? Positivity is better than negativity. Wow...impressive. Hope you didn’t pay big bucks for that.

According to Gottman keep the Positive to Negative ratio 20:1 in general and 5:1 in conflicts, or if you’re up for a greater challenge, Hendrix now teaches “zero-negativity.”

But how do you stay positive if your spouse is doing something neglectful or hurtful? What if he refuses to change? They don’t really have a good answer for that.

Gottman claims that “all couples fight” and it can be normal to have “screaming matches”?

Who wants that?

Absent a genuine understanding of sex-specific *rhythm of Love* between a man and a woman, they mistakenly call normal a dynamic which is totally out of whack.

In every hurting marriage, man and woman continue to wound each other in the very core of their masculinity or femininity---your ache to be tenderly loved.

Sexual complementarity is off in the relationship! But it doesn't have to stay that way. It can be remedied, fast.

Signs that Sexual Complementarity May Be Off in Your Marriage.

Do you recognize any of these symptoms?

- You've told your husband that he needs to change, but he is stubborn and refuses.
- Your husband has an anger problem or he avoids you.
- Your husband shuts you out by not speaking to you for days.
- You feel that you have to be the "responsible" one in your marriage.
- He shows signs of narcissism, or self-absorption.
- You've asked him to go to marriage counseling but he refuses to go, or only goes reluctantly.
- You feel verbally or emotionally abused
- Your husband is not sensitive to your feelings or responsive to the desires of your heart.
- He does things that you find morally unacceptable.
- You argue or fight—a lot!
- You're not sexually attracted to him or interested in having sex with him.
- You regret that you married him, but now you don't know what to do, especially because you have children together.
- You worry that he may be having an affair.
- You wonder whether God calls some people to divorce because there's no way that he would want you to be living in constant emotional distress and feeling so completely overwhelmed by sadness.

As you already realize by now, **no one in the field of marriage counseling even knows what sexual complementarity is.**

Because they have zero training in this area, they don't realize that the advice they give works *against* the natural rhythm of how man and woman fall in love and stay in love.

It's like trying to ski uphill which is exhausting and no fun. No wonder there's so little progress.

When they encounter these symptoms, they continue to fall back on the same ineffective advice which doesn't ever give you the result that you're looking for.

Or they tell you that "screaming matches" and "fighting" are perfectly normal,¹⁵ which is like saying that broken bones are perfectly normal.

But what if there was something you could do to turn the whole relationship around? It would be worth a shot wouldn't it?

Because if you gave up on your relationship without ever trying the *Seven Secrets of Complementarity* you would never be able to know with confidence that your man was utterly incapable of having a good marriage.

You'd always have that unsettling feeling in your gut.

You'd have to keep rehearsing the story over and over, for yourself, for your kids, and for your well-meaning friends. Why *he* was the problem, and why you had no other choice but to leave him. And no one really *wants* to live like that.

Or maybe he's the one who wants to leave you. That rejection hurts in an indescribable way! It's like being stabbed with a hot iron in the chest. You can't control his behavior or his choices, so it all seems hopeless.

But what if there was something you could do that would make him change his mind and recommit to you forever? Even if he already moved out?

My Wager

You now have a choice. You can follow the typical marriage advice from the so called "experts" and get the results that they offer: "screaming matches" and a better to "way to fight." Or you could try something else, something completely different.

You could trust your intuition as a woman that you *yearn* for something more.

You could trust your common sense that sexual difference is not merely “biological,” or the result of “culture,” but, as John Paul II teaches, “reaches the deepest structures of the human being.”

You could discover that the laws of sexual difference are just as real as the law of gravity, and just as invisible. Then perhaps you might discover that fighting against this natural *Rhythm* leads to fighting, but rediscovering this rhythm leads to peace, passion, laughter, snuggling, sexiness, and amazing joy.

You can honor the ache in your deeply feminine heart to be desired, adored, and loved as a bride.

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Marriage Can be Easy!

Being a mom is hard, (sleep deprivation anyone?), but marriage doesn't have to be.

In fact, rekindling your romance does not involve anything like “working hard on your marriage” or learning an entirely new set of skills, like most marriage experts insist, now that the honeymoon period is over.

That's the marriage myth that keeps you in the dark.

Rather, **it's all about making a return to the beginning**—to the original pattern which led you and your husband to fall madly in love. Do you remember what you did in those early days?

You did it so easily and intuitively that I bet you barely even noticed what you were doing. And that's why I already know you can succeed (Yay!) You've already done this before!

And the results were amazing then. Like how your man constantly went out of his way to make you happy. And yes, your marriage can be that way again.

What You've Always Wanted to Know as a Wife But No One Will Tell You

If the desire on your heart is to be adored in your marriage, then guess what? **Your desires are important.** They are the key to your happiness and, perhaps surprisingly, to the happiness of your marriage.

I'm delighted to share with you the *Seven Secrets of Complementarity*, secrets that are eye-opening, effective, and really a lot of fun—secrets that will make you say, “Oh my gosh, Yes! I used to do that!”

And EVERYTHING I teach is based on the central insights about man and woman found in the writings of Pope John Paul II—my own area of professional expertise!

So if you're feeling emotionally exhausted, and the idea of doing less, smiling more, and relaxing into your best feminine self, while your husband gets to be your hero sounds good to you, then I've got great news for you.

Get cozy on your couch, pour yourself a glass of your favorite wine (or chocolate!) and **Join our online program—Adored for Life!**

Because *your desire as a wife is to be Adored for Life...and that's our mission too.*

In our program you'll learn the surprising answers to the questions that you've always wondered as a wife but no one will tell you, like:

- How to get back to feeling more like a woman after becoming a mom
- How to get more household help so you can relax and feel at peace
- How to inspire your man's affection effortlessly.
- How to eliminate fighting with your husband
- Why “putting your spouse first” has never really led to the intimacy and romance you've been craving
- How to get your husband to listen to your perspective on your marriage issues and go out of his way to make you happy.
- How to get him to attend to your feelings and caress you with more tenderness instead of trying to solve your problems (Can I get an “Amen”)?
- How to get him to apologize without having to tell him
- What to do when having sex just isn't sexy

Let's get started! Here's a preview of our **10 week online curriculum**, (plus real coaching support!)



The Mystery of Femininity in Romantic Love

Rediscover why as a woman, YOU begin and complete the cycle of intimacy in romantic love. Girl, it's a part of your amazing feminine genius. Claim it!



What to Do When Your Husband Needs to Improve

Find out the #1 Mistake all wives make that's driving your man away (yes, I did it too. Mea culpa!), and how to restore your connection fast.



If Mama Ain't Happy, Ain't Nobody Happy

Discover why the advice that the top Catholic marriage counselors give is completely backfiring for moms, and what you can do instead to boost your mood, and inspire your man's affection at the same time. Heck yes!



How Do You Get Your Husband to Do Things?

Isn't it the million dollar question? Discover why the advice that the top secular marriage experts give on communicating your needs leads to arguing and fighting, and how easy it is to drop that lame advice and inspire your man to give you love where you want it most.



The Number One Way to Love Your Man

It's no stretch to say that the happiness of your whole marriage depends on knowing this amazing secret. It's what every happy wife always does. And it's what every unhappy wife always doesn't.



Where All Conflicts Come from and Why It Ain't Right to Fight

It stinks when you feel like you can't agree on anything. The bickering, arguing, and fighting leads to feeling hopeless. Watch as I show you how to inspire your man to use the best of his mind to come through for you, while you fulfill his heart at the same time. ZERO fighting! It's literally miraculous and life-changing! The "experts" have never discovered this secret because they pay no attention to complementarity in conflict. Bummer for them, but not for you.



The Essential Ingredient to Getting Adored

It's hands down the easiest way to transform your marriage so your man will keep doing the things you love and making you feel cherished. Hint, it has something to do with your distinctly feminine genius.



Why Women Need Tenderness and How to Get It

Ever wish your man would just listen, instead of trying to solve your problems? I hear ya. So did John Paul II. He taught that women have a much deeper need for tenderness in marriage for four significant reasons, and that wives have a "special right" to it in marriage. Do you feel like your man needs tenderness training? I've got the surprising solution right here.



BONUS Material: What to Do When Having Sex Just Isn't Sexy

Did your sex life change after you became a mom? You are not alone. Surprisingly, John Paul II also recognized it's a real issue. You won't believe the amazing insights he has on male-female complementarity in the bedroom, and what you can do to get cherished...in bed. (gasp!)



The Greatest Romance of All

It's one thing to KNOW the Secrets, it's another thing to DO them. Watch as I show you the #1 most effective way to live out the Seven Secrets. Hint, it has something to do with finding the fulfillment of your heart's deepest yearning for intimacy, your ache to BE the BRIDE.

It's SO damn good! Can't wait for you to get started.

If you want to get your personal invitation into the program, Go to adoredforlife.com and click the pink button at the bottom to start your Journey with us.

Married love is meant to be beautiful...at Adored for Life, we keep it that way. 😊

With so much love for the gift that you are,

Irene

"If one loves human love, there arises the need to commit oneself completely to the service of fair love, because love is fair, it is beautiful." ~ John Paul II

¹ William Harvey, *His Needs Her Needs*.

² Worthington, *Hope Focused Marriage Counseling*

³ Harville and Helen Hendrix, *The Happy Couple's Secret*

⁴ John Paul II, *Love and Responsibility*

⁵ John Paul II, *Love and Responsibility*

⁶ John Gottman, *10 Lessons to Transform Your Marriage*

⁷ John Gottman, *Seven Principles for Making Marriage Work*

⁸ Harville Hendrix, *Getting the Love You Want*

⁹ Sue Johnson, *Hold Me Tight*

¹⁰ Gregory Popcak, *When Divorce is Not an Option*

¹¹ Gregory Popcak, *How to Heal Your Marriage and Nurture Lasting Love*

¹² Richard Fittsgibbons, *Habits for a Healthy Marriage*

¹³ John Gottman, *Seven Principles for Making Marriage Work*

¹⁴ John Gottman, *Seven Principles for Making Marriage Work*

¹⁵ John Gottman, *Seven Principles for Making Marriage Work*