

# ***The Get Over Yourself!***

**Handbook on  
Creating Happiness  
in a  
Relationship**



**R. Milton Quibner  
and Mia Matters**



*This handbook attempts the impossible. It explains exactly how a couple can create a state of Happiness. Fully aware how difficult it is to maintain a happy relationship, the authors nevertheless set out to show just how you can set up your relationship to increasingly enjoy Togetherness, despite the many distractions that work may against them. With their Compatibility Checklist, authors R. Milton Quibner and Mia Matters have outlined a path any determined couple can use to shape the conditions for long-term Happiness.*

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**R. Milton Quibner  
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Mia Matters, RN**

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## FOREWORD

Before we dive into what it takes to create Happiness in a relationship, it's important to admit that it is impossible to *make* someone else happy, for Happiness comes from within, from that state which you alone are responsible for producing.

With that being said, however, there are a number of ways to create the *conditions* from which Harmony can be created and which can then lead to enjoying longer and longer moments of Happiness, or as close as we can get to that while living here on earth. True and pure Happiness is one of those ideal states that we never actually experience, like Perfection, Truth, or Beauty; we only are able to enjoy ever-increasing *degrees of Happiness*, for what we *can* achieve are blends and mixtures of those divine qualities with our earthly and oft-times corrupted and ever-changing physical experiences.

Be that as it may, Happiness can and should be your aim as a couple, for setting the bar high is always the best approach; why settle for less than what you deserve? What you *can* create, of course, is not some ever-lasting 'blanket of bliss' but something wonderful, personal and deliciously enjoyable, a state that you must continue to work at and nurture, of course, but by doing so, by aiming your lives *together* in this way, you will increasingly experience the sense of joy that we

believe is our Creator's wish for us while we are alive.

You'll note throughout this book how strongly we emphasize *Togetherness* as the essential key to overcoming so many of Life's struggles. It really *does* make everything easier if you know your partner is right there alongside you, and this, then, is the starting point for our book. So, let us give right here at the beginning the very secret to creating Happiness in a relationship, and that is, *the key to a couple's happiness is Togetherness!*

The idea is to create a sense of Togetherness, that you participate with each other in all the critical areas of your life: food and cooking; exercise and being outdoors together; making love often; sharing your spiritual, intellectual and/or creative lives together, and most importantly, how you treat each other every day.

Marriage is a unification of 2 people, no matter their sex, and unification is the essence of Togetherness, and the only way to create this is to literally *spend time together*, there is no other way!

Now, you don't want to smother each other and force yourself to be *on* your partner 24/7, because everybody needs their space to breathe and simply Be, but in those principle activities that make up your life, you should be in line with each other's thinking and attitude. These essential areas of your lives must be shared, generally agreed upon and

accepted in order for there to be Happiness. Not that you become identical twins who walk, talk and think exactly, but that you at least understand and agree with where each of you is coming from on these key areas; this understanding of who each other *is* leads to unification, or *bonding* as some have called it.

Many couples find themselves after a few years, however, on completely different Life paths, heading in entirely different directions. Whether this is inevitable in every relationship if the couple isn't in harmony or is a case-by-case situation, really doesn't matter; it's the idea that trouble can be prevented early in a relationship by adhering to good habits of mind and body, and if you don't, the likelihood of things coming apart and even leading to divorce goes up dramatically.

Since we strongly believe in prevention, let's take a look, then, at the different categories of your life with your partner that you need to pay attention to. Most of what we'll point out may seem like simple common sense, but from dealing with people in crisis now for the better part of 30 years, common sense seems to be in really short supply!

Milt Quibner and Mia Matters



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