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Love is the key



Lighten Up

Modern life can get pretty intense at times with financial pressures, work schedules, educational issues for the children and even the odd in-law problem to worry about! It is easy for us to be running from one responsibility to another picking up emotional and mental burdens as we dash from office to school to supermarket and home. This constant demand on our time by our duties can leave us little time for our partners and worse still some of the best aspects of life can get squeezed out. To my mind one of the most important ingredients of a good relationship is the FUN you have together. When was the last time you and your partner laughed, did something silly, played games, had a rough and tumble? Remember life is not just a challenge or a test it's to be enjoyed. Every now and again get in touch with the child inside you and focus on having fun. Take time out for laughter and do something frivolous, something playful – it will lighten up your life, release some of your stress and lift up your relationship.

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