



By the Sea Enterprises

"News You Can Use"

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WATCH US!

A Guide for Couples to Stay Together in Today's Challenging World

For over 10 years, I have tried to help keep couples together when they come to my therapy office, despite the odds. It's tough to see people give up on their marriage or union, especially when there are children involved. Being a SAC Counselor (talked with children with emotional upset) in the schools for 10 years, I saw the result in the children who were depressed and felt abandoned by the parent leaving the home. The method preferred by social scientists in determining the divorce rate is to calculate how many people who have ever married subsequently divorced.

For college graduates, the divorce rate in the first 10 years of marriage has plummeted to just over 16% of those married between 1990 & 1994. From 27% of those married between 1975 & 1979. About 60% of all marriages that eventually end in divorce do so within the first 10 yrs, researchers say. "The crude divorce rate has been going down," said Dr. Andrew J. Chelan, professor of

public policy in the sociology dept. at Johns Hopkins. "But whether the rates will ultimately reach 45 or 50% over the next few decades are just projections. None of them are ironclad." So the good news is that MORE marriages make it then fail! So what keeps a marriage and relationship last and Happy? Well, let's talk about "Happiness". No one can "make" you happy, happiness comes from within and only YOU are responsible for it within yourself. No one can "Make" you do anything, You have CHOICES. You can Choose to be happy! As the teachings of Buddhism

"Happiness is found in the simple things of life." Too many American think happiness comes from the huge home, tons of electronics, fancy cars, boats and other material items. Once those items are "had" the person often is left feeling, "What's next?" Happiness also eludes the workaholic who goes for lots of degrees of work contracts to only feel empty later. So why should you expect your partner to provide you *Your* happiness? Happiness seems easy to those with spiritual faith, those who connect with nature, a cause they are dedicated to, or to those who embrace change as new exploration of self.

Happiness (Wikipedia) is defined as a mental state of well-being characterized by positive emotions ranging from contentment to intense joy. It is having a variety of psychological, biological, philosophical and spiritual personal qualities. Many have striven to define happiness and identify its sources. Martin Seligman, Psychologist defines

Riana's new book has begun!

Co-authored with Jim Rhoads,

this is a woman-man insight into

finding the right partner &

keeping your Love relationship

PERMA to summarize many of Psychology's findings; humans seem happiest when they have *Pleasure* (tasty foods), *Engagement* (or *flow* - an enjoyed yet challenging activity), *Relationships* (social ties - an extremely reliable indicator of happiness), *Meaning* (faith, quest or belonging to something bigger), and finally *Accomplishments* (having realized tangible goals). Your partner is just one of many social relationships, and should not have the burden of supplying *all* your happiness. Our book will examine ways to find personal and relationship happiness through being your best self.

Inspiration for the Month...

"You were born to be Happy" Your God made you for a reason. You have a purpose & a duty to contribute to your world in the way you see fit. Your happiness comes when you connect with your passion & purpose and find positive, supportive relationships that support your efforts. A good relationship begins with your own self love, integrity, respect, and confidence to be what you dare to Dream! *Riana*



What the Happiest Couples Know

Our new book will cover many tips for Happy Couples, but you will see suggestions here in each newsletter. 1) *Relationships take work.* They aren't self-sufficient; they need nurturing, love, and most importantly, to be adaptable to different conditions. Happy couples put in the required effort needed to have quality time together, going above and beyond when necessary. They take pleasure in doing the smallest things, no matter the event, just because they're doing them together. These couples are the ones still walking hand-in-hand after many years of marriage.



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Christina Cappolina & Rob Taylor tied the knot in a festive and loving family ceremony on the beach on Sunday, May 15th. Their reception was held at the beautiful and friendly Laguna Grill right on the beach in Brigatine, NJ. Congratulations to your new blended family!



Stephanie Poynter & Angelo Christiano, III had a beautiful outdoor, lakeside ceremony in Barnagate on Sat, April 23rd, which featured a Butterfly release celebrating the glory of their parents, with us in spirit on their special day. Thankyou for including me in your most sacred ceremony!



Mr. & Mrs. Brian Poehler

This couple who met on e-Harmony was celebrating their love on Sunday May 15th at a home, poolside wedding. The sun blessed them with its radiant light, just as their vows were completed. Best Wishes for many happy years!

Ceremonies by the Sea

By the Sea Singles

Advice, etc. Dear Riana: I haven't dated in months, my job is in jeopardy, I have little savings (but little debt), and feel over weight & depressed. It would be great to meet a wonderful partner, but with all my anxiety all this against me, how do I start? A.

R: Dear A-Many Americans, single & couples, are suffering in this economy. It is best to focus totally on yourself, and stop worrying about dating someone - for now. Start searching for new jobs while at your current one; every free moment you have. Start eating extremely healthy, take vitamins, get 8 hrs of sleep and do exercises - 3-4 days/week. Try to lose weight while job searching; By doing for YOU only, you can decrease the depression, anxiety and weight, and find a new job building the confidence you need to attract the right partner when you are ready!



The Best Western Hibiscus
Key West, Florida

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Romance International Travel

The Best Western Hibiscus Motel is a charming Key West Hotel which offers high-quality, ultra large rooms that are close to many Key West attractions. Two blocks away is great shopping, restaurants and bars/nightlife on Duval Street and the famous Southernmost Point & beach in the USA. One block away is Simonton St. Beach, where my family spent many vacations together. You are in a prime location; just park the car for free at the hotel and walk to all the best places.

The hotel offers free breakfast, friendly customer service and comfortable rooms at an affordable rate. Each room has free Internet access, a small refrigerator, microwave, coffee maker and cable TV. There is a large outdoor heated swimming pool and hot tub in the center of the complex, giving everyone a great pool view. This hotel really meets our definition of "Romance at Reasonable Rates". Go to enjoy the Key West sunset at Mallory Square, attend Fantasy Fest the last week of October (for the very open-minded with no children), and the wonderful art, crafts, food, music and many other delights that describe Key West! Take the Conch Train tour your 1st day-you will see the entire island, get the lay of the land, and know where to go the rest of your trip.