

# Introduction

## The Importance of Relationships

It has been such a pleasure to have come to this delightful moment to have the courage in sharing my life experience with you in this way. I hope you enjoy reading it and hope that you will discover at least one thing that you can relate to, reflect on and learn from toward your blissful future.

It is due to having positive and healthy relationships with people I have encountered in my life so far as well as my relationship with nature, faith and whatever else that I am passionate about that has taken me to this part of my journey right now.

I have immensely enjoyed writing down some beautiful memories I have experienced. Many of them have given me the pride and confidence to realize that what I have been doing naturally or by learning have benefited me, my family, friends and others around me. I therefore feel privileged to share what I have learned with you in a way that you can refer back to it at your finger tips whenever you feel like it.

I realized that despite major changes and hurdles along the way just like anyone else's life, like you, I have concurred many difficult times and accomplished wonderful things for whatever reason.

Building Relationship is never easy for most people, certainly not for me. While I had a few natural attributes that contributed towards my success in this area, I have also learned an enormous level of lessons through life, work and educational experiences how I could build better relationships where they became highly beneficial in many aspects of my life.

Having healthy relationship is the most important asset to have in order to succeed in life. When I say succeed, it doesn't always mean financial success, I mean achieving full contentment, balance and inner happiness, although I realize that money does help solve many situations including difficult situations and does buy many things that often make human beings feel happier, more comfortable and more satisfied even if it is only a temporary measure. Money is only good for those who have achieved enough maturity to be able to use it wisely. Otherwise it has potential to cause more difficulty or hazard than pleasure.

As living human beings, many of us may have relationships with our parents, partners, children, friends, work colleagues, neighbors, acquaintances, shop assistance and many other people from different walks of lives in different settings at different times through out our lives.

In this book, I have used examples based on true stories I personally experienced, researched and/or observed, telling you how they happened, what they did for me, how I actually learned from them and how I used them in my journey with my hope that you learn from them too as much as I did.

Reflecting and learning from those experiences as well as cherishing and enjoying my beautiful memories have been the most important part of my analysis and research towards creating this book.

If we are truly honest with ourselves I believe that lack of healthy relationship may even be debilitating to some people. Developing our capabilities to build and maintain positive and healthy relationships is very important in every part of our lives, not just at home or at work.

Can you imagine being completely selfish, uncaring, nasty to others and/or simply uninterested in building relationship with other people or things around us? Life would be very lonely and sad, don't you think?

Many researches show that lonely people get sick more often and have weak mental and physical health system. Social isolation can be debilitating and often contribute towards depression and many generative diseases.

I noticed that the moment we experience relationship break down, we seem to feel uncomfortable with many things or many people around us. We don't deal with things well and everything seems to fall apart if the relationship break down is not rectified soon enough.

We may feel sad trying to work out what caused the break down. We normally dwell on the matter to the extent of causing mental stress that's actually disrupting other means in our day to day life. If this mental stress goes on long enough, we may even start having symptoms of physical stress, discomfort or illnesses which then leads to deeper health problems such as depression or long term generative illnesses like heart disease, high blood pressure, diabetes or ulcers, so it goes around in circle.

When people experience depression and/or serious illnesses on a long term basis, they often do not cope with their family, work or their every day life well or appropriately. They may end up causing more trouble for themselves, worsening their relationships with people around them and they may even lose their jobs, their homes and their family. Over time their relationships with people and things around them become worse and bitter which then cause even more trouble which can lead to suicide or chronic illnesses causing early deaths.

Can you imagine living with loneliness and lack of love and care around you? Especially if loneliness or relationship break down caused serious illnesses like I illustrated above. That would be extremely sad. That's why we have books and articles like this, medical practitioners, counselors, therapists and coaches who can help us cope with difficulties and guide us how to build and maintain positive and healthy relationships.

If you are feeling a bit lonely right now and thinking that you should get in touch with someone that means a lot to you one way or another sometime in your life, why don't you pick up your phone or a piece of paper and a pen and decide to either call that person or write to that person and see how that makes you feel. Just saying Hi and a brief greeting may be enough for that person to really appreciate your contact and I bet it will make you feel just as good as or even better than the person you say Hi to.

It is such a blessing to know and to have people we love and care in our lives. So let's cherish and maintain your loving and caring relationships with people.

Life is not a dress rehearsal. This is it. So, let's enjoy our journey and make the most of what we have right here right now, especially our family.

You can purchase the remaining book for \$14.95 by emailing me.

Smile... 😊

