

Sarah Mars

TRUE ROMANCE

*The Foreplay Begins,
When the Sexual Act
Ends.*




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Preface

“There’s only one moment for you to awaken. That time is now.”

(Buddha)

The Rabbit Theory

My research showed quite clearly that the Rabbit Theory is indeed reality.

This theory is based on the fact that there are people, males and females alike, who run around humping everything that moves or being humped by anything that fits their needs at that particular moment.

This is a disgustingly shallow type of behavior for others.

But you do not need to be afraid, because the ones who are affected, are those who have not found IT yet.

We won't delve into any pseudo-anthropologic background-based theories of Stone Age behavior: That a woman has to "shop around" to find the right sperm donor or that a man has to "donate" his sperm to as many women as he can in order to guarantee continuing existence of mankind.

All that is just crap. As a society and as individuals we have developed beyond that behavior. It would be a tragedy if we hadn't, so let's not even consider these senseless reasons..

There are many specimens in this world, both male and female, who claim not to need any relationships, that you can have more fun without the whole kit and caboodle.

Anyway, you're not responsible for anyone but yourself, making life so much easier.

Let's just leave that there, with nary a comment, and think about it as we may.

The effects of the Rabbit Syndrome are senseless sleeping around, sex as a sport, one-night stands, maybe followed by a cigarette and a glass of whiskey and that empty feeling in your heart or your gut; in the worst case you might be the brand new owner of an STD.

This Rabbitritis mostly lasts a short time and once you've come to your senses, the chances of being healed are really high.

Those I've talked to have verified the theory: You find spontaneous healing once you've found IT.

Case study Michael, 38, married:

“For years I spent my time during and between my relatively short relationships hopping from one bed to the next. Did I have fun? Honestly, no I didn’t. It’s a story without a plot. I often just pretended. And by that I mean that I pretended to have feelings, most probably hoping that I might actually feel them to be real one day.

There was one woman in particular who I’d really fallen in love with, but other than her flirting a bit with me, there was nothing more to expect. I tried again and again, but she just wanted to be friends. I probably deserved getting rejected by someone who I really thought was great.

Years later, after I had finally rescued myself from being a rabbit, I met my wife. My friends were really reserved, because she is much older than me and already had a teenager. What more should I say? She’s the right one for me, even if she doesn’t want to have any more children. It’s good. I’ve completely changed; I don’t even acknowledge other women anymore, just not interested at all. Once you’ve found happiness, you’ve found yourself. I know a couple of poor guys who, if I might say, never had the luck, or if they did, were too stupid to recognize it and snap the chance. Those are the guys who run around saying what a great life they have as a single with no responsibilities at all. You just have to feel sorry for them.

I am so grateful to have found her and I know that I’m going to have to do a lot – and I will – to make sure IT stays like it is.”

Case study Claudia, 34:

“My teenage years were pretty laid-back. My mother had better things to do than to worry about who I was going out with. She made sure I was taking the pill at 16 and that was that. My mother really hadn’t had a good marriage, so why should I bother.

If things aren’t working out with this partner, I’ll just go get me another one. I have professional independence and a few good friends I can go out with. That’s enough for me.

There might be a guy out there with some money, a shitload of money, I’d probably stay with him. I wouldn’t be faithful, but that’s not really important. I can’t say whether I’m happy. What is happiness? It certainly has nothing to do with having a husband. Kids? Nope, not interested. I think you shouldn’t bring children into such a shallow world. Have I ever been in love? Really fallen

Happiness alone?!

This lie, too, has its expiration date.

Three months later I asked Claudia how she was doing, and she confessed to me on the phone that she was lonely, really lonely and that she had been thinking about a lot of things I had asked her about. She said she didn't want to be so cool anymore. She also had to admit that she didn't see her future perspectives as cool, but more like frosty and not worthwhile. Claudia had made a resolution to change her life; being cool was something for teenagers and she wanted to grow up. Having said that, she wasn't sure HOW to do it and we started reflecting together.

This is something we all have to think about. I've done research and considered it for myself. The solution is remarkably simple; you just have to really want it.

Before we come to the next case study, I have to confess that this conversation was one of the most unpleasant of the many hundred I conducted, because the hopelessness of it devastated me. I must say that many of the spontaneous conversations that people voluntarily started with me often brought up some interesting aspects and I want to thank each and every one of them from the bottom of my heart. Nevertheless, I was not ready for this revelation.

When I first encountered Karin – we had met by chance at a hotel – I met a very proud woman. Coolheaded, independent, a convincing, single woman was who she was to many people. Not to me! I could smell the smoke, embarked on the journey that was her story and eventually learned the truth.

Case study Karin, 43:

“I had a great deal of so-called success early on in my career in the media sector. It was electrifying to be in the public eye again and again. There was always sex, no matter with whom. I was successful and the many contacts I made helped me to slide relentlessly to the top. Success certainly went to my head and men became incidental for me. I needed no one then and I don't need anyone today

to be too much and the kids are getting on my nerves, I would do anything for my wife and my family. Other women don't exist for me anymore and I would never do anything to risk losing Anna and my family.

I found me and I am eternally grateful. And what's more important: I shout it out as often as I can, I tell anyone who wants to listen, and those who don't, even when I'm at work.

As corny as it sounds, I stand by it.

Had I never met her or had I been too blind or too cool to realize what an amazing woman she is, I would definitely have died a poor, shallow guy hopping through one bed after another.

Because whatever the cool guys of the world say, if you don't have the right person at your side, if you have hundreds of horny, beautiful people in your life, you'll still be lonely in the middle of a crowd. It's one of the most horrible ways of being alone. That's why I am so grateful every day. I think it's really important to be grateful and to be aware of that gratitude again and again. If you do that, you won't have any stupid, useless ideas that will lead you to the emptiness of having an affair. That's all there is to it!"

Conclusion:

We should stop here with a good example, even though there are numerous other tales to tell, but in the end only one thing matters: Once you find true love, you're cured.

There's no sense saying any more about it. Everything that there was to say has been said.

- ... don't do anything at home when you share a household;
- ... would rather have a female robot to do what they want at the push of a button;
- ... aren't able to and don't want to talk about their problems;
- ... etc. (the list could go on and on).

Then ...

If it's true that ALL women ...

- ... can only be kept with power and money;
- ... are the weak sex;
- ... don't need any sex;
- ... don't want to watch sports;
- ... only need emotional cinema;
- ... turn prude and then turn into their mothers;
- ... react emotionally (which is meant as an insult);
- ... cannot produce any logical thinking processes;
- ... can never shut up;
- ... speak in riddles that leave men in the dark;
- ... bring their partners to their knees each month just because of PMS;
- ... always have migraines;
- ... turn into hellcats at every full moon;
- ... let go of themselves as soon as they have tied the knot.

Then ...

... not only would the world be seriously endangered, but it would be a world without couples, drab and hopeless.

What is true is that these clichés are often used as a defensive shield, when you are unhappy whether as a single or in a relationship.

Someone who has decided to live the easy life has to be aware that there might well come a time when it will be too late for THE right relationship. If you remain self-interested and a cynic for too long, you run the risk of completely becoming that person that no one wants to be with and that even you can't bear to look at in the mirror. The consequences are often loneliness that is unbearable, that can only be

Basic foodstuffs

According to some of those who talked with me about this topic, the basic foodstuffs of a relationship are: Love, trust, a feeling of comfort, security, romance/feelings, communication, time ...

These are at least seven of the pillars of a relationship that have to be kept stable and in good condition, in order to make it work.

Case study Stefan, 37, married, 1 child:

“Communication is important to me and the belief that the other person is the best one for me. Besides, I trust her completely. We fall asleep together or work on a puzzle until two in the morning. What else is important to me is that we spend time together, even if she’s just close by. It’s also important to be able to do the things that are important to her. This mutual attention makes us strong too. How would I know if something was wrong? If she didn’t have any more time for me, if she didn’t listen to me or talk to me, if she started going out without me or spent time with other people.

What would I do for my relationship?

I would do everything to make sure the feeling stays as it is. Money isn’t that important to me. My family is the most important thing! I’m a very traditional person. I like the town I come from and where I live, but if my partner wanted to move, for whatever reason, I’d do that too, because it’s important for her. There is one thing I wouldn’t do: I would never ignore an old friend or break off any contact to him. I’d meet up with him somewhere else once a year or so, if she really didn’t like him. But I wouldn’t spend a whole weekend away with friends. I don’t drink if I’m out, so that I am always able to drive home to spend the night with my wife. I can’t sleep if she’s not close to me. I hope that it always stays this way. I would even give up my job/career before I would give up my wife. Workaholics are missing out on too much in life. Life is not work alone, or at least it shouldn’t be. Something else that’s important is that we discuss everything thoroughly and if there’s anything wrong, we introduce a new rule – that’s for sure. Sometimes you have to remind each other without having to talk about it again. We keep that in mind. I am quite extroverted, quick-tempered and emotional. And fighting

people and their relationships because shallowness and media hype have eclipsed many a partnership and sentenced it to death. It wouldn't really be that bad if it were only the celebrities who were acting like this, but there are regular people who are asking themselves: Is this what the world is really like? That is to say ...

... a case study, Johannes, 32, domestic partnership:

“You know what I wonder? Are all women like this? You always see these celebrity men who have one woman after the other, sometimes more than one at a time. There’s something wrong with that, isn’t there? I often think that if you just have enough money, you’ll get all the women, don’t you think so? Would I want that? Honestly? Do I think that’s love? Would I be happy with a woman who was probably only with me for my money? I have a woman who I love and who loves me and I’m happy about that. I am convinced that none of those women really love their rich and famous men, especially if there is such an absurd difference in age. But I wonder if most women aren’t like that, a little bit anyway. Maybe what I’m asking is if I am enough for my partner? If a richer man came along, would she leave me for him?”

I presume that Johannes doesn't have to worry about whether his partner is with him because she loves him. Those women mentioned above are man hunters and there are plenty of them. The male world can rest assured, though, because most women are looking for someone who meets the catchwords, just like most men are.

A small percentage of these women has been hurt, and after so many miserable experiences, they only want to get involved with men who can at least offer them something financially.

There are many cold, shallow rich men, who do not care in the least who they have in bed – as long as she looks good. If these men are as rich as they are famous, our man hunters have a chance at making a lot of money as soon as the liaison is through.

This attitude towards relationships basically has nothing to do with gender; there are rich and famous men and women and hunters of each sex. You can read about celebrity examples in the respective chapters.

The question is: What do you want from life and love?

Answer these questions and, no matter if you are rich or poor, the aim is clear. What planet will you land on?

You really shouldn't wait too long to identify the culprit – by then it might be too late.

The foreplay begins, when the sexual act ends

As it was mentioned, there are (many) circumstances in life that prevent us from really living out our love lives. Many of my interview partners complained about the frequency of their sexual encounters left much to be desired.

Why is that? The question is easier to answer than you might suppose. After many years of research the many answers can be lumped together: inappropriate interaction. Yes!

We could call it stupidity. Unfortunately, for the most part, it is men who are responsible for this situation. Guys, I'd love to have been able to have your backs on this one – like I so often do – but the numbers work against you in this case.

Collection of the most common causes:

- ★ Stupid comments made in mixed company about your own wife or women in general
- ★ Disrespectful behavior towards your wife
- ★ A condescending choice of words during a “conversation”
- ★ Treat your own children cruelly
- ★ Never having any time because you are a workaholic
- ★ Being lousy in bed – when it comes to satisfying your wife

gotten shorter and shorter. That's why it takes even longer for us to get around to sex. It's really just impulsive, when I see the loving person I married in him. That just doesn't happen very often anymore."

By chance, I saw Bettina about a year after our talk. She had taken my advice and had had a serious talk with her husband. As she had asked, he spent a full month being attentive to her and didn't use any foul language. He bit his tongue, when anything happened that he thought was "stupid", thought before he spoke. Low and behold: They had been making love at least twice a week. The positive change in her state-of-mind and in their love life was convincing enough for him to keep behaving himself and not to become offensive again. Bettina said that, because of his disposition, it wasn't always easy for him to keep himself under control, but if he did accidentally relapse, he'd apologize sincerely on bended knee.

Lisa, 40, two children:

"I swear, if I wasn't masturbating, I'd have left him for sure, or at least have found a lover on a permanent basis. I do love my husband, but he is a catastrophe in bed. It's like he's all thumbs with no feeling in his fingertips or tongue. His dick is so sensitive that he comes before I can even get started. It's so frustrating that I don't know what to do. Most of the time, I fake an orgasm just so he doesn't feel so bad. Honestly, I can't take this for much longer. I haven't climaxed for years. Have I talked to him about it? I used to try, but then I didn't know what to say when he got all huffy. He even attacked me saying I was the one who wasn't trying hard enough or I wasn't in a good enough mood or I just didn't feel like sex! He has to have noticed that it's never been as good for me as it was for him, because when I hit that high, I really sound like I got there! With time he was right about his accusation that I didn't feel like sex. I mean why should I lust after something that frustrates me. I even tried to show him what I needed to be satisfied, but he didn't like that either. Someday I'll have to break free, because he certainly doesn't get that satisfying sex is just as important for me as a woman.

How does he act afterwards? I can't really say exactly. I'd like to say he denies it's even happened. He does cuddle, but that's no substitute for sex."

Men are often not aware enough how they just graze a perfect love life. The more males that are in a room, the worse and more absurd it gets.

Maximilian, 37, 2 children:

“Susanne was Wonder Woman for me. She was sexy, smart and wanted a family just like I did. She did say that she would want to stay home with each child for at least three years. I thought that was great. I mean, not only because I really didn’t want to have deal with maternity leave for fathers, I am totally convinced that it is good for the children to have their mama at home. After our first child, I noticed some serious changes; she stopped wanting to have sex. She blamed it on the hormones and, a year and a half after our first child was born, she was pregnant with the second. I knew exactly when it happened, ’cause nothing had happened at all in the three months before that. We used to make love at least four times a week. After this dry spell, I think it was just sex. I even think it was a means to an end; we had planned on having two children. Once the second child was born, it took about six months until she took pity on me. In the past two years we’ve probably had sex about once every two months. The tingling has gone. She doesn’t even bother to try to be a lover to me. She is a great mama and I love our children, but I’ve lost my wife. I have tried to talk to her about it. She consoled me for a while and there was always some reason as to why it never happened. She doesn’t care anymore about how she looks. Probably because she thinks she can keep me away if I’m not attracted to her. Who knows?

I’ve been working more now than I ever did before. I started going mountain biking to work off steam. Do I masturbate? Yep, because I’d never survive if I didn’t. I just keep asking myself how long this can go on. I hope things will change because I’m going to be forced to deal with the consequences. You see, sex isn’t everything, but for me it was a way of showing our love for each other. I’m not someone who has to be the center of attention. My family is very important to me. But I don’t want to lose myself and I want my wife back. If we could at least make love once a week, I’d be more than happy. I miss being close to her. I miss the caresses throughout the day. I need this part of us.”

Regardless of how you look at it, extremes are never good. We women owe it to our husbands not to lose sight of ourselves. As important as children are for us, we are more than just mothers!

Don’t lose touch with the goddess in you, for this could have an horrendous impact on the whole family. A father being out of the equation may not be painful for you at the time, but it certainly will be painful for the children. Take note: One day your children will leave

Enough with the sophistry: If you want to have a good, erotic pleasing relationship, you have to be able to want to change yourself. Sure, a relationship is something you do together, but sometimes the habits you create or the attitudes you've developed are toxic for any all-embracing feeling of happiness there is in a relationship.

Who's to blame? The other ones of course, or even better, our parents! *"It's always been the same. As long as I can remember, my parents treated each other like that. They've been married for 25 years. What worked for them, is good enough for us!"*

Have you ever heard anyone say that? Everyone has the right to think as they want, but the fact is that eroticism is something you have to feel, something that you have to have in you or at least want to grow withing you. Every relationship needs a certain amount of eroticism in it to be able to have good sex. Any time you want!

How can I feel eroticism?

Now that you know that you have to feel eroticism, you might be asking yourself how to do that.

It's a valid question that is not all that easy to answer. There is a part of it that you just can't explain. It has to emerge from deep within you and come to light. Creating it doesn't work just by thinking about sex; you have to start your own fire and feed your own passion.

The other part is easier to explain; let's look at some examples or, better yet, some questions.

- ★ Do you feel erotic right now?
- ★ Do you see yourself as erotic today?
- ★ Have you taken care of personal hygiene today?
- ★ Have you done more than just the minimum of personal hygiene for yourself and for your body today?
- ★ Have you planned your workout for the week or have you started on it?

Quite a long list of questions that is not complete, but still gets to the bottom of the matter. Do you feel like answering these questions? Your decision!

Let's look at the example of a woman, or better yet of many married women. There is an amazingly high number of women who think that hopping in the shower and putting on a fresh sweat suit is more than enough to offer themselves to their partners, every day with the exception of certain special occasions.

Excuse me?! Wake up ladies! Just because you're showing him your love grotto, doesn't mean it really is one!

That means you should look nice for your partner and not only if you have plans to go out together to a celebration or an event, for dinner or to the theater or anywhere else.

An illustrative example:

Let's assume you are really hungry, so hungry that it doesn't even matter what you eat. When that happens, it has to be fast and it doesn't matter how it is served. If you did that every day, you'd soon have enough of this ritual.

If you go to a fancy restaurant, the first thing you'll notice is the ambience. If it is pleasant, you'll feel at ease. Dinner often starts with a nice tasty amuse-gueule to tingle your taste buds. This is followed by an hors-d'oeuvres and a wonderful main course, placed perfectly on the plate to please your palate. Dessert is the culmination that we marvel at because our taste buds have now reached their climax.

Those of you who do not really like going to restaurants can do the same at home. A wonderful dinner prepared for yourself and your loved ones, tastes twice as good if it has been prepared with love, if the table has been set with care and the food on the plate looks appetizing. Yes, it's how it is presented that makes it special. It's not only about the taste and the quality of the ingredients, but rather about how it is served and presented.

We cannot help to look more closely at the male world in this respect. Belching, farting, popping pimples, running around with B.O., unshaved, with stinky feet, bad breath are things that would not be considered to be erotic by normal people. Unfortunately, some men really do let themselves go once they get home. If you do nothing

Okay, I might eat something unhealthy from time to time, or have something sweet. But I usually know what I'm eating and make sure I work out several times a week. What did I do to deserve to live with someone like him? I deserve better. In my opinion, that's being completely disrespectful."

Conclusion:

If you let yourself go, you will put your relationship at risk. AND if you don't feel good about your body, you'll be suppressing the certain something in yourself.

Whoring around

By deciding to cheat on your partner, you become a part of that part of society that is helping to change it for the worse.

We want peace, happiness, harmony, love, comfort, security, family, solidarity! Fighting for this and seemingly forgoing other things is well worth it. No one is infallible, people's excuses for their many slip ups are still only excuses and are only fit for rabbits.

Why do you long for that kick, that adventure, approval perhaps? Who is even being unfaithful? The answer is sad: Unfortunately, both men and women keep the balance. As much as we might like to place the blame on all the naughty men for being unfaithful, the truth tells a different story. It is pretty much consistently so that women put up with Mr. Wrong at home and have a little something on the side. Not a pretty picture.

Case study Mark, 43, married, 3 children:

"Holding out even when things aren't going that well, is better. Putting your family on the line is crap! Sorry, there's not a nicer way to say that. Once you've lost trust, you can't really build it up again. Besides that, forgiving is tough, because you often can't process what happened. Being unfaithful gets you nowhere. The kick is short-lived; the bad taste stays with you.

I believe that children somehow bring more stability into a relationship. I take a dim view of separating when you get older. I know of some people who thought they had to begin a new phase of their lives. That only leads to the many downfalls I have so often seen. Having a common experience of life is something that strengthens a relationship, because at some point in time you do realize what is important. Basically, the more often that certain something is missing, the easier it is to start cheating. Once the right person crosses your path, it's suddenly all different.

The biggest playboy becomes a henpecked husband with the right partner. It only becomes perilous if your daily routine gains the upper hand. If you don't work on the relationship, it won't work out in the long run. If you start playing around in a supposedly weak moment, you only realize after the fact that it was

I would never forgive him if he had an affair. I might forgive a one-night stand, but first we would have to split up. I don't know if we could move on. He would never gain my trust again. Things would never be the same.

Would I pay him back? I don't believe in tit-for-tat, there's no such thing and anyway it would be childish. Ultimately, I don't even think I could stay with him just for the children."

Case study Daniela, 34, domestic partnership, 1 child:

"I'm more of a faithful soul. I've always been faithful and I wouldn't cheat in my current relationship anyway. My first relationship was at 19 and it lasted for five years with a few gaps. He left me for someone else. But since we were still sleeping with each other, we eventually got back together too. He did it again and again, always with someone new, but I was abroad at the time. After that, I didn't want to see him anymore; we'd rehashed it all too often. He just wasn't the right one for me.

I actually was a late bloomer, but I caught up with everyone else by the time I was 18 and 19. I had sex then, just sex and no feelings. When people, men in particular, claim that women can't have sex without feelings, they have no idea what it's like. Before my current relationship, I had had about thirty casual sexual relationships. I had no intention of wasting my feelings on a man who was not suitable for a serious relationship.

In the meantime, I have found the man of my dreams and have been with him for nine years. I've been completely faithful up to now. I would never jeopardize this relationship.

What would I do if he cheated on me? I might try to make things work one more time, because it's harder to end it all if there is a child and a house involved; you need to think everything over carefully. I would probably stay with him because of the child.

I would be deeply hurt. If he had had an affair, the first thing he would have to do would be to leave the house immediately. If we still were to have a future together, I would expect him to put an extraordinary amount of effort into winning me back. If he didn't, there'd be no chance for him.

What I do know is that the relationship would never be as deep and beautiful as it had been. I don't know if I would ever be able to trust him again, probably not really. If you think about it, everything would be crushed. But that would mean that I'd be open for a new start and that would be the end of that."

Domination of someone from the outside

One thing that we cannot close ourselves off to in matters of love is the lethal domination of someone from the outside.

It's an unbelievably all-encompassing topic because those outside of a relationship are all those who are not leading it.

Who loves whom? Preferably that should be the two people who are in the relationship. By depending on the judgement of those on the outside, you've already sold out. It's fine to tell a friend about your relationship if you feel the need to divulge. However, it is quite dangerous to rely on the opinions of others with regard to your own relationship. Nobody other than you can and should be making the decisions on which your life depends.

Friend or foe?

Quite a dangerous path to go down because who really knows what their friends want. Do they want to help us? Do you really know what your friend looks like on the inside? Can you read their thoughts?

I can't even begin to tell you how many couples or those betrayed that I talked to, there were whose own relationships had ended in a best friend's bed.

That's one side of the coin; the other is that many of our friends, especially if they are lonely in some way, would only too gladly see us be lonely as well. Then they would have someone to be lonely with together.

The reason is that most people follow the call of the pack and don't want to be the ones going through it all as outcasts. People feel outcast when their relationships come to an end. They think they are in a boat of their own. This boat isn't for those singles hopping from one brief affair to another; it's for those who have failed in their relationships. Once they have company in this boat, it doesn't feel so bad anymore. If these relationship vampires succeed in pulling their friend into the boat with them, good. If they succeed in snatching that friend's husband or wife, even better, because that means the vampire can hop

The Great Quest

Have you been searching for the right person to spend the rest of your life with?

Why are you searching?

Are you looking in the right places?

What exactly are you searching for?

Hint:

You deserve to love and be loved. You must not go on a quest for love, because you might be running in the wrong direction! Love will find you if you just let go!

Just the type you're looking for

If you know what type you're looking for, you won't be able to change that pattern easily. Genotoxicity from your childhood or from past relationships are often troublesome for development. But letting go is an essential step to be able to continue on developing in the right direction. If you don't do this, you will inevitably wind up in despair thanks to the many relationship-related failures you had looking in all the wrong places: "I couldn't care less about men/women; I don't need a relationship, a family, children, ...". These are some of the testimonials of those who were caught in this trap much too often.

The big question is how to get rid of that type you've been looking for? When choosing a partner, you are often unconsciously trying to make up for things that happened in your childhood. This is definitely a big mistake, but no one is above understanding such things. At some point in time you'll have that aha-experience and it will occur to you that the partner you've chosen is just like one of your parents. So you've got two possibilities: Either you immediately stop trying to change your past and accept what was or you will fall into that same pattern of behavior again and again, making your relationships difficult, trying and doomed to failure.

WARNING

The contents of this book are not for
the faint hearted!
It might just change your life for the
better.

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