

MAKE YOURS A

*Red Hot
Marriage*

Made In Heaven Filled With Passion and Joy

MARRIAGE MANUAL

Corner
Stone



Author: R. Lindemann

Author Bio

With over four decades in contract-engineering, this author has worked extended periods in several engineering fields, including chemical, electrical, and mechanical engineering, among others. This experience has offered him unique insight into key aspects of our physical and chemical world. Having also been heavily involved in the detailed data analysis that is required in various engineering fields, he was able define many core connections between physics, chemistry, our bodies, human behavior, and even how it all affects our beliefs and our decisions.

Addition Bio Info

After having extensively studied the physical sciences, he began to see irrational theories being consistently spread abroad to the masses, theories which now have become socially accepted as “settled scientific fact”. His position is that when dealing with any of the sciences, accuracy is paramount to having true understanding of any topic. He states that, “People’s desire to push their own agenda, all too often overrides their accuracy and turns into a system of beliefs and denial of actual evidence, rather than accurate evaluation of the information using true science.”

He feels that true human logic is important and that it has been overridden through methods of modern indoctrination. In effort to help others navigate through the fog of misinformation and enhance their own understanding, he has gone through the process of writing many books on some of the most prominently misunderstood topics.

His current bibliography includes the books *Bending the Ruler* about astrophysics, *Dream Thin* a plain language instruction manual to understand weight loss, and his four-book *Life Corner Stone Series* which includes the books *Hot Water*, *Red Hot Marriage*, *Strong Family*, and even *Understanding Prayer* exploring the effectiveness of prayer and its effects on our bodies and whether or not prayer to a higher power is scientifically realistic. He also wrote the five-volume series called *The Science Of God* analyzing the viability of the Genesis Creation account and the Global Biblical flood. To get your own copy of these or his other books, visit RLindemann.com or search “R Lindemann” on your preferred book retailer’s website or wherever books are sold.

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Red Hot Marriage

Sample Interview Questions

*For additional discussion points, see the detailed **Table Of Contents** following this page.*

- 1.) “***Red Hot Marriage***” is a very steamy sounding title for a book about improving your marriage. Is there a lot about sex in it?

- 2.) Why did you give ***Red Hot Marriage*** such a steamy title?

- 3.) How can a couple build a strong foundation for their marriage?

- 4.) In ***The Marriage Manual***, you mention statistics. Why are statistics important in a marriage?

- 5.) Can people with bad marriages who never divorce, improve their marriage, even later in life?

- 6.) Do you believe in soulmates?

- 7.) Is there only one person or soulmate for each person?

- 8.) Should there be a lot of sex in a good marriage?

- 9.) In ***Red Hot Marriage***, do you mention what men and women want from each other?

- 10.) Should spouses trust each other unconditionally?

- 11.) How can a couple avoid the complacency rut?

- 12.) What is today’s takeaway about creating a ***Red Hot Marriage***?

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When searching, spell the name: “R space L-I-N-D-E-M-A-N-N”

Other Books by R. Lindemann

Bending The Ruler

*Time Travel,
The Speed of Light,
Gravity,
and The Big Bang*

The Science Of God Volume 1

The First Four Days

The Science Of God Volume 2

*Day Three
Gravity, Land, Seas,
and
Evolution of Plants*

The Science Of God Volume 3

*Day Five and Day Six
The Creatures
Revolution or Evolution*

The Science Of God Volume 4

*Day Six
Evolution versus Man
In Our Image*

The Science Of God Volume 5

*Boats, Floods, and Noah
The Deluge*

Understanding The Bible

*The Bible How-To Manual
AND
The Things We Don't See*

Hot Water

*Your Perceived Identity
The Life Repair Manual*

Red Hot Marriage

*Made in Heaven
Filled with Passion and Joy
The Marriage Manual*

Strong Family

*A Foundation of Rock
The Family Repair Manual*

Understanding Prayer

*Why Our Prayers Don't Work
The Prayer How-To Manual*

Thank You GOD

Finding Gratitude in Hard Times

Understanding The Church

*Upon This Rock
I Will Build My Church*

Dream Thin

*The Weight Loss
Repair Manual
Lose Weight While Sleeping*

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R Lindemann

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Introduction

When dealing with people's feelings, many relationship books are written apologetically because our culture has caused us to be on defense due to religion, politics, race, gender, and our societal perceptions of "rights". This book is different; it is unapologetically honest and defies popular thinking while making all required statements. There is no pandering to anyone's fears, but rather, the rare commodity of blunt honesty about marriage relationships. This book is not about what we think or see as right or wrong, but rather explains *why* things are the way they are so that *you* have the power to change your circumstances for your own benefit and joy.

After having observed the effects that one generation's thinking has upon the next generation, I began to wonder if it is at all possible to stop the dangerous degenerative effects of humanity's thinking that damages each subsequent generation. And, if it is possible to stop this, then how do we do it?

From the stories of generations past, and in seeing what happened to those near to me, it became apparent that we often get caught in a destructive downward spiral in our relationships. Once we get caught in this lackluster spiral, it becomes difficult for us and our descendants to escape it.

Many of the attributes seen in the marriages of parents are often similar to the attributes seen in the marriages of their children. This can be especially true if the parents are dissatisfied but endure to a bitter end of "until death do us part". The fact that these similarities exist is not a bad thing in itself, but in many cases, when bad things happen to people, the attributes that are bad and similar to the parents' relationship have negative effects on the

children of that marriage and on the children's marriages. In turn, this gets passed to each subsequent generation.

When a weak and misaligned marriage falls upon difficult circumstances, there is often undue stress within the relationship, and that stress causes a great deal of pain in the relationship and in the family. The children of the couple see their parents' examples, and then the children, more often than not, follow the same damaging pattern. This becomes a snare to them and they do not understand or realize that this is happening.

When the children of the couple grow older and marry, they exhibit similar behaviors within their own marriages. And if it goes unchecked, it's often even more damaging than the problem was in their parents' relationship. This unnecessary situation will be passed on to your children *if* allowed to continue. It is up to you and your spouse to defeat this unacceptable problem.

It's difficult to repair an item without the information written in the authorized repair manual for the item. Life is no different. If you have not been taught how to repair problems in a relationship then you are left to figure it out on your own. *The Marriage Repair Manual, Red Hot Marriage*, is that authorized manual for married life. This is not conventional information. It is point by point instructions allowing you to quickly repair your marriage problems. As you read, you will find many common and some not-so-common problems exposed, making them easier to see and understand. Exposing these problems allows you to be able to quickly define troubles when troubles come to your family and your marriage. When you recognize the root of a problem, you can quickly control and defeat it, something that many previous generations have been unable to accomplish.

The purpose of this information is to give *you* the power to overcome the difficulties you see within your own marriage. It is also to help you to better communicate with your spouse and to get your spouse to better communicate with you. This puts you in control of your life and of your environment. Your family can benefit from your knowledge, and your children can be saved from having their own marriages become troubled and unfair when you teach them the information.

After reading this unique and basic approach to extracting and disposing problems in your marriage, allow this message deep within your heart, and set out to live the life you were meant to live. Teach your children to do so as well!

In order to keep the message straightforward and easy for all to understand and relate to, this book is written using the typical husband and wife relationship model. But in many relationships, things are reversed with regard to men and women and the role each plays in the relationship. Adapt this message to what best fits your relationship and keep in mind that it is not one extreme or the other, but is more likely to be a mix of these situations in the way that they apply to you, your spouse, and your marriage.

In this book situations are often stated stereotypically about men and women because those impressions are quite accurate; however, they do not apply to everyone. For some couples, these stereotypical scenarios will be reversed. But the principle in this book does apply to everyone. For instance, stereotypically speaking, men are more intimately or sexually aggressive, and women are often portrayed as saying, "Go away, all you ever want is sex." While this is often true, there are many circumstances that are completely the opposite where the woman is sexually or intimately aggressive, and it's the man who says, "Go away." This can change over time and the roles may get reversed as a couple ages. In truth, there are no specific rules. But the stereotypes are very common, so we are using the stereotypes as broad examples in this book.

For the purpose of this book, I am trying to address as many questions and scenarios as possible, but I suppose there aren't enough pages in the world to address all of the questions and scenarios we create. There are certainly differences between the behavior and expectations of men and women; and typically these behaviors are consistent, but often the expectations will lean in the other direction. If this is your case, then you will need to do your best to imagine yourself in the other position while reading this book. There are parts of the book that are distinctive to men and there are parts that are distinctive to women, and these parts cannot be switched. You will need to blend the various scenarios and improvise your thinking by using the stereotypical examples, and

then adapt them as best as is possible to relate to your own situation.

Some people have not been brought up with good examples around them. For those of you who have had only bad examples around you, some sections of this book might not seem to make sense until after you allow the principle in this book to become familiar to you. You can be certain that once you understand the root cause of a problem, then things will become much clearer to you, and far easier to correct.

Chapter 1

Building Your Marriage Foundation

Is your marriage what you expected when you decided to get married? Are you happy in your marriage? Are you getting what you want out of your relationship? For most of us, we never really thought much about what our married *future* would be like. We were in the moment and just wanted to be with who we believed was “the love of our life”. There are those of us who have gone as far as making sure we had our finances in order and everything paid for before getting married in order to assure that financial matters would not spoil an otherwise good relationship. Yet, statistically, half of *all* marriages fail. Why is this? And what can be done about it? What can we do to make our own marriages better, or even great? How do we get what we want out of marriage? And is any of that even possible?

Clearing Your Head

Getting what we want out of marriage is not only possible, it is critical to your happiness and joy. For many people this expectation is in terms of getting enough sex or having your spouse actually listen to you. That of course is amongst the many other marriage complaints we so often have and hear. Most of us have not been

Chapter 2

How Do I Make My Marriage Better?

The holy grail of all questions is “How Do I Make My Marriage Better?” This question has been asked within the hearts and minds of married people for thousands of years. Even though many relationships appear to show otherwise, historical evidence indicates that only a relative few couples seem to have been able to successfully overcome *all* marital strife. In order to do so they had to find the answers to each of their questions to achieve marital bliss for their entire duration of “until death do us part.”

Each marriage situation is unique. The pain felt by each of us has its own set of circumstances. We can group the basic elements of painful marriage relationships into stereotypical categories. And when these stereotyped categories that we’re discussing here are addressed, it helps in holding further problems at bay by answering questions about basic behaviors. However, only speaking in stereotypes does not eliminate the problems we face, but it does aid us in *defining* those problems. To *eliminate* our problems, we must dig a bit deeper.

Chapter 3

The Importance of Understanding Statistics

Statistics harm people, families, and marriages. Statistics are a medium of index that the world all too often sees abused. Statistics are commonly abused by those using the statistics to promote their own cause or agenda. To better understand the problems with statistics, we can compare the following: If you were to ask me the temperature and I took out a ruler to measure the length of the thermometer and told you the temperature was about six inches, I may be giving you an accurate number and measurement, but what good is that number to you? This is often how statistics are used. Yes, the thermometer is six inches long, but what has that to do with the temperature?

Let's consider the marriage statistic that indicates that half of all marriages end in divorce. Does this mean that you have a fifty percent chance of getting divorced? The answer to that question is "No, absolutely not!" Upon hearing this answer most people are confused, "Fifty percent is fifty percent, after all!" If fifty percent is true, then this means that your marriage has no better chance of lasting than the fifty-fifty chance found in the toss of a coin!

Chapter 4

Picking Compatible Companions

Because this book is about romantic relationships, it is appropriate to touch on dating. Every young couple should understand this chapter before marriage. Since most readers are already married, some of the points in this chapter are already past for you. But as you read, you'll begin to recall where some of your troubles began and you can then teach your children to avoid that uncomfortable path.

This chapter is very important for identifying the behaviors that often lay in wait to sabotage your relationship. Knowing that these behaviors exist *before* getting serious in a relationship is good because it gives you the power to end a troubled relationship before it gets too far down a painful and rocky path to a difficult future. Regardless of who we are with, most of us could joyfully coexist if we had a true desire to do so. However, due to the behaviors we each are personally accustomed to (our Hot Water), we typically will not coexist well with someone who is very different than us in their fundamental upbringing.

If you're already committed for the long haul, then the sources of these problems are especially important for you to understand.

Chapter 5

Marital Expectancy and Restoration

This chapter is where we begin getting into restoring your marriage. The pain we feel that was discussed at the end of the last chapter has a great deal to do with *marital expectancy*.

“Marital expectancy” is a very common set of expectations that accompany getting married. To better understand the term, we can refer to these *expectancies* as *marital assumptions*. Each spouse assumes that things will be a certain way when they get married. A good number of people would not have married their spouse if they had not made the assumptions about their spouse that they did when they decided to wed.

From a statistical perspective, we generalize and assume that a “failed” marriage is one that ended in divorce. While, in general, this is true, it is also true that there are many marriages that last until “death do us part” but are, or were, very painful for one or both of the spouses.

People who have deep religious beliefs do not like the thought of divorce; and to their credit, they are longsuffering with their efforts at kindness and tolerance. But, if they have a troubled marriage, then they still bear the pain felt in their relationship for

Chapter 6

Prelude to Rejection

When discussing relationships it is important for the person who is falling short in the relationship exchange to understand a few things.

When the other person in an imbalanced relationship receives no rewards or joy for their actions in regard to their spouse, then there is little incentive for that person to continue offering the actions or services in the long-run. With the understanding that marriage is not a business, you could think of this in terms of doing business with a company who will not pay you for your services; at some point you will refuse to offer your services to them any longer because you cannot afford to because they do not do their part to pay you.

Imbalanced exchange is not a very good way to function in a romantic relationship, and it's painful for the person who is being shorted. The business comparison is somewhat up to the perception and purpose of the person being shorted in the relationship. If the person is not doing things solely with the expectation that their spouse must return the favor for fairness, then it changes the comparison greatly, and is no longer a business-like relationship. In

Chapter 7

Rejection in Marriage

Rejection has several levels, most of which go mostly unrealized but are felt nonetheless. When rejection is blatant it is meant for us to notice it. That sort of rejection is usually a deliberate form of tit-for-tat retaliation. What we are aiming to understand at this point is that the retaliatory rejection is launched due to the more subtle and far more dangerous forms of rejection.

If You Reject Long Enough, You Will Destroy Their Desire

Saying, “No” or rejecting too often destroys desire in most people in the long-run. When desire is destroyed, then that is also felt as a form of rejection. Let me explain: Looking back to our gift exchange example, let’s assume that it was you who didn’t buy the proper gift. In their natural human desire to not violate other people’s expectations and spare you any hurt, your spouse would likely try to hide their true feelings about the *incorrect* gift that you kindly offered. This allows you to believe that you have *successfully* fulfilled your spouse’s gift request, when you have actually *failed terribly*. When you learn to properly read your spouse’s emotions and expressions you can easily see this.

Chapter 8

Being in Control versus Being Controlling

Life is short, and achieving joy throughout our lives can be a struggle. There are many people who want things to go their own way. This is fine when it's not at the expense of other people. Your life is *your* life, and you have to live it your own way, but your way should not adversely impact others. Always keep in mind that you have to live with whatever you create in your own life. If you create bad circumstances around you, then you will suffer at those circumstances. But if you create joy in your life, then you will enjoy the fruits of your efforts. This is true for relationships as well: If a person is trying to seek joy by controlling their spouse, it will not be pleasant for that person's spouse. But when you have trust and love in a relationship, then the relationship grows and becomes more robust!

With our inherent design, we have a tendency to understand things as: A man is supposed to control and a woman should submit. This wrong thinking is what the feminist movement of the twentieth century was born of. While some good points were made by that movement, in truth, it served to damage the true essence of many women more than almost everything before it ever did.

Chapter 9

Givers and Takers

So far, all problems we discussed point to being caused by the improper *give* and *take* actions within a marriage.

What are givers and takers? To stay clear of semantics arguments and for the purposes of this book, it is not the words, but rather the specific concepts behind those words that we're trying to understand.

There are different kinds of takers: One kind could be compared to someone who *fraudulently* abuses the welfare system or the insurance companies and is illegally or dishonestly taking the financial benefits of those systems. This kind of taker is of little use to society because they do not increase the worth of the world, they are parasites. *Don't* be that type of a person. Another type of taker could be a boss, for instance, who demands excessive efforts from the employees and then contributes to the world but only for his or her own gain and at the expense of the employees. But in that case, usually the offering only benefits themselves, and is actually a net-loss to the world, just like fraudulently abusing the government or other companies is a net-loss to the world. If a boss takes joy away from the employees, and then only gives a little bit of happiness

Chapter 10

Why We Stray

By now you should be getting a pretty clear picture as to why so many marriages are troubled, especially when you consider the fact that these troubles are often *not* intentional. This happens because of our failure to realize that we're not understanding our mate properly, and because we often inadvertently reject them. To make matters worse, when we have feelings of low self-worth we are rejecting our own selves. When we reject ourselves we often reject others as well. After a long enough time of being around someone who does not care about themselves, it becomes increasingly difficult to love them in any special way, and eventually it is likely to put out any remaining flames of passion that one spouse has for their mate—It's never a good thing to extinguish the few remaining flames in a relationship. We also create deliberate and yes, foolish situations where we do things to irritate our spouses just to "get back at them." None of this does any good for a marriage.

When we hear the word "stray" in conjunction with marriage, most people's thought immediately goes to the *man* being "unfaithful." But we must remember that for every man cheating, there is a woman that he is going to, and many of those women are

Chapter 11

Forgiveness, and Forgiveness Gone Too Far

Forgiveness is a funny thing that is seldom properly understood. A bitter person will hold a grudge even after a proper apology is received, and in many cases, carry the grudge to their grave.

Forgiveness is something done in advance of other people's stupidity and violations. The Creator forgave the people *ahead of time*—it is already done! You might wonder, "if the Creator has already forgiven the people, then why are they not accepted back during our modern times and protected as they were, in days long past, by the Creator, openly making the Creator's existence known to them with pillars of fire and parting waters, etc.?" It's because forgiveness is not for the Creator, forgiveness is for the people who have violated the Creator's hopes and expectations of them. It is *their* job to accept the forgiveness that was, and still is, offered. In the same way, when we violate our spouse's hopes and expectations, they have usually already forgiven us. So, why then do they refrain from coming close to us again if they have already forgiven us? It's because of our repeated and continued violations against them.

Chapter 12

Jealousy and Competition and You

Jealousy and *competition* are never a good thing, at least not the way we think of them. Yet our culture thrives on competition and jealousy. Industries are built upon jealousy and competition and they drive and motivate the actions of large portions of the populations of our world.

To get a better grasp on the negative nature of our perception of these two words, we need to fully understand them. *What we think we see*, versus *what is*, are often at odds with each other. Continued misuse of a word forces a change in the lexicon and brings new meaning to the word. But when we look deeper we see the true essence of a word, and can then begin to understand why the erred change occurred.

Without properly understanding the underlying concepts of the words that we have been defining throughout this book, there is no hope to ever fully understand our own problems.

Competition is Bad, Especially in a Marriage

Competition is bad when considering the way we think of the idea of “competition”. It’s “defeat the competitor and kill the

Chapter 23

What "Sex" Really Is

This is the part that some people will read this book for—the sex! Saving the best for last, I suppose. What is “sex” anyway?

Sex is perhaps the most misunderstood term: Is it a function? Is it a thing? Call it what you will, but what is it? Seldom do we stop to consider what sex is all about while in our eagerness as we explore sex with our girlfriend or boyfriend. All too often we see a person who we feel is attractive, and we lust over that person, wanting to make our score. This behavior is not exclusive to men, though men seem to be more stereotypically prominent in that regard.

Our unhealthy urge to “jump the bones” of the object of our affection, as soon as is possible, has caused many difficulties for the citizens of this world for thousands of years. Age seems to have little to do with a reasonable mind in this regard. Once puberty hits, we get stupid and practice little sense with regard to making wise sex choices.

With so many people having adopted the naturalist belief system over the past several centuries, it is surprising that we have not become more judicious in our mate selection by selecting the “fittest.” So it seems that natural selection’s survival of the fittest is