

Sample of New Book Introduction

Who are you... is the defining question? The response for you to think about is... are you His Mistress, His Mother, the girl on the side, or His Wife? That is such a heavy question on so many different levels. Throughout your lifespan thus far, I'm sure you can recall a time in which you questioned your role or the dynamics within your relationship. Your thoughts, feelings, and emotions may have been at odds with the dream you've envisioned, the goals you've set forth, or the journey and roadmap you thought... were on course.

I've known Leola for nineteen years both personally and professionally, and the day I stepped into her first live event where she spoke about these very four roles was an awakening of the soul. How DID I see myself in my marriage? Previous relationships? That was a question I never really pondered in such depth. What role DID I play and what type of transformation was needed, if any? I wasn't at her event as a therapist. No, I was there to support my friend and obtain some golden nuggets from this amazing wife coach (although at the time I didn't know it). After reading this book, *Are you His Mistress, His Mother, the girl on the side, or His Wife?* again, it hit me. In my current relationship, what role do I play, and have I transformed from the first time the words were uttered, Mistress, Mother, Girl on the side, or Wife?

This book will take you on a journey (whether emotional and/or spiritual) of personal development and healing of your mind, body, and soul. It will provide you with golden nuggets of awareness, exercises, and reflections as you elevate yourself and step into the next chapter of your becoming. It will guide you on embracing your true authenticity and loving yourself and that of others. As you read this book, give yourself permission to be open, coachable, and encouraged as you lay the foundation for your own transformation.

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Choosing to make a decision

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The transformation of your life is one of the most important things you can do to live the life you desire. This book is designed for any woman that desire to be in a relationship. Whether you are married, divorced, single or widowed, you deserve to live the life that you dream of. I do understand that your reality and your dreams can seem so far apart that you really can't see how you can get to the best part of your life. The one thing I know for sure is that life goes on with or without you. That reason alone is cause to make decisions and move forward to live your best life.

During my 43 years of marriage I myself have experienced a few of the descriptions. Some experiences lasting longer than others. Some I've experienced only for a moment. It took a few years to get to the best part of our relationship. That is the part of the marriage where you begin to understand and enjoy the relationship between a husband and wife.

Our lives are richer, and our communication is much deeper than I could have ever imagined. In the beginning of our relationship, my husband told me that he would love me forever and a day. To this day he has kept that promise. I admire his tenacity. Because It has not been an easy task.

Discovering what you desire is only the first step to many, but it is a start. Let me give you an example of what I'm talking about.

There was a woman that came to me for coaching. We met at a restaurant and sat down to talk. I asked her to tell me what's going on in her life. She then began to tell me of her marriage that she called a phantom relationship. Why phantom? Everything people saw, the smiles the small talk, the support was all fake. The relationship that everyone admired and sought to be like was not the reality of the relationship.

The reality behind the door was that they lived separate lives. They had separate bedrooms and had not had sex in years. There was no intimacy at all. Each person drove their own cars to most places, where they would meet at the special occasion. Also, when they did drive places together, they did not talk to each other on the way to the event and they did not talk all the way home. Sometimes the drive could be up to two hours each way with no conversation involved. Then when they arrived home, they would each go to their own rooms and get up the next morning to start another day.

She knew that he was seeing another woman on the side but did not have the details. She was at her wits end.

He was not supportive of her and her dreams. He made her life very inconvenient, he made sure that she could not park in their garage at their home. So, she had to park her car outside on the street. He would not help her in her hopes, desires and dreams, but he did put all of them down in one way or another. In reality, he was leaving her to find the way for herself, by herself and with herself.

Through it all she still loved him. She remembered when they first met. How he delighted her and would send her notes and messages all throughout the day. How he held her, kissed her and made love to her. That wife wanted her husband back and for things to be the way they use to be.

We talked for hours and finally came to the end of her story. I then asked her to tell me what she wanted. Did she want to restore and keep her marriage going or did she want to throw in the towel and leave? Before I could get the words out, she told me that she loved her husband and that she wanted him back. She wanted her marriage to work out.

I told her OK you have made a decision, so now we can get to work.

The one thing she needed to understand was that putting a marriage back the way it was and trying to recapture what was in the past is something she must let go. You don't want things the way they use to be. What you want is something new, exciting and special. You want a relationship that will lead both of you into a place of transformational bliss.

Notice I said transformational not change. Change is like moving furniture around in a room. Transformation is a remodel. The walls maybe removed, the doors put in a different place, new windows etc. Their relationship was in need of a transformation.

Once she made the decision, we began the work. That day I gave her a homework assignment. She was very hopeful and started her task immediately. We talked almost every day in the beginning and had many long talks. I explained each step along the way giving her all the details, she did inside work as well as outside work. We laughed together and cried together. She followed every step even if she could not understand where it was going and the reason why. Once she saw the results, we talked it out until she understood her part. She was then capable of understanding his part and the reaction he would give to her action.

Things were moving along when she called me and said to me "Leola, I found pictures of this woman (his woman on the side) on his computer and the pictures were taken in my house. Of course, you know she was about to lose it. The worst part was that she knew the woman.

Now she finally knew who this mystery woman on the side that was in her husband's life. Her mind went to immediately confronting the woman. This is what is usually done and really in this circumstance the other woman was not the problem.

When I got her to calm down, we talked of the next step to relationship restoration. We quickly talked through the real-life situation and nipped it in the bud. She handled everything exceptionally well. We will go over more of how she handled this situation in one of the following parts of this book so hold on.

In about another two weeks they were scheduled to go to a party. This was a perfect time and opportunity to move things forward at a faster pace.

As usual they were taking separate cars and had different arrival times. I told her this party will be different. We moved into action quickly, because we only had a few weeks to prepare.

The number one thing on our list was hairstyle. We changed her look. I'm talking style, color and length. Something that would complement her new attitude and the confidence she was now reflecting. We talked about the shape of her face and the hairstyles that would look best. The color of her hair that should be something that would make her eyes jump out to get noticed. We also talked about the length of her hair, something that would be comfortable and give her easy care. It had to be affordable and a huge self-esteem builder.

After that it was on to make-up. She had her first make-up class. Learning a lot about her best colors. She also learned how to apply her make-up for different looks that gave her a cheerful expectation in how she now looked to the world. She learned the best type of make-up that would give her the glamorous flawless skin look. That's the look of looking like you have just stepped off a magazine cover. Talking about skin that glowed, she had it. We started from knowing which implements to use and the purpose of each item. When you know what type of tools are needed to get the look you desire, looking great will be fast and easy. She learned how to make your make-up have longer wear. This is so you can look good all day or an entire evening.

Now that she has learned all the secrets and make up tricks, I want you to know and understand this, she had to be able to do her own application without help. That meant choosing colors and blending, everything from start to finish. Why?

Number one: You may not be able to get to the mall and have a makeup artist do your make up for you.

Number two: The person to do your makeup may not always be available.

Number three: It will inspire you. You will know for sure that you can choose to have the look you desire when you want it. The greatest thing about this woman was that she was a fast learner and a great student.

Next on the agenda was her outfit. She purchased a dress and had never worn it. It stayed in the back of her closet because she could not picture herself wearing such a dress. The dress was gorgeous and perfect for her figure.

She is a tall statues woman. The word beautiful feels as if it is not enough to describe this woman. The hourglass shape with big boobs, small waist with round shapely hips, she even had cute feet and toes. Her legs were big and shapely. She had hidden them away from everyone, even her husband and most of all from herself.

So, you can imagine how wonderfully beautiful this woman is. The dress was low cut front and fitting in all the right places. Exotic color so it blended with the look and feel we were creating. She found shoes that were high heels and sexy as hell. Then I went out shopping for the perfect accessories. I purchased a show stopping dangle earring. Like the ones I describe that men like and enjoy. The earrings that (men) notice because they have lots of action. This is in my first book Being a Wife. For more information on about my first book being a wife go to www.leola.net.

When she put it all together, she looked totally different from her usual look. It was not business as usual. After seeing how amazing she looked, it wasn't hard to pump her up on the inside to have the attitude to bring out the outfit.

We talked, I told her that I wanted her to talk to herself while she dressed, and I gave her tips on what to say. I asked her to keep talking no matter how she may begin to feel. To remember what her goal and main objective is for this special evening. I then told her that I wanted her to walk in the room with show stopping confidence, know that she looks amazing and hear the song" the men all paused as I walked into the room." This would be the moment that she has to work with what her mama gave her.

I prayed, yes really prayed. As soon as she told me the story of what happened that night at the party I screamed, knowing that my prayers had been answered. The rest of the story goes on like this;

She'd talking to herself as she gets dressed. "You can do this. You look amazing. You know what you look so good I don't think you need to wear a bra with this dress." I thought to myself "WOW! I've created a monster." So, she removed her bra and had a new pep in her step.

She could not even have imagined the reaction she was about to experience. She told me that when she walked into the party people stopped talking, men's eyes followed her across the room. Bam! Bam! Pow! Pow! Her female friends all told her how amazing she looked and could not believe it was her. All night she was subject to stares and double takes. What a moment this was.

Now her husband took this all in and danced with her more than ever before that night. Once they got home he told her that when she walked into the room all eyes were on her. Wow big moment. He noticed he had a gorgeous, vivacious, and yes sexy wife.

Most of all and the most important thing was that she remembered what it's like to be a beautiful, sexy and desirable woman. She learned with a few extra touches she could transform herself into what she desired to be on the inside of herself. Yes, she is the master and creator of her universe.

The story does not end there. The experience was a major turning point in their relationship. From here he began to see her differently and with all the things that she had learned, she began to change. We continued to work on a few more areas in her life. Then one day she called me and said "Leola, we had sex." I said "what, could you say that again." She said it again "we had sex." I screamed, she screamed, and then we cried.

With tears in our eyes we talked about their relationship restoration. She called me a few days later and said that he had moved back into our bedroom.

Then I received another call she said "Leola, he took me out and bought me a new wardrobe."

Then another call "Leola, he just bought me a new car and guess what, I'm parking in my garage."

At every call I screamed, we cried, and I was so proud of what she had achieved. She worked so diligently. Oh, and the girl on the side was gone!

Not only did she restore and transform her marriage, she transformed her life as well. Her relationship was like nothing that she has experienced before.

Soon after this she started her own business and has been moving forward ever since. I am so proud of her achievements.

The first key to transformation is Knowledge women have the power to transform their lives for the best life they desire to live. Where do you start? What is the first step? How do you get there? It's easy, make a decision!

Decide to not only change, but to transform your life. There is a good life and a better life and there is a best life. Each step moving from good to better and from better to best is a step toward your good fortune.

Once your decision is made saying yes, I'm ready. You must understand in my experience I have found three keys that will open the doorways to transformation. The bible says the God has given us the keys to the kingdom. These are the keys that have unlocked many doors for many women as well as for myself.

The first key is Knowledge, the second key Vision, the third and last key Action.

As you move into the transformation process you will find that awareness springs forth. Becoming A.W.A.R.E.