

## Tips on how to appreciate your partner

By [William Loeffler](#), TRIBUNE-REVIEW  
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It sounds suspiciously like a covert guy-improvement manual, but Noelle C. Nelson says it's up to the female in the relationship to rediscover the endearing qualities of the guy she married. She outlines a 35-day plan in her book "**Your Man Is Wonderful: How to Appreciate Your Partner, Romance Your Differences and Love the One You've Got**" (Free Press, \$25).

She wrote the book, she notes in her introduction, because so many women seemed to wonder why the prince they married had reverted to a frog or toad. Nelson lets women do the talking here, using real-life examples to demonstrate how happiness can be rekindled by learning to listen to and appreciate that guy.

Some of her tips:

- A man should be honest, reliable, trustworthy, responsive and appreciative of others and their needs. These qualities come before looks, style and bank account.
- Forgive him with a generous heart.
- Engage in his life and in what matters to him.
- Don't confuse acceptance of your man's faults with approval.
- When your guy gives his opinion on something, don't comment on it at first. Remain silent. Give him a chance to elaborate on his thoughts without prompting.
- Value your differences, rather than regarding them as a barrier.
- Take a good look at yourself and make peace with those parts of yourself you don't fully accept, including your physical, emotional, mental and spiritual attributes. Do the same in regard to the parts of your man you don't fully accept.
- Nelson also offers this quote from Spinoza: "Do not weep; do not wax indignant. Understand."