



Allan and Barbara Pease are Australia's most successful authors, writing 18 Top 10 bestsellers including 11 number ones.

PHOTOS: PATRICK WOODS/CONTRIBUTED/SOKOLOWSKI

differences so we could live together happily. The outcome of this research was that we learned how to live successfully together and this was the basis of a new book we called *Why Men Don't Listen & Women Can't Read Maps* which sold over 13 million copies in 55 languages. This book was really the story of our relationship.

Technology continues to entertain and challenge couples. Have you noticed any other testing trends as we surge on into 2018?

Cell phones! We see couples on vacation together in every part of the world, lying on beaches or at the pool – constantly on their phones! Phones kill love relationships. A new study reveals that Millennials have 10 per cent less connections in the parts of the brain that identify emotions in the faces of others which means Millennials are less likely than their parents to know how someone is feeling. For family events, ban the phones. For a better life as a couple, ban phones from the bedroom and never have a TV set in your bedroom – these are passion killers.

I find that flourishing, successful

couples seem to feature two very unscientific words being, respect and kindness. Would you add any additional key words?

When we chose to be together forever nearly 30 years ago, we decided our relationship would first be as running mates in life, and everything else would be second. We decided that we would always be on an equal footing together financially, as business partners, as lovers and as parents. And that we would be an open book with each other. And that's how it still is today. So our additional words would be equality and trust.

How do you unwind and separate work from your personal life.

When we are home, we are home. When we work, it's full-on. We work out with cardio and weights four to five times a week at F45 and take a vacation with our kids and/or grandkids three times a year. We take a one-week vacation each year for just the two of us so we can be a couple again without responsibilities.

I've just contributed to a series of

articles in the theme of New Year New You. What are your goals for this year?

Barbara: This is the year to really bring my fitness and health to peak levels. I will be there always for our kids and to support and participate in their goals, to expand our VIP motivational weekend seminars at our Buderim Conference room and to keep the global Pease brand performing well.

Allan: Health and fitness are my priority in 2018 and I'll bring my health age back to age 50. We'll spend more time with our six kids and eight grandkids and play gigs with my rock band, The Coasters. And we'll travel a lot to promote our latest book, *The Answer*.

What is your favourite romantic gesture?

Barbara: I love it when Allan rubs my feet.
Allan: When she massages my head 'til I fall asleep.

Allan, what do you appreciate about Barbara the most?

She's my dream woman in every way. She motivates me to go to higher levels in everything I do and teaches me how to be a

good parent. I can send her anywhere in the world and she'll bring home the goods!

Barbara, what do you appreciate about Allan the most?

I love Allan's integrity and honesty, his ability to think forward, his vision, and that he loves me and our kids intensely and unconditionally.

Wow – what a power couple, but here's a thought. We are all created with influence when using our talents to their greatest potential, no matter what your niche role in life! No matter how menial you think your job is or what challenges you've had to endure, you, dear reader, have an influence to get back up and make or break someone's day or people's lives when doing what you do best.

Joanne is a neuro-psychotherapist and relationship specialist at The Confidante Counselling. Email jo@theconfidantecounselling.com or visit www.theconfidantecounselling.com.

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P: 5438 8828
 Suite 4&5/70 Nicklin Way,
 Buddina
www.awci.com.au
admin@awci.com.au

67277060