

PASSION

1. A powerful emotion, such as love, joy, hatred, or anger. 2a. Ardent love. b. Strong desire; lust. c. The object of such love or desire. 3a. Boundless enthusiasm: *His skills as a player don't quite match his passion for the game.* b. The object of such enthusiasm: *Soccer is her passion.* 4. An abandoned display of emotion, especially of anger: *He's been known to fly into a passion without warning.*

PASSION is a strange word. It comes from the Latin word, *passio* or *passus*, which relates to suffering. *Dispassionate*, which means **empty of personal feelings**, and *compassion*, which means **deep sympathy** or **tenderness**, come from the same root word. In this final issue of POST TIMES, I would like to encourage the readers to be more passionate. Not necessarily about your favorite sports team, hobbies, or your work.

Be **passionate** about strengthening the bonds in your relationships.

Be **passionate** about your children's activities.

Be **passionate** about the good things you have.

Be **passionate** about setting an example in your home.

Be **passionate** about learning, growing, and experiencing things together.

Be **passionate** about making a difference as a military family.

Be **passionate** about the things that really matter in life.

The POST TIMES has examined some values and issues that families may face after redeployment. The values of legacy, determination, resilience, stability, healthy lifestyle, ideals, and passion are only a few that could have been addressed. The intent of these newsletters has been to prompt thought, reflection, and discussion. And to help military families improve communication. If they have been helpful, please pass them on to someone you know that may need some home improvement.



Maybe all you need is a different viewpoint!

I didn't know that!

If you yelled for 8 years, 7 months and 6 days, you will have produced enough sound energy to heat one cup of coffee. (So save your energy. Yelling isn't worth it!)

Proportionally, the strongest muscle in the body is the tongue. (So it's important to watch what you say and how you say it!)

About MONEY...

It can buy a House But not a Home

It can buy a Bed But not Sleep

It can buy a Clock But not Time

It can buy you a Book But not Knowledge

It can buy you a Position But not Respect

It can buy you Medicine But not Health

It can buy you Blood But not Life

A Lesson on Differences...

An English professor wrote the words: "A woman without her man is nothing" on the chalkboard and asked his students to punctuate it correctly.

All of the males in the class wrote: **"A woman, without her man, is nothing."**

All the females in the class wrote: **A woman: "without her, man is nothing."**

Punctuation is everything.

John Gray, the author of *Men are From Mars, Women are From Venus*, addresses the many differences between men and women. Some are obvious to all, others are not very noticeable. I urge everyone to read this book. It is very insightful. Or, check out the website <http://www.marsvenus.com>

He wrote a series of articles on the 4 healing emotions of *sadness, anger, fear, and sorrow* that help people cope with loss, conflict, and crisis. These 4 emotions are critical for healing to happen. Gray claims, "Both women and men heal their hearts more effectively if they pay equal attention to each of these four emotions."

In these post-redeployment times, families must be intentional about repairing, maintaining, and sustaining their relationships.

PASSION and YOUR ROMANCE

According to John Gray...

If you're thinking that it's her sexy lingerie or his new cologne, think again. According to our studies, marsvenus.com has discovered that nothing gets the opposite sex heated up more than **sexual confidence**.

Both men and women are turned on by confidence. Women want their partner to not only know what will bring her pleasure- but also to offer to do those things for her! A man also wants to feel confident that he can not only bring his partner pleasure- but he also needs to know that the pleasure she feels is genuine. For a man, knowing that his partner is truly enjoying herself significantly increases his sexual confidence.

Why is having sexual confidence a problem in relationships? The truth is many couples are uncomfortable talking about sex. Many men feel uncomfortable asking women about their sexual likes and dislikes and many women are not comfortable talking directly about what they want in bed. While we all seem to want someone who can "read our mind" the only real way to achieve this is by communicating your needs.

To read more on this, check

<http://www.marsvenus.com/articles/turnon.php>

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