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# Revive

Love Life Business Personal Finances

How Strong is *Your*  
**RECEIVING**  
**MUSCLE**

Are You **Pissing People** Off

**3** *Surprising Ways*  
TO ENRICH YOUR CONNECTION

*Be Still and Unlock*  
**THE** *Message of Your Soul*

Activate Your Gifts

Rekindle Your Relationships

Refresh Your Perspective

Infuse Love into  
Your Bank Account

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Restore Your Momentum

Breathe New Life into Your Business

Jumpstart Your Health

Renew Your Optimism

Awaken Your Spiritual Being

Resuscitate Your Abundance Flow



Dear Reader,

I can't believe the premier issue of Revive magazine is finally in your hands. I'm over the moon excited to share it with you.

Putting together this magazine felt like I was birthing another child—well, a business baby. There were so many moving parts, unexpected snags and lots of sleepless nights. But I must confess, it was all worth it.

*Why?*

Because I can now say that I have accomplished another one of my dreams—to provide a beautiful, wisdom-packed resource that has YOU – the reader – in mind.

I know how hard it is being a multi-passionate woman in today's world. Like you, I take on multiple roles on any given day. A business owner, a wife, a mom, an employee, a friend, a caretaker, confidant...the list goes on and on.

It's tough. I get it and so do the other 19 amazing contributing authors. That is why they have given you their best suggestions and tips to help you truly create a life you can love.

I believe you are a woman who deserves it all. A thriving business, an overflowing bank account, deep meaningful relationships, abundant love and stellar health—Essentially a life filled with limitless joy.

Why settle for anything less? I know with some determination, persistence and lots of inspired action, YOU can make anything happen.

Reach for the stars,

*xoxo Kimberly*

Kimberly Riggins  
*Your Editor in Chief*

**Revive**  
Love, Life, Business, Personal Finances

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**H**ave you ever wondered why it feels so darn easy to connect with your girlfriends and be fully understood while secretly (or overtly) wishing that your man could develop their same depth in communications skills? If you have, you're not alone and I trust that you'll find the next few sentences a breath of fresh air that can inject an immediate dose of love and understanding into your intimate relationship.

Because this is a subject that could easily cover a few dozen books, it would be impossible to offer a master course in communicating from the heart in this brief article; however, I do want to share a couple of uncommon "secrets" that can cause a significant shift (for the better) in how you and your man interact.

#### Secret #1: All Men Are Really Grown Up Boys

What do I mean? Most of us (men) have grown up following a utopic ideal of what it really means to be a man without necessarily learning the emotional resources necessary to achieve balance.

This usually means we've valued having a strong sense of direction, an ability to conquer and grow through breaking through obstacles and an almost irrational need to do the right thing (even those times when we have no clue as to what the right thing is).

Most men have been taught (through example and experience) that vulnerability equals pain and that the way to show strength is through being right. What this ultimately translates to, is that most men have a hard time opening up emotionally not to mention understanding emotional subtleties that make a HUGE difference to you as a woman.

How to use this to your advantage?

First and foremost use compassion, know that at the heart of most men (at least the ones that are worthy of your time and love) lays a willingness to serve you deeply, but to do so men must understand the rules of the game.

Specifically, you can help your man by making an effort to say what you mean more often. While it's true that a girlfriend would understand the difference between the times



## UN-LOST IN TRANSLATION

### Two Uncommon Secrets to Communicate With Your Man if You Really Want Him to "Get it"

By Bernardo Mendez

when you say, "I don't want to talk about it" and you really mean "I do, but I'm hurt so please guide me to get it out of me" vs. when you really don't want to talk about it, your man most likely doesn't have the same emotional skillset to decipher between these two.

Saying what you mean can be difficult at times especially if you have a subconscious rule that says "If he really loved me, he would know what I mean" but let me assure you that love is not the reason why he doesn't know. He really just doesn't get it. Try this a few times: when you feel about to drop him a clue, reveal the full mystery instead and you will find that he is much more likely to respond in a way that serves your heart.

#### Secret #2: Men Flourish Through Challenge While Women Flourish Through Praise

When was the last time you saw a couple of guys asking each other if their butts looked too big? Probably never, why is this? At its core masculine essence carries within it the

force of certainty and gets stronger through challenge, while feminine essence carries the flow of uncertainty and grows more radiant through praise.

You can tell a man that you love him once and if he's fully centered in his masculine essence this would probably be good enough (at least for a long time), while a woman who is connected to her feminine essence needs and wants to hear this "all the time." Now, being the bright creatures that we are, most of us men, assume that you are just like us and that constantly reminding you of how beautiful you are, how much we love you and how great you look, is not really necessary.

How to use this to your advantage?

Whenever you catch your man praising you, let him know in no uncertain terms how much you adore it. In other words, make a bigger deal than you normally would through your words, your intensity and through your most irresistible weapon (aka your sensuality). When your man gets how important this

Lucinda Kinch, your Prosperity Branding Mentor

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concept of praising you is at an emotional level, not just intellectually, when he realizes how much you light up when he reminds you of your awesomeness, he'll do whatever it takes to repeat this behavior because this is part of his lifetime conditioning.

An important distinction on this topic is that although men grow stronger through challenge, your man does not want this challenge to come from you. Reinforcing the good in your man is a much more powerful strategy than nagging at your man. When you criticize your man (especially in public), unlike the times when another man criticizes him, he doesn't take it as a challenge to grow, he feels like he ultimately failed you and that is the surest way to get him to close off rather than open up.

Am I saying you should never criticize your man?

No, but what I am saying is that if you're smart, you'll figure out a way to catch him doing things right and reinforce those times again and again and then he will naturally feel like serving you on his own instead of through external pressure.

This kind of change is not only more sustainable but also feels more powerful for both of you.

► Bernardo Mendez is a lover of life whose mission is helping women reconnect back to their hearts, cut the painful game of staying stuck in a story, and crack open to really love and be loved with devotion and infinite passion. Bern has actively been helping others break through their own limitations, addictions and pain for over twenty years (which makes him feel kind of old at times). He lives in Austin, TX with his gorgeous wife and two amazing sons.



### COMING THIS FALL

We are going to debunk the myths around one the most taboo topics: **MONEY**



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