

# DAVID E. GORDON

The Law Office of David E. Gordon

**Board-Certified Civil Trial Specialist**

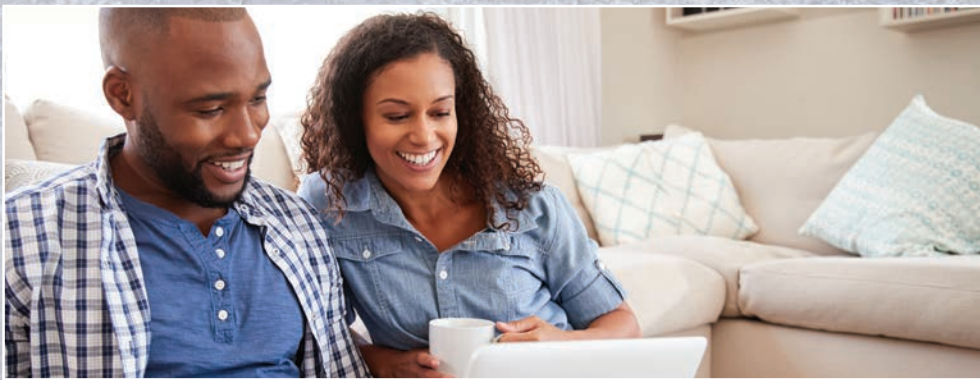
*Less than 2% of Tennessee lawyers are board-certified.*

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## Understand that Husbands—Not Wives— Are the **Game Changers** in Marriage



In my monthly newsletters, I have been discussing lessons from the book that my wife and I co-authored together, *Husband School, Where Men Learn the Secrets of Making Wives Happy*. As I repeatedly say, marriage is not an unpredictable, chaotic situation. You can learn the skills and patterns to promote harmony, friendship, and affection in marriage. Don't assume that the mind of your wife is unknowable. The mind of a woman has been dissected, analyzed, and categorized. It is neither impossible nor difficult to understand.

The lesson this month is called *Understand that Husbands—Not Wives—Are the Game Changers in Marriage*.

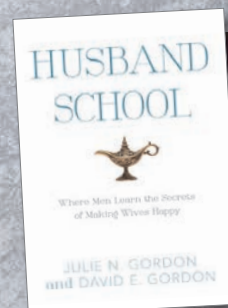
This last chapter in *Husband School* states that husbands largely determine the quality of the marriage. Although at first, this is a surprising statement, it is easy to understand when we realize that **most** men think primarily about work, money, and sex—not relationships. Therefore, for a man to think about his wife, he must make a conscious decision to do so (whereas women naturally think often about relationships.) Men must think outside their **normal topics** to be engaged husbands.

In addition, in order to please his wife, a man must realize that he must treat her in a manner that he often finds **unnecessary and inconvenient**. However, since women are responders, when given the eleven non-negotiable principles, women respond with good humor, brightness, and a desire to please. This may not be politically-correct teaching, but research has shown that men and women are much the same today as they have always been. Most women still want men who provide for and protect them.

There is a price for a fabulous marriage. Men expect to work hard to succeed in their calling or hobby, but for the one relationship that largely determines their domestic happiness, they expect it to thrive by itself. Men are the Gardeners, and for a rich, lavish, lush "marriage" garden, you must tend it with effort and consistency.

One last reminder: The single most important quality about you in your wife's mind is your trustworthiness. Do not let your desire for immediate gratification ruin your life's most important relationship. A breach of trust is very, very difficult to ever recover from.

If you would like a free copy of *Husband School*, you may get one at my office. In addition, they are available on Amazon.



# Five things to do if you want to **LIVE A LONG LIFE**

Many people have claimed over the millennia to know the key to longevity. Some bits of wisdom have survived over the years and make sense, others come and go like the fads they are. Before considering the latest crazy diet or extreme exercise program, take a look at the following five things you can do to live a long life. The advice may sound simple, and that's because it is. Instead of looking for a magic bullet, this list is made up of habits that are proven to work.

The following list comes from a study conducted by Harvard's T.H. Chan School of Public Health, published in the American Heart Association's journal, *Circulation*. The study analyzed data on more than 100,000 people who were followed for up to 34 years. The researchers concluded that, if practiced together, the following five lifestyle factors could increase lifespan by an average of 14 years for women and 12 years for men.

1. **Avoid smoking.** There is no acceptable level of smoking that is considered safe. Just avoid it.
2. **Maintain a healthy weight.** The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.
3. **Exercise regularly.** Moderate to vigorous exercise for 30 or more minutes a day is considered enough to make a big difference in overall health.
4. **Consume only moderate amounts of alcohol.** One-half to one drink per day for a woman, and one-half to two drinks per day for a man, is considered moderate in this case.
5. **Eat an overall healthy diet.** Treat yourself on occasion, but make sure your diet is high in vegetables, fruits, nuts, whole grains, polyunsaturated fatty acids, and long-chain omega-3 fatty acids, and low in red and processed meats, sugar-sweetened beverages, trans fat, and sodium.

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*The greatest professional compliment we can receive is when one of our clients refers a friend, family member, or neighbor to our firm. **Thank you!** We appreciate your confidence in us.*



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## Multitasking behind the wheel **DOESN'T WORK!**

Over 90% of auto accidents involve human error. Even so, 73% of Americans consider themselves better-than-average-drivers. These two numbers don't really make sense next to each other and the apparent overconfidence of the American driver is probably why. When a driver is confident that they are a "good" driver, they are more likely to multitask while behind the wheel. Unfortunately, when a human tries to do two things at once, their brain is forced to shift focus from one task to the other repeatedly. In other words, we literally cannot pay attention to two things at the same time. Below, we will show you the increase in car accident risk for a handful of activities that drivers commonly do while on the road.

- **Eating** doubles your chance of an auto accident.
- **Grooming** triples your chance of an auto accident.
- **Reading** quadruples your chance of an auto accident.
- **Reaching** (to pick something up that you dropped, for example) makes it nine times more likely to be in an auto accident.
- **Texting** makes it 23 times more likely that you will be in an auto accident.

Take care of all these things before or after your drive so you can keep your eyes and mental focus on the road at all times. Stay safe out there!