

Dr. Stanlaus Luwanda, MD

First Edition: March 2022

Copyright © 2022 Dr. Stanlaus Luwanda, MD +255 786 334 448, stanlaus@outlook.com Tanga, Tanzania

Manuscript editing, typesetting & cover design, DL Bookstore, +255 787 163 013, dlbookstore@zoho.com Arusha, Tanzania

First print: March 2022

ISBN 978 9987 789 33 7

The scanning, uploading, and distribution of this book without permission is a theft of the author's intellectual property. If you would like permission to use material from the book (other than for review purposes), please contact stanlaus@outlook.com

Thank you for your support of the author's rights.

• CONTENTS •

٧
vii
ix
xi
1
7
13
19
23
29
35
41
49
55
63

Day 12: Happiness in love	67
Day 13: Committment in love	73
Day 14: Saying thank you	79
Day 15: Praying together	85
Day 16: Overcoming conflicts	91
Day 17: Humbleness in relationship	97
Day 18: Learn to respect	103
Day 19: Love needs motivation	109
Day 20: Love needs friendship	115
Day 21: Love doesn't give up	121
Day 22: Plan for the future	127
Afterword: Celebrate your dream love relationship	133
About the author	137

DEDICATION

This book is dedicated to my best friend Dr. Marina who has always been an inspirational, supporter and motivational actor to our love life. She has always given me encouragement, belief when I was writing this book. I will always say thank you for your God given warm-hearted love. You are always the Best.

I'm also dedicating this book to my parents who have always been key people to my achievements, motivation and so many teachings. I will always remember and cherish their time to build the future me, they have always dreamt of. Thank you for your love. You will always remain to be the best of the best parents in my life.

To my young sister and brother for your hardworking efforts and your commitment to making sure this family becomes home of forever happiness and caring. Your time will always be an inspirational.

To every married and unmarried person in love relationship. This book is to inspire, motivate and restore the lost love you have always built. May you always remember to consider another side of LoVE in your daily life. This is how you always build and cherish the love God has always blessed you with.

ACKNOWLEDGEMENTS -

Life is about quality time making. With whole heart full of joy and love, I would like to thank God for His gift invested in me. The kind of love we have now is the result of what we have been building together for a long time. The one that you always hold hands in love is whom will determine the path of your next life. Thanks to my best parents for teaching me this, my teachers and all whom I have met in my life. To me, everything happening in this world gives me a reason to learn more. Thank you for making who I am.

First, this book is the result of my best friend, Dr. Marina who gave me ideas, inspiration and belief that, these words could reach all corners of the Earth. Her love has always been incredible. Through her words, I was able to bring to you these days of another side of LoVE that really teaches, ignites the feelings and maintains that forever happiness.

Second, thanks to my beloved father for an inspirational life of love for the family. He made me understand the really purpose of quality time in love. May God grant you eternal rest and peace. Will always remember your teachings.

Thirds, my caring mother for her time and support in whatever I do. She has always invested her time to build our success. This book has also been part of her efforts.

Lastly, thanks for DL Bookstore in helping me to publish this book.

REASON FOR WRITING THIS BOOK

A nother side of LoVE aims to inspire, remind and teach couples about daily considerations in love life. This book reminds partners that love is about learning and understanding each other, that once someone learns the other should understand. This is how you count your days with happy love. The teachings have been placed in days to help couples closing their day with the best lesson.

The book is simple and easy to use. Each day has its teaching and questions to restore your love. It's not about reading a book but practicing what you have read. Love is about learning. Take a note and glass of water, sit somewhere peacefully and get what you want from another side of LoVE. Don't forget to welcome your partner while reading. So, use these days to learn and push that love to higher level. Be the change of yourself...

Note: cherish and nurture the love you have. That's the only gift God has invested in you...

INTRODUCTION >

A round the world, every couple tries to push days with love and caring. Some managed to solve in a nice way and others end up in jealousy, hate, betrayal and even a break up. It is very sad but this is the truth to anyone who is not prepared to face this. Some are young and inexperienced in this but end up learning in hard and heart touching moments. It feels simple to hear their stories but difficult to live inside. Do not take it too lightly because everyone has a different story.

From childhood to adulthood and then to next level where you need to get to college, start working, get paid, enjoying your life, starting a family, having kids and then live your life till you get old and then rest in peace. Wow! Good plan. Life has many ways to teach and give you lessons. But when it comes to grown up stage, this is where you realize who real you are and what you need to do in life and whom you need to start a life with so that what you always dream about might come true one day.

When you start to realize that now you a grownup person, this is where challenges begin. Moreover, when it comes to starting a relationship, problems begin. But do you know that, you are the one responsible to know where you need to go? What kind of life do you

need to be with a person you want in your life? Now, the great thing of all in life starts with relationship building. It does not matter what kind of relationship, but what matters is you cannot do things on your own. You need to stay together so you can have goals and commitment in what you do in life. Here we will talk about Love relationship; and how you can evaluate yourself before and during your love relationship.

Ask yourself some questions!

- How did you do before falling in love with the person you love?
- Was that an influence from inside or from your parents, friends or relatives?
- How was your reaction when you first met the person you are in love with now?
- Why did it take long time to be friends with someone you love?
- How did you treat him/her at first?
- How was your first date and the current dates? Are they the same? And why?
- Do you still have trust to the man/woman you love?
- Why sometimes do you react very differently that make you not able to face your partner?
- Does he/she really love you?
- What happens if one-day school, work, or business separates you? Will you be able to handle this and still love this person?

In life, there are so many questions. Everyone can ask him/herself regardless of the situation. As long as you are two, misunderstandings, conflicts, boring moments, love time, playing time and many more do happen that may bring you either up or down. Then, did you think of these before starting your love relationship? If yes/no, was that a hope or a chance to give you time evaluating yourself? Relax! No matter how you think of these, still you will have more questions when it comes by living together. It always takes courage for a person to think of these questions before starting a relationship. There are more circumstances that may force a person to get in love relation. What matters is how a person learns and overcome the other sides of love to make his/her lover full of happy moments and always caring.

Let's get a story of how a lady got her man whom they are now living 5 years of love life while waiting for marriage. I was around 20 years when my man approached me. It was during my university studies. We were discussing about malaria in the evening, the assignment our teacher gave us. It was evening time after I had eaten my dinner and ready for discussion. My friends called me. It was too late but I had to make it on time as I was having a starting part in our presentation on introduction to Malaria. As we started the discussion, it was my first part that I presented to them. They were all interested on how detailed I was and confident in defending my points. My friend Monica said, "Wow! I liked that part please can you explain more about it". After I explained again to her, all members clapped their hands for me and we went on with our discussion.

As we finished about 3 hours later, one of my members who took part in the last chapter of the presentation asked me to stay with her for a moment. Shy I was to talk face to face with a man! He said, "We have been in a discussion for about a month now, I like your confidence and how you explain things but to me I see more good things

from you". Then he continued, "Can I come to your place one day and we have a talk for a moment?" I didn't have courage to even say a word and just replied by nodding my head as a sign of yes! The truth was, I was very confident in doing other things but not to men. I had no confidence when we talked face to face. Then he went away waving his hand as sign of goodbye. That night, I did not think of my presentation. I started to think of him and how he talked to me.

My friend Monica asked me, "what are you thinking of, Grace?" Nothing! I responded. She smiled and just went back to sleep and said, "goodnight my friend". That day I slept but his name kept on coming to my head. A new day began and it was early morning, ready to start my day, and sharp to class. As we came out of hostel where I was living, I saw him at long distance but tried to hide myself so he won't see me.

It was about to start our morning presentation. I entered a classroom with all my members. I found him setting all needs ready for a great presentation. I was the first presenter. When we finished our presentation, all people clapped their hands for us with smiles on their faces. As I walked out the class, he came to me and said, "Grace, congratulations!" It was a great start and you made us great too... Remember what I told you yesterday, you are so special. Then I asked him, why do you keep saying that? He smiled and answered, I know you don't understand now but one day I will tell you what I mean. Wow! I was so determined and to make him tell me what he meant but he kept avoiding telling me what he meant. After a long week of more presentations, quiz and mid semester exams, we had a short holiday of about a week. Because of how far I lived from our college, I decided to stay at hostel. That evening I decided to welcome John to where I reside so I may start to know him.

A knock on the door and John was the one who came. I opened the door for him and he got in. I was shy and we stayed like five minutes without talking. He then started, "why are you not talking?" "Nothing!" I answered. Then he put on his best music through a phone and we started listening. From there, stories began. What I remember is how nice he treated me for the first time! In reality, he respected me a lot. I asked could you tell me what you meant by those words you used to tell me before holiday?. He smiled again and said, "Grace... thanks for letting me know your place first and for waiting till today we have met here and are able to talk nicely". He continued saying," you are so charming, caring and a responsible woman; every man will want to have you". He said many words that my head was not able to remember since I was stuck! I couldn't even notice other words of appreciations to me.

As he continued to talk, he said in a low voice. "Grace, I have feelings for you! Will you consider please? I want you to be my girlfriend and my lover". That was another shocking news to me since we knew each other for almost a year and today I hear these words. I became quiet for a moment.... He said, "I know I have not prepared you to answer this question but I will give you time to consider about it. I need you Grace". After noticing how I was he just took his phone, went out of my room, and said goodbye... That was a long day and I had no friend to tell since all my best friends went home for holiday. I kept on thinking until I felt like a headache...

I asked myself many questions with no answers and later on, I just decided to sleep. I ate no lunch that day since appetite was low and could not even go for evening jogging. I had to give myself hope that he wasn't serious but the other part of my mind trying to accept his request... sometimes funny but that was how I was thinking and so many troubles in my head.

After a week holiday, my friends came back and we continued with studies. One day I asked my friend Monica, do you remember that man, John? She said, "Yes, mhh!! Tell me what happened". "Monica, I can't believe that he loves me", I said. She laughed at me and said, "Wow! Just a week and you got a man who loves you. You know what, I know you are a most courageous girl and very committed in your studies. My friend, life happens always. You never know if this is your chance of finding a right man for your life or it's a chance to learn how to handle men. So, what I can just tell you is, give him time first before you say back to him that you also love him". But mhh! Tell me, do you have feelings for him? She asked. I smiled back and answered, "yeah the way he treated me for the first time until now, I have feelings for him. Yeah, I love him". After a long time arguing with my friend then I just decided to let him in my life and that's how our journey secretly began. After a month, I went to John and told him that we can be together. He smiled and said, "thank you and I love you, Grace".

Like Grace and John's story, everyone has his/her ways on how they got each other into love and how you maintained that love to the moment. Efforts should always be done so that every day is a happily ever after. Now welcome, let's see what we can always do to maintain our love and how we can handle such difficulties: when we are about to start a life of love, in love relationship or when in marriage life. Remember if you have someone you care the most, remind him/her that love is daily. Care is part of life that makes love a self-sustaining life full of joy, happiness and togetherness. Days are there to make you understand what you need to learn and practice wherever you live despite the distance with your loved one. Don't miss a copy of this book. Invest in learning and let your love be an inspiration. This is another side of LoVE.



Power of time

Love happens on time. It's time that will always bring lovers together. Having time is very important in any relationship.

Remember how Grace took time to accept love from John. However, this is their story! What about yours? Everyone remembers how he fell in love. Did you give your partner time to think before you got into love? There are many questions, but all this matters a lot when it comes to love.

All lovers need time and it's always important once your spouse is giving you enough time. How do you spend your time with your lover? Is it as part of love or just a routine but inside there's no sense of love at all since you have been together for a long time? Think!

Love is built by spending much time together. Through that, it is when memories are created and cherished. When creating time with your spouse, you will learn and understand what each other feels and likes. It is at this time you get to know each other and you resolve and share more conflicts that happen on the course, same to those who are starting their relationship. When you are about to start a relationship, it's crucial to get enough time to know yourself

and what you want from the opposite side. Through that time, you will develop patience in love, waiting in case she/he does not want at the moment or even how to handle during difficult times. This is the power of having time in evaluating yourself before, during and after achieving what you wanted from another. Let it happen.

Now, when it comes to an active relationship not only time is needed but also a quality time is the best medicine of all among lovers.

Having quality time will make you together teaching each other and sharing what each other knows. Great relationship is built by spending quality time on each other. But, how great is your relationship? Are you capable of saying that you have a caring and a loving relationship? If not, then be patient, over time you will learn and be able to move on with confidence.

Quality time with your partner

Quality time in love always resolves many misunderstandings. Before we talk about power of time, here are some activities that can make you have special time and always together with your loved one. When together try these:

- Sleep close to each other while making stories and have fun in bed, couch or even on a floor. But beware of cold and other insects! Very sweet moment for lovers. Don't miss this.
- Have some home activities done when together, like washing dishes, cooking, making laundry, cleaning the house, feeding a baby if you are lucky to have one, and many houseworks that will always make you close and happy.
- When you have time, go to beautiful places together and have lunch, dinner, taking photos and more as you can. Any

woman loves this when her man takes her out together to beautiful places where she never expected this could happen. It boosts your love.

- Take time watching movies, reading love books together. See how it sounds between you.
- Then best of all, spend most of your time at home with her, just to let her know your presence. A woman always likes presence of his man at home even if he does nothing at all. Therefore, all other activities that are done out of home can be spared for a moment to let her appreciate your presence.
- Play with him/her in any way. This is where you get to know what you like and what you don't.

Sometimes work, studies, business, college and other activities may make you separated for a while. However, this doesn't mean your love is gone. Nope! Still, you have chance to make time with her/him in many ways.

Despite the distance between the two, when having a quality time, you can still boost and ensure your life remains the same as when you were together. Have time together. Never forget this, please!

- Talk on the phone even if it's late night. As long as love is the main agenda between you, day and night doesn't matter. One man reported late to work because he was talking to his wife late at night that he couldn't hear his morning alarm. It was funny when he told his boss but his boss laughed and told him to proceed with work.
- Remind each other of how you used to be together; and what memories united you the most. Your brain has been made up of multiple nerves and once these are ignited, memories will

make you united and happy again even if your love was fading. Activate those memories by having this quality time.

- If you have time and skills write some books and short love stories to your lover, just to make her special and feel loved always. You can learn this now.
- Have some moments together by either video calls or direct pictures. This will make both of you connected despite the distance and remind you that you always miss each other. Do it now.

Togetherness is time making

Lovers always need time together. That time is within you to decide. By spending much time together, you also increase time to forgive each other in case of bad side of love. One man said, "My girlfriend and I used to have more plans and during long holidays in our college, it was perfect time for us to meet at least two weeks before we part for holiday to our parents. It was this time, I learnt a lot about my girlfriend and she learnt a lot of how we should prepare our life from here then. This was our quality time before we got married to each other one month ago. So, to me love is taking my time with her and I love her". Wow! That's good then.

Don't use the word togetherness if you don't always make time with your partner in love. It means a lot by being together in Love and prove that by making a special time with your lover. This is life of love. Love him/her with all your heart. But make a really quality time with your partner. Listen to what she/he speaks, acts, responds on, and cares. This is how you move together in love and towards marriage. As long as you understand its meaning, you will always have this special moment where you talk and listen to each other. Being together is a moment where you learn, tolerate each other and

find sweet ways to love as your daily routine. Together is a really meaning of love.

Have you got it then? Now you are not too late to make it happen to the one you love. Hope you have some ways to make time with your lover. Remember in relationship, no one is perfect. That's why you always have each day to learn and make mistakes. Lucky enough is you who always have time to correct your mistakes and turn back to the better side of love. You still have more time for this. No one is too late to begin a new journey. Make time with your love partner. Let your days be filled with quality time together. Break that chain of silence, fear and busyness. Find ways to make her/him happy. All these need quality time... Love is quality time making....