



# THREE SECRETS TO A STRESS-FREE MARRIAGE

By Rebecca Dairo



THREE SECRETS TO A STRESS-FREE MARRIAGE  
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"Transforming Marriages, Changing Destinies"

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# INTRODUCTION

Have you ever thought, “If only I could enjoy the affection and love from my spouse”? If only I could have peace of mind in my marriage”? “If only I could have financial freedom in my marriage”? If so, this might be the report you read all year. Here’s why...

## HAVE YOU EVER SAID ANY OF THESE THINGS?

- I don’t know how to love my spouse anymore.
- I don’t want to divorce my spouse or lose my marriage.
- I don’t know where to find love and peace of mind in my marriage.
- I don’t want to struggle in my marriage again.
- I don’t want to go through the pain in my marriage again
- I don’t want to live in fear again
- I want a hitch-free marriage

This report will be life-changing if you can relate to any of that.

## WHAT YOU’RE GOING TO GET...

In this report, you will discover the top 3 ways to have a stress-free marriage and financial freedom!

Before I unpack the specifics, I want you to consider, for a moment, the results of doing nothing. Ignoring a problem doesn’t make it go away. It makes the problem worse! How bad could it get? Well, if you ignore your struggling relationship, these are the long-term results you are likely to get:

- Heartbreak
- Fear
- Low self-esteem
- Stressful relationship
- Insecurity
- Disappointment
- Wounded heart
- Isolation
- Frustration
- Divorce
- Self-pity
- Emotionally drained

### WHY SHOULD YOU LISTEN TO ME?

I grew up in a dysfunctional home with lots of emotional heartaches. My pain lingered for years because I had this impression ingrained in my mind that marriage is gloom and doom. At that time, a successful marriage was a fantasy that would never become a reality. At age 12, I remembered that I was not looking forward to marriage. As time passed and I got to college, I noticed so-called lovers around me. They kissed and held hands and strolled down the aisles in stores and on-campus grounds, publicly displaying affection. I felt out of place; I knew that was not how it should be. There is a right and wrong way to be in a relationship. This lesson was taught in church and learned from many marriages and singles seminars I've attended. I knew I needed to get into the right relationship, but I had decided that I could not marry any man.

The reality of life set in, and I knew deep down in my heart that I needed to think of marriage. I had to, all my friends were getting married, and I was concerned for them because I was anticipating a call from them sharing their worst nightmare...but I received no calls and no texts. They seemed radiant around them and spoke glowingly of their husbands. I was suspicious and thought it would be short-lived, but over time, I was wrong; my friends found their true love. Although I did not know how to go about it, identifying someone to marry weighed heavily on my mind, but I was desperate to find my soul mate.



I gave my life to Christ at age 13, filled with the Holy Spirit at age 16, and started walking with God and growing in faith. Like a seed planted in the ground, it must grow, be nurtured, and bear fruit. I needed to grow in faith and be restored from my scarred heart. I prayed to God for his will and a marriage partner. My mum, Deborah, encouraged me through this challenging time. She knew how I felt because she went through the experience herself living with my dad. She overcame, and now 48 years of a blissful married life with my Dad.

She is essentially the postal child to the secret to a stress-free marriage. Little did I know when God brought Ade into my life. I love what I found; it was precious and very precious to me. Our relationship grew more and more, and we aspire to get married.

Little did I know that my partner would soon be separated from me. Ade left Nigeria and traveled to the U.S. to make a living. During this time, the relationship path became tough. Missing my fiancée was obvious and not what I wanted. Day in and out, I cried and longed to see him. My cry wet my bed for days. Like any other lover, I wanted my partner by my side. Ade wouldn't mind paying the price to come over, but the distance was so far that we could not see each other.

The desire to get married was for the following four reasons:

1. True love
2. Peace of mind
3. Security
4. To have children

I believe there was a purpose because God wanted us to marry, so we were both ready to walk through the journey of the uncertainty of time, delay of emotions, the fate of a job, a wait for the visa, and anticipation of that brought us to the day of getting married together.



## Chapter 1

# You are unique - Stop the identity crisis.

Shortly after we got married, we had one of the biggest challenges any newlywed couple will go through. This is the need to identify your identity in your marriage. What are identity crises in marriage? Identity crises are a longing to determine Who am I? You want to know, whom does my spouse call me, and what value does he place on me? You like to identify your true worth as a wife or husband. You want a sense of security, selfworth, love, acceptance, belonging, an opportunity for growth, and flexibility with your spouse. During your youthful years and adolescence, you developed strong relationships with parents, siblings, and friends and had intimate relationships with them. This relationship is a niche that helps grow your inner strength and gives you the confidence to run to these people in times of need or trouble.

Immediately, we started living together as a couple, and our identity crises emerged. During the first two years of our marriage, Ade and I had so much disagreement. Like any other couple, we started seeing each other's faults, weaknesses, inadequacies, and imperfections. I was an ultra-nagging wife, for good mention. My husband will always give me the silent treatment if I get on his nerves or after an argument. He will not talk to me and only gives me one-word answers. We will sit at the dinner table and barely speak to each other. I couldn't imagine the kind of arguments that were needless that we were engaged in. Our communication was out of sync; we were often at wit's end. We always had verbal altercations on trivial things that we laugh about today, but it seemed like the world was about to crash then. Some days were rougher than others, but we survived

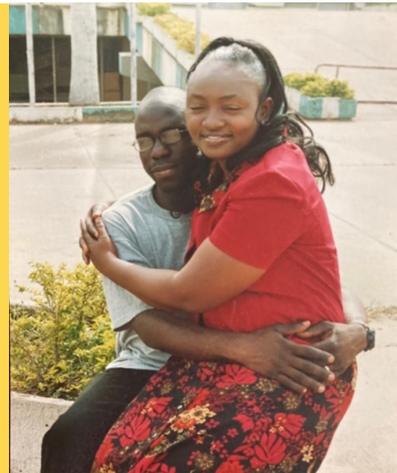


One actual test of our identity is that you will think this way in your heart: "if I am his wife or her husband, why will he act this way or that way or speak this way to me? You ask yourself the question, "does he or she care about me?" Is this the same person I courted? Is she this crazy? I can't believe I made a mistake.

This is unfair; why me? You must know that this is simply the voice of your flesh and the need for identity magnified through you. I asked myself many questions during the initial start of my identity crisis. I was arguing, complaining, looking at my husband as less than me, comparing my partner with another husband in my heart or even telling him to his face, loss of motivation towards my partner, not showing respect for his views and opinion, thinking my marriage was a mistake, thinking he needed to change now or else...and I was not ready to invest in my marriage. As the identity crisis phase festered and my self-pity persisted, I was no longer satisfied. Still, I started taking specific actions that led to withdrawal, isolation, and becoming hostile and angry.

Some of the actions can lead couples to overreact and begin keeping their phone from each other, calling each other disrespectful names, hiding monetary accounts and not willing to do things together, trying to hang out with the other opposite sex, watching inappropriate movies or show to fill the void, and not prepared to please your partner, deliberately staying long hours at work, leaving home too early and not willing to connect or providing excuses for intimacy.

Later as my marriage continued to progress, I was able to see from the lens of the word of God that Satan is the root of all confusion and plotting against marriage unions. Indeed, my marriage was attacked and would not survive if I had allowed the devil to continue messing with my heart and mind. Jesus is the bridegroom of the church. Therefore, Satan attacked him and asked Jesus a question. Remember, Satan asked Jesus, "If you are the Son of God," he said, "throw yourself down. It is written: "He will command his angels concerning you, and they will lift you in their hands so that you will not strike your foot against a stone." Matthew 4 vs. 6.



The Devil begins his question with "If" as a conditional clause; of course, he knows Jesus was the Son of God. This is the devil's signature, he operates on doubt, and once you fall for it, he's trapped you. He wants you to doubt God's word; examine God's plan for your life; doubt God's blessings, healing, deliverance, provision, protection, peace, joy, mercy, goodness, loving-kindness, protection, breakthrough, and victory in your life. Once you let doubt take an inch, the devil goes a mile. The devil has not stopped trying to pry couples away from the plan of God since the episode of the forbidden fruit in the garden of Eden. He is applying the same strategy to marriages today, including yours.

## Chapter 2

# You are stronger than you think- Work as a Team.

As a couple, we realized the Winning Ways Strategy that helps you understand the role God has given you to be a suitable helper to your husband regardless of your partner's weakness or lack of knowledge of what to do and how to act toward you. In today's age, everyone seems to have their truth. Whatever that truth may be, connote, or represent, there is only one truth: the word of God, the unchanging word of God. I tried certain principles that helped improve my knowledge of how to treat and communicate with my husband. Ade and I labor together to walk through specific paths identified in the scriptures that helped stabilize our marriage and provided love, respect, emotional stability, and financial abundance in our home.

You should know you are one flesh once you have joined as husband and wife. The Bible in Genesis 2 vs. 23-24 says the man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man. That is why a man leaves his father and mother and is united to his wife, who becomes one flesh".



You are the husband and the king in the home for the woman. Ephesians 5 vs. 24-25 says, "Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her". This is God's command. This is God's truth. God intends for your wife, your queen, to submit to you, but you must present yourself to God first as a husband. Your identity should be determined from the lens of the scriptures. A man's fundamental responsibility to his wife is to be the spiritual head, provider, and protector. In 1 Corinthians 11 vs. 3, it says,

But I want you to realize that the head of every man is Christ, the head of the woman is man, and the head of Christ is God. When the husbands submit to God, it is more accessible for the wives to submit to their husbands and ultimately to God. It is an order God has divinely designed and established for marriage. This is God's truth. A woman should recognize that she is the helpmate for her husband, and her role is to honor, please, and satisfy her husband.

The woman can do this by respecting, submitting, and supporting her husband in anything he does. Your love should continually be towards your husband, and he alone.

“The picture that comes to mind when a couple disagrees and not communicating is two reindeer locking horns and would not budge until the other gives in. When they walk together, they enjoy one another’s company, but if they lock horns, they stand in the same place, hurting each other and oblivious to their surroundings; all they see is each other’s horns and who will give the hardest hit. The devil sits back and cheers them on, but God says hold it, stop it, and get up and walk together. “Do two walk together except they agree?” Amos 3 vs. 3.



## Chapter 3

# Let go and let God- Failure is not an option.

In the early phase of my marriage, I allowed my emotions to control my actions. We were newlyweds and needed to allow God to work through us and inside of us. One essential part I remember was praying for my marriage and trusting God to move. Despite the rough road, we prayed together and held each other's hands. Moreover, Ade and I decided early on in our marriage that divorce would never be an option for us and that we would never use that language in our home, no matter what. As I started praying, God began to deal with my pride and let go of my comfort zone. I started seeing a need to be humbler and allow my husband in my space to make decisions with me. At the same time, God was working on my husband to be more patient and let go of any pride in him.

One day, I picked up a copy of our wedding program and began to skim through it. I read through the vows...to love you till death do us part. To love you in sickness and in health etc. From the beginning of my marriage, it dawned on me to see that God was with us; that has always been the truth. I became my husband's wife the day we married; I do not need anything or anybody to convince me about this again. My husband loved me even before we got married. Therefore, there was no need for the identity crisis and inner fights I subjected myself as described in chapter 2.



From the beginning, we both paid the price for becoming husband and wife, we both went through a period of waiting to become married, and we planned to be husband and wife. There was no need for all the questions about the insecurity and the feelings about who I am. One thing I needed to do better was to continue to function as a wife and grow to learn the act of submission that would promote my husband and me working together. I needed to develop and accept my new life as a wife and how to become better. The same was to my husband and any man that is married or wants to become married and become successful with financial abundance in their marriage.

As I allowed God to break my pride and ego, I started seeing changes and doing things differently. My attitude changed, and I was ready to say sorry, not necessarily because I was wrong, but because it was a healthy habit needed to allow peace in our marriage.

On another note, when I said sorry, my husband returned to me later to apologize. Both of us started to change for good. When we disagree on issues, instead of becoming negative and looking to please myself, I allow us to reason together about what we need to do and how to do this. The same changes were noticed in my partner. This brought us a mutual understanding and respect for each other's views and opinions. Building a strong marriage is a deliberate act that goes on and on. There are different curves to learn about each other styles, habits, characters, interests, responses, strengths, weaknesses, methods, and so on.

We learned an easy-to-use formula about parenting our three children and learning to overcome struggles with families, friends, co-workers, neighbors, work-related issues, careers and advancement, military deployments and relations, ministry, and making healthy choices for our marriage.



### Call for Action

Do you want to learn more about how to have a stress-free marriage, live in abundance, and have financial freedom, especially with the loving, caring home you deserve? Do you want financial abundance and avoid struggles and never think of divorce? If you answer yes, signing up for Winning Ways Strategy Session will help you build a strong relationship with your partner and re-ignite your love for each other. We understand that the challenges of living together and raising children can be overwhelming. With 14 years of staying together as married couples and dating each other for about seven years living in different continents (Nigeria and America) and over 17 years of active-duty experience serving in the United States Army, we equip couples with the best tools and best marriage practices that promote growth and becoming strong in their marriage. We identified different role-specific problems in marriage and developed an approach to solving the issues. Therefore, you should sign up for Winning Ways Strategy Session that will help you connect with us.



Welcome to the Living Right Academy Intro video  
<https://youtu.be/UeR-AA2Zn2s>



Book your Purpose call at the link below,  
<https://calendly.com/livingrightacademyministry>

## Testimonials

### 1. SPC Ozorio Cyrille, Leesville, Louisiana.

Dr. Rebecca Dairo inspired me from her life experiences and stories. She made me realize that everything is possible if you are determined and focused on your goals. I learned that you do not judge anyone for what they've achieved but for what they're through. Even struggling with the English language, she proved that and will be achievable if you are willing to learn. I found a connection with Dr. Dairo because I knew only a little English when I got to America. Not only she's an instructor for teaching the U.S. Army Soldiers in the classroom, but having a doctorate is fantastic that encourages her students.

### 2. Dr. Sunday Oladeji, Ogbomosho, Nigeria

Rebecca was amazing! I met her in 2008 when I had just exited an abusive relationship. She played a significant role in helping me heal emotionally and coached me afterward. She has since been my coach, and her counsel did help me get into another relationship that led to marriage on 10th December 2011. I still maintained contact with her and am still enjoying my marriage. I am eternally grateful that I met her.

### 3. Reverend Ebenezer, BJ, El Paso, Texas

Coach Ade and Rebecca Dairo were supportive and gave my wife and me great insight into financial freedom. I struggled with my family's financial situation on how to budget, make the right financial decision, and finance in preparation for purchasing our new home. They helped me work through the process, home purchase, and financial budgeting, which put the burden and stress off my mind. Today, I am better at planning and budgeting for my family's financial management. If you need help with financial budgeting and control in your marriage, I recommend working with Coach Ade and Rebecca, especially as a couple.

### 4. SPC Campbell, Colville, Leesville, Louisiana

Mrs. Dairo helped me to overcome my fear which I have struggled with for a long time. She's enormous in identifying problems and finding solutions; I must say she never leaves anyone behind (me). I am happy that she is my instructor and motivates me as well. Even when I give up on myself, she is always there, even on her days off; I call with an issue, and she is there to help me. This meant the whole world to me. I am happy she was with me on this journey; I couldn't have done it without her.

### 5. Mrs Ebenezer, O. El Paso, Texas

Before I met Coach Rebecca Dairo, I struggled to help my first child concentrate in class. They enabled me to work through how to talk about it and instill discipline with encouragement to help our son. Today, our son focuses better on school and with remarkable transformation. If you need help with your child and issues related to children. I highly recommend working with Coach Rebecca Dairo.

### 6. Mr. Babafemi, K. Lagos, Nigeria

Coach Ade and Coach Rebecca, I regularly check your youtube platform and Facebook media outlet and have always been blessed by your messages on relationships. This has made a positive impact on my life. Keep up the great work, and remain a blessing to our generation.

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### About the Author

Dr. Olapeju Rebecca Dairo, alongside her husband, founded Living Right Academy, a Christian platform that teaches building homes and relationships using biblical principles. At Living Right Academy, one-on-one coaching is provided to individuals or groups. Rebecca is a certified science teacher for 7th -12th grade by the State of Texas through Texas Teachers. With over 12 years of teaching experience at high school and community colleges, Rebecca instructed and coached thousands of students in the brick-and-mortar classroom and online platform.

She is an adjunct Biology instructor at El Paso Community, El Paso. Rebecca became saved at her local Baptist church at the age of 13 after listening to a sermon in church. Since then, she has served the Lord throughout her teenage years and adulthood. As a mother to three children ages 9, 10, and 12, she serves God alongside her husband in her local church at Rivers of Living Water, LA. Rebecca's husband serves in the United States Army.

Therefore, her experience stems from her personal experience building her home and raising three children alongside her husband. Rebecca and her husband have podcasts on YouTube Channels and Facebook that foster growth for families and relationships. Rebecca had a humble beginning and was raised in a low-income and dysfunctional home. Thankfully, things began to turn around with her mum's steadfast commitment to God and resilience to take her and her siblings to the local church to hear about God and participate in church programs, ultimately leading to their salvation experience. Furthermore, in her early young adult life, her father finally gave his life to Christ, and both parents continue to serve God together to this day with over 48 years of marriage and counting.

God is good. This motivated and inspired her to discover the pathway to address the problems in building a successful marriage for life. With over 14 years of marriage experience with her husband, she found the model that represents the home building. Several relocations to different states and meeting other families in the military and non-military contributed to her experiences. She serves in her local church as an Adult Sunday School teacher, member of the praying team, children's teacher, volunteer for vacation bible school, and volunteers at AWANA on military installations. She was inspired through the help of the Holy Spirit to write books that can strengthen families and others intending to build glorious homes and relationships.