

# KEYS

FREE

volume 13

TO HAPPY LIVING

HOW TO be free from  
**HEART  
BREAK**

*Continued from vol 12*

the keys to a  
**MAN'S HEART**

**WEIGHT LOSS**  
**SUPERSTARS**

**"Everyday Health"**  
**"Tell Judith"**  
**Interview**

HOW TO  
AVOID A  
**FAILED  
MARRIAGE**



How To Avoid A Failed

# Marriage

Without dealing with the issue of marrying for the wrong reasons, you cannot stop the rise in failed marriages that look as though is in vogue lately.

One of the major causes of failed marriage today is because of marrying for the wrong reasons. You will agree with me that the divorce rate recorded in any part of the world including Africa has never been recorded before in the history of the world.

The Brookings Institution says if they had in America the marriage rate they had in the 70's, there would be a 25% drop in poverty. That makes healthy marriage the most effective anti-poverty programme in the world

## HOW DO WE AVOID FAILED MARRIAGE?

1. **Avoid desperation:** Desperation provides you with a short term solution and leads you to a long term misery. When you are desperate you pick anything, and you give in to anything. A man or a woman you want to spend the rest of your life with should not be picked in a hurry. It is better not to be married than to be married and become miserable.

God created a spouse for everyone on planet earth. Please believe that word enough to hold on and carefully wait for the right one; rather than get into marriage that will trap down every good gift God had deposited in you. Wrong marriage will not only trap your gift but your relationship with God and leave you with a lifelong misery. Remember the story of Noah in the Bible when it was time to preserve the animals in the ark, God said to him: "of every animal, take two of every sort; male and female." If God could be careful enough to give every animal a mate, He had for sure created your own mate.

He had created for you a spouse, even before you were born or known what

marriage is. Please do not be desperate so you do not get into a wrong hand and feel miserable. Avoid making your children to be raised in a broken home.

When choosing a spouse, make sure he or she worth spending the rest of your life with not because you are tired of your single status. Also be sure the person feels the same way. Desperation can lead to a failed marriage; when you are not desperate, you have time for details and time to study the person you desire to settle down with.

2. **Limit your drive for material gains:** Material drive is one major reason for failed marriages. People tend to look for material gains or comfort at the expense of other values. When a lady meets a guy, or vice versa the first thing they look out for, is the material success. People look at addition and forget about the important things which are: love for God, people, good character, good personality, and moral values. When they get into marriage, they suddenly realize outside the material gain that overshadowed their minds initially that there is need for other things that make life enjoyable. No matter the money your spouse has, without a good character, good moral value and a heart of love for God, you are on a suicide mission.

The drive for fame, fashion, cars, pleasure are the reasons for failed marriages not that Satan suddenly realizes the marriage institution exist though you cannot completely take Satan away from it. For instance, as a married person, if for the drive of pleasure, you go outside your matrimonial home to catch the show, when your wife or husband has a glimpse of that

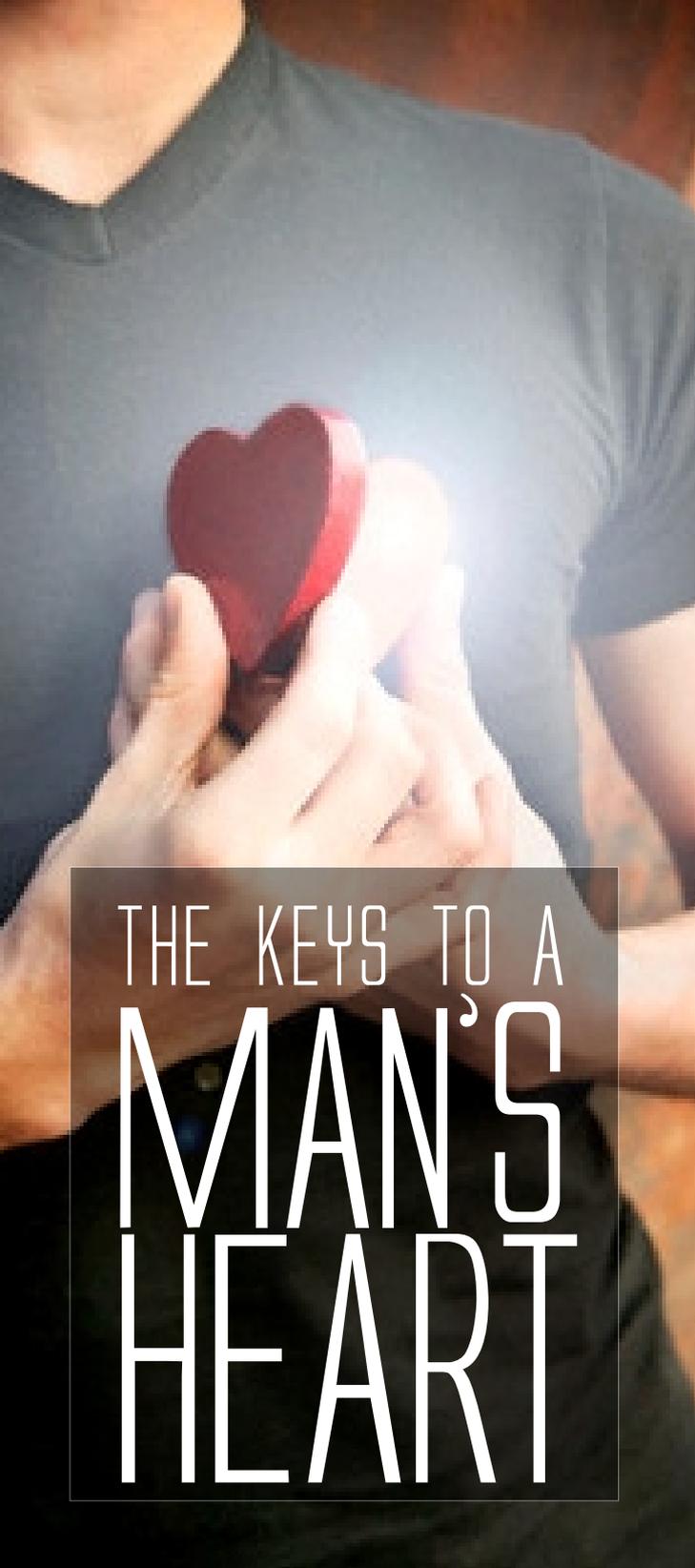
information, you kill a part of your spouse you may not be able to recover and if God does not take charge, that gradually leads to failure in marriage. We need to curtail our material drive if we must have a successful marriage and give our children a beautiful and a healthy environment to grow and become a responsible adult.

3. **Know what you truly want:** Avoiding failed marriage starts from marrying the right spouse. When looking for a spouse, the first step is to know what you truly want because if you do not know what you want, you will settle for anything. When you know what you want, you easily identify it when it comes.

As early as 18 years of age, I wrote at the back of my bible ten qualities I want in my husband. Five out of the ten were not negotiable. That served as a guide in positioning me to be found by the right man in the course of waiting. Knowing what you want helps you maintain focus on the road of marrying the right spouse that leads to a successful married life.

4. **Have patience:** As long as you live on earth, patience is required because there will always be things you desire that are not yet in your hands. There is only one thing that can fill the gap between where you are right now and where you desire to be in future that is 'patience.' Faith is what you hold in the absence of what you desire but faith without patience will not be able to bridge the gap.

Faith tells you it is done, but patience tells you it is under process so you are waiting but not worried because you know you will have it after all. So whether you are already in marriage or desiring to go into marriage; you need patience in both side of the coin to avoid failed marriage. When you know what you want as a single person, you need patience to wait for it and not jump into the wrong one when there is a delay. When you are already married you also need patience to avoid failed marriage. Patience is what you need to turn a sick marriage to a healthy one. Patience is the only ingredient that turns a trash to a treasure.



# THE KEYS TO A MAN'S HEART

1. **Respect:** Respect is a major key to a man's heart. Men feed on respect no matter how small they look. Respect is a part of his design as a leader, protector and a provider. Respect is a booster to any man's self-esteem. It is just like praises to God. When you praise God and exalt His Name, He feels so good and releases you a blessing so also respect is to any man. Respect is one key you will apply in any relationship that no competitor can beat you down. Respect is the number one secret to win a man's heart and sustain his

ladies miss it. Your Christianity is an advantage not a minus. If you look good as others, Christianity becomes a plus. But when you dress timid and smell bad it becomes a minus. You must look good but dress moderately to attract and keep a man. Every man loves a beautiful woman, wear clothes that shows your beauty not the ones that make you look funny. God would not have bothered to shape you, if He does not want it seen. Do not take the sight of your husband for granted. Give him the opportunity to see your good looks all the time; this is a way of keeping the love in your home healthy.

love forever. Show any man respect and remind him of his capability, you will ever be on top of his list.

2. **Companionship:** One of the major reasons that brought about a man and a woman's relationship is companionship. Man was the first to be created; a woman came because of the need of loneliness in his life. For a woman to successfully win a man's heart, she must be a good companion not a complainer. Men get tired easily when you start nagging them; some ladies are not married today because they argue too much. A man needs a companion not a nagger or a complainer. The reason you keep having failed relationship may be because you argue too much. Companionship was what gave birth to a woman. Your husband goes through challenges during the day; he needs someone that is ready to listen and someone to share with. When your husband comes home, do not be quick to complain about what is not working at home. Always welcome him home warmly with listening ears.

3. **Looks:** The way to a man's heart is through his eyes. A wise man says, "Get a woman's ear and you will have her heart, and get a man's eyes and you will have his heart". This is where some religious Christian

4. **Submission:** The bible laid emphasis on the issue of submission before the instruction for husbands to love their wives. This is because He knows submission will win any man's heart to naturally love his woman. Submission is the ability to let go of your own will for your spouse. You cannot claim to respect a man yet not submit to him. I must tell you, this is a life time school. Issues will come that will be difficult for you to submit to but you must consciously learn to submit; when you truly submit to a man, you will win him over to the point that he feels comfortable to leave things in your care and not feel threatened. The moment a man knows you are not competing with his authority, you win him over.

5. **Prayers:** prayers are a vital links to a man's heart. God is the creator of a man and have the ability to control his heart at all time.

There is a story that was recorded in the bible of a Queen called Esther. She used the prayers strategy to get her husband to achieve her desires. Whenever she wanted favour from her husband, she first prayed and then put on a beautiful apparel to look good. As often as I have personally practice this in my own marriage, it works all the time.

6. **Sex:** A man's need for sex is one of the strongest needs imaginable. It is part of his makeup that gives him a great fulfillment. When a wife recognizes these needs and consciously satisfies him, it creates a place in his heart for her. But sex outside of marriage destroys a relationship. Every man is like a lion when looking for a woman to go to bed with, he can do anything to get her, when he finally get her to bed he walks out on her, like a lion does to its dead prey when it no longer hot to eat. Learn to say no to sex outside of marriage. Be wise.

7. **Acknowledgement:** Every man loves to be acknowledged. This helps them feel important and boost their self-esteem. When a man gets you a gift, acknowledge him, don't just thank him. On other occasion, bring up the discussion of how good you felt when he bought that gift for you. When your man pays the children fees, acknowledge him, do not look down on any of his efforts.

Acknowledgement and gratitude is the secret for more. Look for areas where he is good and acknowledge him for it, tell him how well he is doing and how far God will take him.

HOW TO be free from

# HEART BREAK

Continued from vol 12

A lot of people make the mistake of transferring their past experience to the very relationship they are into, at the end, they mess it up. They become over suspicious, careful and refuse to trust, and trust is the foundation of love. Love is the engine that drives every relationship. Forget about your past hurt, and treat every future relationship or spouse as a fresh person.

1 **Learn To Let Go:** there is a huge difference between forgiveness and letting go of your hurt. Until you let go of a bitter relationship, you will not see a better one. Someone had showed you either in words or attitude that you are not appreciated and you are still holding on to that relationship. The earlier you let go and position yourself for another relationship, the faster you get healed. (To every woman), when a man wants to choose a life partner, is like going to the market to purchase a product, he is the buyer and you are the product. When he gets to the first shop, he picks up a product and the value is 5 Naira, and for some reason he might go to another shop to check out the same product, the price in the second shop might still be 5 Naira but the product has more functions. It is only natural for him to pick the one with an added value. So when a man walks out of you to pick another woman, do not mourn over him for too long. Improve your product "you" so that another buyer can come and purchase. Stop praying over a dead relationship so your healing process can begin for another fruitful relationship. Learn to let go of the past and look forward for a brighter future. Stop blaming yourself for what you could have done right, it was not meant to be. He or she was your learning process so you can be perfect for your future partner. I am telling you if any person wants to walk out of your life, let them walk, they are not part of you. A part of you will never leave you. Let go of your past so you can let loose your honeymoon. Forget about it. 90% of your Today's

mistake is for your tomorrow's intake. Do not stay and start mourning over your mistakes. You will never be healed and if you are not healed, you may never have a fruitful relationship.

2. **Encourage Yourself:** Encouraging yourself is very important to your healing process and also it helps to boost up your self-esteem. Always see yourself as God sees you. Do you know why God calls you god, because He had never created a brand like you neither will there be any after you. That is who God is, no one before Him or will there be any after Him. Be conscious of the fact that you are a peculiar brand that will never be repeated in the history of the earth, any person that walks out of your life has lost a treasure. Encourage yourself and build up yourself-worth. People come after values, when you build good value in yourself, spouse will hunt for you.

3. **Do Not Be In A Hurry To Enter Into Another Relationship:** People often say, "The best way to overcome a heart break is to get into another relationship." Sorry, that is the worse way to overcome a heart break because there will soon be another heart break. Always be careful not to let situations control your life, be in charge of situations. Take your time to go into another relationship, forget about the hurt but learn from it. Know where you missed it. Be sincere to know your share or contribution to the failed relationship then improve on it in your next possible relationship. Be careful not to make same mistake in your next relationship and try to be open.

Every relationship is a new opportunity to sell yourself, do not shut down some of your good characters or qualities simply because the others did not appreciate it. Make sure you are completely healed before thinking of another relationship.

4. **Know Every Step Back Is A Preparation For A Step Forward:** I read a story of a lady that was in a relationship with a guy; he called her to say he no longer feel anything for her in the presence of his friends and said it was over. She begged him kneeling for about 2 hours yet he refused to even look at her. In the middle of that scene her phone rang, she picked it up and there was a male voice, "I am Mr. X". We dated while growing up. Before I go further, are you married?" She replied "no, but why?" He said, "thank God". She replied, "What is it to thank God for? I am 34 years old and not yet married." He proposed then and there. He added, "you do not need to give me a reply take your time and pray about it, I had informed my people, I even got your number from my younger brother". She got up from her knees and walked out of her 'EX'. As at the time I was reading this story he had flown to Nigeria from the states to file for her and they walked down the aisle on the April 13, 2013 in Maryland U.S.A. Yours may not exactly happen that way, but know any one that walked out of your life is pushing you forward to a better future. The best is yet to come.



# Interview

“Talk show section” with the ceo of Ark resources **Mr. FARUK LASAKI**  
(at singles and married today's monthly event)

**Pastor Judith:** Sir, can we know you and what you do.

**Mr Faruk:** My name is Faruk Lasaki, I am into advertising, I have been married for ten years, and we are blessed three kids

**Judith:** Can you share with us how your business grew over the years, how you started, the challenges, what kept you inspired,

**Mr Faruk:** I came from a wealthy family, but I made up my mind that I was going to work hard and do my own business. I did my first degree in the United States and I came back to Nigeria with just five dollars (\$5). I started my business in a friend's office' toilet. For six months I did not have a chair or table. Later I inherited a table, chair, and an old air conditioner from the landlady. Dedication is one key secret to my business. For the last 12 years I have grown business that worth millions of naira, I have five companies, and over 100 staff.

One of my great secrets is giving, sometimes I give my car out and I walk back home because I know I will always have. In the last five years, I have given out up to 15 cars none worth less than 3 million naira, also this year alone I gave out 3 plots of land in Magodo Estate each worth 35 million.

I sometimes give out my last money. A few years ago I sold my car and that of my wife. We intended to add money and buy brand new cars, I ended up using the money to buy a car for a lady I had never met but was told by a friend she was being ridiculed by her family because she left Islam and her car was stolen. During that period, my wife was taking the kids to school on taxi and she was ok. Yet I have run my company for over ten years, with over 100 staff, and I have never owed salary.

**Judith:** Were there times that it was so hard that you wanted to quit, were there challenges and if there were how did you overcome them?

**Mr Faruk:** I always have faith I do not give up easily. It is normal to have challenges, when things are too easy watch out. Everybody has challenge; it is how you are able to handle the challenge that comes.

**Judith:** What role did your wife play in your success?

**Mr Faruk:** Very strong, I have an extremely understanding woman. She

realizes the only way I can grow and succeed is her understanding.

**Judith:** Amazing. Your giving is humbling, where did you get the conviction from?

**Mr Faruk:** My ministry is giving. I realize each time I give, it comes back to me big. It might not be immediate, some might be years and when these things come back, something within me will say, do you remember the person you gave something two years ago; this is the result. When you give wait, you will get the result; it might not be instant.

**Audience:** How do you relate with your staff, because there are some boss that makes life unbearable for their staff.

**Mr Faruk:** It is individual differences, I am simple. Simplicity and giving is the thing, it is not until you boss everybody around you that makes you the boss.

**Audience:** Your giving comes naturally and you understand the spiritual benefit; have you been taken for granted? And how did you handle it?

**Mr Faruk:** A lot of people have taken me for granted; I had helped someone that was looking for what to do after returning into Nigeria from the U.S, he came to me through a friend so I asked him to join me to execute a contract I bided for. Afterward, we shared the profit 50-50. In the end he went behind me to the client to get another contract and lied he was the one that helped me did the first contract. But the point is, I am not doing it for anybody, I am doing it for God to bless me in order to be able to help someone else.

**Audience:** Why did you decide to be an entrepreneur rather than go for a white collar job, and have you ever fired a staff; what led to it?

**Mr Faruk:** Yes, I have fired some staff because of disloyalty. I had always loved to be an entrepreneur because I wanted to do what I love the most which is film-making and it was what I studied. The problem with people is the fear of the unknown, another success of my business is: the first five years of my business whatever profit that came I invested it back in the business. I was not into buying expensive cars. A lot of people would have gone into luxury.

**Audience:** A friend of mine had a business and was working also. Along the line her business went down and she was fired in her

place of work. Now she is trying to pick up, would you advise she look for another job or try to revive her business?

**Mr Faruk:** My advice to everybody is to start something on their own. Wherever you start, in a year's time you will never be in the same position. It is a two way thing; it is either you go backward or forward. Going backward shows how dedicated you have taken your business and going forward depends on that too. Tell her to go back to her business putting all her heart. People go for collar job because of quick money and not what they enjoy doing. People ask me what I do for leisure, and I reply shooting film, because it's what I enjoy doing.

**Judith:** What is your word of advice for everyone starting up something or struggling or down in any area of life?

**Mr Faruk:** When I registered my first company I gave it a name that has a meaning to God. When starting up something, always learn to surrender it to God. Since the inception of my company I have never recruited marketers, God just kept bringing contracts through people basically on referrals.

**Judith:** I want you to go further on that, when you said you have not marketed anybody that it is usually referrals, I do not want people to take it religiously. For someone to refer you means there is excellence; please I want you to talk on that.

**Mr Faruk:** Do not say because you are a Christian you will not do excellent job and you will be praying; I have done a lot of commercials in the last five years for communication companies and big banks, they were all referrals because of excellence. Do not cut corners, be dedicated and invest your profit back into the business. I am from a wealthy home I chose to work out my own wealth. I have been a shoe maker in Gambia and was enjoying and making money from it. I have learnt how from nothing to build something.

**Judith:** Thank you so much sir for your time, you really inspired us.

# WEIGHT LOSS SUPERSTARS



## EAT UP TO SLIM DOWN

### Almonds

Almond is filling, and can keep your blood sugar steady. (A study from the University of Toronto) found that people who ate almonds with white bread do not experience the same blood sugar surges as those who ate just the bread slice. And the higher blood sugar levels rise, the lower they fall; that dip leads to hunger, causing people to overeat. Plus, blood sugar changes cause the body to make insulin, which can increase abdominal fat. Include almond to your daily diet or in a butter form. .

### Apples

An apple a day can keep weight gain at bay, finds a study from (Pennsylvania State University Park). People who eat an apple before a meal eat fewer calories overall than those who do not eat, apple has high fibre status which fills you up. Plus, the antioxidants in apples may help prevent metabolic syndrome, a condition marked by excess belly fat or an "apple shape."

### Black beans

According to data from the (National Health

and Nutrition Examination Survey), bean eaters weigh less and have slimmer middles. Beans are super fat fighters because they contain the ideal combination of fat-busting nutrients, soluble and insoluble fiber, protein, and a type of fat-burning carbohydrate called resistant starch.

### Cauliflower

Cauliflower is also a vitamin C standout: though we rarely eat this in Nigeria. Just ½ cup nets of cauliflower your 36 percent of your daily needs. This veggie is a proven cancer fighter — it has been linked to a lower risk of colorectal, lung and stomach cancers. And like almost all vegetables, cauliflower is low in calories while still offering filling fiber. This veggie can be used in many ways and can make a great replacement for heavier foods.

### Cinnamon

Everything is nice about this spice. Just ½ teaspoons each day can help control your blood sugar and prevent the post

meal insulin spike that can trigger your body to store fat rather than burn it. You can also use cinnamon to bring out the natural sweetness in foods.

## PLACES TO GET K.H.L MAGAZINE

**GOODIES SUPER MARKET,**  
21, Mobalaji Bank Anthony way,  
Maryland, Ikeja, Lagos.

**MULTICHOICE (DSTV) OFFICES**  
5, Irewole Avenue off Opebi Rd., Ikeja  
32/34, Adekunle Banjo Rd,  
beside Flora Supermarket, Magodo Lagos.

**C.C.D, CHERRIES, PHARM AFFAIRS**  
All along Ogudu Rd., Ojota, Lagos.

**BIBLE WONDERLAND,**  
Alaka, Close to Stadium B/Stop Surulere, Lagos.

**WISDOM BOOKSHOP**  
Along Opebi Rd., Lagos

**WOOLWORTH STORES, GLENDORA INTL LTD,  
TRUWORTH STORES, BARCELOS**  
@ Ikeja City Mall

**MEGA CARE, RUFF & TUMBLE, WASHLINE, BARCELOS**  
All along Isaac John, Ikeja G.R.A, Lagos

**SWEET SENSATION**  
Along Adeola Odeku Street, V/I,  
Along Opebi Rd.

### Hello Judith,

*I am in a close relationship with a lady that I use to love with my all, and believed she loved me too. During our university days, finally year to be precise, she told me she was travelling home to see her parents. Unknowingly to me she was dating another guy that promised her marriage. I later found out, she was actually travelling with the guy to see her parents, when she disappeared and never got home. She miraculously came back to school after 3 months of disappearance with two months pregnancy. With a story, that she met a male friend not knowing he was a ritualist who only wanted to use her for money rituals, but manage to escape. All her friends had deserted her including her church members. Now she is begging for my forgiveness. Do you think I should take her back and marry her, should I believe her story? Please advice me.*  
John Obi

The above story is true but names fictitious. Kindly send your advice to this email address:  
[keys2happyliving@yahoo.com](mailto:keys2happyliving@yahoo.com).

Tell Judith is born out of the many mails I have been receiving about the challenges people go through in their lives and relationships. This column will enable us to publish some of those questions yearning for answers to the public to send their advice to our email. We will publish some of those answers but send the whole comments to the person that sent the question.  
Feel free to tell Judith; your identity will not be published

tell  
Judith



# Singles Married TODAY

WE COACH PEOPLE TO STAY HAPPY AND EFFECT POSITIVE CHANGES IN LIFE, MARRIAGE AND RELATIONSHIP. OUR GUESTS IN THE TALKSHOW SESSION ARE SUCCESSFUL BUSINESS MINDS, POPULAR ARTISTES, SUCCESSFUL CAREER MEN AND WOMEN ETC.

*You will have the opportunity to ask one-on-one question in your area of interest.  
Our event is educative, impactful and inspiring.*

It is a place to be every 3<sup>rd</sup> Sunday of the month.

Time: 4.00- 6.30pm

@ Marble House, 95 Ogudu Rd, Djota, Lagos.

*The first 100 people to call this number: 08188205042 or email: [keys2happyliving@yahoo.com](mailto:keys2happyliving@yahoo.com)  
4 registration of each month's event will get a free gift.*

*Knowledge gives you an edge*

**BE THERE**

#### **ABOUT THE PUBLISHER**

Judith Daniel-Imagoro is a Relationship Counsellor, Writer, Public Speaker, President of Glorious Living Singles & Married Ministry and the Host of Singles & Married Today monthly event. She is married to her long term friend, Daniel Imagoro and they are blessed with Children.

#### **PARTNERSHIP/SPONSORSHIP**

Keys To Happy Living impacts and transforms more than twenty thousand readers monthly. To become a Financial Partner in order to reach more people with free copies of this magazine, Or for Advert Placement and Sponsorship

Please contact us on:  
08188205042, 08140452433 or email [keys2happyliving@yahoo.com](mailto:keys2happyliving@yahoo.com),  
[keys2happyliving@singlesandmarriedtoday.org](mailto:keys2happyliving@singlesandmarriedtoday.org)

#### **CONTACT INFORMATION**

For counseling or invitation to teach in conference, programmes, church, schools etc contact us

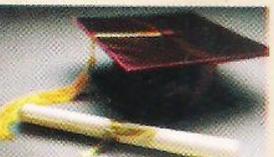
Office address: 1A, Ade-Ajayi, Off Hakeem Ajala Street, Ogudu G.R.A, Lagos  
Phone 08140452433, 0185131116

To read more Articles visit our Facebook page:

[www.facebook.com/gloriouslivingsingles&marriedministry](http://www.facebook.com/gloriouslivingsingles&marriedministry) or

Website: [www.singlesandmarriedtoday.org](http://www.singlesandmarriedtoday.org)

about the  
**PUBlisher**



# OLIVE MICROFINANCE BANK LIMITED

...empowering you to succeed

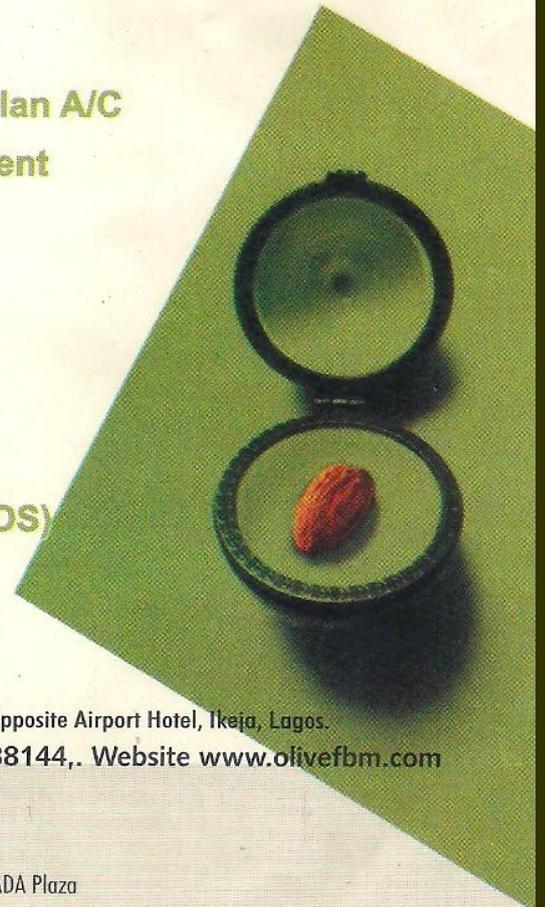
## There's profitable Package for everyone

With our customer-centred service delivery, we are bound by a shared vision and common goal with you. At **Olive Microfinance Bank**, every package is suited to your financial needs and structured to your gains.

Make the strides. Focus on new financial dimensions. Experience so much from the big picture - **Olive Microfinance Bank**.

### THE AVAILABLE PRODUCTS:

- Olive Save and Grow
- Olive Agric Account
- Olive Children Education Plan A/C
- Olive Kingdom Empowerment
- Olive festival A/C
- Olive Ajo\ Esusu
- Olive Lease Finance
- Olive LPO
- Olive mobile money
- e-banking product (ATM/POS)
- Olive Gold Account (OGA)
- Olive Cash transfer



Head Office: 150, Obafemi Awolowo Way, Opposite Airport Hotel, Ikeja, Lagos.

Tel:01-7388143,01-7388144,. Website [www.olivefbm.com](http://www.olivefbm.com)

### Customers Meeting Points:

- Jeho- Shamma Shopping Complex, Ogba, Lagos
- 603, Ikorodu Road, Mile 12, Lagos.
- First Floor, Sunners Multipurpose Complex ASPMADA Plaza
- 7 Oshitelu Street, Computer Village, Ikeja, Lagos.
- 29 Shpeolu Street, Palmgroove, Shomolu
- 26, Lagos Road, Epe, Lagos.
- Block G, Ikotun Markert, Better- life Area, Opposite Tarmac, Ikotun Lagos