

(continued from page 40)

needs to do to court *her* — she'll have the biggest ally, the matriarch who'll make sure she's treated right. Don't compete with her, try to get along with her!

**What can in-laws do to build a good relationship with their daughter-in-law?**

Respect the fact that it's her home, too, and the happier she is, the happier their son will be, the happier the entire atmosphere — everybody wins. As well, they should think back to how they felt when they were in her situation and break the cycle by reaching out to her instead of expecting her to pay her dues.

**Are there constructive policies couples can try to adopt about arguments/fights? For instance, are there things they should *never* do during an argument and things they *should* do after an argument?**

Two-thirds of arguments will never be resolved, so it's not about what you're fighting about, rather *how* you're fighting and what you do afterwards determines the outcome. And we're not talking decibels here, we're talking staying away from what Dr. John Gottman (author of *Seven Principles for Making Marriage Work*) calls the four horsemen: criticism, contempt, defensiveness and stonewalling. Nine out of ten marriages where couples use these methods end up in serious trouble. Try instead to have a spirit of mutual love, respect and admiration, give each other the benefit of the doubt, and come up with ways of dealing with issues that won't go away — treat these issues like allergies or a bad back and avoid the triggers. And never go to bed angry!

**How should a husband and wife deal with in-law conflicts so that they don't come between them?**

They need to look at what's best for the relationship, not for themselves. Think of the old adage: Do you wanna be happy or right? They also need to consider their partner first and foremost. I tell couples that they can't bring up a negative issue unless they bring up five good points just before it, to keep the positive going. □



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## DESTINATION WEDDINGS | JUST MAUI'D!

Maui is a precious jewel among the Hawaiian Islands and an excellent choice for a destination wedding. This majestic island known for its natural and bountiful beauty offers amazing sunsets, cascading waterfalls and great beaches. You can choose to say your nuptials in the sunset on one of Maui's many beautiful beaches or for something more unique consider exchanging vows on Haleakala Crater while the sun rises.

Maui beach weddings can be very simple or elaborate. A simple beach wedding will include an almost guaranteed gorgeous sunset for your backdrop. Your licensed officiate will perform the ceremony while you stand with toes in the sand and before you know it "You're Maui'd!"

For a reception, if you're choosing to go "authentic," consider the traditional "luau." You can do private or public, depending on your budget. Your guests will be greeted with fresh flower lei. They will enjoy gathering around to watch, as the "kalua pig" is unearthed from the "imu," the underground oven. Then all will delight as they partake in a bountiful feast of Hawaiian regional cuisine. Following the dinner you and your guests will relax with a mai tai or fruit punch while seated on a bamboo mat surrounded by tiki torches as the show begins. A performance of Poly-

nesian culture, complete with hula dancers, the sweet sound of Hawaiian guitars and the traditional chanting to the gods in honour of the ancestors proves to be a fun and entertaining way to learn the ancient culture of Hawaii.

Having decided on a destination wedding don't become overwhelmed by details. Do the smart thing: Contact a destination wedding specialist. He or she will be invaluable in matching you to a dream destination, handling the legal documentation, travel arrangements and providing you with a wedding package that can be less expensive than a wedding in your home town. The bonus, an ultimate wedding experience allowing you to relax and celebrate your most special day.

Whether you are planning an intimate destination wedding for just the two of you, or celebrating with guests, you will return home with wonderful and lasting memories. There are hundreds of destination choices worldwide but if you are looking for something of good value and a short flight, Getting Maui'd makes good sense!

*Marsha Steeves, destination wedding and honeymoon specialist*  
604.608.4359 / 1.888.608.4359  
[www.Destinationweddingtravel.ca](http://www.Destinationweddingtravel.ca)