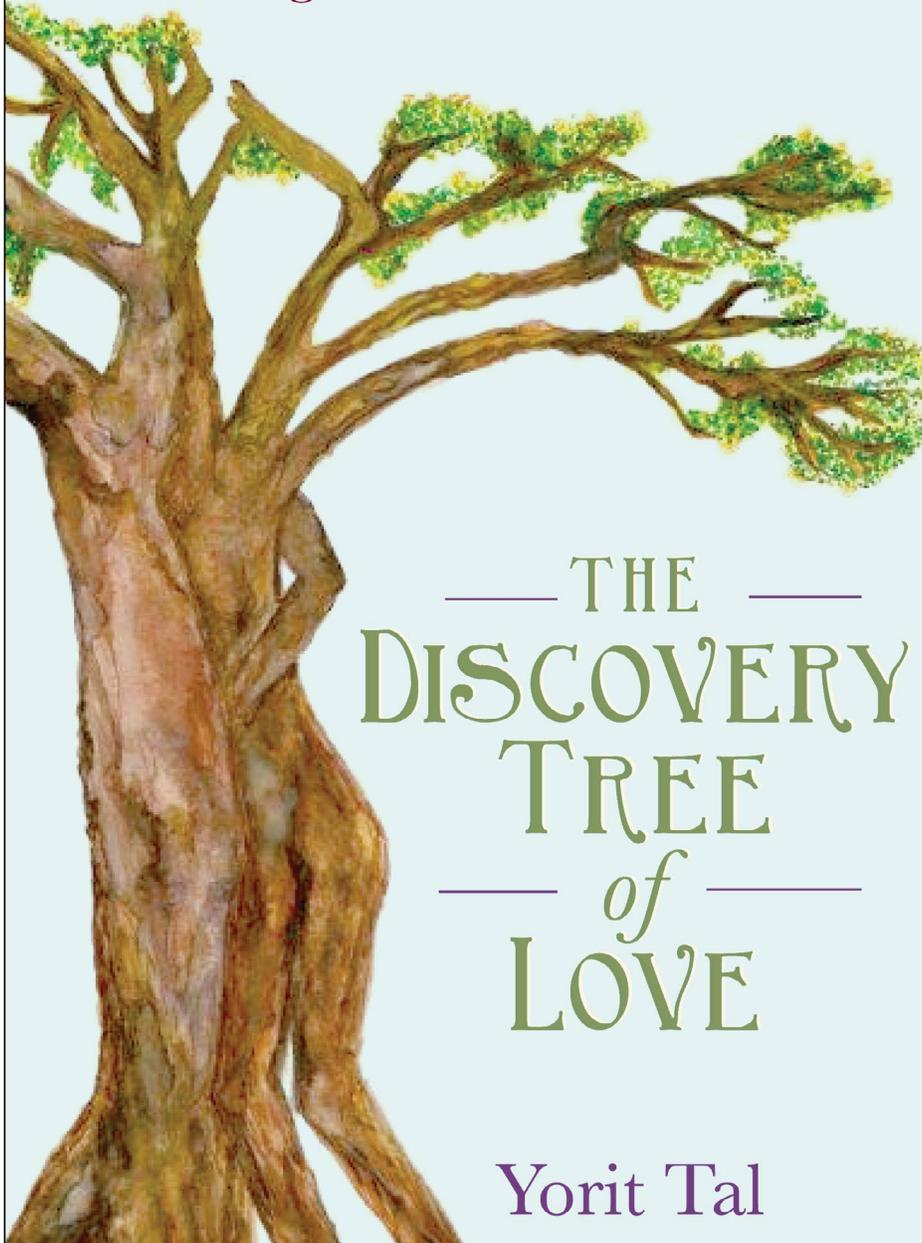


THE DISCOVERY TREE OF LOVE

How to Stay in Love Forever, Dream Together and Vision as One

Yorit Tal

*How to Stay in Love Forever,
Dream Together and Vision as One*



To book or schedule interviews, appearances, workshops, or speeches with the author, please contact::

Darcy Hughes, Over And Above Creative Group

310.977.9679 | darcyhughes@overandabovecreative.com

Contents

| | |
|----------------------|----|
| Press Release | 3 |
| About the Author | 4 |
| Author's Statement | 5 |
| Q&A with the Author | 6 |
| Talking Points | 9 |
| Book Excerpt | 10 |
| For More Information | 14 |

Book Offers New Possibilities For Couples To Build Their Dreams Together

(Los Angeles, CA) — February 18, 2016 — Love is in the air . . . At least when couples first get engaged, married or decide to live together. But do they make their love last? Do most couples truly know how to build a happy, joyous and harmonious relationship, one that stays strong for decades and allows them to create and build the amazing life they have dream of having?

Los Angeles author, Yorit Tal, hopes to help the many couples who want to improve their relationship, become closer and happier, and co-create new dreams together. In her book, *The Discovery Tree of Love: How to Stay in Love Forever, Dream Together and Vision as One*, she invites couples to go on a beautiful journey with her to explore how they can get to a new level of love, harmony, passion and commitment.

Tal compares fashioning a loving relationship to growing a solid oak tree. Her book explores seven “branches” that couples can learn to make sturdier and more resilient. “A healthy tree of love in your partnership will protect and shelter the children you produce,” Tal says. “It inspires your dreams and provides the sense of having a peaceful, secure, and joyful relationship. Most of all, it protects the two of you into your old age, allowing you to stand firm and tall in the forest of your love and accomplishments.”

The Discovery Tree of Love’s seven branches include deep empathic understanding; authentic, loving communication; mutual unconditional respect; trusting non-judgment; non-compromising compromise; loving, lasting passion; and learning how to create a vision together for a fulfilling life.

The book is intended for every couple, whether they are young and just living together, or newlywed at any age, or divorced and remarrying in their 40s, 50s or 60s. Its themes and advice are appropriate for any couple no matter their sexual orientation.

As Tal says, “Many couples say they are happy, but they may feel an undercurrent of disappointment and resentment, or they have difficulties they are afraid to acknowledge. They insist their relationship is strong, but they often find themselves arguing, yelling at each other, getting angry, or even going through bouts of not talking to each other. *The Discovery Tree of Love* will help these couples learn how to work through their issues and reinvigorate lasting love.”

Tal is not a therapist or life coach, but writes the book from her heart based on her life experience with her loving husband, Doron, of 36 years. She was prompted to write the book because many people have asked her how she and her husband have been so happy and successful in their lives together. Originally from Israel, Tal and her husband came to the US in the 1980s and since then they have had a family and created their dream home, a ranch high on a bluff overlooking Topanga Canyon, in the Santa Monica Mountains, where she maintains her art studio and conducts workshops and retreats for couples.

About the Author



Yorit Tal was born in Israel. She believes she was born an artist. From a young age, she pursued dancing, and at 14, she was approached by the most well-known choreographer in Israel and asked to dance professionally. She danced in numerous TV shows, movies, and performed jazz and ballet at the Israeli Opera. By age 16, she was teaching at well-known studios in Tel Aviv and choreographing for different theatrical shows.

She met her husband, Doron, more than 36 years ago in Tel Aviv, and married him within three months. They honeymooned in New York, and by whim, decided to come to California where they have remained for more than three decades, raising a daughter and a son and building their dream life together.

Neither a therapist nor a professional coach, Yorit writes this book straight from her heart, out of her fully lived experiences. Today, she and Doron live on a scenic ranch that they renovated, located high on a bluff overlooking Topanga Canyon in the Santa Monica Mountains. The property, Oak Creek Ranch (OCR), is their paradise on earth, from where Yorit sculpts, paints, and offers workshops and retreats for individuals and couples on how to create lasting love and build a dream life together.

Author's Statement

I am not a therapist, certified life coach, or marriage counselor. I am an astonishingly happy woman who has been married to the same man for more than 36 years—and together, over these decades, we have built a wonderful life, family, home, and retreat/workshop center together.

My journey to write this book grew out of the increasing number of times that I was asked by friends and acquaintances how my husband Doron and I came to be so happy and successful, sharing so much love and harmony for all these decades. Couples we met were curious about what strategy Doron and I had used to achieve all that we have in our decades in the US. Little by little, I began to feel that it would be both fun and challenging to try to identify and describe the philosophy that Doron and I share that has helped us build our dream life together. I am confident our journey through our lives will prove to be inspiring and fruitful for other couples.

When I began thinking about my book, I was very uncertain how to put the chapters together. Working with my editor, I realized that I had 7 distinct ideas that, in my mind, are the true keys to creating a deeply loving and successful relationship. I had already spent many years thinking about what makes couples happy, what holds them together, and how they can co-create an amazing life for themselves and their families. I also read other books on the topic and took a few workshops, but the fundamental concepts of strong partnership that I developed came from my own personal life experience. I had also advised some couples who are close friends of ours and who asked me how Doron and I have managed to stay in love, with so much respect, joy, happiness, without conflict, and achieve so much in our lives in a short time.

Throughout my life, I have always been attracted to and loved nature, especially trees. One day, it dawned on me that an oak tree is highly symbolic of a couple's love for each other. A loving partnership is one that breathes fresh air into the partners day after day. Its foundation is like the moist nutrient-rich soil that allows the couple to grow their dreams together and harvest them whenever they want. And most of all, as the two of them live together for decades, they become like that venerable oak tree, planting their roots deep into the ground to sustain them year after year.

I decided to call my book *The Discovery Tree of Love*, as climbing its 7 branches represents how couples can attain a sturdy, lasting, solid partnership in life. This tree is a symbol for all of the concepts in my book, and I am excited to offer it to any couple who wants to take this journey with me to build the life they want and to imagine and accomplish amazing new dreams together!

Q&A with the Author

Why do you call your book “The Discovery Tree of Love?”

As I say in the book, I have always felt close to nature. Trees are one of the most beautiful symbols of nature, and in my view, they are representative of all the elements of a successful, happy relationship. Like a tree, a couple needs solid roots in the ground that keep them steady and secure. For my tree, there are also 7 branches that I believe reflect the 7 qualities that couples need share and exhibit towards each other to maintain a happy partnership and to reach up towards the sky to fulfill their dreams. Most couples, however, do not necessarily share these 7 qualities, so I am inviting them to discover them along with me in my book.

Who is your book for? What type of couples can use it?

I am all-inclusive when it comes to my audience for this book. I see it being used by couples of many kinds. They can be married or domestic partners living together, heterosexual, homosexual, or lesbian partners. What counts only is that they are committed to each other in heart. Regarding the length of their relationship, my book is for couples at any stage—they may be together for just a few years, in which case my book will help them plan a long life together. Or they may already have been together for many years, in which case my book might help them reinvigorate their love or find new inspiration for how to dream together. I also wrote the book so it could be valuable for people who are divorced and getting remarried, as they are often seeking to make their second or third try the one that lasts for the rest of their lives. For divorcees in their 50s and 60s, my book also can help them plan a life throughout their remaining years. In short, I see *The Discovery Tree of Love* as relevant to almost all types of couples that want truly to learn how to love each other more deeply, have more fun in their relationship, and work at creating a meaningful dream between them and achieving it.

If a couple thinks they are doing fine and are happy, will they benefit from your book?

I meet a lot of couples who tell others they are happy, but something is often gnawing inside in one or both of them. So I would encourage them to read this book, too, as I am confident they will find ideas of value to their relationship. And then there are couples who tell other people that they are fine, but when they go home, they begin fighting, arguing, getting angry at each other, and sometimes not talking to each other for days. They may insist their relationship is strong, but below the surface, they know this is not true. This book is definitely for these types of couples, because it will help them “get real” about their relationship. In my view, it is not okay for couples to fight from time to time if they want to love each other deeply, live a more joyous life together, and accomplish their mutual dreams.

How is your book different from other relationship guides and advice books?

To be completely honest, I have not read very many other relationship guides or books of advice about love. My book is written purely from my heart and my real life experiences. I am not a therapist or a certified love or life coach. Everything in my book comes from my own beliefs and attitudes about how to love someone for a lifetime. I have done some research into various psychological principles, such as the elements of good communication, but overall, my book is based on the 7 themes that I have identified and thought about on my own over my 35+ years of marriage to Doron. I have observed what works to keep us committed

to each other, sharing a harmonious, joyous marriage. We look forward to every minute we spend together, without being demanding, clingy, or possessive. I have organized my ideas into these 7 branches as I know that these principles are the supporting structure for how we have achieved our dreams together.

If there is one key piece of advice that you could give couples, what would it be?

In the opening to my book, I lay out what I consider to be the most fundamental principle that drives everything else in the book. I consider this to be the cornerstone of all the advice in my book. It is this: *Since you love each other, everything you do as a couple must be intentionally done to enhance that love, not out of obligation because that person is your partner.* I think that most couples do not live by this principle. They may swear to statements like this one, but they do not live it day to day as it gets lost in the speed of daily life. I see this principle as the most powerful reminder of why the couple was brought together in love. This principle should fuel their desire to do things *for each other* and break down the barriers to good communication and trust that couples often put up between them over years of being together.

What are the 7 branches? Can you give us an overview?

The seven branches that couples will discover in my book are as follows:

- Deep Empathic *Understanding*
- Authentic, Loving *Communication*
- Mutual Unconditional *Respect*
- Trusting *Non-judgment*
- Non-Compromising *Compromise*
- Loving, Lasting *Passion*
- Dreams Come True *Visioning as One*

In my book, I explain each of these relationship-building themes in great detail and provide a meaningful exercise for readers to do so they can assess where they are on each of the seven branches of love.

Is your book for just one partner or should both of them read it?

It's well known that women buy most books, and that is probably very true of relationship books. So I am guessing that in most instances, it will be the woman partner in a couple who discovers and reads my book first. She will be the "pioneer" in the relationship who does the trail blazing in self-improvement for the couple as an entity. But, whether it is the woman or the man who reads it first, it is my hope that the first partner will find it useful and inspiring, and invite their mate to read it also.

Your book talks a lot about building a dream together. What do you mean by that?

The last branch of the Discovery Tree of Love is "Creating a dream and making it come true." I believe every couple can create amazing dreams together and accomplish them. When I talk about couples having a dream, I mean it literally. To me, a dream means envisioning an extraordinary goal that they jointly create and set for themselves to achieve in their lifetime together. This dream can be anything the two partners desire—a beautiful home, an amazing hiking trip, traveling the US coast to coast, taking art lessons together, living in France or Italy for a month, starting a new business together . . . wherever their imagination takes them as a goal they want to head towards. In this chapter, I therefore help couples learn how to develop in several ways, such as talking about it organically or planning it logically, and I give them advice for using creativity to make the dream come true.

What role do you think sex plays in a couple's relationship?

I see sex as just one element of what couples need—PASSION, which I consider to be the glue that holds couples together for decades and decades. Without passion, it is nearly impossible to imagine how couples can remain together and live in harmony for the rest of their lives. I believe that passion is far more than sexual attraction for each other. It goes deeper than the hormones that make them want to grope each other's bodies or make love until orgasm. Passion includes desire, lust, empathy, craving, positive energy, blossoming, growth, flow, and much more. But I also agree that a good sexual connection is important for a long-lasting relationship. To stay committed, couples have to love each other's bodies throughout their lifetimes. I think it is important that they try to take care of themselves, staying healthy, eating right, exercising, and remaining active and vibrant. If partners are going to age together, they have to be able to love each other's body and appreciate it, as time and gravity take their toll on us all. I recommend that couples shower together frequently, so that changes in each other's body don't come as a surprise. And regarding sex itself, I think couples can indulge each other's fantasies, no matter what they are, so long as both partners are completely in agreement on it. However, that said, I don't believe that sex outside the relationship is a winning formula for the long-term.

You have some interesting points in your book about couples who like to have make-up sex after arguing. Tell us about your views.

Yes, I know couples that claim that after they argue and get very angry at each other, it helps them to have "make-up" sex which somehow gives them a jolt of energy. But in my view, this is not healthy for the relationship, nor does it help the couple overcome their fundamental problem of getting too angry at each other. As I write in the book, *"anger lights the fire, the lovemaking burns the logs, but in the end, you are left with ashes to deal with."* In my view, anger creates negative energy and leaves a toxic residue between the partners that can last for days, if not months. Over time it builds up and poisons their relationship. I have talked with many couples who come to me for advice, and quite a few tell me that they cannot forgive their mate as they are just *"really, really, really angry"* at them. So, in short, I think that make-up sex is definitely a poor substitute for the elements of the seven branches that my book tries to help couples understand and build.

How do the exercises in your book help couples?

Every chapter in the book ends with a short exercise, called *Visioning as One* that can be done by each partner alone, then together. These exercises are varied, with some being an activity that you do by writing in a journal, and others being activities that the partners do together to reconnect and deepen their love for each other. I believe that there is a great deal of value when couples do activities together rather than each person having solely their own hobbies and barely sharing any activities in life together. So the activities in my book give couples a starting point for reflecting on their difficulties and conflicts, as well as inspiring them to do things together.

Do you offer workshops for singles and couples? Tell us about those.

Writing this book has inspired me to decide to open my Oak Creek Ranch to couples who would like to work with me personally to improve their relationship, deepen their love, and learn how to dream together. As I said, I am neither a marriage counselor nor a certified coach, but using my book, the exercises, and the many art-based activities that I have created, I will be offering 1 and 2 day workshops for couples in our beautiful home environment in the midst of nature. I may also have workshops for singles to teach them how to look for the right partner and build a loving relationship that will last.

Talking Points

- Where does the title of your book come from?
- Why did you write this book?
- If a couple thinks they are doing fine and are happy, will they benefit from your book?
- How is your book different from other relationship guides for couples?
- Who is your book for? Newlyweds? Divorced and remarried couples? Any age?
- Can gay and lesbian couples use your book?
- What are the 7 branches on your tree?
- How can couples overcome years of resentment and anger at each other?
- Do you think that couples can stay together for 40, 50, 60 years or more?
- What do you think is the most important ingredient a couple must have to stay together?
- What does “visioning as one” mean?
- What role do you think sex plays in a couple’s happiness?
- Why do you believe “make-up” sex is not healthy for a couple?
- What do you mean when you say that couples can build a dream together?
- What do you recommend couples do in order to age well together?
- What is your goal in writing this book?

Book Excerpt

This excerpt is a portion of Discovery Tree of Love Branch 2: Authentic, Loving Communication

If a couple truly wants to stay together and share their dreams for a lifetime, they need to learn how to communicate openly, honestly, and completely about their feelings, thoughts, and needs. Mutual understanding is like the invisible radar in your relationship, and great communication habits are like the network of wires between you. When you need to talk to each other, the pathways must be open and always available, so the messages can be transmitted loud and clear. Great communication means there is no interference, no bad transmissions, no misunderstandings, and no garbling over the wires. When the two of you talk, the sharing is delightful and productive, even if you don't agree on things.

Doron and I have always had wonderful communication. From the first day we met as strangers in a shared car ride, we have been able to talk openly, without feeling like we were talking past each other. I have always believed that Doron listens to what I say, just as I listen to what he tells me. We never find ourselves in a quagmire of miscommunication like Mark and Shelly. We're not perfect, because no one can be. But our ability to say anything and trust that it has really been communicated and assimilated by the other adds a huge amount of joy to our conversations. We always walk away from talking to each other with a heightened sense of shared purpose and greater love.

Nine Principles for Authentic, Loving Communication

Based on all that I have learned, I have developed nine principles of authentic, loving communication for couples:

1. Be true *first* to yourself.

It sounds paradoxical but the first element of having great communication with your partner is always to be true to your own self. You need to own up to your feelings, needs, and desires if you are going to speak authentically and honestly with your partner. If both of you agree that you are entitled to express yourselves with truth, it will empower all your communications.

This principle prevents "residual" problems from coming between couples or breaking them apart. When you live up to being true to yourself, you don't get into entanglements that happen because you don't say what you really mean. A lot of couples—perhaps you included—do some sort of crazy "dance" where one person doesn't say what he or she honestly wants. They somehow expect the other person to know what they meant. This results in hurt feelings, criticisms, recriminations, blaming and judgment.

2. Identify your feelings; don't hide them.

To do #1 above—to speak truthfully—you have to know your feelings and what you really want from your partner. As much as we might think this is the norm among intelligent, thinking people, it is a challenge for many. A lot of people find it difficult to admit their real feelings because they are torn in many directions. They have a sense of what they want, but they end up complicating their own feelings by

thinking about what others want from them, and believing they should yield to that. They sublimate their own desires to what their partner wants or, worse, what *they think* their partner wants.

There is clearly a psychological rationale for this behavior, perhaps stemming back to childhood in the way they were parented or how they interacted with siblings. I am not going to psychoanalyze the motivation for why someone would carry this habit forward into their adult relationship, but suffice it to say that when you abandon your own feelings to someone else, it creates a real barrier to honest communication and leads to passive aggressive behaviors.

I have given this issue a lot of thought and have realized how you can learn to be true to yourself. First, you have to become aware of your feelings by distinguishing among four perspectives:

- what you want for yourself
- what *you think* your partner wants for himself or herself
- what *you think* your partner wants from you
- what *you think* your partner expects you to want from him or her.

Of course, these four perspectives reflect the four angles of communication. But only the first one works when you desire to have authentic, loving communication. The other three are overlays that confound your conversation and lead to all the negative results mentioned above. If you speak from the point of view of what *you think* your partner wants, you will not end up fulfilling your own needs or being able to negotiate for a win-win with your partner so you both get what you want. If you try to “out-think” your partner by communicating based on what you think he or she wants for himself or herself, you likely set yourself up for making a mistake. And if you try to do what you think your partner expects you to do, you may end up feeling shortchanged in your own needs or mistake what you believe he or she is thinking. In short, the only answer to all this assumptive thinking is to communicate based on *what you want for yourself*. As the saying goes, *Be true to yourself*, or as I like to call it, *Be your original YOU*.

How can you know what your own feelings are? You do this by *feeling* your feelings rather than the common habit we so often do—stepping outside of ourselves to “observe” ourselves feeling the feeling. This process of observing your own feelings is what leads to thinking about your feelings, or thinking about what your partner thinks about your feelings—rather than just feeling them yourself.

If you can feel your own feelings, you are more capable of speaking honestly and authentically. Your feelings allow you to make “I” statements about yourself rather than observing and responding to what others are thinking about you.

3. Express yourself in terms of your values or needs.

Once you know your own true feelings, share them with your partner—and request your partner to do the same with you. This is how you begin an authentic conversation, when the two of you really enjoy talking to one another—solving problems, conducting your parenting, airing your issues, and doing your future planning together. Speaking authentically from your feelings is what allows you both to respect each other’s role in the conversation. You can disagree with your partner’s opinion, but you can’t disagree or negate their feelings. If you each speak from the deep source of your feelings, you can truly talk about and accomplish anything together.

One useful insight I have learned about talking about your feelings is to express them in terms of your values and needs, rather than in terms of an action you want your partner to do. It's not an expression of feeling if all you can do is insist on an action you want your partner to take. Communication does not work well that way. Your feelings are *your* feelings—and you can't ask your partner to make you feel better by taking a specific action—unless he or she is willing to do so.

For example, if you are feeling angry at your partner because he or she came home late without calling you, it's okay to say you feel upset that they did not call. But it generally won't lead to an authentic dialogue if you begin by blurting out on your partner's tardy arrival home, "You have to apologize to me for being late." You may feel upset, but that sort of statement closes the door on authentic, loving communication. Not only is it domineering, but it assumes your partner could have called you or intentionally did not call. You don't know why he or she is late until you communicate about it.

In the situation here, you'll have better communication if you express your feelings or your values about your partner being late. You could say, "I was worried about you," or "It's important to me to hear from you if you know you're going to run late so I don't worry." Or another option is, "I am feeling upset because we were supposed to go out at 8:00 and I wanted to be on time to this event." These are all statements that are honest and come from your feelings or values, and are made without blame, criticism, or anger.

These types of statements open the door to your partner explaining what happened and speaking from his or her feelings, too. For instance, your partner may reveal to you the cause, "I'm sorry; I didn't know I was going to run so late. I tried to call but my phone battery was dead, so I just rushed home as fast as I could." Or perhaps, he or she might share your values about being on time, "I don't want to make you late to the event, so I will make an effort to change in 5 minutes and be ready for you."

4. Communicate based on what will enrich your lives together, but don't be demanding.

If both of you have feelings, values, and needs, how do you dialogue about them so that you both end up feeling fulfilled? In a later chapter, I'm going to talk about a concept of mine called "Compromise without Compromising" that relates to this issue, but for now, let me discuss how to have conversations together in an authentic, loving way so you both benefit from the dialogue.

What I have come to conclude is that the best way to approach communication is from the point of view of asking, "What will enrich our lives together?" This question puts the focus not on your own individual positions about an issue, but on seeking how the two of you can both win by building your relationship up to a higher level. You don't need to ask this question out loud; just keep it in your subconscious mind.

By trying to find a conclusion or solution that enriches you both, I find that it increases your creative juices. It prevents you from "frozen thinking" that locks you into just one point of view (your own). It's amazing how open you both become to new ideas and solutions when you come from the position of wondering what will enrich your lives together—and being open to explore new ideas.

Another technique I invented to keep your dialogue loving and pleasant is the expression, "*Would you be willing to . . . ?*" Rather than just throwing out your own idea as if it is a given or assumed solution, use this question. By asking "*Would you be willing to . . . ,*" you show respect for your partner's feelings and acknowledge that he or she has an equal voice in the conversation. It is open-ended, undemanding, un-

assuming, and non-threatening. It invites your partner to answer honestly, rather than getting defensive and shutting down the conversation. It is a great way to talk to your partner over the course of your lives together. It shows love, appreciation, and mutual caring.

Let's say it's Sunday morning, and you both are trying to decide what to do. It's a bit chilly outside, but a beautiful day. Your partner says he has a ton of work to do tonight to prepare for Monday morning, but he'd love to get some fresh air. However, you tell him that you'd like to spend the entire day going for a drive to do some antiquing and have a nice lunch together.

Such a scene is fraught with peril for some couples. They would end up in an argument, with one saying, "You're selfish, you don't think about me on weekends, all you do is work, work, work." Meanwhile, the other one might say, "You don't respect my time, you know I have to get this done, and you can't expect me to just play all day." We all know this scenario, right?

But here's how the scene could play out using authentic, loving communication.

Partner 1: Good morning honey. I'm feeling like I need to get out today. It's so beautiful. I'd love to spend the day with you. Would you be willing to go for a drive with me?

Partner 2: I need to get some work done today. I have a presentation on Monday that I have to prepare for. But I want to spend some time together with you, too. Would you consider a drive that gets us back home at 2:00? We could go to that café we love so much for lunch.

Partner 1: Can you bring your laptop and do some work while I go antiquing for 2 hours? I need to compare some prices for the end table we're looking for.

Partner 2: Yeah, great idea. I love sitting in that café. I can do that.

Partner 1: So would you consider getting back here by 4:00 since I need more time to look at those antique stores in town. It's already 10:00 and by time we get there, it just doesn't leave me much time.

Partner 2: Ok, I can do that. This will give us a great day together and I'll work better tonight after a nice drive and some fresh air in that pretty little town we love so much together.

This is the type of conversation that helps couples stay together. It finds solutions both people are happy with, rather than resorting quickly to criticisms, name-calling, and hurting each other's feelings. Neither partner jumped the gun by saying "No" or making exaggerated claims (e.g., "You don't respect my time at work," or "You don't want to spend time with me," etc.). They communicated with open minds, they valued each other's feelings and desires, and they used creative thinking so that the conversation ended with a win-win for both.

For More Information

Published by New Insights Press

New Insights Press is an imprint of the Over And Above Creative Group
Los Angeles, CA

www.overandabovecreative.com

Copyright © 2016 by Yorit Tal. All rights reserved.

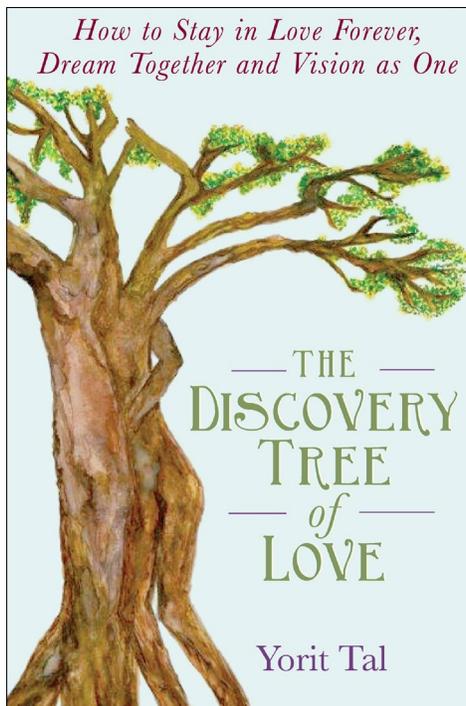
First edition

ISBN: 978-0-9965486-2-5 (Print Book) \$14.95

Printed in the United States of America

Library of Congress Control Number: 2016902566

ISBN: 978-0-9965486-3-2 (eBook) \$9.95



Available on Amazon and at your local bookstores March 2016.

Look for Yorit's upcoming blog and her events & workshops
at her website: www.TheDiscoveryTreeofLove.

Facebook: [TheDiscoveryTreeOfLove](https://www.facebook.com/TheDiscoveryTreeOfLove)