

## **CHAPTER TWELVE**

### **Secret Number Nine Just ask with a smile**

SATURDAY morning dawned clear and sunny. Angela awoke early and went for her run.

Today she managed to run a full twenty minutes before getting puffed. She walked a few minutes to recover, then ran the five minutes back home.

After showering, she began sorting through all her clothing. She put to one side all her masculine, dark coloured slacks and heavy sweaters.

At the back of the wardrobe, she saw her bright red, flared dress with frilly white sleeves and neck. Ted had bought her that dress during their courtship.

Angela had not been able to fit it, since becoming pregnant with David. However she was now slimmer than she had been in years, so she decided to try it on. It was tight around her hips and breasts, but Angela was thrilled that she was even able to fit into the dress.

She also put on the wide, white vinyl belt that went with the dress. By holding her breath she could buckle it up to the belt hole she had used when she was still single.

Angela admired herself in the mirror. She looked good. The fat roll around her waist was almost gone, and her upper arms and hips were noticeably slimmer.

She decided there and then to set herself a goal to lose enough weight over the next few days to wear the dress, fitting comfortably, to the next Fascinating Womanhood class.

Angela was able to smile at her reflection in the mirror, something she usually found impossible to do. Her spirits soared. She felt like singing aloud. “Why not?” she thought. “It’s one of my Assignments for this week anyway.”

*“Oh, what a beautiful morning,”*  
*“Oh, what a beautiful day.”*  
*“I’ve got a wonderful feeling,”*  
*“Everything’s going my way.”*

Angela continued to sing as she prepared breakfast cereal for herself and the children.

Her high spirits were contagious. When David and Tiphony came into the dining room they were both smiling broadly.

“You’re happy this morning Mum,” said David.

“Yes. It’s a beautiful morning David,” Angela said in a melodious voice. “I feel happy, and I love you both very much.” She put her arms around them both and kissed them on their cheeks, first one side, then the other.

David was a little embarrassed, but his smile was even wider as he sat down to eat his breakfast.

Angela walked to class again on Wednesday evening. She wore her red dress with the white belt.

Since Saturday morning she had halved all of her meals. And had gone for a run every morning and every evening. Every night she had slept like a baby.

The red dress now fitted her perfectly.

Also her hair was now long enough to gather up into a small pony tail. Just as her father had liked it when she was a young woman.

As she walked along a main street, a car full of noisy young men drove by. They sounded the horn and whistled at her. Angela felt both embarrassed and flattered. This was the first time that had happened since she had married.

As she walked through the downtown area, she met Brian, a friend of Ted’s, coming out of a restaurant doorway.

“Hi Angela,” he said with a broad smile and glancing her up and down with obvious approval.

“Hello Brian,” said Angela with a melodious lilt in her voice and smiled back at him.

“Wow! You look nice tonight. Can I give you a ride somewhere?”

“Thank you Brian. But I’m just going up the road a little further.”

“How’s Ted?”

“He’s fine.”

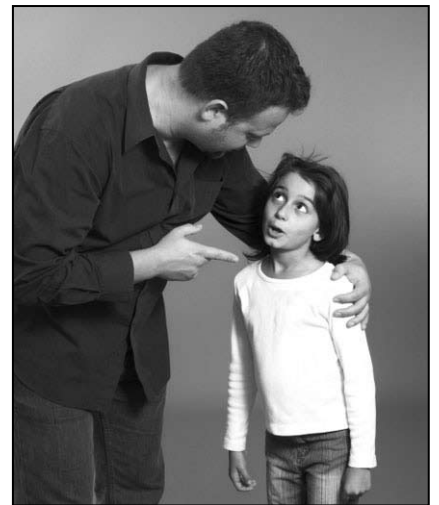
“Oh well. See you round Angela.”

“See you Brian.”

Angela walked on, feeling pleased. Feminine instinct told her that Brian had found her attractive.

Angela was early for her class, one of the first in the classroom. As the other women arrived one by one, Angela noticed that all of them were dressed femininely this evening. Up until now, most had worn trousers.

Tonight, all wore dresses, or skirts, except Cherry, who wore snug fitting, cream slacks with a bold orange pattern.



*A young girl instinctively knows how to obtain her needs from her father.*

Cherry also wore a yellow blouse and a small matching yellow scarf around her hair, which was French plaited down her back. Even Beth wore a white frock.

The Fascinating Womanhood teacher was obviously delighted. “How lovely you all look tonight,” she said. Her eyes were shining, “And very fascinating to men,” she added.

“Now, who has a feminine experience to share with us?”

Nearly the entire class raised their hands, including Angela.

“Beth, let’s hear from you, and then Angela. And let’s also hear from you too Helena, and you too Marina. We only have a short lesson tonight.”

### **Beth. True Experience.**

**“I decided to try getting dressed up instead of being in slacks. Not that my husband ever complained about my slacks. But when I put on a dress, he said, “Gee, its nice to see you look like a girl once in a while. You sure do look pretty.”**

“And he’s right Beth.” said the teacher. “You look do look pretty in that white frock.”

Beth smiled demurely and sat down.

Angela then stood and told the class how her weight was now down to the level of when she was single. And how she was able to speed up her weight loss in just a few days, by halving her meals and running morning and night. And how she was achieve her goal of being able to fit the red dress she was wearing. She also told of the whistles she received while walking to class and the compliment from Brian.

### **Helena. True Experience.**

**“I remember some years ago now, my husband had been rough and tumbling with our boys and my daughter wanted to be in on the fun. As soon as he grabbed her he felt the difference, her frailty, and he was automatically gentle, and even afraid to play with her for fear of being too rough and hurting her.”**

**“I remember asking him why he didn’t treat me with the same gentleness he did her. He said, “You know, somehow you lost your femininity when you’d disagree with me, and shout so loudly when we’d quarrel.”**

**“That hurt, but I now admit it was true. In those days I had to fight not to be a door mat. Now I know better. I have come to realise my mistakes. I am regaining my feminine status in my husband’s eyes. I am building him up and being more feminine. I can see his eager response.”**

### **Marina. True Experience.**

**“I enjoy sewing and I make most of my own clothes. But the other day my husband commented on the feminine dress I had made for last weeks assignment.”**



**“He told me how much he appreciated me looking nice for him. He also said he hoped I’d never stop doing this.”**

**“Then he asked me if I would please have my picture taken by a professional studio, as he wanted a wallet size, and a big photograph of me. We’ve been married for years and he never before asked for a picture.”**

Marina’s gentle, dark eyes glistened with tears as she sat down.

“Oh I could listen to your success stories all night,” said the teacher. “Thank you all so much.”

“Now tonight’s secret teaches us how to get our husband to say yes, when we ask him for things we need. Or ask him to do something for us.”

She turned to the board and wrote:

**SECRET NUMBER NINE**  
**To obtain your wants from your husband,**  
**just ask with a smile, as a young girl**  
**asks her father**

Some of the class laughed.

“You mean I should sit on his knee?” said Cherry with a giggle.

“Why not Cherry?” said the teacher. “That’s a delightful way to ask your husband for something you need.”

“This secret is so simple. Getting your husband to say yes is easy when you know how. But most women don’t know how. They ask the wrong way and get turned down most of the time. And they often irritate their husbands at the same time.”

**How to ask for what you want**

“Now, when we were young girls, did we have any difficulty getting what we needed from our fathers? No?”

“How does a young girl get what she wants from her father? It’s simple. She just asks him, with a smile.”

“Just a simple request. No reasons. Just “Daddy will you please?” Or “Daddy can I please?”

“No hinting. No explaining. No justifying. No arguing the point. Just a simple ask, with a smile and a please. And maybe a touch.”

“Or sit on his knee,” said Cherry with a grin.

“Yes, a young girl will sometimes sit on her daddy’s knee when she asks for something. Or hold his hand, or put her arm around his neck.”

“But the most important thing is the simple request, with a smile and a please.”

Angela again felt the peaceful, inner confirmation come over her, that what she was hearing was truth. She recalled that this was the way she used to ask her father for her needs. And he always seemed to delight in pleasing her. Yet

would it work with Ted? A thrilling idea began to form in her mind.

### **Respect his position of leadership**

“Why do you think this way of asking is so effective class?” asked the teacher.

Marina raised her hand. “Yes Marina?”

“Because a little girl is trusting, and depends on her father so much. She makes him feel strong and masculine, just like we’ve been learning about.”

“A very good answer Marina. Yes class, Marina is right. The way a young girl asks, shows that she respects her father’s authority. She allows her father to enjoy his manly role as leader and provider. He just can’t help but want to please her.”

“Exactly the same approach works for us with our husbands. Why? Because when we ask submissively, we place him in his proper role of leadership. We make him feel masculine and strong.”

“Therefore our husband will want to do what we ask of him, if he’s able to do so. And he will enjoy doing it for us, especially the satisfying feeling he gets from pleasing us. And what’s more, his love for us will also increase.”

“A man will go to great lengths to satisfy the desires of the woman he loves. The more submissive and dependent on him she is, the greater will be his desire to please her.”

“But here again, this is only true when our husband is completely free of resentment toward us.”

“Many women actually arouse resentment in the ways they ask their husband for things.”

### **Do you make these common mistakes?**

“How do most women ask for things from their husbands?”

Kathy raised her hand. “Yes Kathy?”

“I’m probably typical of most women,” said Kathy, flashing her cheeky grin. “If I want something from my husband, I’ll usually start off by hinting for what I want. Then I’ll make suggestions. Then if that doesn’t work, and I still don’t get what I want, I’ll start demanding and arguing. And nagging, until hopefully he gives in to what I want, just to get some peace.”

“A good answer Kathy. And thank you for being so honest. Yes, so many women do follow that kind of procedure. First the hinting. Does that work? Not often, does it?”

“What about suggesting? Yes, that can work sometimes. If our husband is in a good mood and what we want will benefit him too.”

“What about demanding? No. That really stirs up resentment in a man.”

“And arguing? Highly ineffective. It even encourages his opposition. Most men can shoot down any number of logical reasons we put forward. Men are very good at that.”

“But they only do it to protect their position as leader. For

by arguing with a man, we are telling him that we do not respect his judgement. He can only salvage his sensitive male pride by bettering us in an argument.”

“Nagging only makes matters much, much worse. Nagging causes deep resentment in a husband. And in us too, if we don’t get our way.”

“And when our husband does eventually give in and we get our own way, it’s at the expense of his love for us. His pride is so badly wounded, that his heart will be full of resentment for days, or weeks. Even years for some men. It’s so important we don’t make those common mistakes.”

### **Simply ask submissively with a smile and a please**

“But what a huge contrast when we ask the Fascinating Womanhood way. Just a simple request. With a smile and a please, and a melodious voice.”

“There’s no need to explain why we need what we’re asking for. It’s enough for most men that it’s our wish.”

“When you ask this way, you’ll usually obtain an immediate favourable response. And you’ll also feel the warmth of his love for you.”

“Why is this so? It’s because of a noble quality that God has placed in the hearts of men. This principle is so important to understand I want to write it on the board.”  
The teacher turned and wrote:

“A man loves a woman more, when  
he can do things to please her, and  
when he can sacrifice for her.”

“This is a wonderful truth of Fascinating Womanhood. The more your husband feels he is pleasing you, the more he will love and cherish you.”

### **Why its better for your husband to spoil you**

“Therefore, we shouldn’t hesitate to ask for our needs. We shouldn’t be too self-sacrificing. It’s better for our husband to spoil us a little.”

“We women are inclined to do without things. We take comfort in feeling self-righteous. But when we do this, we rob our husband of his joy of pleasing us.”

“Oh this is so important to realise. **THE MORE OUR HUSBAND FEELS HE IS PLEASING US, THE DEEPER HIS LOVE FOR US WILL GROW.**”

### **Things you shouldn’t ask for**

“Elsie, you had a question.”

“Yes. There must be some things we shouldn’t ask for?”

“Yes Elsie, there ARE a few things we shouldn’t ask for. There are some things that should come freely from a man’s heart. Things like love, and tenderness, and most gifts. Or to be taken out somewhere.”

“These things are only of real value when given from our



*Your husband will love you  
more if you let him spoil  
you a little.*

husband's heart, without us asking. They will come when we live Fascinating Womanhood to its fullest."

### **Asking for gifts**

"Now let's speak about gifts. For major anniversaries, like your birthday, or Christmas, where you know from tradition that your husband is going to buy you a gift, you can ask in advance for what you want. He'll probably be relieved. Most men dislike the uncertainty and difficult decisions of shopping for gifts."

"But all other gift occasions should be spontaneous. They will also mean so much more to you. Some men will ask what you want. Others will prefer to surprise you."

"If he does ask you what you want, just tell him with a smile. Don't try and justify it. Just say to him you would love that for a gift. It's just what you want right now."

"You can even offer to buy it on his behalf. He will probably again be relieved. Most men are not very good shoppers for women's gifts anyway. And many of them hate that kind of shopping."

"But we shouldn't ask him for things he really can't afford, except on exceptional occasions. Like getting our teeth fixed for example."

"Nor should we ask him to do anything, or buy anything that demeans his masculinity. Or goes against his principles."

### **Why many men are reluctant to buy gifts**

"Now while we're talking about gifts, we should understand that many men dislike the commercial obligation of having to buy gifts on occasions like Mother's Day, Valentine's Day and even Anniversary Days. And as I said before, many men don't like gift shopping."

"If your husband has these feelings, accept them. but tell him you no longer require him to give you gifts on these occasions."

"I can see from some of your frowns that this might be hard to do. But he will be greatly relieved, and may buy gifts for you impulsively. Or more likely, he will show his love for you in many other ways, such as being especially kind and thoughtful, or taking you out, or taking you on holidays."

"Whatever he does for you, show your appreciation with feminine joy."

### **How to show feminine appreciation**

"This is so important. Whenever your husband has done something for you, or given you a gift, you must show your appreciation to him in a feminine way."

"How do we do this? How do young girls show their appreciation to their fathers?"

Cherry raised her hand. "Yes Cherry?"

"Well when my little girl gets a present from her Daddy, she gets excited. She jumps up and down. Her eyes sparkle.

Sometimes she claps her hands. Then she gives him a big hug and a kiss.”

The teacher beamed. “That’s right Cherry. They become exuberant don’t they? Sometimes they exaggerate and say that their gift is the best, or prettiest thing in the whole world. And what happens? Daddy gets a grin of pleasure from ear to ear.”

“Men love grown women to be exuberant too. Just like young girls. They find it fascinating and delightful. They just love us to get excited over the things they do for us. It’s very feminine in their eyes.”

“When we behave this way, they enjoy pampering us and spoiling us. Our joy and our pleasure is their reward.”

“A formal “*Thank you.*” Or worse, “*That’s too expensive*” won’t encourage our husband to be generous.”

“But your childlike joy, or even tears of joy, will gladden and thrill his heart. You will make him feel manly and protective.”

“I know many women are serious, or reserved by nature, but we can still awaken the child deep within us. Even the most serious children can show exuberance, smiles and spontaneity.”

“Singing in the presence of our husband can help us become more outgoing. That reminds me, how are you coming along with that assignment Elsie?”

“Oh Harmony, I’m still trying to gather up enough courage,” said Elsie. “But I have started my Goal List, and I’ve put that at the top of the list.”

“In that case I’m sure you’ll soon be doing it Elsie. Goal lists are powerful things.”

### **Why some men won’t work around the home**

Sonia raised her hand and spoke shyly. “I believe what you say about asking for things like young girls do. My father still does anything for me that I ask. But if I ask my partner to mow the lawns, he says he will, but most times he doesn’t. If I didn’t do them they’d be knee high. It’s the same with most of the other man’s work around our house. But he’ll soon go and help someone else if they come and ask him.”

The teacher smiled. “I’ve heard this problem so many times before Sonia.”

“There are four main reasons why a man won’t work around the home. Fascinating Womanhood can overcome them all.”

“First reason. He does not have the energy. He may be overworking outside the home, or be in poor health, or he might be heavily overweight.”

“Second reason. He is depressed, because of overwhelming problems. Depression saps a man’s energy and is a very common cause of apparent laziness.”

“Third reason. He does not have the skills, or the money to



*Childlike exuberance when showing your appreciation will gladden and thrill his masculine heart.*

do what is required, and is too proud to admit it.”

“Fourth reason. He feels resentful toward his wife and does not feel like pleasing her in any way.”

### **How to have your husband attend to work around the home**

“Living Fascinating Womanhood should overcome all these reasons for a man not working around the home. ”

“Unless your husband is elderly, his health and energy levels will usually greatly improve. And because of this, his income often improves also. So if he has not got the skills to do the work himself, he can afford to pay another man to do it.”

“We should appreciate however that not all men are natural home handymen. Some men are born organisers. Some are artistic. Some are highly intellectual. Some work hard in business and professions outside the home. These types of men often prefer to hire other men to do the work around the home. My own husband is one of these.”

“However these husbands are exceptions. Most men are capable, and learn quickly and get much satisfaction from doing the masculine work around the home.”

“As far as the fourth reason is concerned, when a man begins to love his wife deeply, and becomes totally free of resentment toward her, he will go to great lengths to please her.”

“Now let’s get back to Sonia’s situation. We should not tell our husband to do regular jobs that he clearly knows are his responsibility, like mowing the lawns. He can see when they need mowing.”

“Rather, we should live and apply the Fascinating Womanhood principles to overcome the four common reasons that hold a man back.”

“If we nag him and then end up doing the work for him, he will have no incentive to change.”

“Now having said that, we do of course need to ask our husband to take care of things that he’s unaware of. Let’s suppose the tap in the laundry starts leaking. How do we let him know about it and have him to take care of it?”

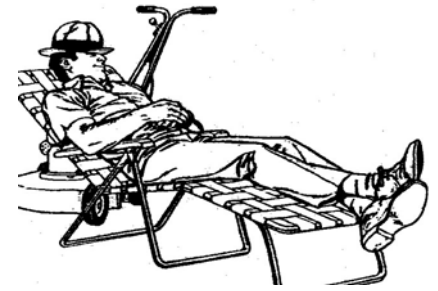
“Simple. We just ask him as a young girl would ask her father in a similar situation. A young girl might say, “Daddy, my bike’s got a puncture. Will you fix it for me please.”

“So we could say, in a melodious voice, “Darling, the tap in the laundry is leaking. Will you fix it for me please.”

“Or, if you know he hasn’t the skills to do it himself and will need to arrange a plumber, you could say, “Will you get it fixed for me please.”

“Now don’t say these words to him as questions. But say them in a tone of cheerful expectancy and finality. So that you communicate to him that you trust him to take care of it for you.”

“However, because men often forget to repair things that



*There are four main reasons why a man won't work around the home. Fascinating Womanhood can overcome them all.*

are not directly bothering them, also put a note somewhere where he'll see it every day. Or put the thing to be fixed where he will constantly see it.”

“Don't remind him again unless you're certain he's forgotten.”

### **How to give up man's work**

“Now if you've been doing a man's job for years, habits will have been formed. Your husband is likely to be reluctant to take the job back. Most men are lazy to a degree. So here's what to do.”

“First, you must be fulfilling your women's role one hundred percent. Then say to your husband something like this, “Darling, I don't feel very feminine doing this job. It's man's work. You can do it much better than I can.”

“Then let it go. Say no more about it. Turn your back on the job forever. COME WHAT MAY.”

“Don't try and reason with him. His logical male mind will shoot down your reasons one by one. Always say, 'I feel.' Men find that feminine, if somewhat illogical. And they can't argue with it.”

### **How to have your husband complete jobs that get left and left**

Kathy raised her hand. “Yes Kathy?”

“What if there's a really big job that you know your husband's been putting off and off. Something he's said he'll do, but it looks like it'll be years before he gets around to doing it, if ever? Like building the outdoor deck my husband promised us two years ago. The timber's been sitting there since last Christmas.”

The teacher smiled. “Well yes, there is a Fascinating Womanhood technique for getting action in these kinds of situations. It's a bit cheeky, but we are within our rights as a wife. And our husbands will feel satisfaction when the difficult job is completed.”

“It takes some nerve and a knack for timing. But there's an old and true story that illustrates this technique. It concerns Abraham Lincoln's stepmother.”

“Abraham Lincoln's real mother lived with her husband Tom Lincoln in a little log cabin with a dirt floor. She was a meek lady and Tom Lincoln was somewhat lazy. He never got round to building her a wooden floor.”

“She eventually died. In due course Tom Lincoln married again. His new wife's name was Sarah. She was a more assertive woman. When Tom Lincoln brought her home to the log cabin, along with a wagonload of her fine furniture, she took one look at the dirt floor and then said in a pleasant voice, ‘Oh my goodness Tom. I couldn't think of bringing in all my nice things on this dirt floor. I will just leave them in the wagon and you can build me a wooden floor tomorrow.’”

“Did Tom build her a wooden floor the next day? Yes he did. Why?”

“Firstly. Because she was within her rights as a wife.”

“Secondly. She was pleasant and feminine in making her request.”

“Thirdly. It was a clear, simple request with a time limit.”

“Fourthly and most important. The furniture sitting outside embarrassed Tom into applying urgency.”

“We can use similar situations in our own homes to have our husbands complete those jobs that tend to get left and left. When visitors are coming to stay is a good time to apply this technique.”

“But always be within your rights.”

“Always be pleasant and feminine.”

“Always respect your husband’s authority.”

**When you’re unhappy with your husbands’ choice**

“Any other questions?”

“Yes,” said Helena. “Sometimes my husband and I will go shopping to look at something he wants to buy for the home, or for me. And he likes it, but I don’t. How do I handle a situation like that?”

“Good question Helena. For the answer, let’s return to our young girl and her father ideal.”

“A young girl is honest and outspoken. What would she say to her father in such a situation? She would simply tell him the truth wouldn’t she? She would say, “I don’t want that one Daddy.”

“So all we need to say is something like, “Darling, I don’t want that one.”

“It’s not necessary to give our reasons. Our husband may start shooting them down again, and then feel offended if we don’t agree with him.”

“As long as we are honest and pleasant, our husband won’t be offended. Remember, he wants to please us.”

“When we’re open and honest with him, he knows for sure that we’re happy with what he does for us.”

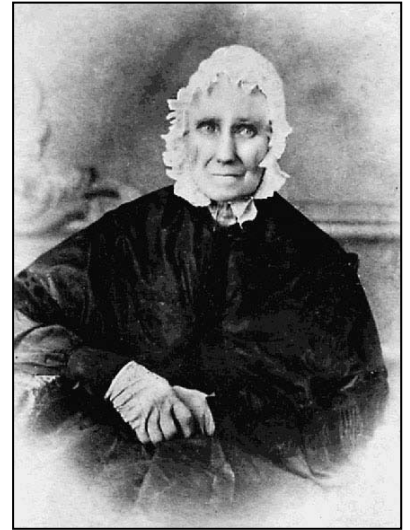
**How to give feminine advice**

“Now, you might remember during our Secret Number Four lesson, the one about allowing our husband to lead, I said we would learn in this Ninth Secret how to give feminine advice.”

“We sometimes need to do this, perhaps when our husband asks us for our opinion on something, or when we can see that he’s about to make a serious mistake.”

“We should also speak up if we feel that our husband is not making full use of his ability to do good in the world.”

“Remember, men expect we women to be more noble than them in such matters. God has given women the power to motivate men to rise to greater and more noble heights than



*Sarah Lincoln, step-mother of Abraham Lincoln. An assertive woman who obtained a wooden floor from her somewhat lazy husband.*



they would otherwise achieve.”

“However, giving advice should only be done on rare occasions. Our words will then carry much more weight. Most of the time it’s best to say nothing and to let our husband have free rein as leader.”

“It can be better for us to put up with the consequences of a few bad decisions, than to risk wounding our husband’s sensitive pride, and causing resentment.”

“So here’s how to give feminine advice to our husband. Or any other man for that matter, including our sons.”

“First. Always use non-challenging words like *“I feel”* or *“I like.”* Don’t use words like *“I know”* or *“I think.”*”

“Second. Phrase what you have to say in non-challenging questions, such as, *“Have you ever considered?”* or *“Do you think (such and such) might work?”*”

“Third. Always allow him to remain dominant in the conversation. For example, don’t draw conclusions from what has been discussed, or sum up. Let him feel that he’s the leader and you are his counsellor.”

“And lastly, three more don’ts:”

“Don’t speak as if you know more than he does.”

“Don’t offer too many suggestions.”

“Don’t ask too many questions.”

### **Gain your deepest, most heartfelt desires**

“Well that’s Secret Number Nine class. How to obtain your needs from your husband. And increase his love for you at the same time.”

“Remember, your husband will love you more if you let him spoil you a little.”

“His reward is your childlike, feminine and enthusiastic response, and his feeling of manliness as you show your pleasure for what he’s done for you.”

“Fascinating Womanhood doesn’t ask us to become self-sacrificing doormats to our husbands. We give up nothing worthwhile in living these secrets. On the contrary, we gain our deepest, most heartfelt desires.”

“Most of all, we enjoy a warm, loving relationship with our man that just grows richer and deeper as time goes by.”

“Just one pleasant little assignment this week.”

### **ASSIGNMENT: SECRET NUMBER NINE**

**Think of something you really want and deserve and ask your husband for it in a simple, direct, childlike manner. When he has agreed to it, show your appreciation in a lively, feminine manner.**

“Our two charming visitors tonight are Valerie and Hinemoa. Let’s hear from you first Valerie.

**Valerie. True Experience.**

**“After 15 years and three beautiful children our**



*A woman sometimes need to give a man advice, but it should only be done on rare occasions.*

marriage was in serious trouble. My sister introduced me to Fascinating Womanhood. My first impression was, ‘It may work for others, but it will never solve our problems.’”

“We had long forgotten the little courtesies extended to each other during courtship and early marriage. We had even talked of divorce.”

“I was the domestic type. Not once in all those years had my husband introduced me or referred to me as his wife, it was always “the missus” or even worse, “the boss.”

“Willing to try anything to save our marriage, I started to live Fascinating Womanhood.”

“Surprising results started to happen. Imagine how thrilled I was when he proudly introduced me to an acquaintance saying, “I want you to meet my wife.” It sounded like music to my ears. Now, no matter where we go, he can’t say “my wife” often enough.”

“Ours is a happy home now. The children are more thoughtful and happy. My husband has even started bringing me chocolates and flowers, and telling me that he truly loves me. Love reigns supreme. I bless the day I heard about Fascinating Womanhood.”

#### **Hinemoa. True Experience.**

“I was destroying my husband and our marriage by trying to change him. I was trying so hard to change him that love was being replaced by emotional and physical abuse.”

“Of course, before Fascinating Womanhood I was too self-righteous and proud to even consider that I was the one who was wrong. Because of my pride it was hard to take the first step. But, oh how rewarding each step has been. There is a sparkle in his eyes now that I haven’t seen since the early days of our marriage.”

“What an unspeakable joy it was the night he took me in his arms and told me how he loved me. It had been so long since I heard those beautiful words.”

“For the first time in years, I’m beginning to feel like the woman I’ve dreamed of being.”

Thank you so much Valerie and Hinemoa. It’s wonderful to hear how well everything is going for you both.”

“Now next week is our last lesson. Would anyone like to bring along a cake to celebrate?”

“I’ll make us all a cream sponge,” said Bev.

“Mmmm, that sounds nice,” said the teacher.

“But we won’t let you eat any of it Bev,” said Cherry with a laugh. “We’re all going to make sure you fit that new dress your husband’s going to buy for you.”

“Of course she can have some Cherry,” said the teacher. “You can run an extra mile afterward, can’t you Bev? How is your running going? You do look slimmer.”



Bev looked pleased. "Would you believe I've lost three kilograms, and I'm still eating the same amount of food as before. But I eat it mostly for breakfast and lunch and just have a light meal at night."

"Excellent Bev," said the teacher. "If you really want to speed up your weight loss, just eat the same way you are now, but only half as much food. Just like Angela did this week to fit her dress. But especially cut down the white flour and sugar. They are highly fattening."

"Well, I might just try that," said Bev.

"We can go out running together sometime Bev," said Cherry.

"Let me get fitter first Cherry," said Bev. "I'm going to ask my husband for a pair of running shoes this week. I'll try out what I've learned tonight."

The teacher smiled approvingly at Bev.

Then the teacher said, "Now for those of you who haven't yet completed all your assignments, please make a special effort to catch up by next week."

Angela felt excited as Cherry drove her home.

She said to Cherry, "If only I had known this secret before. It's so simple. Just a smile and a please. That's the way I used to ask my father for things. He would do anything for me."

"Yes, my daughter even asks me for things that way too," said Cherry. "And I love doing the things she asks me to. As long as it's good for her of course."

When Angela awoke next morning, it was clear in her mind what she should do.

She had pondered for the past two weeks on the best way to persuade Ted to come back home to her. She had rehearsed the arguments and reasons she might use.

But Ted had always 'shot down' her arguments in the past, as the teacher had so aptly put it.

She was thinking of putting her best reasons into a letter and giving it to Ted, but after last night's lesson she could clearly see now that it was wrong.

All she needed to do was to simply ask him. Just like a child. It would also fulfil this week's Assignment.

Angela decided she would be bold and do it that very evening.

Most of that day at school she was nervous and felt sick with worry in her stomach. She had not had any breakfast and did not feel hungry.

Fears kept running through her mind. What would Ted say tonight? What if he laughed at her? What if he was in a bad mood? What if he got angry with her? What if he had just found another woman? She wondered if she still could go through with it.

Finally she remembered the comforting power of prayer. She sat on a seat under some trees in the school grounds

during the morning play break and offered a silent prayer for courage. Immediately she felt a negative oppression lift from her. She became much calmer and was impressed to leave it all in the hands of God, come what may.

Angela also felt that she should continue fasting from food all day.

That evening, after preparing a meal for David and Tiphony, Angela put on her red dress, tied a white ribbon in her hair, and drove alone and anxious to Ted's flat.

She saw his van parked up the driveway. The driver's door was open.

She said another earnest prayer aloud in her car, that everything would work out for the best.

Then leaving her car out on the street, she walked up the gravel driveway. Her heart was beating fast and her hands were clammy.

Just as she reached Ted's flat, Ted came out the front door, wearing his overalls and carrying his laptop computer. He was obviously surprised to see Angela. But he smiled at her and put his computer in the van. Then he closed the van door and turned and looked expectantly at Angela.

Angela swallowed, tried to smile, then said in a quavery voice. "Ted, please come home and look after me." Then she burst into tears.

Ted was silent for a few seconds. Then Angela saw his lower lip quiver and his eyes fill with tears. Instinctively she flew into his arms and he held her tight. They both stood there hugging and weeping openly. Then Ted lifted Angela up in his arms and carried her inside the flat.

"Of course I'll come home Angie" he said. "Of course I'll come home." Tears were still running down his face. "My fridge has broken down anyway," he added with a silly grin.

He stood Angela down on the floor then recovered his composure quickly. "I'll move back tomorrow night Angie."

Then he smiled at her and said, "Isn't that the dress I bought you years ago?"

Angela nodded and wiped her eyes. "Oh Ted, I'll be the best wife in the whole world. I promise."

As Angela drove home, the lump in her throat disappeared and she began to feel elated. It all seemed so unreal. Like a dream.

When she told David and Tiphony that Dad was coming home, David became highly excited and did cartwheels in the lounge. Tiphony hugged her mother and cried with joy.

Later that evening, after David and Tiphony had gone to bed, Angela heard what sounded like Ted's van come up the driveway. Cautiously she went to the door and peeped out.

Suddenly Ted loomed up out of the darkness, lugging two suitcases and grinning all over his face.

"I couldn't wait till tomorrow," he said.

"Is that Dad?" called David's voice from his bedroom. Then



David came running out, followed by Tiphony.

“Hi David. Hi Tiphony,” said Ted, “Dad the King’s home.”  
He caught them both up together in his arms and hugged them tightly.