**How to be happy in your family life**

Good evening Ladies! Today we speak about relationships between man and woman. I tell you why you have conflicts in your family and give advice how can avoid this conflicts. Men and women are different creatures. They approach things differently and it is the root of some of the problems. Conflicts occur between men and women very often and prohibit mutually fulfilling loving relationships. Men and women cope with stress and problems differently. Women actually differ from men in that they prefer to talk about problems and vent their feelings; men think it’s far more efficient to sort things out on their own. While men value power, efficiency, competency and achievement women value love, communication, beauty and relationships. Men experience fulfillment through success and accomplishment but women experience fulfillment through sharing, relating and nurturing. Men are interested in the news, weather and sports, in «object» and «things» rather than people and feelings as for women are interested in romance, shopping and self help-books. We are concerned with living in harmony, community and loving cooperation but men are concerned with outdoor activities, like hunting, fishing and racing cars. Men really take pride in being able to do things and achieve things actually without help, totally on their own, as for women pride themselves in being considerate of the needs and feelings of others. Men fantasize about powerful cars, faster computers, gadgets, gizmos and new technology. But women fantasize about romance and family. I made many examples, which come between the sexes. And now, I give you some advice. The best thing to do is be aware that we’re different. Realize that men and women have a different style of approaching things and then learn to put up with it. We must respect and accept differences between us. We can counteract these differences in communication styles, emotional needs, and modes of behavior, promote a greater understanding between individual partners.

Nowadays, fast food attracts people more than homemade food. Fast food is any food that is quick, convenient and usually in expensive. Fast food is more common because people are always busy, and in a hurry, so they head towards fast food restaurants to save their time. Fast food is convenient and people can find it in all places. Fast food is inexpensive because it’s usually made with cheaper ingredients such as high fat meat and added sugar and fats, instead of nutritious foods such as fresh fruits and vegetables. Most fast food restaurants are generally bad for people’s health, because bad quality of ingredients is used. It’s true that fast food is usually high in fat, calories, cholesterol. If you eat too much fast food over a long period of time, it can lead to health problems such as high blood pressure, heart disease and obesity. On the other hand homemade food has less attraction than fast food. A reason for this is that homemade food needs lots of time until it gets ready. Homemade food is very nourishing and fat, but you must be sure, that this food made with qualitative produce. Homemade food is much healthier than fast food, and therefore, people will enjoy eating their meals without thinking of health problems.

This question is very important for our people. Some people think that life in the country is more enjoyable. Others say that city life can open up plenty of opportunity. It is no doubt that life in the country is less stress, less traffic and less smog. It’s main reason for older people. But people can’t find a job in the country. It’s widely recognized that it’s easier to find work in large cities. There is no doubt that there are many facilities for young people in the city: nightlife, music, free time facilities, pubs and clubs, cinemas and the chance to meet other young people more like. If young people decide to leave their homes in the country, then they reckon the social side of things. Some may argue that living in the country side is easier for a certain number of advantages. People don’t have to suffer from breathing problems thanks to clean atmosphere, which makes countryside an ideal area in which elderly people can rest and stay away from the hurry of city life. I think that living in a big city is better than living in the countryside. There are more opportunities for continuing education, like going to colleges. People might be thinking about facilities for their families in the future, like being near good schools.

I have always wanted to live in the big city, for example in Barnaul. Everyone always tells me it’s not a good place to live because it’s dirty and anything can happen to you there. It’s as dangerous to live in Barnaul as it’s to live in other big city. You have to be sensible, take the normal precautions: for example don’t walk down a street and stare at somebody, don’t walk home alone and go down unlit alleys, dark alleys at night. But in Barnaul practically all street illuminate and in the whole our city is not a particularly dangerous city. In Barnaul there are many people and tourists. You must get to be really careful in crowd because there are a lot of pickpockets and they can steal something and run away. I think it’s stupid to try and be a hero. I mean you could get very badly hurt and all they want is just money. But in our city there are many police and they watch over the safety of the inhabitants. Tourists are easy targets. They stand out in a crowd, thieves know they’re probably carrying money and documents around and they don’t speak the language, and they’re vulnerable. You must always remember that in every city there are certain areas you don’t go into.

A conversation is communication between two or more people. It is the informal exchange of ideas, information, thoughts and opinions. For a successful conversation, the partners must be able to take an active part. The conversation flows, when both partners are on the same wavelength. I really like it when my partner wants to keep the conversation going and doesn’t hunt around for things to say. And it’s pleasant when my partner shares my joke or my ideas or something like that. I think a good conversation must be animated, riveting, meaningful and hilarious. The conversation is frustrating, when a partner doesn’t like to be able to take an active part. I really hate it when someone drones on and on in a conversation and responds with monosyllabic answers. I really can’t stand it when my partner doesn’t want to work to keep the conversation going, that’s why he hunts around for things to say. It’s really unpleasant when someone butts in when you’re in the middle of a thought. A good conversationalist is a person who doesn’t butt in when you’re in the middle of a thought. He has a sense of humour about things and has got a point that they want to put across during the conversation. A good conversationalist gives you a chance to speak at all.

All people have many wishes and dream that all wishes come true. According to superstition there are lots of occasions when you can make a wish. When you blow out all the candles on your birthday cake, or if you can catch a felling leaf in autumn. But remember, never tell anyone what you wished for. Another tradition associated with wishes is that of the wishing well or fountain, often found in the main square of a small town. If you throw a coin into it you can make a wish. And of course many traditional fairy tales are built around a mystical figure who can grant three wishes, such as the fairy godmother in Cinderella or the Genie in the Lamp.

In our life there are many superstitions and each person is superstitious. I am interested about superstitions, where they came from. We distinguish good and bad superstitions. There are international superstitions and superstitions which exist only a certain cultures. In each culture there are superstitions about: a breaking a mirror, thirteen, the bride’s dress, the evil eye and touching wood. A breaking a mirror comes from the belief in ancient times. If you break a mirror, you will have seven years bad luck. A thirteen is unlucky can be traced back to a Scandinavian myth. There were originally only twelve gods and then along came the god Loki to make thirteen. She brought suffering to people. People avoid planning important events on Friday 13th. The evil eye came from Mediterranean countries. This superstition refers to the fact that if you say something good about someone, you might bring them bad luck. Touching wood is in many Christian countries. «Touch wood» is a superstitious expression that is supposed to prevent bad luck. Often people actually touch wood as they say it, and if there is nothing made of wood within reach. Italians think you’re lucky to hear a cat sneezing. If an Italian sees a nun he will seek to touch a metal so that the luck doesn’t leave him. Every typical Greek house has a cactus growing near its door it saves from troubles. In UK it is believed that you would be lucky if you meet a black cat.