

Finding the 'Pease' in

By Vanessa Finnigan

Allan and Barbara Pease are not only internationally renowned in the book publishing industry (with over 25 million books sold in over 100 countries, including 15 best sellers) they are also a dynamic 'husband and wife' team. Their work together has helped individuals and couples all over the world understand and embrace gender differences in order to bridge the gap.

The Pease's have been a couple for 21 years and worked together for all but six months of that time together. They share six children between them, travel the world together and still manage to keep the magic alive!

Although they said for the first few years together their relationship was challenging and their first few books reflected these life experiences with honesty and humour. Further research helped them to make sense of their experiences and share these insights with the world.

So this month I was delighted to speak with the very witty and pragmatic

Allan Pease (who had me laughing most of the time) about how couples who work together can actually find a way to stay together...

Firstly, Allan and Barbara believe it's important for couples who work together to have really good boundaries and separate work from home life.

He said he and Barbara work in separate offices but bounce things off each other during the day and make decisions about work together.

"Couples working together successfully are not common. Because they have difficulties identifying when they are at work and when they are not," said Allan.

So what happens if you have to tell your partner something about how they've performed at work or something that has gone wrong?... Well there may be some fireworks but maybe not in the bedroom for a little while!

Allan said, "Barb and I have never had a business argument ever, we've had plenty of personal ones, but we've been able to separate exactly what each of us

do in the business. Her lines in the business are very clear and I don't cross them or comment on them unless necessary and vice versa."

He believes a lot of couples generally bring work issues or stress into the bedroom and that's where your sex life can take a dive. He said the bedroom should be reserved for sleeping and making love and suggested having the big discussions before you go to bed and in another room other than the bedroom. Allan suggested 80% of business conversations that are spoken about in the bedroom are not exciting or generative, it's more about the routine of what happened; who didn't do what, who didn't pay their bill... Yeah not exactly aphrodisiac material!! He said the other biggest passion killer for working couples is watching TV in the bedroom.

On a positive note he said the advantages of working together are pooling resources and you can amplify the results of what you create compared with what you can achieve as an individual. Allan believes his connection

relationships!

with Barbara is very special, "My criteria for looking for a life partner was looking for someone I could work with, share everything together and have a damn good time."

He said in many ways the key to a good relationship is understanding and working with the differences between how men and women communicate and function.

Men and women handle stress very differently! "If a guy is stressed out about something he usually stops talking. As men we deal with problems in our head. We go through the issue over and over again and then try and come up with a solution and if anyone wants to talk to us about it we don't really want to. We've got a room in the head called the 'nothing' room where we actually think about nothing," he said.

Allan commented that it's often difficult for women to understand this as they don't process things in the same way. A woman may also think her man is trying to hide something by not talking. Allan's advice for women during this time

is, Give him a cup of coffee and go shopping with the ladies! A man benefits from hearing his partner utter these words: "I know whatever it is I have complete faith you're going to be able to come up with a solution to this."

Allan said most women want to deal with issues in 'women terms' 'to get him to talk about it' and comfort him. Women deal with their partners the way they deal with their female friends but it sends the message to their partner that he's incapable, 'you poor bugger you can't solve it yourself'. When a man finally talks about the problem, it's usually with solutions and men congratulate other men on their solutions.

Women like to talk and not just once, sometimes many times. They like to talk and hear themselves talk so they can de-stress without focussing on solutions. Allan believes as a man, you need to be able to identify 'is she talking to ask me something or is she talking to de-stress.' 'The point of the talk is not the point, it's the talk itself. Allan said, "When Barbara wants to talk to me about an issue, she



wants me to be present while she's downloading without giving solutions."

Whether you are working together as a couple or not there is always more room for 'allowance' of the differences in the way we each communicate and see the world. Allan said, "We are not better or worse than each other we are just different. If you can deal with those differences with strategies, life will be good."

For a full menu of their best-selling books and info about their tour dates and workshops please visit
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