

“The Love Game Soup to Nuts”
Janice Spindel & Lenore Millian, Ph.D.
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Q & A: Janice Spindel & Lenore Millian

Matchmaker Janice Spindel and Marriage Therapist Lenore Millian, Ph.D. take the romantically inclined right up to the alter and beyond.

One woman has a knack for bringing lovelorn souls together; another has a plan for keeping the passion burning ever after. Janice Spindel, owner of Serious Matchmaking, a boutique matchmaking service, brokers romance for affluent men and women on the fast track, who are too busy to find love on their own.

Lenore Fogelson Millian, a psychologist with a marriage-counseling practice in Woodcliff Lake, NJ, is the co-author of *The Second Wives Club: Secrets for Becoming Lovers for Life*, a guide for women involved in a second marriage. In an era when the average marriage lasts six-and-a-half years and the second marriage just four-and-a-half, Spindel and Millian are very busy. They claim to know the secrets to romantic happiness.

New Jersey Life: *Is this time of year busy for you?*

Janice Spindel: The busiest. People are inside now and not meeting, like at the beach or something. Around the holidays, people begin to flip out.

NJL: *What makes you, a former fashion executive, a good matchmaker?*

JS: I have always – always – been a people person. And I was always fixing up friends to meet. I had this knack. Seven years ago, I really started concentrating on hooking people up. A matchmaker was born.

NJL: *What’s your role?*

JS: I’m a mother; shoulder to cry on; shrink; like you wouldn’t believe; fashion consultant; date and relationship expert. You name it.

Lenore Fogelson Millian: In a second, or third marriage, there are so many more complexities than there are in a first. A woman often has to deal with a former wife, children, a mother-in-law, fond memories and a husband’s friends made during another marriage. A woman believes these issues don’t matter, that she is starting from scratch and she enters believing it is a fairy tale. Well, reality hits you from all sides, quickly.

NJL: *What do you recommend?*

LFM: In my book and in therapy sessions, I apply the acronym **LOVERS**: **L**oyalty; **O**penness; **V**alue of **T**rust; **E**mpathy; **R**espect; and **S**tability of **C**ommitment. These principles have to be present to keep the relationship in harmony. Therapy to them will see a couple through many trouble spots, whether it involves ex-spouses, children or a demanding mother-in-law.

NJL: *What typically arises as the top issue for women who have remarried?*

LFM: A husband’s children, whether they are 4, 14 or 24 years old. They are the constant reminder of the former marriage. Often, the father feels very guilty because of the divorce, which, let’s face it, is very tough on children. So, fathers will engage in a lot of compensatory behavior that can come at the expense of his relationship with his current wife.

NJL: *Any others?*

LFM: Women come to me with some very strong feelings about what I call the “three-in-a-bed” phenomenon. It comes up over and over. Women complain that they feel as though an apparition of the first wife is hovering over the bed. People develop habits over the course of a marriage. Sex is no different.

In general, women have to be careful. In wanting to avoid the pitfalls of a husband’s former marriage, they may overreact to situations, jump the gun and aggravate a situation. It could stem from their own unconscious needs or personal insecurities. There are an endless list of challenges, with all sorts of permutations for each.

NJL: *I see that each chapter of The Second Wives Club is devoted to presenting a common challenge and offering solutions, based on examples from your marriage practice in New Jersey.*

LFM: A former wife, as an example, can really pack a punch in your marriage. The key thing, however, is immediate resolution: being aware of a problem, defining it, applying a solution, using short-term behavioral and relationship skills and embracing the idea of **LOVERS** as a guiding light.

Marriage is like a garden. It needs constant watering, nurturing and weeding. Without it, a marriage will become a weed-choked thing.

For further information about Serious Matchmaking: (212) 987-1582 or (973) 763-0487. For a copy of The Second Wives Club: www.amazon.com; for Dr. Millian’s counseling service: (201) 934-7788.

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