



Georgiy:

... We met in 1968, in Alushta, a town on the Black Sea. I initiated our acquaintance.

As a well-mannered man, I began talking about the weather, nature, & women's fashion. And then, when Galina responded, I tried to give positive estimation of her physical and psychological merits.

... Love, (if it's true love), affects other human feelings. People who are in love become more clever; they get more creative intuition, energy and other positive abilities and qualities. They become more talented, responsible, sincere, attractive... more humane. And, which is most important, more interesting end necessary to each other...



Some rules I follow in my marital life:



1) In any situation show my wife that I like her more than other women.

2) Emphasize constantly, my wife's hardworking, her house-keeping ability.

3) Pay attention to my wife's work. Question her about the job, soothe and comfort her.

4) Converse with her about bringing-up the kids, literature, art; about everything that can interest her.

5) Consider the upbringing of our kids to be my main family duty.

6) Try to keep the apartment in order and actively help my wife around the house.





Doctor of Pedagogical Sciences  
Director of the Institute of  
Education The leading science collaborator of the Russian Academy of Education (Saint-Petersburg)

The author of more than 100 publications about Valeology and disciplines related to it including 15 books for schoolchildren and teaching: "Children, Grow up Healthy!," "Moidodyr's Lessons," "Aibolit Lessons," "Znaykas's Lessons," "Your Health: Strengthening of Constitution," "Your Health: Regulation of Psyche," "Your Health: Forming of Sexuality," "Pedagogics of Happiness," etc...





From the introduction to G. K. Zaizev and A. G. Zaizev's book "Your Health: Strengthening of Constitution." (The book is intended for teenagers):

... "The book helps you to look inside yourself and start thinking: 'Am I doing everything right for my health?'"

... "On the basis of self-analysis you'll be able to make different changes in your lifestyle and control, in this way, your own health."





Galina:

... She thought about creating a family. She paid a lot of attention to how she was courted, because courting is a type of checking a future husband for his ability to love. "Not less important for me was to meet a morally and physiologically healthy person, without bad habits, with good physique and professionally purposeful."



Some rules I follow in my marital life:

1) Strive to preserve the role of the formal leader in the family to the husband.

2) Take care the husband looks well outdoors; is fresh, cheerful, and neat.

3) Try always to be attractive for the husband. ( Not only outdoors, but first of all, at home)

4) Further the social growth of the husband. Support his social aspirations.

5) Try always to be informed about husband's business. Strengthen his confidence of being a talented person by invigorating and supporting his work initiatives.

6) Create for the husband a comfortable psychological atmosphere in the house so that he can better recover and prepare for the upcoming work.





... Dramatic actress who is looking for "her director." "I keep performing in episodic movies. But principle time I spend with my husband, my sons, and grandchildren.

I pay as much attention to them as they require, don't torture them with interrogations, and try to inspire them to new creative activities.





A mother, from the first days of a child's birth, is its main protector. She takes care it is satisfied, warm, clean, has enough sleep, etc. But from about 3 years of age and until the period of full maturity, the leading role in the kid's upbringing must belong to a father (a man).





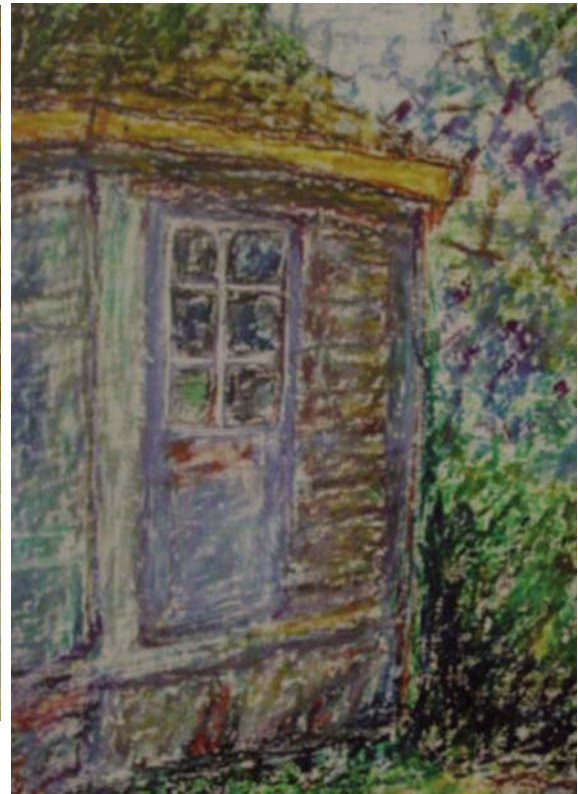
Anton: My parents paid much attention to me in my childhood. We made tours together to those places I was eager to visit. I was allowed to do any work I volunteered to do ( If needed, they helped me.) I was not overprotected. They gave me the possibility, sometimes, to stay alone (For example, at times when I was creative.) I loved to create: (draw & compose), analyze and generalize, and play in theatrical and active games. I loved reading books and watching TV programs where good conquered evil. My parents often were collaborators with my work.





In my teens I showed interest in self-analysis, in self-estimation, in discovering my merits and peculiarities. I loved to create, and was looking for interesting causes for myself. I worked out an individual healthy lifestyle. I refused friendship to no one. At the same time, nobody from the friends were picked up. I practically did not think about the future as I was too busy with my own thoughts and experiences in the present.

In my youth I used to love to create and communicate with other people of the same age and adults. I solidly prepared for the career of professional doctor. I was trying to be perfect: I was developing the body, creative abilities; increasing cultural lifestyle.





He defended dissertation and graduated from Military Medical Academy; . Married, he has two kids.

"I spend spare time with my kids. I create (drawing, sculpturing), write (coauthored with my father) books about healthy lifestyle for teenagers & adults."





From the introduction to G. K. Zaizev and A. G. Zaizev's book "Pedagogics of Happiness":

... "The main goal of this book is to show that, from the beginning, love connects human beings with their ability and need to show this feeling. For love and family life, you should prepare seriously on moral and valedological levels. Only then, it is possible to count on meeting a sexually mature person and form a happy conjugal unit."





Lubin: In my childhood, my parents didn't make me do anything I didn't like. They never punished me. In advance, they discussed with me, games, occupations, going for walks (to the stores, for example, & what toy to buy). They played and spent time with me as much as I asked for. They taught me to react correctly to subjects and events. They discussed with me all fears and other negative conditions. They tried in case I got disappointed and sad.



At present time I work in cloak room in the library, attend basketball section, music studio & also sculpture. I love reading encyclopedias and other cognitive books



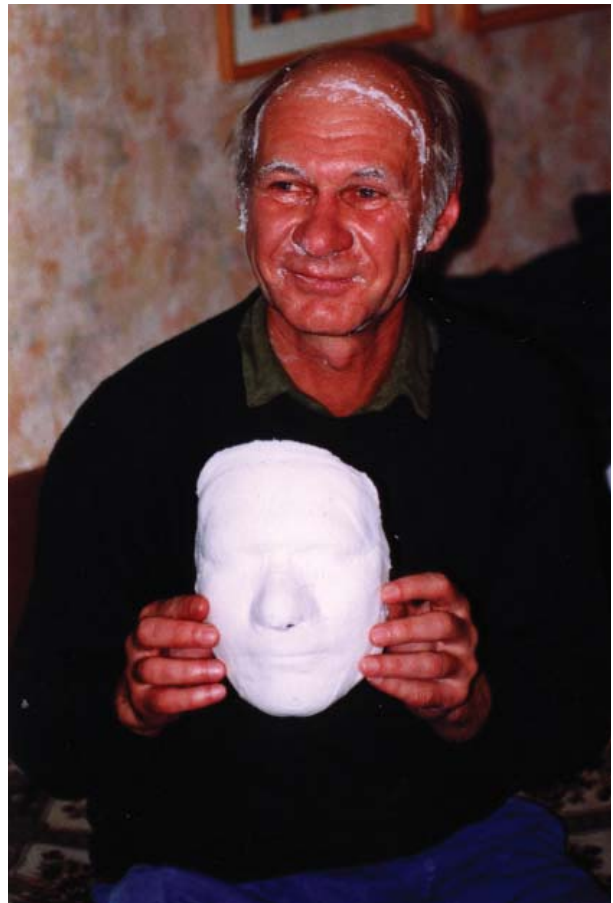
At my teenage years and after, my own discoveries and achievements made me happy. Best of all, I used to like winning at "33" (throwing a ball into the basket on the basketball court). My personal record was 10 well-aimed shots in a row. I didn't like to be off. I looked forward to making friends with boys. I invited them to my place to play and tell tales. And they, using my kindness, stole my toys. My best friend was, and still is, my elder brother. He went for walks with me, and taught me sculpturing & drawing and other interesting things.





In a successful family, all its members (parents and kids) feel themselves better than anywhere else. They get strength, find sympathy, understanding and support there.

In a successful family parents and kids can not hide their joy, they talk about their pains and failures. Disagreements, quarrels and other life's hardships do not accrue in such a family. In a successful family parents and kids are full of energy, they feel free and confident. Their appearance (bearing, gait, face voice, look) shows that they are happy.





Georgiy



Galina



Anton



Lubin



This is a very interesting family. I was truly delighted working with them. I think this family differs from other families, in the first place by their outlook on life in general. This is the family of scientists and simply creative people. The father has a Ph.D. of Pedagogical Sciences. The mother is a former actress. The elder son is a M.D.; however this fact does not stop him from painting and creating beautiful paintings. The younger son studies ceramics, it is his hobby. Peace and well-being prevails in the family. Everybody respects each other, and every family member performs his or her own function. It's a very interesting family, and I was glad to work with them. I think this family is different, and most of all by their insights.

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