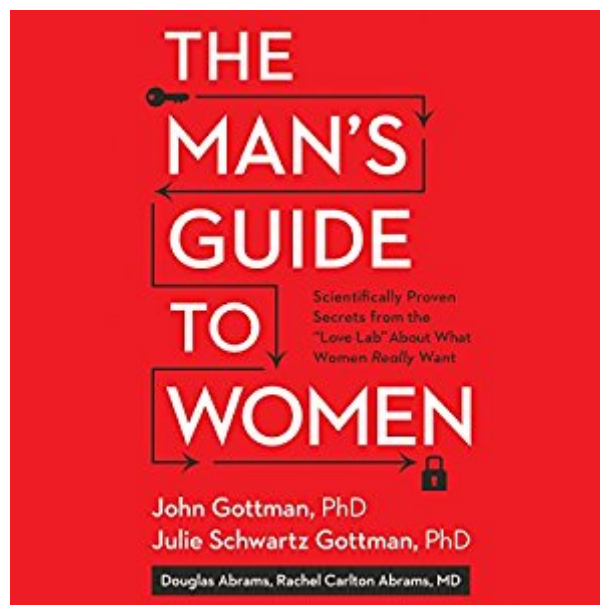




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# The Man's Guide To Women: Scientifically Proven Secrets From The "Love Lab" About What Women Really Want



## Synopsis

A great "philosopher" once said, "Trying to understand women is like trying to smell the color nine." But the fact is, men can understand women to their great benefit. All they need is the right teacher. And, arguably, there is no better teacher than John Gottman, PhD, a world-renowned relationships researcher and author of the best-selling *7 Principles of Making Marriage Work*. His new book, written with wife Julie Gottman, a clinical psychologist; Doug Abrams; and Rachel Carlton Abrams, MD, is based on 40 years of scientific study, much of it gleaned from the Gottmans' popular couples' workshops and the "love lab" at the University of Washington. It's written primarily for men because new research suggests that it is the man in a relationship who wields the most influence to make it great or screw it up beyond repair. *The Man's Guide to Women* offers the science-based answers to the question: What do women really want in men? The book explains the hallmarks of manhood that most women find attractive and helps men hone those skills to be the men women desire.

## Book Information

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## Customer Reviews

I bought this book because I am a woman in a destroyed marriage trying to understand my probably soon-to-be ex-husband better. I'm a scientist and a feminist someone who would instinctively cringe at a title like *The Man's Guide to Women*. I bought it mainly because I had read Gottman's other books on communication in relationships and found those well-researched, reasonable, and helpful but honestly, I wasn't expecting as much with this one. I ended up reading it several times over. I would agree wholeheartedly with Gottman's descriptions of what women want, how women flirt, how

women process emotions, how women communicate, and how women feel comforted and loved by their men. The only thing I would disagree with in this book is Gottman's support of "space-maximizing behavior" like manspreading. Noo! Encroaching on my leg space to show your dominance is not attractive, research be damned. On the whole, though, I understand myself better, and I also understand better some deeply painful conflicts I've had with my spouse that are apparently extremely common in heterosexual relationships. I understand my man better. As a woman in a failing marriage whose issues with my husband are highlighted throughout (and it goes both ways - Gottman correctly identified my husband's complaints about me as the most common issues men have with women), my needs and perspective felt validated in this book. If you've ever been in a failing relationship, you know those self-doubts "is it mostly me? Am I being unreasonable or crazy asking for this from my partner and my relationship? Ladies, if you are going through a painful and confusing breakup, this is a surprisingly therapeutic book to read, as well as a solid guide on what to look for in your next mate. And men, listen to Gottman. If you have a woman whom you love but you're stuck at an impasse in your relationship, put your wall down. Try following Gottman's advice for a month or two. You have nothing to lose but so much to gain, even if your situation with this particular woman doesn't work out. If you're a single man who has read this book and you are this "hero" Gottman describes, go forth and spread Gottman's recommendations to your male brethren. And if I'm single in six months, call me!

John Gottman is a well known expert on marriage and relationships. This book is a bit simplistic, but is backed by the research and experience of the authors' practices.

It was really interesting to look at the reviews of this book and then read it myself. What's all this bristling about Hero vs. Zero? In the end it seems a shorthand for the emotion a woman must feel when hurt by an insensitive man. Short, sweet, and to the point. This whole book after all is supposedly from the emotional perspective of a woman. Why three stars? Just did not have the feel of a typical Gottman novel so failed to meet my expectations.

Best book I have ever read, explains the crazy species we call woman. I have bought this book as gifts, too many times as men think we have it all figured out and are too hard headed to realize we don't. Gottman helps make sense of it all.

Straight forward, humorous, authentic, and real! This book is a must read for all men so they know what the woman in their life wants and needs. And for fellow women, so we don't ignore what we already know.

A very good book that all young men could benefit from. I got one for myself then one for each of my sons. I wish I would have had it years ago.

Inexpensive and Worth the Price!

I wish I had known the advice here before I lost my best friend making all the mistakes a clueless young man could. They need to incorporate this into social education for young men.

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