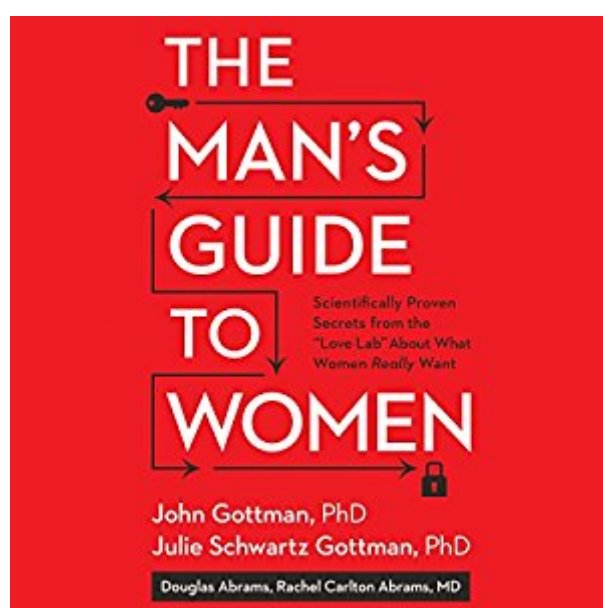


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# The Man's Guide To Women: Scientifically Proven Secrets From The "Love Lab" About What Women Really Want



## 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

The book comes from a simple premise: what do women look for in a man. This is not a pick-up book, nor a hook-up book, and, looking past its mildly provocative title, a straightforward yet humorous reference book. If anything it is a "keep it up" book; how can man can build and sustain a relationship with a woman. As the book sets out straight from the beginning, this is no small and easy task, and fortunately approaches in an accessible, and occasionally humorous way. (A favorite, right off the start was a Will Ferrell quote "Trying to understand women is like trying to smell the color nine" as well as quotes from Stephen Hawken and Freud, all

apparently befuddled by women too.) The book speaks plainly about the number one need: trustworthiness, what that means and why it is important. The book goes from understanding, dating, romancing, making love, living and loving a woman for a lifetime, which is a serious amount of ground to cover in around 200 pages. Realistic? Well, it is not meant to be an exhaustive tome, but for the truly clueless, it certainly provides an earnest starting point in working their way into positive and fruitful relationships (even down to a basic anatomy lesson). With its direct insight, humor, and frank information, this book is a great reference guide and primer for those who need a bit of insight and help into understanding our companions in life.

I've been a fan of Gottman since working in a marriage workshop in the late 1990s. His works on marriage are the gold standard. This book, however, is another animal entirely. Instead of a guide for couples, this is a guide for men only. The result is not half as good as a couple's book, but twice as good -- because the advice and information is not dependent on what another person agrees to learn. 99.9% of this book empowers a man to understand what he can do better, why it is better, and how best to do it. There is precisely one bit of advice, at the very end of the book, that requires the cooperation of your spouse (and that only requires 6 seconds of her cooperation). The book takes men from being entirely single to attracting the woman across the room who he hasn't even noticed yet, to the first meeting, the first date, the first two years, all the way to the end of a lifetime. The advice is backed by scientific information, statistical information, and anecdotes; all in short 10 minute long chapters that are entertaining to read. I wish I had this book decades ago. It would have saved me from being in some of the bad relationships I was in, and would have made the good ones better. I could not possibly recommend any book for men more highly than this one.

Guys - read the reviews for this book carefully. If you are 20, 30, 40, 50, or 60, this book still will make an impact in your relationship with women. It helped me understand why my relationships failed, what I could have done differently, and why women are both mysterious and captivating. To call it "an owners manual" for women would be condescending, but if you REALLY want to understand how women can be pivotal to your life, your career, your happiness, you MUST read/listen to this book. Women are key to us (girl loving guys) and this will help you understand both the specialness and uniqueness of your woman, as well as what she needs from you to keep her happy. I wish this book existed 40 years ago, I would have definitely made other choices in relationships. Girls, buy this book for your guy, and help him understand what you need to be happy for a lifetime, and love him forever.

Should be the first book men read about dating and having a relationship with women. This book gives you an excellent overview about what makes women happier in a relationship. This book will give you an excellent foundation for starters. It is not based on theory like others. This is based on research. It explained to me many of the quirks that men don't understand about women. Why does it take so long to buy a pair of shoes? Chapter was great on understanding one of those Quirks. After you find someone you want a long term relationship with The Art and Science of Love self study by the Gottmans is the more in depth course on improving intimacy and communication. It will give you the rest of the plans to build a wonderful relationship.

I know a man who has every woman he meets read "The Proper Care and Feeding of Husbands" by Dr. Laura Schlessinger. He believes he has to do nothing but lay back and wait for these women to 'get it'. I keep telling him it takes 2 to make a relationship work, and this book proves the other side. It was a gift to him.

I've been following Gottman's work for a while now... having read the 7 principles book he wrote in 99 and listened to numerous podcasts and youtube videos on him... he's by far the leading expert in relationship advice in my opinion... It's important to me that every piece of advice that he gives is backed by real research (a lot of which he did himself). If you want clinical psychology of women, this is not your book.. this book is an easy to read guide that basically lays out excellent principles that can help all men w/ women... I'm sure he wrote this book b/c through his numerous seminars, men kept asking him "what do I do in this situation" and now he can be like "read my book." What this book is not: 1) a guide to pickup women (read Neil Strauss for that) 2) an indepth psychology book on relationships (it explores each principle in a chapter, but each chapter could be a book in itself if Gottman wanted to write one) What this book is: The best quick-read guide for creating a great relationship. I found myself highlighting almost every page. You have to remember that Gottman has 40 years of research and has published over a dozen books, so when he came out with this, it's a very refined and straight to the point guide that can help us men navigate a very confusing species. Give it a read!

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