For Couples Only: Eyeopening Insights about How the Opposite Sex Thinks by Jeff Feldhahn

I've Been Raving About This 2-Volume Set!

In 2004, For Women Only burst onto the scene to rave reviews from women who were thrilled to finally discover the truth of what men are really thinking about. Two years later, For Men Only provided an eye-opening counterpoint, with straightforward revelations for men about the seemingly mysterious ways of the opposite sex.

Since their debut, these fascinating guides to the inner lives of men and women have become perennial bestsellers, selling over 1 million copies. Now the two books are available as a boxed set, the perfect resource to get couples talking together about what they really want and need from each other.

Each book is based on a nationwide survey and more than 1,000 personal interviews. This innovative approach yields candid and surprising answers about the things each gender doesn’t “get” about the other, along with practical ideas for how best to love and support the people they care about.

Ideal for small-group discussions, marriage and premarital counseling, or simply helping a couple grow in intimacy, this boxed set provides fresh and relevant tools for building better relationships.

Features:
I like this set so much I am buying a copy for each of my brothers, so they can (hopefully) skip some of the mistakes I made in my first marriage. The best gift I can give each family member is a happy primary relationship, and I think this is the best means by which I can give it to them.

For either gender, this set seems to be the closest thing imaginable to an "owner's manual" to the opposite gender. I wish I'd had this available years ago, to avoid some of those situations when walking on eggshells seemed inevitable. I've always believed in respecting the differences between people, but it's exponentially easier when you know precisely what the differences are!

Without trivializing any one trait, this married couple co-authors a simply & factually written guide to understanding the psyche of your significant other. I can't imagine how much good they have done for couples who read these volumes. I bet most readers get only a few pages in before exclaiming "WOW," because it's rare that the other gender will open up so completely and so fearlessly to give us a clear glimpse inside their psychological map. After I received my copy, I read both volumes, discussed them with my boyfriend, then lent them to his daughter. I hope to share this treasure with many more people!

The volume about men began accidentally, when the author discovered (while researching a novel) that her understanding of the male psyche was much less deep than she thought, and began to see her research as more applicable to a self-help book than a fictional story. Promising anonymity encouraged several male acquaintances to level with her, and she discovered a new understanding of "normal" for a man's inner world. Surmising that very few of us women would attempt such research, and that very few men would be willing to lay themselves bare to a loved one, she collected hundreds of answers about the issues that are core to the male psyche. Then she started to give out this info in her couples' workshops, and got even more insight. Then her husband went with her to several such workshops to gather intel, and wrote the companion volume for men, to explain the things that confounded men about their female significant others. Both books are strong enough to stand on their own, but are more useful to established couples in tandem, so each person can explain or answer questions about their own gender, then ask some questions of their partner, all based on the insights presented here.

The volume "For Men Only" gives a pretty accurate description of typical womens' wiring, touching on the subjects of differing sex drives, our perceived obsession with beauty, the ability to mentally multi-task (and inability to stop multi-tasking) emotional "flashbacks" to episodes/memories that were seemingly resolved, and a few other female idiosyncrasies. Although I consider myself an atypical woman in many ways (and others have strongly agreed with this assessment), much of this information is still true, to a degree. There's even a short, one-page "abstract" of the topics,
for men who only have 5 minutes to peek inside the book before deciding whether to continue.

I found the "For Women Only" insights to be quite useful too, and discerning about how to explain a man's mental terrain so that a woman can best comprehend it. Although none of the topics were surprising, I was startled by the superficiality of my previous understanding. This volume covers men's drive to perceive themselves as providers, the centrality of the sex drive, the need for respect (especially in public) from near & dear (particularly spouses), and ability to compartmentalize mental issues/topics, and a few other male idiosyncrasies.

For all of us in a committed, healthy, heterosexual relationship, who would like to avoid stepping on an emotional landmine, this is worth the price and the time it'll take you to read it the first time. I bet my next paycheck that you will then decide it's worth reading at least one more time, and lending out to someone else who wants to have a healthier relationship with their significant other. Just remember that individuals will vary within the range of "generally true information" presented herein.

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