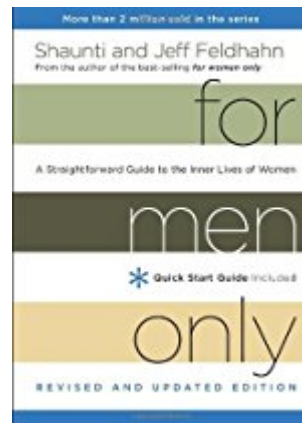


Book For Men Only, Revised and Updated Edition: A Straightforward Guide to the Inner Lives of Women By Shaunti Feldhahn, Jeff Feldhahn



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Review Praise for For Men Only “Once again Shaunti and Jeff Feldhahn have unearthed a treasure chest of insights that are not only eye-opening, but life-changing.” —Andy Stanley, senior pastor, North Point, Alpharetta, GA, and bestselling author “In our weekly couples’ study we read and discussed both For Women Only and For Men Only over the course of several months. They were fascinating and very helpful. The findings in For Men Only about how women think are so enlightening. My wife and I think these books should be required premarital reading!” —Comedian Jeff Foxworthy “When we featured Shaunti’s books on Family Life Today, the phone rang off the hook! When Shaunti and Jeff come back on our broadcast, I’m buying some more phones. For Men

Only is fresh and relevant –good stuff for every marriage. Read it!” —Dennis Rainey, President, FamilyLife Today “If you’ve ever asked, ‘Why does she do, think, or say that?’ then you’ve got to read this book. Shaunti and Jeff not only answer this question, they eliminate the confusion that has kept far too many men from bridging the gender gap.” —Drs. Les and Leslie Parrott, bestselling authors of Love Talk “Most of my work helping passive Christian men become more like Jesus involves how best to relate to women. I’m going to make sure to keep a case of the Feldhahn’s excellent book handy at all times.” —Paul Coughlin, author, No More Christian Nice Guy “Men, we’re supposed to love our wives and live with them in an understanding way. That’s the clear assignment God gives each of us in the Scriptures. So buy this book, read it a couple of times, underline a few key ideas, and then keep it where you can review it regularly. It will help you be the husband God wants you to be.” —Bob Lepine, cohost, FamilyLife Today Praise for For Men Only and For Women Only

“Whenever Shaunti Feldhahn appears as a guest on the Focus on the Family radio program, we know that listener response will be enthusiastic. She has a way of connecting with the audience that is unique and compelling. We’re thankful for the unique perspective she provides not only to the Christian community, but to the culture at large.” —Jim Daly, President, Focus on the Family “These are the books I pass out to people as the best on the subject. Shaunti Feldhahn has the rare ability to do impeccable research and then make her findings incredibly practical. There is something to learn on every page.” —Jim Burns, PhD., President, HomeWord, author of Creating an Intimate Marriage “Whatever Shaunti Feldhahn researches, read. Actually, do more than read...study! Shaunti’s ability to ask the right questions, find the right answers and communicate the results clearly and practically sets her apart as a gifted researcher. Her content guides and changes lives.” —Emerson Eggerichs, Ph.D., best-selling author, Love and Respect “Shaunti Feldhahn has a unique gift for helping men understand women, and women, men. Her books, For Women Only and For Men Only, are the best I know at providing rich and practical gender understanding that can be used immediately. I highly recommend both all the time!” —Robert Lewis, author of Raising a Modern-Day Knight; founder, Men's Fraternity

About the Author Jeff and Shaunti Feldhahn are popular speakers and best-selling authors whose research findings are regularly featured in national media as diverse as Focus on the Family, Family Life, the New York Times, and the Today Show. The Feldhahns have two children and live in Atlanta, Georgia. Excerpt. © Reprinted by permission. All rights reserved. Rethinking Random Why you need a new map of the female universe Like some guys I know, you might be tempted to skip this introduction and jump right to the sex chapter. And if you’re chuckling right now, it probably means you already did it. Or were about to. It’s not a bad choice, actually. Just a little selfdefeating. If you’ve been in a committed relationship with a woman for more than, say, a day, you know that going just for what you want isn’t actually going to get you what you want for very long. A week, maybe? But let’s be honest—one of the main reasons you’re looking at this book is because you are trying to get something you want. Not sex (well, not just sex), but a more fulfilling, harmonious relationship with your wife, one that isn’t quite so hard or confusing. And the back cover gave you the wild idea that understanding her might actually be possible. Either that or for some reason the woman in question just handed you this book. Hmm. Well, either way, take a look at the revelations we’ve uncovered. We think you’ll be convinced. Each chapter explains things about the woman you love that may have often left you feeling helpless, confused, or just plain angry. Each chapter points out simple, doable solutions. The only genius required is that you make a decision up-front that you’re willing to think differently. This is a short book, but if you read it cover to cover, you’ll walk away with your eyes opened to things you may have never before understood about your wife or girlfriend. Each chapter points out simple, doable solutions. That’s what happened with me—Jeff. And I’m just your average, semi-confused guy. (Actually, sometimes totally confused is more accurate.) And since we average, semi-confused guys have to stick together, that’s why, even though Shaunti and I are both authoring this book, I’ll be the one doing the talking. First, Some Background In 2004 Shaunti published For Women Only: What You Need to Know About the Inner Lives of Men,

which quickly became a bestseller. Based on nationally representative surveys, focus groups, personal interviews, and other research with thousands of men, it opened women's eyes to things that most of us guys had always wished our wife or girlfriend knew. Things like most of us need to feel respected even more than loved. Or that men, besides just getting enough sex, also have a huge need to feel sexually desired by their wives. I'm not sure exactly why, but women everywhere were shocked. And by the flood of letters from around the country— from both women and their grateful husbands—Shaunti and I have seen how much good can come when the opposite sex finally has their eyes opened to things they simply didn't understand about us guys before. In this book, the shock is on the other foot. Now it's their turn to exclaim to us, "I can't believe you didn't already know that!" When Shaunti's publisher first approached us about doing a companion book to *For Women Only* to help men understand women, I had two major concerns. First, I didn't think guys would read a "relationship" book. For most of us, the last relationship book we read was in premarital counseling—and only because we were forced to. But more to the point, I doubted that women could ever be understood. Compared to other complex matters—like the tides, say, or how to figure a baseball pitcher's ERA—women seemed unknowable. Random even. I'm not sure exactly why, but women everywhere were shocked by how men thought. I explained my skepticism to one early focus group of women: Jeff: Guys tend to think that women are random. We think, I pulled this lever last week and got a certain reaction. But when I pulled that same lever this week, I got a totally different reaction. That's random! Woman in group: But we aren't random! If you pull the lever and get a different reaction, either you're pulling a different lever or you're pulling it in a different way. Shaunti: What men need is a sort of map to their wives or girlfriends. Because we can be mapped. We can be known and understood—firm ground. Jeff: Uh, no. See, guys think of a woman as a swamp. You can't see where you're stepping, and sooner or later you just know you're going to get stuck in quicksand. And the more you struggle to get free, the deeper you get sucked in. So every guy on the planet knows that the best thing to do is just shut down and not struggle and hope somebody comes along to rescue you. When I came to, Shaunti and the other women in the focus group assured me—and I have since seen for myself—that guys don't have to live in a swamp. That realization led us to the eventual subtitle of this book: *A Straightforward Guide to the Inner Lives of Women*. We have been astounded and humbled at the reaction to these simple, eyeopening truths. In fact, the book you are holding is actually the second edition of this book—which is needed because there was clearly a desire for this ongoing research. Both *For Women Only* and *For Men Only* sparked a huge wave of encouragement and hope among ordinary men and women just like me and Shaunti, selling more than 1.5 million copies in twenty-two languages. We were flooded with e-mails and comments from men and women at our marriage conferences, saying things like "This saved my marriage" and "After ten years together, I finally know how to make my wife happy" and even "Jeff, I owe you one, buddy." But since we've continued to learn new things, we also wanted to keep the book current. For this new edition, we have included some fascinating new findings, including the brain science behind why women sometimes think as they do. Plus we've added a new chapter—"She's Not Making Sense"—that decodes those unpredictable reactions that she thinks of as, uh, normal. After seeing the impact of this research, I realize that we really did uncover life-changing insights. Surprising truths that average guys like me need to hear from an average guy and be encouraged that if someone like me can learn it and do it, they can too.

Customer Reviews Most helpful customer reviews 4 of 4 people found the following review helpful. Great set of books, really life changing stuff By Piklya Great book. *For Women Only* is also great. Eye opening and sometimes shocking. Don't listen to these books on audio. The authors read them themselves and talk to you like you are a child. They are super cheesy and make you hate the book because their voices are so annoying. 72 of 73 people found the following review helpful. *For Men Only* By Richard J. Higgins Here it is men - a straightforward guide to the inner lives of women. I must confess as I read that claim I thought of the apocryphal story of the man who found a magic lamp and was granted only one wish. He wished for a road to be built from America to Europe so he

could drive to Europe. The Genie informed him that's quite unreasonable. It's such a great distance and the water was extremely deep and that he should ask for something else. So the man said, "I want to know how to understand my wife." The Genie responded. "Do you want that to be a two-lane or four-lane road to Europe?" This book makes good on the claim that you can gain greater insight into how women think. The authors, Shaunti and Jeff Feldhahn, have created this book as a companion guide to their earlier book, *For Women Only*. *For Men Only* shares the results of hundreds of personal interviews, anecdotal information from women's focus groups, and a national survey of four hundred women. This book is written from a man's perspective as the first sentence states. "Like some guys I know, you might be tempted to skip this introduction and jump right to the sex chapter" (p. 1). Men, I encourage you to read the entire book to have a loving and harmonious relationship with your spouse. Here's an overview of the chapter titles: Chapter 1: Rethinking Random: Why you need a new map of the female universe Chapter 2: The Deal is Never Closed: Why her "I do" will always mean "Do you?" Chapter 3: Windows...Open! What you should know about the fabulous female brain I found this word picture helpful, "... their thought lives are like busy computers with multiple windows open and running all at once, unwanted pop-ups intruding all the time, and little ability to close out or ignore any of that mental or emotional activity until a more convenient time." (p. 42). That was a helpful perspective and then I became somewhat concerned because I feel that way at times. Chapter 4: The Reason Hiding in Her "Unreasonable" Reaction: How you can break the code of baffling female behavior Many men default to this observation by Oscar Wilde, "Women are meant to be loved, not to be understood" (p. 65). Chapter 5: Your Real Job is Closer to Home "Money talks but emotional security sings" (p. 87) Chapter 6. Listening Is The Solution This may be difficult for men to understand, but this is what the research demonstrates, "When she is sharing an emotional problem, her feelings and her desire to be heard are much more important than the problem itself." (p. 109) Chapter 7. With Sex, Her 'No' Doesn't Mean You: How her desires are impacted by her unique wiring and why your ego shouldn't be Chapter 8. The Girl in the Mirror: What the little girl inside your woman is dying to hear from you "Inside your smart, secure wife lives a little girl who deeply needs to know that you find her beautiful - and that you only have eyes for her." (p. 153) Chapter 9. The Man She Had Hoped to Marry: What the woman who loves you most, most wants you to know The top thing that women wished their man knew was this: "You are my hero" (p. 179). This is an excellent book for any man who is married or thinking about getting married. The Apostle Paul sums up well the man's responsibility, Husbands, love your wives, just as Christ also loved the church and gave Himself up for her," (Ephesians 5:25) (I received this book for free from WaterBrook Multnomah Publishing Group for this review.) 0 of 0 people found the following review helpful. Probably the next best thing to the Bible or New Testament if you're ... By !the un-irrelevant humin* It's a book written by humans on how to explain human relationship challenges. Probably the next best thing to the Bible or New Testament if you're a Christian, for relationship guidance. One reviewer who gave the book a bad rating quoted this from Bible scripture: 'The words of the wise are like goads, and like nails firmly fixed are the collected sayings: they are given by one Shepherd. My Son, beware of anything beyond these. Of making many books there is no end, and much study is weariness of flesh.' Ecclesiastes 12:11-12. If we're a Christian, God's word needs to come first in our lives as a general rule, and it always has for me. I am currently reading this as second place. The author makes it a point to state that he thinks relationships are most fulfilling when they're focused on Jesus Christ. I thought that's what's all I needed, but most Christian women (and men) I've been around in church would rather play, socialize or be busy with other things, than to pray or focus on the Bible. This affects me--'we are members of one another' Ephesians 4:25. So, that is why I turned to this book, for help. It is a book that all people can read and they don't press Christian stuff on people too much I think which is beneficial to many. Also the few facts written about men in here, like the fact that we're wired for visuality, we tend to focus on one thing at a time, and we think we should be the main ones providing things (that come from a job), are all pretty much true for me as a man. Some people who read this book or the other one, complain because it doesn't describe them or thier partner. The author makes it very clear in the

beginning that this is not a one size fits all. The author is a good writer but as one other reviewer says, the survey info seems to be exaggerated. Particularly the chapter beginning on "Listening" See all 676 customer reviews...

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