# Men are from Mars, Women are from Venus by John Gray

* Men mistakenly expect women to think, communicate and react the way men do, women mistakenly expect men to feel, communicate and respond the way women do

* To feel better men, go to their caves to solve problems alone.
* To feel better women, get together about openly talk about their problems
* Men are motivated when they feel needed while women are motivated when they feel cherished.
* A man’s sense of self is defined through his ability to achieve success.
* To offer a man unsolicited advice is to presume that he doesn’t know what to do or that he can’t do it on his own.
* A woman’s sense of self is defined through her feelings and the quality of her relationships.
* Many times, a woman just wants to share her feelings about her day, and her partner, thinking he is helping, interrupts her by offering a steady flow of solutions to her problems.
* Just as a man is fulfilled through working out the intricate details of solving a problem, a woman is fulfilled through talking about the details of her problems.
* Given the opportunity to prove his potential, a man expresses his best self.
* Only when he feels he cannot succeed does he regress back to his old selfish ways.
* Not to be needed is a slow death for a man.
* Most men are not only hungry to give love but are starving for it.
* A man’s deepest fear is that he is not good enough or that he is incompetent.
* When a man really cares a lot, his fear of failure increases, and he gives less. To avoid failure, he stops giving to the people he wants to give to the most.
* When a man is insecure, he may compensate by not caring about anyone except himself.
* In relationships, men pull back and then get close, while woman rise and fall in their ability to love themselves and others.
* When negative feelings are suppressed positive feelings become suppressed as well, and love dies.
* Just as communication is the most important element in a relationship, arguments can be the most destructive element.
* When a woman keeps score, no matter how big or small a gift of love is, it scores one point; each gift has equal value.