

ALn43 [Free PDF File] The Man's Guide to Women: Scientifically Proven Secrets from the "Love Lab" About What Women Really Want



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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.

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