

Men Are From Mars Women Are From Venus

Adviezen aan vrouwen om hun assertiviteit te vergroten zonder afbreuk te doen aan hun vrouwelijke kanten en daardoor aantrekkelijker te zijn voor mannen.

If we know that both men and women are not only physically, but also mentally different in speech and thinking, then we can make our relationship happy and healthy. Through this book you can avoid domestic conflicts, men can understand a woman and a woman, keep each other happy and improve your relationship.

Everybody wants a love that will last forever. . . but for many reasons relationships end. Each year millions of people are widowed, break up with their long-term partner or get divorced. The healing period after such a loss can be difficult, but getting over the grief, anger and pain can be much easier with expert help. In this book, relationship expert and dynamo John Gray offers comfort and empowering advice on how to overcome loss and gain the confidence to meet new people and engage in new relationships. There is hope. For the millions of newly single people in the UK, Mars and Venus Single Again is like a lifeguard at the dating pool.

In de winter van 2006 leerde Robert Greene de beroemde rapper 50 Cent kennen. Hun levensfilosofie bleek, ondanks grote persoonlijke verschillen, veel overeenkomsten te hebben. De kracht van 50 Cent ligt in zijn totale onbevreesdheid om meer risico te nemen dan een ander. Angst is een soort gevangenis en die je beperkt je in je handelen: hoe minder je vreest, hoe succesvoller je leven zal zijn. De wetten van succes zal de lezer inspireren over angst heen te stappen en het succes tegemoet te treden: een fascinerend boek voor ondernemers en managers. Meteen na verschijning prijkte De wetten van succes op de Amerikaanse bestsellerlijsten.

This is an illustrated gift edition of one of the most well-known of relationships books, with over seven million copies sold worldwide. People have embraced John Gray's ideas about men and women's basic differences and how to deal with them. This title illustrated throughout by a Disney cartoonist, picks out the key issues explored in the original book, giving readers the essential relationships advice they need. Help you reach a point of harmony and understanding where both sexes can live, work and love together.

Tips voor het verbeteren van de communicatie tussen mannen en vrouwen.

Nooit eerder was de liefde zo ingewikkeld, nooit eerder was John Gray zo goed – met voorwoord van Goedele Liekens Een kwart eeuw na het meesterwerk Mannen komen van Mars, vrouwen komen van Venus zijn relaties enorm veranderd. Vrouwen zijn nauwelijks meer volledig financieel afhankelijk van mannen en moderne mannen schuwen een grote rol in de opvoeding en het huishouden niet. De grens tussen wat mannelijke en vrouwelijke eigenschappen zijn, vervagen. Wat doet deze veranderende dynamieken met onze communicatie? Wat gebeurt er met de aantrekkingskracht als we steeds meer op elkaar gaan lijken? En hoe herkennen singles hun zielsverwant in een gehaaste, veeleisende wereld vol opties? John Gray brengt met Voorbij Mars en Venus een nieuw standaardwerk voor hedendaagse relaties dat de komende decennia ons nieuwe handvatten geeft om elkaar niet alleen maar te horen maar vooral te begrijpen. John Gray verwierf wereldwijd faam met Mannen komen van Mars, vrouwen komen van Venus. Volgens USA Today één van de zes meest invloedrijke boeken van de laatste 25 jaar. De boeken van John Gray worden in 45 talen en in meer dan 100 landen gelezen. Als hij niet schrijft, reist hij de wereld over om lezingen te geven over relaties en liefde.

Bestselling author, popular marriage counselor, and seminar leader John Gray provides a unique and practical guide to help men and women communicate better by acknowledging the differences between them. Abridged. 2 CDs.

Scheiden of blijven? Weinig vragen veroorzaken zoveel twijfel en slapeloze nachten als deze. Of je een langdurige relatie hebt of net iemand hebt gevonden, deze vraag is altijd actueel. Veel boeken proberen de breuk te lijmen. Het bijzondere van dit wijze en nuchtere boek is dat het duidelijk maakt waar je tussen kunt kiezen, en op welke gronden. Mira Kirshenbaum heeft als relatietherapeute twintig jaar lang mensen geholpen bij het zoeken naar de beste oplossing. Haar kennis en ervaring bracht ze bijeen in deze praktische gids. Ze stelt alle cruciale vragen over je relatie: * Welke fouten kun je vergeven en welke niet? * Zullen de dingen die je dwarszitten beter of slechter worden? * Hoe goed is je seksleven en hoe belangrijk vind je dat? * Wat krijg je als je weggaat; is dat beter of slechter? Vervolgens helpt ze je verder, door stap voor stap, en met veel voorbeelden uit de praktijk, antwoord op die vragen te geven. Het resultaat is altijd positief. Als je wilt blijven zul je al lezend ontdekken hoe waardevol je relatie is. Als je besluit te scheiden zal dit boek je laten inzien waarom je dat wilt. Ook dat is goed nieuws, want je weet nu waar je aan toe bent, en je geeft twee mensen hun vrijheid terug. 'Briljant.' - Shere Hite 'Als ik in die situatie terechtkom, wil ik dit boek als raadgever.' - Dr. Pepper Schwartz, auteur van American Couples en Love between Equals.

Summary, Analysis & Review of John Gray's Men Are from Mars, Women Are from Venus by Instaread Preview: Men Are from Mars, Women Are from Venus by relationship expert Dr. John Gray is a self-help guide to understanding the opposite sex so that romantic relationships can be more fulfilling, healthy, and loving. The key to lasting, successful partnerships is understanding and appreciating gender differences by recognizing that men and women operate so differently that they might as well be from different planets. Men and women think and communicate differently, and they have different emotional needs. Taking the time to figure out these differences can help both partners become more forgiving and understanding of behavior that seems foreign to them. When women have a grievance, they need to talk about their feelings, whereas men need time in isolation to solve their problems on their own. These divergent tendencies can create problems if a man doesn't understand that a woman needs validation of her feelings. Likewise, when a man pulls... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of John Gray's Men Are from Mars, Women Are from Venus by Instaread · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co.

There's no doubt about it; the relationship between men and women is extremely complex. This title includes comforting and helpful advice on: giving and receiving emotional support; discovering and awakening your hidden qualities; keeping passion alive; reacting to, and coping with, stress; and, maintaining your zest for life.

Mannen kunnen maar één ding tegelijk, vrouwen hebben geen ruimtelijk inzicht De verschillen tussen man en vrouw zijn biologisch en mentaal bepaald. Dit boek toont glashelder aan waarom mannen de stadplattegrond niet hoeven om te draaien om te kijken of de volgende afslag links of rechts is, en vrouwen wel. Aan de hand van vrolijke voorvallen en wetenschappelijk (hersenen)onderzoek, evolutionaire biologie, psychologische analyses en sociale veranderingen bouwen

de auteurs hun bewijslast op. Humoristisch, vaak zeer verhelderend en een enkele keer schokkend laten ze hun licht schijnen op het algehele raadsel van het verschil tussen man & vrouw. Barbara en Allan Pease hebben een trainingsinstituut, gespecialiseerd in communicatie.. Hiermee timmeren ze wereldwijd aan de weg. Allan Pease schreef eerder Body Language (in 32 talen verschenen, in Nederland onder de titel Lijfspraak). Barbara Pease schreef Memory Language.

Truly Mars and Venus celebrates the wisdom of the number one international bestseller Men Are from Mars, Women Are From Venus. With passages drawn from John Gray's groundbreaking classic on relationships, this beautiful book is illustrated with humorous cartoons and charming artwork by Barbara State. The perfect gift for a loved one or for yourself, Truly Mars and Venus delivers John Gray's rich and inspiring advice for creating and sustaining healthy and loving relationships.

John Gray's books have brought a powerful message to millions of people across the world. In this groundbreaking parenting book he addresses an area of fundamental importance for all families - the well-being of our children. In MEN ARE FROM MARS, WOMEN ARE FROM VENUS, CHILDREN ARE FROM HEAVEN, John Gray provides the ultimate guide for parenting, addressing the unique bond between parents and children. Geared to parents of children from birth to teens, this invaluable handbook shows parents how to help their children become strong, confident, morally responsible adults by focusing on self-esteem and responsibility.

Velen zien het fundamentalisme van Al-Qaida als een terugval in de Middeleeuwen. John Gray laat echter zien dat Al-Qaida een typisch verschijnsel is van de moderne tijd. Veel meer dan met de middeleeuwse denkwereld is het huidige fundamentalisme verwant met de moderne idealen van de Verlichting en het positivisme.

A new book about parenting from the prolific author of Men Are From Mars, Women Are From Venus John Gray's Men Are From Mars, Women Are From Venus is a history-making bestseller with more than 7 million copies in print in hardcover. This new book on parenting will round out the relationship mega-brand that John has created. Focusing on children ages 1-9, John explains that this is the period of dependence in a child's life when character and sense of self are shaped. Parents everywhere are sure to breathe a sigh of relief that they now have a John Gray book they can turn to help children reach their fullest potential.

You can't live with them - and you can't live without them This is a lively book on successful communication between the sexes, allowing people all over the world to work out what makes members of the opposite sex tick and learn to understand their verbal and non-verbal language, ultimately reaching a point of harmony where it becomes possible to live, work and love together.

In de succesvolle serie over Mars en Venus verschijnt nu het nieuwe boek met wederom aandacht voor de verschillen tussen mannen en vrouwen. Dit maal behandelt John Gray hoe ons gedrag wordt beïnvloed door hormonen. Hormonen bepalen voor een groot deel hoe we op de andere sekse reageren en op de wereld om ons heen. Begrip voor de werking van hormonen is van essentieel belang voor het slagen van een langdurige relatie. John Gray laat zien hoe je je hormonen kunt beïnvloeden door onder andere je voeding aan te passen. Zo ben je lichamelijk meer in balans en komt je relatie meer in evenwicht. Ik heb de laatste 15 jaar aan stellen geleerd hoe ze door middel van kleine veranderingen in hun gedrag een overvloed aan liefdeshormonen kunnen stimuleren met een gezonder en gelukkiger leven als gevolg.

Wat ik heb ontdekt is de sleutel tot verjonging binnen Venus-Mars relaties. John Gray

The Phenomenal #1 New York Times Bestseller In his classic guide to understanding the opposite sex, Dr. John Gray, provides a practical and proven way for men and women to improve their communication and relationships by acknowledging the differences between them. Once upon a time Martians and Venusians met, fell in love, and had happy relationships together because they respected and accepted their differences. Then they came to Earth and amnesia set in: they forgot they were from different planets. Based on years of successful counseling of couples and individuals, Men Are from Mars, Women Are from Venus has helped millions of couples transform their relationships. Now viewed as a modern classic, this timeless book has helped men and women realize how different they can be in their communication styles, their emotional needs, and their modes of behavior, and offers the secrets of communicating without conflicts, allowing couples to give intimacy every chance to grow.

Meer dan 450.000 exemplaren verkocht van Mannen komen van Mars, vrouwen komen van Venus. Mannen zijn anders, vrouwen ook. De titel is inmiddels een gevleugelde uitspraak in het Nederlands en sinds het verschijnen van dit boek zijn er wereldwijd miljoenen exemplaren van verkocht. Het geheim? Mannen en vrouwen denken, voelen, communiceren en liefhebben anders. Ze lijken wel van verschillende planeten te komen! John Gray legt het feilloos uit met deze metafoor. Als je begrijpt dat je soms niets van elkaar begrijpt, zijn veel problemen direct opgelost. Dr. John Gray is ruim 35 jaar werkzaam in zijn vakgebied en erkend expert als het gaat om communicatie, relaties en persoonlijke ontwikkeling. Auteur van meer dan 20 boeken en veelgevraagd spreker. Hij inspireert zijn publiek met de eenvoudige communicatietechnieken die hij geeft. Het is zijn doel dat mannen en vrouwen elkaar beter begrijpen, respecteren en waarderen. 'In Mannen komen van Mars, vrouwen komen van Venus kom ik heel wat "o ja,-belevenissen" tegen. Ik herken voortdurend situaties, zowel uit mijn persoonlijke relatie als uit mijn werk als seksuologe.' - Goedele Liekens Reacties van lezers: 'Herken veel punten en leest lekker weg.' '...had dit boek eigenlijk aan het begin van onze relatie moeten lezen — dat had een hoop ergernis en wrok gescheeld.'

In 2006 verscheen 'The Secret' van Rhonda Byrne. Miljoenen mensen over de hele wereld lazen het boek of bekeken de film. In de afgelopen 10 jaar ontving Rhonda Byrne talloze verhalen van mensen die vertelden hoe de toepassing van 'The Secret' hun leven ten goede had gekeerd. De meest indrukwekkende verhalen over de toepassing van de Law of Attraction zijn nu samengebracht in 'Hoe The Secret mijn leven heeft veranderd'. Ze laten keer op keer zien dat als je de lessen uit 'The Secret' toepast - of het nu om financiën, gezondheid, vriendschappen, liefde, familie of carrière gaat -

iedereen het leven van zijn dromen kan leiden. Met een bijdrage van Fajah Lourens, bestsellerauteur van 'Killerbody dieet'. 'The Secret' gaat in op de kracht van de Law of Attraction (Wet van de Aantrekking). Technieken die hiervoor gebruikt worden zijn het zetten van een intentie of de visualisatie van een droom. Andere boeken van Rhonda Byrne zijn onder andere 'The Power', 'The Magic' en 'Hero'.

Men Are from Mars, Women Are from Venus The Classic Guide to Understanding the Opposite Sex Zondervan
The author of the most well-known and trusted relationship book of all time returns with an updated guide for today's generation. Two decades ago, Men Are from Mars, Women Are from Venus revolutionized the way we thought about love and partnership. John Gray's work has helped countless readers improve and even save their relationships. But as society evolves, relationships do, too. It's time to move beyond Mars and Venus, toward a new relationship model for modern couples. Today, men and women are no longer trapped by rigid societal roles. Now more than ever, we have the freedom to be our authentic selves. Women can access their masculine side, and men can embrace their feminine side. This new freedom is a good thing, but it also brings new challenges. Men and women still need the right tools and skills to help build stronger relationships. While previous generations sought "role mate" relationships, based on the more rigid gender roles of the time, today's couples need a new kind of relationship: a "soul mate" relationship. These more emotionally satisfying relationships require a deeper understanding of our partners' individual needs. In Beyond Mars and Venus, Gray teaches you how to strengthen your bond and grow in love together, so you and your loved one can meet each other's needs in the best way possible, bringing you lasting happiness and a fulfilling partnership.

Polemiek tegen de morele en humanistische idealen van christendom en Verlichting.

ABOUT THE ORIGINAL BOOK This book is the result of years of research on an interesting topic for virtually everyone. It explores the specific and varied reactions of men and women to the same situations. It is a practical guide to understanding the attitudes and views of the opposite sex, and a way to reduce disagreements from a positive perspective. "Men Are from Mars, Women Are from Venus" is an especially useful book for couples or for people who intend to be in one. The ideas presented are fundamental to improve communication and understanding between people of the opposite sex. CONTENT: The Discovery: The Origin Remember The Differences Men And Women Have Forgotten Their Origins Life On Mars Life On Venus Facing Stress: A Big Difference Womens Reaction About The Cave Men Need To Know They Are Necessary Women Need To Feel Appreciated Men And Women Speak For Different Reasons Good Communication Comes From Participation From Both Sides Men Are Like Elastic Bands The Doubts No More Guilt The Ups And Downs Of Women The Woman In Her Well Men Must Confront The Ups And Downs Of Women Emotional Needs: 12 Ways To Love How To Avoid Arguments Obtain Approval Of The Other Communicate Difficult Feelings How To Ask And Get Support The Seasons Of Love Long Lasting Love Is Possible Summary, Analysis & Review of John Gray's Men Are from Mars, Women Are from Venus by Instaread Preview: Men Are from Mars, Women Are from Venus by relationship expert Dr. John Gray is a self-help guide to understanding the opposite sex so that romantic relationships can be more fulfilling, healthy, and loving. The key to lasting, successful partnerships is understanding and appreciating gender differences by recognizing that men and women operate so differently that they might as well be from different planets. Men and women think and communicate differently, and they have different emotional needs. Taking the time to figure out these differences can help both partners become more forgiving and understanding of behavior that seems foreign to them. When women have a grievance, they need to talk about their feelings, whereas men need time in isolation to solve their problems on their own. These divergent tendencies can create problems if a man doesn't understand that a woman needs validation of her feelings. Likewise, when a man pulls... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of John Gray's Men Are from Mars, Women Are from Venus by Instaread Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co.

Does your woman do things that go against all rhyme and reason? Is she a smoldering volcano always ready to explode? And why does she keep on buying shiny things? This little guide to women will teach you how to be in a relationship and still keep at least SOME of your sanity/freedom. We start from the very beginning by explaining what a woman really IS by comparing her to better known everyday objects like a Computer, a Rock, and a Parrot. Learn about: different types of women common relationship problems fending off marriage/kids signs that your relationship is heading for doom how hormones screw up your sanity why marriage is a scam and much, much more! After reading this book you will also know how to choose the best specimen, what love really is, and how to ensnare a beautiful woman using only your beard! I know it all sounds too good to be true, but don't take my word for it! Here are some other people's opinions: "Hilarious Book! Every guy should read this! Chris tells some very funny stories and has a good solution to dealing with 1/2 of the world's population." John Holley "This book was a hilarious and pretty accurate read. I look forward to reading more books by you. Good job!" Charli W "I haven't laughed so much in years. Being female I must admit some of the laughter was evil as I recognized other women I know (not me). Definitely a great read. I would recommend it to anyone who likes to at least smile." Author Linda Arditto "Don't buy it!! I FORBID YOU! It's a waste of \$2.99!!" Your woman, just before she flew off to buy yet another \$50 handbag (using YOUR money!) Buy this book NOW before she comes back, NOT because you aren't the man of your own house, but because you prefer peace and quiet over having to fight off a blood crazed bird pecking for your last remaining eye. ;-O

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover the fundamental differences in behavior between men and women. You will also discover : why marriages so often end in divorce; gender-specific vocabulary; how to defuse situations of misunderstanding; how to improve your own emotional relationships; how to convey your messages effectively; that men and women have different motivations. Imagine that, from a psychological point of view, men come from Mars and women from Venus. Bored among their fellow men on their respective planets, they decide one day to meet on Earth all together. At first, everything goes wonderfully well, but little by little, the situation gets worse. The "Martians" and the "Venusians" are no longer able to communicate in harmony. Their natural habits take over and are a mutual mystery. Each one soon puts the blame on the other. However, it is very easy to remedy this, provided that one is in possession of the keys to understand one's partner. Are you ready to make peace with each other? N.B.: The comments in this book are generalizations, because some people may recognize themselves in the behavior of the opposite

sex. This is a completely normal attitude. *Buy now the summary of this book for the modest price of a cup of coffee!

There's no doubt about it; the relationship between men and women is extremely complex. We often forget just how different the sexes are, and become frustrated and confused by a loved one's behaviour. In this volume John Gray's expert relationship advice is distilled into powerful, daily inspirations that lovingly and insightfully remind us of the contrasts between Mars and Venus, allowing us to resolve conflicts in our relationships. It includes comforting and helpful advice on: * giving and receiving emotional support * discovering and awakening your hidden qualities * keeping passion alive * reacting to, and coping with, stress * maintaining your zest for life Whether you need thoughtful reminders yourself or know a friend or loved one who will benefit from these beautiful reflections, Men are from Mars, Women are from Venus Book of Days is a must.

From John Gray, author of the phenomenal multi-million copy bestseller Men Are From Mars, Women Are From Venus, comes the definitive book for men and women seeking lasting love in the face of modern pressures.

Hindi edition of MEN ARE FROM MARS WOMEN ARE FROM VENUS

In Good Vibes, Good Life beschrijft Vex King hoe je de kracht van positiviteit kunt benutten. Laat je inspireren tot een mooier en zinvoller leven. In Good Vibes, Good Life beschrijft Vex King hoe je de kracht van positiviteit kunt benutten. Hoe kun je echt van jezelf houden? Kun je negatieve emoties omzetten in positieve? Is het mogelijk om blijvend gelukkig te worden? Wat is je doel in het leven en hoe vind je dat? Vex King, die veel tegenspoed in zijn eigen leven overwon, inspireert met zijn antwoorden een volgende generatie spirituele zoekers. Hij helpt de lezer een leven te creëren om van te houden. Dit alles op een manier die eenvoudig te volgen, nuchter en herkenbaar is.

Reading through the book Men Are From Mars, Women Are From Venus which was written by American author and relationship counselor John Gray, after he had earned degrees in meditation and taken a correspondence course in psychology. The book was published on January 1, 1992. It provides a practical and proven way for men and women to improve their communication by acknowledging the differences between their needs, desires, and behaviors. Absolutely, there is no other relationship guide on the market that will give you the same level of evidence-based insight sure to help you strengthen and nurture your relationships for years to come more than this book. In the book Men Are From Mars, Women Are From Venus, the author opines that most prevalent relationship challenges between men and women are as a result of fundamental psychological differences between the sexes, which the author demonstrates by means of its eponymous metaphor: that men and women are from separate planets, that is, men are from Mars while women are from Venus; and that each sex is wont to its own planet's society and customs, but not to those of the other. One example John Gray gave was that men's complaint that if they offer solutions to problems that women bring up in conversation, the women are not necessarily interested in solving those problems, but mainly want to discuss about them. The book avers each sex can be understood in terms of their unique ways they respond to stress and stressful situations. In the book, the author wrote: "When a man can listen to a woman's feelings without getting angry and frustrated, he gives her a wonderful gift. He makes it safe for her to express herself. The more she is able to express herself, the more she feels heard and understood, and the more she is able to give a man the loving trust, acceptance, appreciation, admiration, approval, and encouragement that he needs." This explains that when a man genuinely listens to the emotions of a woman by not being upset, he is showing her she is safe with him and understood as well. And she reciprocates this gesture with love, trust and encouragement a man needs. Likewise, when he stated that, "Men are motivated when they feel needed while women are motivated when they feel cherished." This is just the basic fact of a successful relationship or marriage by the author. In the world of many self-help books we are, there are very few titles that can be compared with the popularity of John Gray's Men Are From Mars, Women Are From Venus. Interestingly, when this title was first published in 1992, it not only helped educate countless men and women from around the globe, but it managed to nestle its way into popular culture and become an instant classic. In spite of the fun, metaphoric and catchy title, this book essentially tackles a very serious relationship issues in many male or female relationships we have today –which can be said to be a lack of effective communication. In lieu of focusing blame on one person or one gender, this book dives into some of the inherent differences between the way males and females communicate. As it is a well known fact that communication is one of the most central factors in finding the right balance, genuine love and loyalty in a long term relationship. Well, based on the concept that men and women are living on different "planets," this book helps to not only identify these differences for the opposing gender, but to offer solutions on how both men and women can meet in the middle to have better, more productive communication strategies. The author deliberately lays big emphasis placed on love – since it is a relationship advice book. One of the biggest takeaways about love from the book actually has nothing to do with talking, it is all about showing. This is one of the biggest keys to keeping the love alive in long-term relationships. This is a very important lesson to note throughout the book, Men Are From Mars, Women Are From Venus, as communication isn't always about talking or telling someone something, it is often about showing them or using non-verbal communication in order to get your message across. According to Men Are From Mars, Women Are From Venus, men will give and give until they are pleased with what they have done. This can be with emotions, money, effort, work, or physical objects. However, women will typically give with the hope that the man will return the gesture. This is where a lot of disconnect can happen. Now, let's take a vivid look at where communication falls short. Where communication falls short Both man and woman may feel as though they are doing everything they can to show their love and that they are giving love the way they want to receive it. But, the opposing party may not recognize this, and may actually think that their partner is not showing love at all. This is one tip that both men and women should keep in the back of their minds as they continue to take John Gray's relationship advice, as many communication disconnects or crumbles, it may actually stem from this one major issue. If both parties can understand that the other partner simply has a different interpretation of what it means to show and give love, they can move forward. To cap it all, everyone has a different love language. How To Improve Communication In A Relationship There are so many little things that men and women can both do in order to improve their communication lines, yet one of the classic disconnects between these two genders often comes when women are not as direct with men while communicating. There is an old story about men and women communicating that perfectly depict how this lack of directness can cause misunderstandings. A man and a woman are driving down the street. The woman points at the ice cream store and says "look! The ice cream store is open." The man says "Yes, it is," and keeps driving. Later that evening, the woman is upset and asks "Why didn't you stop for ice cream when I asked?" The man is confused and says, "I never heard you ask to stop for ice cream." It may be either small or inconsequential example, but it is one that many people in male or female relationships can relate to. What went wrong? Both parties thought they said and heard different things in the same conversation. This is one of the reasons why communication tends to be more effective when women are more direct. According to John Gray, if

a woman wants to go do something with a man, she shouldn't just ask him what he wants to do. She should, instead, tell him what she wants to do, and then ask him to join. This is an instance of direct communication that doesn't blur the lines and allows both parties to communicate more clearly. How to make communication work The following scenario was suggested by: - The woman gives the man three options of what she wants to do on a date, a week in advance. - The man gets to decide, but doesn't tell the woman until the date happens. - This allows the woman to anticipate the date all week, while the man gets to feel as though he made a decision, while still receiving clear communication on what types of dates the woman wanted to go on. It may sound like a lot of work, but the key is to start with direct communication on the woman's part. It can open up new doorways to successful interaction that both parties may have never thought were possible. In addition, emotions have great impact as regards how we communicate. They can entice us to say certain things, hold different things in, or even respond in ways we may have never thought we would. Emotions can also alter our body language and the way we give off signals to one another, even when we don't realize we are doing it. Yes, it can be safe to state that women's emotions go up and down and have really high-highs and really low-lows. In general, women's emotions tend to fluctuate more than men's do. Men tend to be a bit steadier with their emotions, which can be both positive and negative. While they may not have as deep of a dive into depression, they may also not experience as high of a high when they are happy. All this now depends on how each sex processes "alone time." As well, men are much more prone to want alone time when they feel scared or uncomfortable. Men need to be left alone where they feel safe. It scientifically helps them to build up their testosterone and think more clearly. If given the time to retreat to his safe space, a man will come out of this "alone time" once he has handled the problem internally and finally. On the other hand, a woman may feel better by talking it out. She may not understand why her male partner wants to spend time alone processing the issue. Allowing women and men to process emotions in a way that is comfortable and natural to them is an essential component to keeping communications lines free and open. You Should Learn To Show Appreciation So much of Men Are From Mars, Women Are From Venus is about the differences between men and women, but there is one big similarity between men and women in relationships—showing understanding is key. Men and women are different. They are different physically, biologically, emotionally, almost in every way. Yet, the reason so many of these relationships can work out in the end is because these differences provide a balance. You just need to find that balance. Get to know your partner more intimately If you sincerely take the time to really get to understand your partner, it can go a long way in helping them feel loved, valued, and appreciated. Men and women are different, and it is important to accept and understand this. You may be speaking different languages, but if you take the time to really talk to your partner and attempt to understand the place they are coming from it can speak volumes. For instance, take the time to do things like ask questions, put yourself in the other person's shoes, or even read relationship advice books, like Men Are From Mars, Women Are From Venus, to show the other person that you want to understand them better because you appreciate who they are and that you want to communicate more clearly and effectively. Mind you, this can help restore energy in your romantic relationship so that you and your partner can continue to keep your relationship as healthy as possible.

'Women Don't Owe You Pretty' is een intelligent geschreven oproep tot modern feminisme. Florence Given rekent af met conservatieve opvattingen en laat zien hoe vrouwen hun positie kunnen versterken. Florence Given moedigt in 'Women Don't Owe You Pretty' lezers aan om de verhalen in twijfel te trekken die hen weerhouden van zelfacceptatie, eigenliefde en kracht. Het is een levendig geïllustreerde inleiding tot het moderne feminisme. Met dit boek leert iedere vrouw haar energie te beschermen. 'Women Don't Owe You Pretty' is er om ons eraan te herinneren dat iedereen waardevol is en dat vrouwen mannen niets verschuldigd zijn. WAARSCHUWING: bevat expliciete inhoud (en veel oncomfortabele waarheden).

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