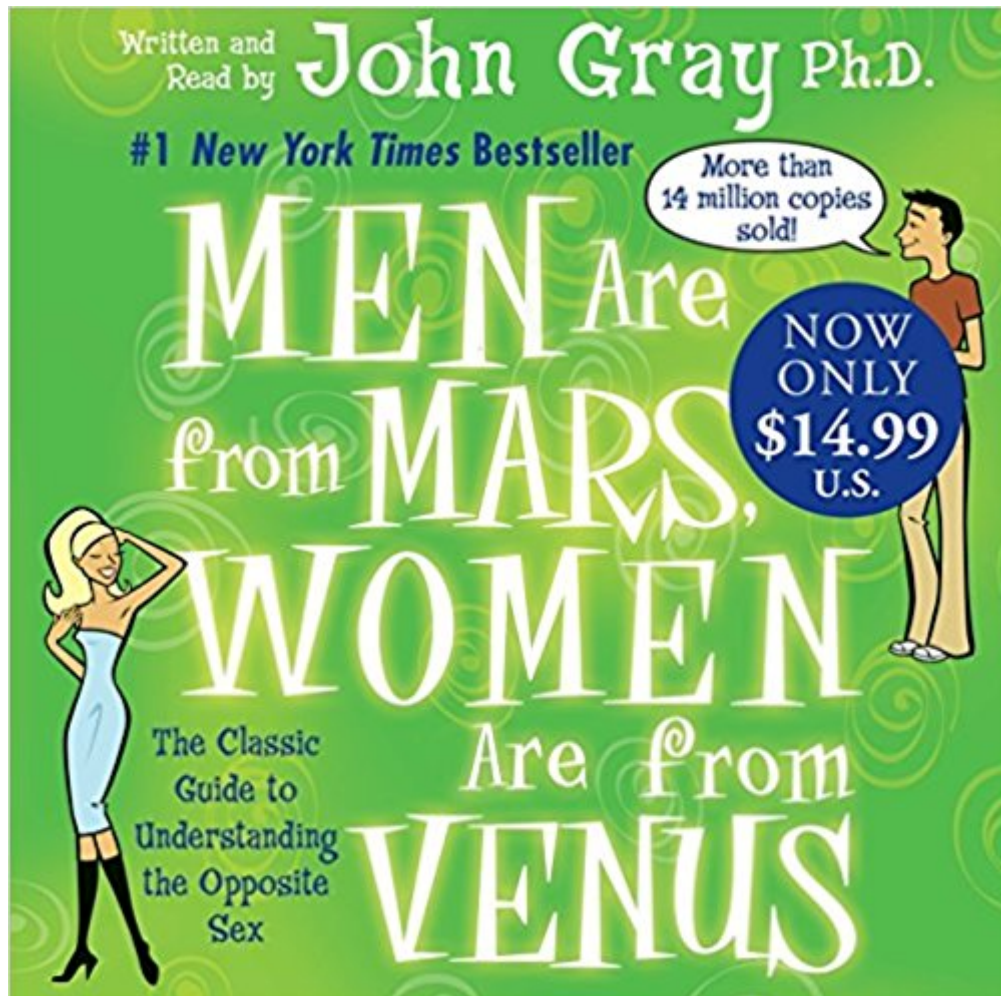




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# Men Are From Mars, Women Are From Venus



## Synopsis

The most well-know, long-lived, and tried-and-tested relationships guide ever, the phenomenal #1 New York Times bestseller *Men Are From Mars, Women Are From Venus* is now available for the first time ever as an audio book. In this classic guide to understanding the opposite sex, Dr. John Gray provides a practical and proven way for men and women to improve their communication by acknowledging the differences between their needs, desires, and behaviors. No other relationship guide on the market will give you the same level of evidence-based insight sure to help you strengthen and nurture your relationships for years to come.

## Book Information

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## Customer Reviews

Relationship counselor John Gray focuses on the differences between men and women--men are from Mars, and women are from Venus, after all--and offers a simple solution: couples must acknowledge and accept these differences before they can develop happier relationships. In this unabridged version, Gray gives a spirited delivery of his message, especially when role-playing typical male/female interactions. Although it takes some time to adjust to his slightly nasal tone, the information is sound and gives both men and women helpful hints on improving themselves and their union. (Running time: 9.5 hours, 6 cassettes) --Sharon Griggins --This text refers to the Paperback edition.

Psychotherapist Gray ( *What You Feel You Can Heal* ) adds to the growing number of self-help books that assess marital and relationship problems in terms of distinct and pervasive gender

differences. Unfortunately, his overuse of gimmicky, often silly analogies and metaphors makes his otherwise down-to-earth guide hard to take seriously. Here Martians (men) play Mr. Fix-It while Venusians (women) run the Home-Improvement Committee; when upset, Martians "go to their caves" (to sort things out alone) while Venusians "go to the well" (for emotional cleansing). While graphically illustrative, the hyperbolic, overextended comparisons, particularly in the chapters that refer to men as rubber bands and women as waves, significantly detract from Gray's realistic insights. Copyright 1992 Reed Business Information, Inc. --This text refers to the Paperback edition.

I've mixed feelings on this book. On one hand, it articulates a good framework for the gender generalities that I've observed and for the most part, the author takes care not to paint with a broad brush. In fact, his intro takes care to acknowledge individual differences within that gender spectrum. He also provides a lot of good strategies for peacemaking and reconciliation as well, like the Love Letters. I especially liked the ending chapter on the seasons of love-- it matches what I've seen in long-term relationships. On the other hand, I definitely felt that much of his advice was very heavily slanted in the man's favor, at significant risk of turning the woman into a doormat. For example, when a man withdraws, the author advises the woman to basically just accept it if the man doesn't want to come out and provide the needed or requested support. This ranges from simple requests like "could you take out the trash" to rather necessary errands: "could you take me to the shop to pick up my car so I can go to work" or "could you pick up our kid from school" (taking examples from the book). If someone resisted doing those last two things, especially on a regular basis, I would seriously question his/her priorities, as well as their suitability as a partner and parent. I would also regard an unwillingness to provide emotional support as a yellow flag, especially if the onus for emotional maintenance falls on one party-- in this book's case, it's usually the woman. Is the man upset? The woman has to give him space and be caring and accepting, no matter how he responds. Is the woman upset? She has to figure out why she's upset, tell the man she's upset, then sit back and... basically leave the rest up to him. If he becomes caring and accepting in turn, great. If he's still distant, then the onus falls back on her to do more work. In other words, many, if not most, of the author's proposed sacrifices seem to fall on the woman to bear, because men are the way they are (i.e., from Mars). I can't really think of a section in which he says, "men, if a woman responds this way, just accept it-- that's how women are." Overall, I'd keep and re-read the book for its insights, but it's very much picking out what works and glossing over the rest.

A continuous read for life. Through the ups and downs in a relationship, as a couple, we reconnect

and enjoy reviewing the various topics as we strive to maintain our happy bond. We have made it our project for our quarterly get away to read together the topic we each feel we need to strengthen. Over the years and through the different mediums I have obtained this book at least 4 times. I still have a hard copy, as well as my digital copies. I have also purchased this book for friends who have raved over its success for them as a couple.

This book opened my eyeballs to lots of things. While I was reading it, I honestly thought, "The author is sexist and can't possibly help me and my partner because we are modern and above all this conflict." Then I got married and grew up a little bit and was grateful for how much of the book I was able to call to mind, because boy did some of that information come in handy. I'm not saying that all of the descriptions of male and female behaviors in this book apply to everyone, but if you are a male or female person, you could probably benefit from reading this book.

Actually my husband bought like 10 of these when it first came out. He saw Dr. Grey during a TV interview. He said, "Hey, this guy hit the nail on the head!", and then I started to watch and he was right. The good Dr. Didn't say much to surprise me (I was raised with many men in my life and few women) but my husband too was raised with very few women around. He was struggling to get 'it'. This book was incredibly helpful for both of us. And like I said my husband bought a stack of them and handed them out to guys too stubborn to get it themselves. We bought this one for our newlywed daughter and son-in-law. By the way, my husband is a 'man's man'. Played hockey more than 12 years, has a professional degree and after almost 30 years is still my best friend and the best man I know.

I appreciate the reality of his concepts here now that I have had more experience of life with men. I appreciate the practical applications of how-to approaches for both sexes involved. This book not only helps me to understand men better, and it also helps me to understand myself. Truly this sensible direction applies to ANY relationship once one understands how the genders tend to think, feel and act naturally biologically. A must read for any and all.

For newly married couples, or couples who are having a hard time communicating, this book is excellent. Couples who have been married a long time learn the hard way, so read the book and save yourself a lot of pain and trouble. Communication is the key to any good relationship, and this book is a great aid in husband/wife communication.

That the book generalizes things between men and women. That said, it really hits the mark in some areas Kama especially for men. Ladies I can tell you from personal experience that this book, with the exception of the unsolicited advice thing, had me pretty well profiled. More than anything else, it helps you understand that yours is not the only perspective and that you need to consider where others may be coming from in discussions.

This book is amazing... I mean it teaches you how to understand a man's behavior without making men feel attacked. John Grey says what to do and how to respond back towards men, without making men feel defensive. Not only that, it teaches Men how to respond to women's emotions and feelings, and how to attend or accommodate them. Genius, I tell you, I definitely recommend this book!

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