



For Men Only, Revised and Updated Edition: A Straightforward Guide to the Inner Lives of Women

Shaunti Feldhahn

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Finally? You Can Understand Her! Women: Complicated and impossible to understand? Do you love and want to please the woman in your life, but just can't seem to figure her out? That was before *For Men Only*. Now at your fingertips is the tool that will unlock the secret to her mysterious ways. Through hundreds of interviews and the results of a scientific national survey of women, this book demonstrates that women are actually not random and that they really can be systematized and "mapped." In fact, much to men's delight, this book shows that women are actually quite easy to understand and please? as long as you know what it is they need. This simple map will guide you to loving your wife or girlfriend in the way she needs to be loved. The bestselling author of *For Women Only* teams with her husband to offer men the key to unlocking the mysterious ways of women. Through Shaunti and Jeff Feldhahn's national scientific survey and hundreds of interviews, *For Men Only* reveals what you can do today to improve your relationship. And believe it or not, as Jeff assures men, "It's not splitting the atom." And for every guy who rarely reads a manual: Quick-Start Guide Included! "When we featured Shaunti's book *For Women Only* on FamilyLife Today, the phone rang off the hook! When Shaunti and Jeff come back on our broadcast, I'm buying some more phones. This is fresh and relevant? good stuff for every marriage. Read it!" -Dennis Rainey, President, FamilyLife Story Behind the Book "As I was writing *For Women Only* to help women understand the inner lives of men, over and over I heard that men wished there was a way to understand their wives, but they felt it was probably impossible. I heard from them, 'You are writing this little slim volume about men, but if it was about understanding women, it would have to be the size of an encyclopedia! Women are random and complicated!' These men were surprised and encouraged when I assured them that women are neither random nor complicated,

For Men Only, Revised and Updated Edition: A Straightforward Guide to the Inner Lives of Women Details

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Debbie says

I'm a woman, and I read "For Women Only" first. In fact, I read that book several times, started to apply it, told my boyfriend about it, and then asked him if he'd like to read "For Men Only." He happily agreed. I first read the book (constantly thinking, "You mean, men don't know that?!") while I also marked how I would have answered the survey questions. My boyfriend has now read this book several times and has started to apply it. He says he loves how I treat him (using information from "For Women Only") and I'm in bliss right now from his efforts to apply what he learned in "For Men Only." I've read other books on similar subjects, but none really get to the heart of the issues like these two little books.

Update: Men (and women!), please don't think you're an expert on your mate just because you read this book several times. It's a great book, but listen if someone tells you that a part doesn't strongly apply to them! Believe me, most women would love this, but I'm getting sick and tired of being told I'm so beautiful and rock my boyfriend's world. That was never an issue for me and hearing this two or three times every time we interact is making the words lose all meaning to me, but my boyfriend initially wouldn't stop because "it's in the book!"

Brandon says

It's Ok (ish). Has a few interesting insights, and the statistics seem useful. You have to get over the writing though, it feels like it's written to the lowest common denominator among men. As if their working assumption is men are not capable of reading beyond the 3rd grade level. Meanwhile, the author keeps trying to convince us of his new found authority on the subject via his immersion into the world of women, and, well, it gets old. His authority is the research/statistics, which get don't as much attention or analysis as I would have liked.

The book has a really annoying feature of "highlighting" sentences pulled from the text but putting them in a large font. The problem is, the text will read something like (see p142): "That's an easy chip shot if I ever saw one." Then immediatly below, in a larger font with a geometric bullet "That's an easy chip shot if I ever saw one." Why? Reading through it is painful. Every couple of pages this strange quoting mechanism is used. I found it really annoying.

I walked away with a few discussion points I'll bring up with my wife, but overall was somewhat insulted by it's presentation and disappointed by its lack of depth.

Robin DeJarnett says

If you read my review on Ms. Feldhahn's other book, 'For Women Only,' I think you won't be surprised that the same criticism applies here.

This book states up front that the authors' intent is to grossly generalize their findings, and they do. I was hoping for more than just a flip of what was in 'For Women Only' but there wasn't really any new information here - in fact it seemed to lack the depth of the first book.

The first book highlighted more specifics, like how men enjoyed it when their women 'played with them' - enjoyed the same diversions, like golf or even just watching sports together. I didn't see the opposite in FMO - what is it that women enjoy for their man to do with them?

There seemed (to me) to be an inordinate amount of time spent on a women's appearance (in each of the chapters), which I found shallow. Obviously, as a woman, I understand how important appearance is, but there's so much more to me than that. Men may be visual, but wasn't the point of this book to show them what they CAN'T see?

Both books also imply that any infidelity in a marriage will always involve the man and his lustful, wandering eye. Whether women are visual or not (and I know for a fact many are), they have their own escapes, be it through soap operas, romance novels or some other source. Neither book addresses the feminine side of lust or a man's reaction/interpretation of it.

There are tidbits to be gleaned, both for men and women, but as before, I recommend that couples look at this book together, and consider the lens used to write it.

Chelsea Rivas says

There is some decent advice in this book, but you'll have to mine for it through the insultingly chummy delivery, Old Sport.

As part of his "good ol' boys" delivery, more than once co-author Jeff Feldhahn used dehumanizing language when referring to both men and women, which was off-putting and unnecessary. My husband is a human being, not a "cromagnon". I am a human being, not an "alien".

Furthermore, throughout the book Feldhahn insists that each husband needs to reassure his wife that she is beautiful. I disagree. It is MUCH more important that each husband reassure his wife that she is loved and valued for her brain and her heart...not what her face looks like or what size jeans she wears. Of course it is lovely to be complimented, but it is so much more important to be valued for who I am, not what I look like.

My main concern with this book, however, is Feldhahn's discomfort in discussing women's bodies. He is clearly uncomfortable using words such as "menstrual cycle", "menstruation", or even "cycle" or "period." He instead refers to it as "her circumstances" and "er...um...her situation" (in the audiobook version he literally says, "er...um...her situation" with the intonation that you're "in" on his private little joke). He writes that sometimes one of his male friends asks his wife, "Am I talking to my sweet wife Lori, or Helga the crazed mutant?"

'Helga the crazed mutant'? Seriously? I don't think Lori truly finds this funny (as he claims in the book). I think it's more likely that Lori does a courtesy laugh to avoid having a difficult conversation with her husband because either 1) She knows she doesn't appreciate what he said but isn't sure herself WHY it

doesn't sit well with her, or 2) She knows he won't understand why she can't just "take a joke".

It does a tremendous disservice to men and women for this stereotype of "crazed mutant" to be perpetuated. Yes, a woman's menstrual cycle can cause hormonal changes that translate to behavior changes. But she does not transform into a 'crazed mutant'. She is still the 'sweet wife' she has always been. If my husband was experiencing a hormonal imbalance (or a recurring cycle of hormonal imbalances), I would never refer to him as a 'crazed mutant'. It's insulting and dehumanizing, and is therefore devoid of empathy...the exact opposite of what he could and should reasonably expect from a loving spouse.

For someone in a position of authority, whose goal is for men to follow his advice and/or example, it's tragic that Feldhahn--claiming 'delicacy'--squandered the opportunity to set a better example in this regard. With just a few differences in wording, he could've shown men that it is right and proper to use correct terminology instead of euphemisms. He could've challenged men to be respectful and continue to grant humanity where it is due. He could've helped men understand that the uterine functions are not to be feared, tip-toed around, or insulted under the guise of joking.

Later in the book he does the same thing when addressing orgasm. Again, for someone who claims to be an authority, he missed a tremendous opportunity to educate, demystify, and call upon men to grant their wives even the most basic dignity.

"For Women Only" was written under the assumption that its audience is intelligent and thoughtful women. "For Men Only" was written under the assumption that its audience is 'dudes' and 'bros', not intelligent or thoughtful men.

Christel says

I received some teasing from male friends when they found out I was reading this book, but I make no apologies! This was a great read for anyone--male or female--in a relationship. I first read its counterpart, "For Women Only," which was also incredibly insightful. The fact that these books offer a view into the differences between men and women from a biblical Christian worldview makes them tender, truthful, and encouraging. Here's what I shared with one friend while reading "For Men Only":

As I'm reading, since it's written from a male perspective to men, I'm gaining insight even though the book is about women. I'm seeing these things that seem perfectly normal and obvious to me being explained in excruciating detail as if they are mysteries to men...and that's because they generally are! It's eye-opening for me to read this and think, "That isn't obvious to men? That's something they need to be told?" I think it's helping me to understand just how different men and women are.

Steve Bremner says

I still don't understand them.

Brent says

Superb.

Read this for a marriage prep course at my fiancée's church, while she read (or listened to the audio version of...) "For Women Only".

Practical, wise, heartfelt... grounded in science and data (which I love) and Scripture (which I love even more), this book is a game-changer.

I've been doing the best I can, and I want to do better... I just didn't know how. A priceless gift. I love my fiancée and I want to be the best possible husband to her I can be...

J. Alfred says

About halfway through this book (roughly half an hour into reading this book) I started thinking that it was a very well intentioned, pretty well researched and weirdly poorly written text-- and I stand by that to some extent. ("Weirdly poorly written": it was clearly within the authors' power to write more impressively/smoothly, but they decided that it was better to take a totally unsophisticated stance-- there was the textual equivalent of a lot of winking and elbow-nudging going on in here, and it comes off as too 'familiar' in the old sense, or 'chummy' in the new.)

However, the end of the book was well done, and brave, as well ("we simply need a zero-tolerance policy on porn"). Some parts, too, did in fact help me understand the beautiful mystery that is my wife a little bit better. So it accomplished its purpose, and for that I am grateful (though I think it may have been better served to be edited and reissued as a twenty-page pamphlet).

Skylar Burris says

I read this just to make sure my husband was getting reliable information when he read it...with very few exceptions, I definitely think he did get good information. I think any young Christian couple who gets married should be given a copy of these For Men Only / For Women Only books in premarital counseling and should re-read them every 2-3 years. (The book is from a Christian perspective, but the Christian element is not over-the-top; it would be useful for many non-Christian readers too.) The books are very short, direct, easy-to-follow, and quick to read. It is a bit dumbed down in writing style, but the practical worth compensates for that.

Chip Rodgers says

It's not that this book was bad per se. Almost everything in the book was already pretty obvious to me anyway, with the exception of a maybe two or three interesting insights and ways to articulate particular female concerns. It seems to me that the type of person who would go out of their way to read this book are the ones that don't need it, and the ones that DO need it are the ones that either wouldn't read it, or wouldn't actually practice the advice given, even if they DID read it.

Complaint number two: The author apparently thinks women are incredibly weak and shallow. Especially based on the chapter titled, "Beauty."

My biggest praise for the book is that it made me like and love my wife A LOT more, realizing that she's nothing like the incredibly insecure females that the author describes in this book.

Seth says

This book is helpful to understanding women. There are two clear ideas that I earned from this book that I haven't gained elsewhere.

1. Women's preoccupations can't just be laid to rest by arguing out their merit. They are like programs open on a computer. You can minimize them but they can't just go away until the anxiety is directly resolved. The little "x" can be closed only when resolved.
2. Women have just as strong a need to be "pursued romantically" as men have being "sexually desired". I started looking for ways to make my wife remain in a constant state of romance and it has made a huge difference on her quality of life.

That is why I am giving it so many stars. The quality of the writing and the insight of the author's were not close to impressive. They were kind of goofy and simplistic. Its a short book and doesn't address any particular deficiency. It is a very brief overview of what women need from men to feel love. The ideas that I gained were sufficient to recommend the book. Don't look for brilliant marriage guidance here, however, you might find a few ideas that could improve your marriage.

Brenda says

I chose this as a "book targeted at the other gender" for Tim Challies' 2017 reading challenge. I listened to a Christianaudio version that was available on Hoopla. The book was read by Jeff Feldhahn, who co-authored. (I always enjoy audio books that are read by the author.) It is a short book - under 3.5 hours' listening time.

I think the points made by the author are pretty much spot on for explaining how most women think and why we react as we do, and I found myself nodding in agreement many times. Men who have done other reading about relationships may think "duh", but I would say this is a great place to start for men who haven't done other reading or whose fathers weren't good role models. The authors say up front that this book isn't for marriages that are in crisis, and I would agree with that.

Fuad Alsultan says

This is going to be a complete review of the book on a chapter by chapter basis. This book helped a lot to understand my woman. I have never thought about women this way before, i guess I should have considered reading such book before. Though, I would not think other books would put it the same way this one did. I

am just glad I had the chance to read it.

Chapter 1.

Interesting! I got hooked.

Chapter 2.

If you get together, the deal is never close. Insecurity follows women even after settling down. Unlike men who want to show their love by their actions, women need reassuring every time they have a conflict. As a man I need to increase her emotional bank account by continue doing the small stuff that made me win her heart at the beginning. When she is upset, I should not leave her to think alone, I should hug her and assure her all is going to be okay.

Chapter 3.

I can see it. Its too hard for a woman to just let go of her fears and worries, because they are attached to her emotions. Worries will go away when the bad feelings are gone, as men we need to help our women by resolving these emotional issues not by telling them "just don't worry or forget about it". Telling my women such thing, will either make the problem stick or circulate. Listen to your woman's concerns, give her all your ears, hug her, suggest an action for her worries, or take one.

Chapter 4.

When you see or feel something is wrong between you and your women, ask her what's wrong? Don't accept "I am fine" as an answer, but be persistent and assume she is upset b/c of something you did or you did not do. Speak to her, tell her that you might did something wrong and ask her to help you to understand her. If the issue is not your actions, assume its an emotional issues, give her your ears and listen carefully. The third reason she could be upset about is her circumstances, take your time to understand her. Lastly, it could be just hormones, be there for her. An important note to remember is that women don't speak about their issues from the first time b/c we "men" trained them not to. We usually get angry or defensive when they answer our question the first time we ask.

Chapter 5.

Financial security is not more important than emotional one. Most women prefer low income job and more time with their husbands more than high income and low parent and husband time. She wants to feel 1) You are close to her; do small silly stuff like the stuff you used to do before marrying her, ex. Sending text message in the middle of the day and buying her flowers or surprise her with what she loves. 2) She wants to feel that she is a priority, spend more time with her, let her feel she is before everything. 3) She wants to see more commitment to her, ex. help her around the house. 4) She wants to see you making effort to provide financial stability for the family.

Chapter 6.

The power of effective listening. Your women speaks about an emotional difficulty, she just wants to share her feelings with her partner. She is not sharing to look for solutions. When she speaks, drop the 'I must fix it' attitude and and listen carefully to her feelings through her words, facial expressions, and body gestures. Try to understand her, repeat those feeling to her to assure her that you gave her your attention. Sharing her feelings with you, and you understanding those feelings is more important to her than the problem itself.

Chapter 7.

This chapter is on the sexual relationship between you and her, and how her "NO" to sex does not mean it is because of you. Understand that she could be tired from all day long, and her sexual drive is less than you. She may not want to have sex with you, but she will enjoy it as much as you when she is in the action. Her

sexual desire rise not as sharply as yours, so take your time with her. Your appearance and look does not make her hot, she needs to feel the closeness between you two beyond the bedroom. Be close to her at all time. Try to start talking about sex early before jumping into it, to prepare her emotionally, like whisper to her that you want to have sweets when you get home while having dinner at the restaurant. Tell her you are excited and cannot wait.

Chapter 8.

The little girl still lives inside her. She needs constant complements on how beautiful and stunning she is. As in chapter 2, she needs to hear from you that she is beautiful, never assume she knows and does not need to hear it. Tell her how magnificent she looks, be specific when complementing her. If she asks about how beautiful she looks, don't answer just fine. Notice her dress when she spends time in front of the mirror, tell her what you like about her style.

Chapter 9. (The conclusion)

I should always remember that I am her HERO.

♥ Ibrahim ♥ says

Most of my intimate friends have always been women. Most of my confidantes have always been from the female gender. I love their friendship. I know them. But this book has often made me feel that women are a bunch of simple-minded, confused, all too emotional creatures. Well, not "my women"! Don't get me wrong. The book has some good points to make and they are good for men to keep in mind, but still women are not as shallow as he makes them to be in that book, and neither are they a bunch of creatures who don't know what they want. My best advisors have always been women. When I can be emotionally unstable, it is women who are more solid than I can ever be!

Michael Foley says

Hopefully this book does not "Blow Your Mind", because if it does, you probably didn't know jack squat about women whatsoever. HOWEVER, this book did open my eyes to a few gems of wisdom and give me a big boost of motivation to be a better husband.

His analogy of our minds like a computer desktop was especially profound to me. Stating that men tend to handle tasks/feelings one window at a time, and close the window before moving on to the next thing. Women have several windows open at once, all getting slivers of attention simultaneously(yikes!). I had heard dozens of analogies before, and I knew the concept. But sometimes the right analogy comes along and it sticks.

Great quote: "How a woman feels about the problem, IS the problem." simple and wise. And the opposite of how I think.

It is well worth reading, and worth reading every 2 years or so for a shot in the arm.
