



Mars and Venus on a Date: A Guide for Navigating the 5 Stages of Dating to Create a Loving and Lasting Relationship

John Gray

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Will I Ever Find My Soul Mate?

Whether you are recently separated, divorced, or you have been in the singles scene for longer than you want, this insightful guide will help you navigate the dating maze and find that special person you've been waiting for.

By discussing the differences between men and women, *Mars and Venus on a Date* provides singles with:

A thorough understanding of the five stages of dating -- attraction, uncertainty, exclusivity, intimacy, and engagement How to know what kind of person is right for you Answers to burning questions such as why don't men call, or why do some women stay single? The best places to meet your soul mate And advice on creating a loving and mutually fulfilling relationship

Filled with practical guidelines, inventive techniques, and witty insight, *Mars and Venus on a Date* will help single men and women explore the world of dating, understand how to make good choices, and discover the secret to finding a soul mate.

Mars and Venus on a Date: A Guide for Navigating the 5 Stages of Dating to Create a Loving and Lasting Relationship Details

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From Reader Review Mars and Venus on a Date: A Guide for Navigating the 5 Stages of Dating to Create a Loving and Lasting Relationship for online ebook

Jenn Andrew says

After my seven-year marriage dissolved, I felt I needed something to get me in tune to the dating scene of the new era. A friend of mine had suggested this book so I read it with speculation and hesitation. I am glad that I did because I enjoyed it.

John Gray, the well known author of the best selling book Men are from Mars and Women are from Venus, takes you through the steps and stages of dating so that you end up in a lasting relationship. He lists five stages that you have to go through successfully to end up married or in a meaningful relationship.

In Mars and Venus on a Date, you are brought through stage one, which is attraction, and then onto stage two categorized as uncertainty. Stage three and four deal with exclusivity and intimacy. The last stage that John Gray introduces you to is engagement, which goes into how to make up with each other so that your relationship doesn't lead to a break up and he explains the different reasons why men and women get married. What I liked about the book is that it is intended for both men and women. It helps you to understand how the opposite sex feels. Let's face it. No one understands the opposite sex but after I read the book, I had more insight into how each sex thinks and feels about dating and relationships.

I didn't think I could utilize this book but it came in handy while I was dating. With a little bit of experimenting, I was able to see what John Gray was talking about in his book. It is written with good intentions and with a good heart from a man who has produced a total of seven books on relationships between men and women. He has a Ph. D. and has been conducting seminars for 26 years in major cities.

I enjoyed reading this book because in a humorous and thoughtful fashion, it touches on all aspects of dating and explains the reasoning why men and women do what they do especially after that first date. It's fascinating to read about how you can attract and choose the right person that is meant for you. The book tells you about the warning signs to look out for so you don't get involved with the wrong person, it teaches you how to bring out the best in your partner and covers many other topics that are very useful and important for you to know. It makes dating more fun and exciting.

Mars and Venus on a Date is a good self-help book to read when you find yourself back in the dating game.

Kryssy Kirsch says

I couldn't finish the book. 2 plus chapters in, and it made me so angry. Yes there were some good points, but then again, I don't need to buy a book to tell me these pointers, my amazing friends have told me some of these things. I don't believe in "soul mates" or "soul love" so I found this book to be extremely corny and truly not informative.

Ed says

The genders do have different ways of processing and communicating things. In this book, John Gray offers standard trends with each gender in terms of dating rituals. Some may be critical of the sweeping generalizations, "Not all men do" "Not all women feel ..." but his intent is to only share what the majority often feel, react to, and methods typically used to communicate wants, needs and emotions.

If you get the chance, read this book with a member of the opposite sex. Read a chapter then have a discussion about it. These discussions are very informing and really help both genders find their way through the landmine that is inter gender relationships. Although this book may not apply to every individual, I have found the strategies and observations to be spot on with those I have come to know in my life.

A great read and awesome conversation starter if shared with a close friend of the opposite gender.

Stacy says

I understood men better after reading this book. One insight that stood out was the fact that men like to talk about what they DO in a social setting such as a date, which women often perceive as boring and arrogant. That explained a lot to me though. :-) Oh, and women would rather talk about how they feel.

Jason DeGroot says

Another informative and helpful book from Dr. Gray, though this one was a lot more uneven. The first half was great, and once again taught me that I've pretty much been doing everything wrong dating-wise in terms of laying a strong foundation for a long-term relationship. His discussion of the five stages of dating was immensely helpful and also helped explain why some relationships haven't worked out for me.

About halfway through, though, it started to feel like Gray was getting paid by the word, and some of the chapters and "advice" seemed a bit unnecessary. For example, there's a section talking about using words like "very" and "so" to help accentuate how you enjoyed a date, using examples of them in sentences. Then he goes on to say you can tell them you REALLY enjoyed the date by saying "I had a very, very nice time." And then provides example sentences with "very, very" and "so, so" in them. Lame.

Another excellent part of the book, though, was he provides an explanation of the whole "nice guys finish last" issue. As a guy who used to complain about this, the whole "girls only date the jerks" deal, this was nice to see explained, especially since it put me in my place to let me know it was basically my fault and to stop whining about it. Putting in the context of the five stages of dating made a lot of sense and there are a lot of pimply emo kids that would save themselves the role of the gay heterosexual friend if they read it.

I didn't agree with the whole concept of going out to do things that you typically wouldn't enjoy so that maybe you'd bump into your soulmate. I don't like NASCAR, and I have a hunch that I'm not going to find my special girl at the speedway (I can just imagine the fights because I won't let her put a number 3 on our car window). And while his list of places to go to try to meet the love of your life had some interesting suggestions, it started to again feel like filler. And then I ran into this section:

"You can most effectively find a partner in places where women are dependent on you for a certain kind of support. Whenever there is a crisis in the community, a fire, flood, earthquake, storm, tornado, or hurricane, these are the best times for you to go out, be of service, and find a wife."

I had to re-read that paragraph and the surrounding paragraphs a dozen times to make sure I was reading that correctly. So THAT'S why I've been so unsuccessful! All this time I've been trying to survive natural disasters when I could have been using that time to go wife-hunting. I'm so STUPID! . . . Yeah, so, it calls into question the good doctor's wisdom sending poor guys out into maelstroms in the hopes that the lady they rescue happens to be looking for a hubby.

Despite the unevenness and some unexpected mortifying hilarity, I still got quite a bit out of it. And while it did have some old-fashioned ideas in there, i.e. the man is the pursuer while the woman should be the pursued, it actually did make sense. Now we'll see if it helps. I'm keepin' my fingers crossed for a Category Five so I can get out there an' find me a WOMAN!

Jo says

Coming from an extremely dysfunctional family, I was very unsuccessful at dating and finding a soulmate. It wasn't until I read Mars and Venus on a date that I realized I had no idea how to date or have a successful relationship. Most self help books address the problems people have when they are already in a relationship, but this one starts from the first date. It was the single most helpful book I have found on the subject of building a positive relationship. Thank you, John Gray

K Dog says

my guy friend gave this to me, I didn't like it. Couldn't finish it. I read this sentence in the book where it said women should not give guys directions if they are lost or tell the guy he is lost. Hello are we supposed to drive around all night getting more lost??? with these gas prices...uh no!

Rain Grrl says

This was a great book. I had read it before, and just finished reading it with a group of women. Some were afraid that they hadn't read the original Mars and Venus book and would be lost. That is not the case. Every concept that Gray discusses, he explains fully. He mentions the first book occasionally but information is not missing.

My biggest concern is that the book is very dated. It leans back to a much "simpler" time, and has zero advice about online dating websites and the new ways men and women interact. There are also some parts where the information is repeated over and over, or lists go on and on.

Lastly, if you are a devout feminist, this book will offend you. If you can not accept or expect (Gray calls it "being receptive") a man doing things for you as a woman, you will be gravely disappointed.

The book is written from the male perspective that works more at fixing women, and I would be surprised to find a man who has read this book. It is helpful in explaining a lot of misconceptions women have. As with every self-help book it will not fix everyone. Gray explains that sometimes there is a bit of role reversal, and goes on to explain this away.

If you are into self-help and open to heterosexual dating you will surely take something away from this book.

Alex says

It was informative and very much based on evolutionary facts (ex men are work-oriented). There's a lot of facts in the book that wasn't very much universal. For example, shy people would approach dating in a very different approach than what he described men and women to be. The tidbit on continuing attraction sounds useful, but I haven't used it in reality yet. So let's see

Margo says

I really enjoyed reading this book and my only regret is not reading it sooner. There is an enormous amount of useful information and actually a lot of information that has helped me see what went wrong on previous relationships. Excellent read and a great companion to "Men are from Mars, Women are from Venus."

Christa says

When I want to learn how to do something well, I read up on the topic. And yes, that even applies to dating. This is, hands down, the best dating book I've ever read. Gray does an excellent job at explaining the wonderful (but sometimes baffling) differences between the genders. It helps each to better understand how the other interprets those little things that can make or break dating in its fragile early stages, which is particularly helpful for a generation who just doesn't date anymore. Gray also explains the stages to relationships and how vital it is to progress through each - including uncertainty. Highly recommend it to any fellow singletons out there - it's totally changed how I approach dating for the better.

C.G. Fewston says

Mars and Venus on a Date: A Guide for Navigating the 5 Stages of Dating to Create a Loving and Lasting Relationship (1997) by Dr. John Gray is a companion to the more well-known Men are from Mars, Women are from Venus. Men and Venus on a Date, however, provides deeper insight into the world of couples trying to figure out the rules and taboos to dating a Martian or Venusian and holds keys that will unlock the mystery of communication and how to build a stronger and more loving relationship with your partner.

As Dr. Gray explains, "this book is directly written for singles and dating couples who are interested in finding true and lasting love" (p xiii).

But for this post I will focus primarily on some helpful information about how Martians (often of the male gender) and Venusians (often of the female gender) communicate and how they are interpreted and how each partner can work to better express themselves and learn how to communicate more efficiently.

First, though, a reader needs to understand that Martians and Venusians are in fact different and do not

communicate in the same shape or fashion, and this is by far the greatest mistake couples make when dating. Just as someone from the East would instinctively learn that people in the West have different customs and cultural habits and do not communicate in the same way so should Martians and Venusians learn and become more aware of how each partner may communicate.

For instance, on Mars when Martians apologize that usually ends the entire discussion and the Martians shake hands, slap each other on the back and go have a beer and all is forgotten. “On Venus,” Dr. Gray explains, “it is the opposite. When you say you are sorry, the discussion begins. When a man says he is sorry to a woman, she will proceed to tell him in great detail why he should be feeling sorry” (p 117).

Now if a Martian does not know this about Venusians then he would likely become annoyed and she would feel rejected and uncared for and an argument would arise and the relationship would begin to break down. If a Martian has the knowledge and skills and knows about the customs and practices of his favorite Venusian, he sits and listens and helps her explore her emotions and learns why he should be sorry and he should quite possibly be taking notes so he doesn’t make the same mistake in the future. This would show the Venusian that she is cared for and help her feel more secure in the relationship.

A woman needs a man who will make her feel special, unique and secure. “She needs to feel that he adores, cares for, understands, and respects her so much that he will always be there for her,” writes Dr. Gray (p 127). A Martian, therefore, needs to understand better how Venusians think, act, behave, and speak; otherwise a Martian will misinterpret his favorite Venusian.

“When we misinterpret each other, it can cause us to sabotage our relationships unknowingly,” writes Dr. Gray. “A woman may mistakenly conclude her date is ‘just another man incapable of making a commitment’ and give up. A man may think his date is another woman whose needs may smother him and take away his freedom. As a result, he loses interest.

“No matter how sincere you are, if your partner is misinterpreting your innocent and automatic reactions and responses, your attempts to create a relationship may be unsuccessful. It is not enough merely to be authentic in sharing yourself; to succeed in dating you need to consider how you will be interpreted as well” (p 3).

There is not a person who I have not met who does not wish to be successful in love. Most people watch their Facebook posts fill up with couples happily in love and couples becoming engaged and writhe with secret envy, asking “How the hell does this even happen? Why can’t it happen to me?” And yet we all desire to be successful in our career and so we study and get degrees and learn the trades and spend countless hours learning how to be successful, and yet we automatically assume love will just happen. Wrong.

Love is as delicate as a plant and needs attention, caring and respect. And these characteristics can also be found in one who spends time studying over a book in a library preparing for an exam. Why do we think that love just happens and we don’t need to prepare ourselves to be the best we can be so we can bring the best to our partner and our relationship?

The truth is that love needs work to last and develop into a strong relationship but true love doesn’t need work to be recognized and respected. True love happens. One night you attend a party when you are filled with doubts about even going and then suddenly you fall into a seat across the very person you have longed waited to meet. You both instantly just know. You both play it cool. Avoiding each other, but in the end always coming back to each other and the conversations flow and both of you just click into place. And both of you know that the Universe has smashed two oceans into each other and it is such a wonderful feeling.

“When soul mates fall in love there is simply a recognition,” explains Dr. Gray. “It is clear and simple as recognizing that the sun is shining today, or the water I am drinking is cool and refreshing, or the rock I am holding is solid. This knowing is not in any way dependent on a long list of reasons or qualifications. Soul love is unconditional. When the right person comes along you ‘just know,’ and you spend the rest of your life discovering why he or she is the right person...A soul mate is someone who has the unique ability to bring out the best in us. Soul mates are not perfect, but perfect for us” (p 14-17).

But with that said, it does not hurt to learn about your partner’s communication patterns and prepare yourself to be the best you can be. Here are fifteen key insights that can help any relationship become stronger:

- 1) “Whenever a man does something to make a woman feel special, in her eyes he becomes more attractive...If she has to care too much about his needs, if she has to be overly sensitive not to hurt his feelings, then he becomes less attractive. When she is free not to worry about him, but simply enjoy the fact that he cares about her, then she becomes more attracted to him” (p 37).
- 2) A man far too often doesn’t understand nor “realize that a woman will feel most supported and impressed when he listens with interest rather than talking about himself or giving advice” (p 36).
- 3) “A woman’s willingness to ‘share all’ is actually a compliment to the other woman. It is a sign of trust, goodwill, and friendship” (p 38).
- 4) When a woman is finally “getting her needs met, then and only then is his happiness hers” (p 44).
- 5) “A man bonds with a woman through being successful in providing for her happiness, comfort, and fulfillment. His doubts are dispelled not primarily by what she does for him, but by how she responds to what he does for her” (p 49).
- 6) “By clearly understanding the wisdom of going slowly and moving through the five stages of dating [Attraction, Uncertainty, Exclusivity, Intimacy, and Engagement], both men and women will enjoy the dating process more and eventually find true love” (p 59).
- 7) “If he can respect her, then he is worthy of her” (p 59).
- 8) “By deliberately putting forth his energy and attention to fulfill a woman’s romantic needs long after a woman has accepted him, a man trains himself to experience that the little romantic gestures of dating are not just to win a woman over but are actually required and necessary to sustain her responsiveness” (p 70).
- 9) “In stage three, a man should remember that a woman feels most loved and supported when he offers to be of assistance. It is most romantic for a woman when a man anticipates her needs and offers to help. Even if she doesn’t need his help at the time, she will feel supported just because he offered” (p 77).
- 10) “Women like variety. They like to try new things and have new experiences. By continuing to take risks and try new things, a man is assured of successfully moving through stage three” (p 76).
- 11) “When a woman has a conversation her objective is to share. A man makes the best impression by asking questions and listening. Sharing in her thoughts and feelings is the way to win a woman over...When he asks questions, it reassures her that she is special and worthy of love. It is evidence that this man cares about her” (p 220-223).

12) "The direct way to a man's heart is through complimenting and appreciating the things he provided. When a man experiences a positive response to the things he does or provides for her, he is more inclined to feel attracted. This is how a man's affection for a woman grows" (p 261).

13) "The more a man succeeds in helping a woman, the more attracted he will be to her. A woman also experiences a greater attraction to man when he is helpful to her. She then mistakenly turns this around and assumes that if she is helpful to him, he will be more attracted to her. This is not true" (p 265).

14) "When a man expresses his masculine presence he is generally embodying the three basic characteristics of masculinity: he is confident, purposeful, and responsible. It is these three qualities that make a woman most attracted to him" (p 271).

15) "When a woman expresses her feminine radiance she is generally embodying the three basic characteristics of femininity: she is self-assured, receptive, and responsive. It is these three qualities that make a man most attracted to her" (p 271).

If any of these key insights were new to you and/or resonated with you on any level, I recommend picking up a copy of Mars and Venus on a Date and/or buying a copy for a friend. After all, aren't our soul mates truly worth it? Aren't we worth it?

"Choosing a soul mate is not a mental decision based on pros and cons of a relationship," explains Dr. Gray. "It is not an emotional decision based on comparing how a person makes you feel. It is not a physical decision based on how a person looks. It is much deeper. When our soul wants to marry our partner, it feels like a promise that we came into this world to keep...When our soul wants to get married, it feels as if we have no choice. We have to do it if we are to be true to ourselves. It is this kind of commitment that can sustain a lifetime of love" (p 20-21).

And don't we all want a lifetime of love? I'll leave the answer to you... in the meantime:

Keep reading and smiling...

GoldenjoyBazyll says

What did I learn from this book? That I am still learning. As I read- I thought about the relationships I have had in my life and what I have learned about myself from them. It was also interesting reading about the stages of dating. In truth- I agree with the approach of moving slower and really getting to know each other.

What I find from many of these books- which leaves me at a loss- is where is the wisdom and advice for those of us whose relationships go amuck as a result of situational changes in life. There are those things which are not so easily resolved... what about those???? Maybe there are no answers.

Anyhow... the author of this book recommends positive endings to relationships that are not working and I agree whole heartedly. I have always been on excellent terms with those I love long after the intimate

relationship has ended. In my mind- just because something does not work out it does not mean that you do not love the person... you decided to honor the relationship with honesty and respect.

Kat says

This is a book all single women should have on their bookshelf. I was amazed how many of my different relationships followed so many of the stages. It helped me realize the things I was doing wrong right from the start. I don't know if reading it changed anything I was doing but it was at least fun to be able to see what path I went down.

Tanya says

I think every human of relationship age should read this book. Great breakdown of the typical differences between the genders and how those differences affect one's instincts in a romantic relationship. Suddenly things make sense. Light bulbs start burning bright. I've read a few decent relationship books, but this one breaks down such basic differences that it should be a prerequisite to the others. The book only briefly touches on being a strong, self-aware and confident individual before attempting to date and that's such a HUGE part of any successful relationship. I'm sure some people have issues grasping some of the suggestions because they aren't first right with themselves. And I gotta say I'm all for gender equality in the workplace, but chivalry needs to stay alive and well at home and you'll see why. Here and there I thought a few things were awkward or silly, I guess because they weren't relevant to me, and I also didn't love the God stuff, but you take some and you leave some — all in all a wonderful book! I have been recommending it to everyone I know, even the married couples.
