



# Guys Are Waffles, Girls Are Spaghetti

*Chad Eastham , Bill Farrel , Pam Farrel*

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**Boy meets Girl; Boy wonders what in the world Girl is talking about and how he will ever keep up. Girl wonders what is wrong with Boy.**

**Enter, *Waffles and Spaghetti*—every teen's guide to figuring out the opposite sex and understanding and valuing our unique differences.**

In a pivotal time of their development and social lives, teens are left to try and understand one another without much guidance. The purpose of this book is to help better understand themselves as well those from the "alien gender".

Guys' brains are like waffles—they keep their lives compartmentalized in boxes. Girls' brains are like spaghetti—everything in their life is connected to everything else. This book for teens includes brain development, social habits, differences in emotions, and relationship building skills for teens to develop early in their life. Loaded with humor and fun examples, this is a great way for teens to learn about healthy relationships with the opposite sex.

## Guys Are Waffles, Girls Are Spaghetti Details

Date : Published (first published 2000)

ISBN :

Author : Chad Eastham , Bill Farrel , Pam Farrel

Format : Kindle Edition 240 pages

Genre : Christian, Nonfiction, Relationships

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# From Reader Review Guys Are Waffles, Girls Are Spaghetti for online ebook

## J.S. says

Someone once forwarded me a short little video called "A Tale of Two Brains." It's an advertisement for a longer DVD, but it discussed the differences between the male and female brains, comparing them to boxes and a ball of wires respectively. It appeared to be a marriage enrichment seminar and seemed to make sense and was, frankly, very funny! (Note: I have not seen the DVD and am not endorsing it).

When I saw this book I was reminded of that short clip and my then 15 year-old son was interested. He was at that age when girls become interesting and confusing at the same time, and being a thoughtful young man he hoped this would be both helpful and entertaining. And in many ways it succeeds and is similar to the video, except men - or guys - are compared to waffles (with little compartments or boxes) and girls to spaghetti (which is tangled like a ball of wire). With guys everything is separate and with girls everything is connected. The book makes some good points and explanations that my son found interesting. It maybe generalizes too much and relies too heavily on stereotypes, but overall it has some good things to say.

The problem, however, is that the book has a very strong religious slant as well - something that wasn't even remotely apparent from the available book description. Although I am a Christian and appreciate when such concepts are taught in a good, clean way, I feel somewhat deceived that the religious perspective wasn't made clear. After all, there are many different Christian denominations let alone different religions, and none of them agree on all points - and I disagree with some points in the book as well as some conclusions. My son was not impressed with the preachy-ness of the book and I wish it had been stated up front.

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## Andy Dale says

This book is about the differences between guys and girls and dating. It's geared toward teenagers and has a slight religious basis, but you don't have to be religious or a teenager to get something from this book. The main point of the book is that girls inter relate their whole lives like a bowl of spaghetti, while guys compartmentalize like different sections and walls of a waffle. I don't think this entirely relates to all people, but it is informative to most. A few things I got from the book:

- 1) saying I love you doesn't mean as much as actions that show the other person loves you or vice versa.
- 2) confidence in guys is very important. Having too much confidence and arrogance in a guy is bad too.
- 3) body language is important and listening and showing you appreciate what others are saying is most important body language.

There are other important points. Some are basic that most experienced people who have dated understand, but it helps to reinforce them. I borrowed this from the library and think I'll buy it and re read it from time to time.

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## Alicia says

Okay, so.. Where to start?

Originally when I started reading this book, my first thought was "Oh! This is cute. I like this." Then I realized it was based around religion/God. I have nothing against that. But I thought it was overdone from time to time. But, until I got to page 158, I had every intention of giving this book four stars.

Then, as you already noticed, I got to page 158 and my eyes about popped out of their sockets. WHAAAT IS THIS!?! Okay, so in case you don't know/don't have the book I'm going to read to you what this girl wrote in.

"I'm SICK OF GUYS. I'm sick of them for a couple of reasons. The main one is because I made a mistake and I slept with two different guys... Now guys at my school won't leave me alone. They harass me at my locker at school, I have things shot down my shirt all the time, I have my butt grabbed about twenty times a day, and I know I'm an easy target... I've told billions of teachers who don't do anything." This is shortened, but still word for word. Now, you must know that Chad on every letter published in this book, Chad responded with helpful advice. HOWEVER, on this particular letter, his response was "Like it or not, your actions will help determine your reputation. Be careful with them." My mouth literally dropped when I read this. THIS IS SEXUAL HARASSMENT! THIS IS NOT OKAY! I understand you are against sex before marriage.. but this girl is in desperate need for help.

I was absolutely disgusted. This brought me down to about 2.5 stars.

THEN, I read the part about Pam and Bill not kissing until they were engaged.

Okay, overboard. This star gets two stars.. that was me being nice.

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## **Haley Keller says**

I thought this was a great book. It's full of humour, and I love the way it compares male and female brains. I think this is a great book for teens. It teaches you how the opposite sex thinks in a way that isn't boring at all. I should point out that this is a Christian book with some references to God and the Bible, although it's not overly loaded with religious stuff.

I think a lot of teens would really enjoy this book, and it has a lot of things that will help you communicate with and understand people better. Some of the stuff seems like common sense after you read it, but you may have never thought of it that way before.

I really loved the comments between the author (Eastham) and the editor that was left throughout the book. They were really amusing. The entire book was a lot of fun. It teaches you things while keeping you entertained.

<http://hmweasley-blog.blogspot.com/20...>

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## **Devan Myers says**

Some time around November I went to Pennsylvania to attend something called The Revolve Tour, a Tour that allows girls middle school and up to come together and hear what these people have to say. It involves Music, Life in God's eyes and teen situations that all of us have gone through. One of the speakers I enjoyed the most was Chad Eastam, he really caught my attention with what he had to say. In this book, you will read about what a guy wants in a girl, what a girl wants in a guy, why girls talk so much, why guys play video games 24/7 and so many other topics that will just make you want to READ READ READ!!! You will also

discover how guys are like waffles and girls are like spaghetti.....it may seem confusing from the cover but once you read this you will TOTALLY get it. SO READ IT!!! IT'S GREAT!!!!!!!

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### **Fenix Rose says**

A good read, funny yet informative and every male and female can relate and learn from this no matter if teen or "grown up". I love that illustration of girls having spaghetti brains and boys waffle ones. It so makes a lot of sense. It was nice that certain heavy topics like sex were approached with honesty. Not just saying NO, but why to wait, and why not waiting and being too physical damages a relationship. Not just teen relationships but adult ones as well. Certainly that is not the impression one gets from the media is it? Perhaps it would be better for males and females to develop friendships, for that to be the drive even if they are ready for dating and marriage. Maybe then relationships over all would be healthier and last, be deeper and not just based on shallow fluctuating emotions.

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### **Bridget says**

Extraordinarily unconvincing and narrow-mindedly moralistic; this book had some truly parochial, sexist, cisnormative advice for teenagers, desperate to keep them in a conservative bubble. Shudder.

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### **Olivia says**

gen·er·al·i·za·tion

ˈjɛn(?)rɪl??zʃ(?)n/

noun

noun: generalization; plural noun: generalizations; noun: generalisation; plural noun: generalisations

a general statement or concept obtained by inference from specific cases.

"he was making sweeping generalizations"

the action of generalizing.

"Guys are Waffles, Girls are Spaghetti" is a cute and simple way to describe a very generalized look into the male and female mind.

Bearing in mind that this book is based in the majority of people and is not a foolproof method of understanding the opposite sex, this is a really good read and offers some sound advice.

The author is a Christian and the book is written in a Christian perspective, this was not mentioned in the description. I personally have no problem with this, but some may be deterred by "preachy-ness".

Pros: Clever, witty, funny, resourceful, science based

Cons: Could be seen as extreme and/or overly simplified.

Favorite Quote:

"You understand that Mauve and turquoise are not food items, but that they're colors."

My Rating: 7.4

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## **Brianna says**

AWESOME, AWESOME, AWESOME!!!

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## **Kasi Green says**

The book, "Guys Are Waffles, Girls Are Spaghetti" written by Chad Eastham with Bill and Pam Farrel was an informative, nonfiction book. It was in sections by 13 chapters, with a study guide and questions throughout the chapters. The main author, Chad gave background information about the main idea of the book, stating how there is an analogy that reveals the differences and similarities between males and females (Eastham et al. X). This analogy was, boys are more like waffles, while girls are like spaghetti. While Bill and Pam went into depth with the analogy of with an example from personal experience (Eastham et al. XIV). From their writing background of the book, "Men are like Waffles, Women are like Spaghetti" they helped Chad to put information in teenage context. To get a more understanding of the topics during each chapter, there were drawn pictures, for example a brain to explain where each part is. Also there was letters written by people to give input on certain topics, or ask for opinions. To understand some words, there was definitions, but those words weren't too difficult. Another author was Mackenzie, she was Chad's editor to voice her opinions (Eastham et al. VII). Her comments were humorous and serious at the same time. There are no characters in this book, just the author stating facts and knowledge to remember when dealing with guys or girls in confusing or difficult times. The theme of this book is how we are different but same at the same time. This ties all together with the purpose of the book, because boys and girls brains are different, they come at a certain subject with different thoughts or feelings. It shows that guys' "boxes" in their brains, and they stay in that box to deal with only one thing. While girls on the other hand, every thought and feeling is connected, and how every "noodle" is touched when dealing with a topic (Eastham et al. 10,14). While reading this book, it will come to an understanding of how true the analogy is. Overall the main idea of this book is how confusing, the opposite gender could be, and it's because of how the brains are developed. Many types of scenarios were given, and girls took a different approach than guys would. There were 2 chapters, one focusing on each gender. They were called, "Crying in the bathroom" and "Cussing in the woods." Crying in the bathroom focused on a girl's view with emotions, and how it helps when released (Eastham et al. 47). Girls described in this book needs to be listened to, and cared for. The other chapter discussed how guys could be more aggressive toward a topic, for example sports. Throughout this book it quotes Bible verses and talks about God often. This stands out to inform the reader, that the author, Chad has religious background. Which he includes it in his writing, mostly to show that God created you for you, and has a plan for life. This book is a great read, especially for teenagers wondering about basic issues in life, like communication skills or body language in gender's. In the U.S this book is \$14.99, and was published in 2009.

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## **Brittney Crook says**

Still so good!

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## **Amy says**

Chad Eastham's *Guys Like Girls Who . . .* hugely influenced me in high school so it was with both excitement and trepidation that I finally picked up *Guys Are Waffles, Girls Are Spaghetti*. It is always dangerous reading a favorite author after a 6 year break. You change. Your perception of life changes. Can anything really live up to what it once was?

Well, I think this book does. I'm not the intended audience (teenagers) but I found the book helped me understand teenagers better. It was funny and serious and easy to read. It showed grace and kindness but also comes straight with the truth. There is a mix of stories, facts, and zany quips.

I think it would appeal to boys and girls, adults and teens.

Worth the read!

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## **Brittany Joiner says**

Thought this was going to be more of a scientific discussion about how male and female brains are different. Not really. Also, meant for teenagers.

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## **Makayla says**

First of all if you have never heard of Chad Eastham, He is awesome. He does tons of stuff with the Revolve Tour and I have had been lucky enough to see him in person twice. In this book he talks about the differences of guys and girls and he talks about dating and he gives lots of tips. He is also a Christian author and so this book isn't all about sex before marriage, he talks about how waiting till marriage is better. Also, if you didn't quite enjoy the book, I kissed dating goodbye, then you will defiantly like this book. Chad talks about how dating 18 and above is the better thing to do, your more mature, and you don't have as much of those ballistic hormones. I, didn't quite enjoy the book I kissed dating goodbye, I think that there is nothing wrong with dating, especially when your mature enough for it and so that is why I really enjoyed this book. It talks about dating but at the right age!

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## **Niki says**

I wanted to like this book because I love the metaphor but I couldn't get past the religious and somewhat sexist comments to get more than half way through

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