

# **MEN**

**a primer for women**

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**dedicated to**  
**S. Steinburg**  
**my very dear friend**



## Introduction

“if it has tires or testicles, you’re going to have trouble with it”

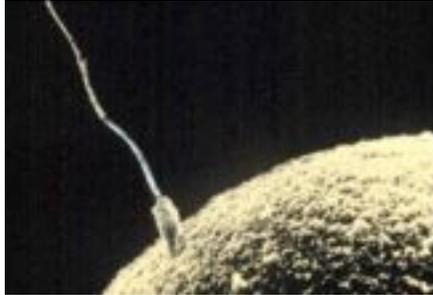
There are lots of men in the world. Some are more delightful than others, but most will be very happy if only you’d notice them. Men are neither monsters nor simpletons; they are, like us, a mix of the good, the bad, and the indifferent.

Men pretty much want the same things women want. They mainly want someone to give a damn about them. Men are human beings first and men second. This means that men also have feelings, hopes, fears, dreams and desires.

Men regard women as both the most fascinating and the most exasperating people on the planet. To men, women get upset at the silliest of things and women wonder why they haven’t strangled such unthinking persons yet.

This slender book is an effort at a kind of reapproachment between the genders in the hope that more women will have more fun and more men will remain unstrangled.

## The Basics



All fetuses begin as females. During pregnancy, sexual differentiation begins when the 'to be male' fetus receives a dose of testosterone. If this does not happen, the baby will appear female at birth and his masculinity will not emerge until puberty takes hold. Such a drastic change will have a profound effect. This is only the beginning for males have a perilous journey through life.

While men are physically stronger, they are biologically weaker than women. The Y chromosome is actually a fragment and they have no back up should anything be genetically wrong with them. Women, with their two X chromosomes, have a back-up should some genes be inoperable or damaged in some way. This means that males are more susceptible to illness, genetic maladies, and disease. Women can carry defective genes and escape the

malady but men cannot carry – they either have the disease or condition, or they don't.

Before the advent of DNA, there was little way of telling whether a child was the offspring of a particular man. The woman had to be there so it was easier to know if the child was hers. This leads to a basic psychological insecurity in men. This insecurity leads to the jealousy and possessiveness we see in men. Some can overcome it, some cannot. Women can have it too but in their case it is based upon the fear of being abandoned and left to care for children on their own. If she has independent means, she has little cause to feel this way while money rarely cures a man of his jealousy and possessiveness.

These two emotions lead to aggressiveness and competitiveness. Not only must a man provide, hunt, for his family, he must also protect and defend them. Other men represent a threat. Then there are those disenfranchised men – those without homes or families. They do not have anything invested to hold them to the community and represent a threat to society at large. If they have no other outlet, they tend to turn to crime.

Thus genetically and behaviorally, men tend to live dangerously and to seek thrills more than women do. They like motorcycles, for example, more than women do. There's also another element to this matrix. They want women to notice them. They want

women to think they are big and brave and therefore would make good husbands and fathers. Even if the women think they're idiots for doing something dangerous, men think it is worth the risk because "she noticed me". If a woman notices you, you've got a chance to mate with her. She might select you instead of the next guy.

Remember the peacock's tail? Big, bold, flashy and a dreadful handicap to the bird. But if he manages to thrive in spite of the tail, the peahens know he has the goods! So the peahens mate with him and not the next bird whose tail is scrawny. In human society, this translates into having more wealth, a better job, and more and better goods than the next guy assuming they are both decent men. Judgments in this area may be faulty, but generally speaking that is what women consider first – his ability to provide for her and their children. The ability to protect and defend comes second. And why not? Seems a fair deal doesn't it?

It would be enough but we're human. Women would actually prefer to at least like the man they marry and have children with. They will have those children in their care for at least 18 years in our society. The relationship between the husband and wife has got to last in order to accrue the maximum benefit. So we bring in the emotions and the sex for pleasure and not just for procreation. This is also

where we bring in the problems. Not only do the children grow but so do the parents. No one can predict the outcome of this growth.

Why begin with sex? Because that's his job. We could reproduce asexually and all be female but we'd all die out with the world being the hostile place it is. Men exist to provide genetic diversity. Every spermatozoon he makes, approx 70 million of them each and everyday following puberty, is subtly different from every other spermatozoon he made, makes or will make. The genes are not stable. Within his testes the genes slip, slide, and jump along the chromosomes. Whole batches of code are written, edited, and rewritten. He is even busy producing three kinds of spermatozoa. He's making 'egg seekers', 'killers', and 'blockers'. Those assigned to the egg seeking role rush right off hunting for the waiting egg. Those have only one goal – to make more humans. The 'killers' swim about seeking spermatozoa from other males which they then try to kill off. The 'blockers' tangle their tails and form a wall trying to prevent spermatozoa from other men from entering the uterus. If he suspects his mate of dallying with other men, the proportion of his sperm will change and he will produce, quite subconsciously, more 'killers' and 'blockers' than he will egg-seekers.

Men take their job very seriously. Rather than seeing them as having 'sex on the brain', try to see them as being 'dedicated to their primary role'. They have to secure a mate, procreate effectively with her, provide and protect her during gestation when she is vulnerable, and then help raise the kids to ensure that they live long enough to do the same all over again making him a grandfather.

Men also have a secondary role to play. In order to do the above, you have to retain the female and not have her wandering off elsewhere. You could try to do this by force but if you're off with the guys hunting, well, you cannot be in two places at once. So you learn to amuse her, earn her respect, keep her well provided for and well looked after. Basically, you try to keep her happy and content back at your cave. Sound familiar yet? Yes, there are men who just run about procreating without regard to the welfare of the women involved or the resultant children but if you consider it, it becomes ludicrous. Anything could be happening to his children. If his children do not survive to have healthy children of their own, he's been ineffective and inefficient, regardless of how much fun it might have been.

At least, that's the theory in evolutionary terms. How does that play out in today's world?

## Communication

Given that men generally exhibit higher levels of jealousy, possessiveness, competitiveness, and aggression, how do women cope? Usually, women are taught, in our society, to handle men through a mixture of denial and appeasement. We deny them what they want so they will respect us and appease them by trying to be tactful – to let them down easy, as the expression goes, or we give in to their demands. We appease them so they will not give way to their emotions through frustration. Women fear that if men give way to their emotions, we will get hurt.

Yet women have similar drives and while we want to, we know we shouldn't so when we try to be tactful, we also try to send out a message of hope. Women send out 'mixed messages' to men and then wonder why men don't get it. Men want a straight yes or no. They like to know where they stand. So when women, out of fear of being hurt, send out mixed messages, men become confused and irritated.

If you want to say something, just say it and say it like you mean it. Communicate to men without innuendo and without meta messages or sub text. That's how women communicate with other women. That is not how you should communicate with men. Forget trying to appease them by leaving them some

hope. Abandon fear. Just speak. Some men might accuse you of being rude or arrogant, but you aren't being either, you are merely being clear.

Should a man exhibit his emotions beyond the level with which you are willing to endure them, he is not the man for you. If he does not exhibit the level of emotion you desire, once again, he is not the man for you. Changing him is not your job. Accept him as he is or don't. No more mixed messages. No more appeasement. You can apologise for your errors but you cannot accept responsibility for his errors or his emotions even if you are married to him.

Within our culture there are regional variations, you know what they are, you learned them in high school, but most men appreciate a straight forward woman. This is not a license to brutal; tactful speech as long as its meaning is clear, is always preferred.

Men use language differently than women do. If you listen to them when they are speaking among themselves you can learn these differences. Men change their speech when they speak to women because we demand that they do. We require them to 'mind their manners' most of the time. This means that men try to soften their message to prevent emotional storms. Women then tend to 'read into' what men tell them. Women search for hidden

meanings rarely recognizing that men mean pretty much just what they said and nothing more.

So both genders pussyfoot around trying to avoid conflict and nothing is communicated. Men do have to mind their manners but women have to stop searching for hidden meanings. Men have to recognize the appeasement patterns in women's speech and not accept them but ask instead for a clear statement. "Remember, this is a man you're talking to." Men do not do 'nuance'.

But this same inability does not extend to visual information. Men are visually oriented and are therefore expert at decoding visual presentations. How a woman looks and behaves matters a great deal to men. Her body language alone tells him a great deal about her. Standing up straight, being proportionate, moving smoothly, all signal good health, vigor, and confidence to a man. Personality will seal the deal but looking good and well is where the process begins.

### Sub Societies

Men have their own sub society consisting of just other men. This sub society has its own rules and women are not allowed in. So don't try to enter it. You can, however, use it to your advantage by observing which men interact with which other men and how they do it. Mothers do this all of the time

when they say “Talk to your son” to the boy’s father. This is the age-old ‘older male to younger male’ counseling session. Then you find the younger males jousting with each other – trying to establish the pecking order within the group. Older men use more subtle methods but they do the same thing. Men feel more secure within a hierarchy so they seek to build one in every group. Do not interfere with this process.

Women have their own sub society, some of which are hierarchies but most are not. Women tend to be in or out of the group rather than in a strict order within the group.

Part of the male social hierarchy is based upon sexual success – fulfillment of their primary role. More women, the best women, the most children, the most successful children, the better job, bigger portfolio, and so on – all of these become part of the ‘social climbing’. The number one criteria is the ability to find and keep a high quality mate. Men realize that this can be difficult. Finding women is easy enough for most men, but keeping her is hard. Finding high quality women can be difficult at times but keeping her is the most difficult task of all. High quality women tend to be more demanding.

What men mean by ‘high-quality’ is beauty, brains, wealth, charm, reproductive value, and that elusive ability to rock their world with only a glance. Since women have a limited period of time during

which she is reproductive, younger women have a higher value than older women – that is to say, younger women have more time and chances to bear and raise more children. A female of 14 has a higher reproductive value than a female of 24 who has a higher reproductive value of a woman of 34 and so on until a woman hits menopause. This is just a fact. Fortunately, not all men want more children.

Each man will have his own priorities and those priorities will change over time. Each man has his own idea of beauty and this too will change over time. As will yours. The young pup of 20-something looks very good to a 20-something woman but seems incredibly juvenile to a seasoned woman of 30-something.

As far as that elusive ability to rock their world with a single glance, most women have that capability if they'd only realize it. It begins with liking men. Sincerely liking men and everything about them from the way they smell to the way they think. If you feel comfortable around them, enjoy interacting with them, you're almost there. All you have to do now is learn to understand them and to acknowledge that yes, you do sincerely like and enjoy men.

Men like to be appreciated for what they do and for who they are. They want to have your respect. They care if you like them or not. They would really like it if you loved them. Try this now. Just go up to

your man and give him a big hug while saying something like “Love you, baby.” That wasn’t so hard was it? Of course it works better if you and he do still love each other. If you have filed for divorce, or he has, it is too late and it is just best to move on.

There is one just more thing. Men need to be needed. They like to feel useful. It is part of that providing instinct they have. Letting them do things for you, instead of leaping up and doing them for yourself, will help fulfill this need. Always show some appreciation for their efforts.

Now that we’ve finished with the basics, it is time to explore some specifics.

### Warning Signs

It is an unfortunate fact that the majority of women have suffered some kind of abuse at the hands of men at one time or another. While it is true that one person cannot know everything about another person, there are some things you can guess at with fair accuracy. If someone doesn’t seem quite right, chances are that he isn’t ‘quite right’.

It is sometimes possible to predict the likelihood of the person you are currently or are

about to become involved with being abusive. Below are a list of behaviors and traits which are common in abusive personalities. These are commonly known as Warning Signs.

While not all abusive people show the same signs, or display the tendencies to the same extent, if several behavioral traits are present, there is a strong tendency toward abusiveness. Generally, the more signs are present, the greater the likelihood of violence. In some cases, an abuser may have only a couple of behavioral traits that can be recognized, but they are very exaggerated (e.g. extreme jealousy over ridiculous things).

Often the abuser will initially try to explain his/her behaviour as signs of his/her love and concern, and the victim may be flattered at first; as time goes on, the behaviors become more severe and serve to dominate, control and manipulate the victim.

### Jealousy

At the beginning of a relationship, an abuser will always say the jealousy is a sign of love. He/she may question you about whom you have spoken to or seen during the day, may accuse you of flirting, or be jealous of time you spend with family, friends, children or hobbies which do not include him/her. As the jealousy progresses, he/she may call you frequently during the day or drop by unexpectedly.

He may be unhappy about or refuse to let you work for fear you'll meet someone else, check the car mileage or ask friends to keep an eye on you. Jealousy is not proof of love, it is a sign of insecurity and possessiveness.

### Controlling Behaviour

Controlling behaviour is often disguised or excused as concern. Concern for your safety, your emotional or mental health, the need to use your time well, or to make sensible decisions. Your abuser may be angry or upset if you are 'late' coming back from work, shopping, visiting friends, etc., even if you told him/her you would be later back than usual. Your abuser may question you closely about where you were, whom you spoke to, the content of every conversation you held, or why you did something he/she was not involved in. As this behaviour gets worse, you may not be allowed to make personal decisions about the house, clothing, going to church or how you spend your time or money or even make you ask for permission to leave the house or room. Alternately, he/she may theoretically allow you your own decisions, but penalize you for making the wrong ones. Concern for our loved ones to a certain extent is normal - trying to control their every move is not.

### Quick Involvement

Many victims of abuse dated or knew their abuser for less than six months before they were engaged or living together. The abuser will often claim 'love at first sight', that you are 'made for each other', or that you are the only person whom he could ever talk to so openly, feel so at home with, could understand him so well. He/she may tell you that they have never loved anyone so much or felt so loved by anyone so much before, when you have really only known each other for a short amount of time. He/she needs someone desperately, and will pressure you to commit to him/her or make love before you feel the relationship has reached 'that stage'. He/she may also make you feel guilty for not committing yourself to him/her.

### Unrealistic Expectations

The abuser may expect you to be the perfect husband, wife, mother, father, lover, and friend. He/she is very dependent on you for all his/her needs, and may tell you he/she can fulfill all your needs as lover, friend, and companion. Statements such as: 'If you love me, I'm all you need.', 'You are all I need.' are common. Your abuser may expect you to provide everything for him/her emotionally, practically, financially or spiritually, and then blame you for not being perfect or living up to expectation.

### Isolation

The abuser may try to curtail your social interaction. He/she may prevent you from spending time with your friends or family and demand that you only go places 'together'. He/she may accuse you of being 'tied to your mother's apron strings', not be committed to the relationship, or view people who are your personal friends as 'causing trouble' or 'trying to put a wedge' between you. He/she may want to live in the country without a phone, not let you use the car, stop you from working or gaining further education or qualifications.

#### Blame-shifting for Problems

Very rarely will an abusive personality accept responsibility for any negative situation or problem. If they are unemployed, can't hold down a job, were thrown out of college or University or fall out with their family, it is always someone else's fault, be it the boss, the government, or their mother. They may feel that someone is always doing them wrong, or out to get him. He/she may make a mistakes and then blame you for upsetting him/her or preventing him/her from doing as they wished to.

#### Blame-shifting for Feelings

The abuser will deny feelings stem from within him/her but see them as reactions to your behaviour or attitude toward him/her. He/she may tell you that 'you make me mad', 'you're hurting me by not doing what I ask', or that he/she cannot help feeling mad,

upset, etc. Feelings may be used to manipulate you, i.e. 'I would not be angry if you didn't ...' Positive emotions will often also be seen as originating outside the abuser, but are more difficult to detect. Statements such as 'You make me happy' or 'You make me feel good about myself' are also signs that the abuser feels you are responsible for his sense of well-being. Either way, you become in his/her mind the cause of good and bad feelings and are therefore responsible for his/her emotional well-being and happiness. Consequently, you are also to blame for any negative feelings such as anger, upset or depression.

### Hypersensitivity

Most abusers have very low self-esteem and are therefore easily insulted or upset. They may claim their feelings are 'hurt' when they are really angry, or take unrelated comments as personal attacks. They may perceive normal set-backs (having to work additional hours, being asked to help out, receiving a parking fine, etc.) as grave personal injustices. They may view your preference for something which differs from their own as a criticism of their taste and therefore themselves (e.g. blue wallpaper rather than pink, etc.).

### Cruelty to Animals

The abuser may punish Animals brutally, be insensitive to their pain or suffering, or neglect to care for the Animals to the point of cruelty, e.g. not

feeding them all day, leaving them in areas he/she knows will cause them suffering or distress. There is a strong correlation between cruelty to Animals and domestic violence which is still being researched.

### Cruelty to Children

The abusers unrealistic expectations of their partner are often mirrored in their attitude toward children. He/she will think of children as 'small adults' and blame the children for not being responsible, having common sense or understanding. He/she may expect children to be capable far beyond their ability (e.g. is angry with a two-year old for wetting their pants or being sick on the carpet, waking at night or being upset by nightmares) and will often meet out punishments for 'naughtiness' the child could not be aware of. Abusers may tease children until they cry, or punish children way beyond what could be deemed appropriate. He/she may not want children to eat at the table, expect them to stay quiet, or keep to their room all evening while he/she is at home. Since abusers want all your attention themselves, they resent your spending time with the children or any normal demands and needs the children may have. As above (cruelty to Animals), there is a very strong link between Domestic Violence and Child Abuse.

### 'Playful' use of Force in Sex

He/she may pressure you to agree to forceful or violent acts during sex, or want to act out fantasies

where you are helpless. A male abuser may let you know that the idea of "rape" excites him. He/she may show little concern about whether you want to have intercourse and uses sulking or anger to manipulate you into compliance. Starting sex while you are sleeping, demanding sex when you are ill or tired, or refusing any form of intimacy unless you are willing to go 'all the way' can all be signs that he/she could be sexually abusive or sexually violent. Forcing you into sexual behaviors and situations with which you may be uncomfortable.

### Rigid Sex Roles

Abusers usually believe in stereotypical gender roles. A man may expect a woman to serve him; stay at home, obey him in all things---even things that are criminal in nature. A male abuser will often see women as inferior to men, more stupid, unable to be a whole person without a relationship. Female abusers may expect the man to provide for them entirely, shift the responsibility for her well-being onto him or heckle him as being 'not a real man' if he shows any weakness or emotion.

### Verbal Abuse

In addition to saying things that are meant to be cruel and hurtful, either in public or in private, this can include degrading remarks or running down any

accomplishments. Often the abuser will tell you that you are 'stupid', could not manage without him/her. He/she may keep you up all night to 'sort this out once and for all' or even wake you at night to continue to verbally abuse you. The abuser may even say kindly things to your face, but speak badly about you to friends and family.

#### Dr. Jekyll and Mr. Hyde

Very rarely do abusers conform to the stereotypical image of a constantly harsh, nasty or violent person, either in public or in private. More frequently the abuser portrays a perfectly normal and pleasant picture to the outside world (often they have responsible jobs or are respected and important members of the local community or Church) and reserves the abuse for you in the privacy of your own home. Nor are abusers always overtly abusive or cruel, but can display apparent kindness and consideration. This Jekyll and Hyde tendency of the abuser serves to further confuse the victim, while protecting themselves from any form of suspicion from outsiders. Many victims describe "sudden" changes in mood - one minute nice and the next explosive or hysterical, or one minute happy and the next minute sad. This does not indicate some special "mental problem" but are typical of abusive personalities, and related to other characteristics such as hypersensitivity.

## Drink or Substance Abuse

While neither drinking or the use of drugs are signs of an abusive personality, heavy drinking or drug abuse may be a warning sign and do increase the risks of abuse, especially violence, taking place. Often an abusive person will blame the drink for his/her abuse. However, a person who, knowing there is a risk he/she could be violent when drinking or on drugs, chooses to get drunk or high, is in effect choosing to abuse. The link between substance abuse and domestic abuse is still being researched, and it is apparent that while neither alcohol nor drugs necessarily cause violence, they do increase the risk of violence.

## History of Battering or Sexual Violence

Very rarely is abuse or violence a one-off event: a batterer will beat any woman he is with; a sexually abusive person will be abusive toward all his intimate partners. Situational circumstances do not make a person an abusive personality. Sometimes friends or family may try to warn you about the abuser. Sometimes the abuser may tell you himself/herself that he/she has hit or sexually assaulted someone in the past. However, they may further go on to explain that "she made me do it by ..." or in some other way not take responsibility and shift the blame on to the victim. They may tell you that it won't happen with you because "you love them enough to prevent it" or "you won't be stupid enough to wind me up that

much". Once again, this is denying their own responsibility for the abuse, and shifting the responsibility for the relationship to remain abuse-free on to you. Past violence is one of the strongest pointers that abuse will occur.

### Threatening Violence

This would obviously include any threat of physical force such as "If you speak to him/her again, I'll kill you", or "If any wife of mine acted like John's did, I'd give her a right seeing to". But can also include less obvious threats, such as "If you leave me, I will kill myself". Threats are designed to manipulate and control you, to keep you in your place and prevent you making your own decisions. Most people do not threaten their mates, but an abuser will excuse this behaviour by saying "everybody talks like that.", maintaining he/she is only saying this because the relationship or you are so important to him/her, tell you you're "over-sensitive" for being upset by such threats, or obviously want to hurt him/her.

### Breaking or Striking Objects

The abusive person may break your treasured object, beat his/her fists on the table or chair or throw something at or past you. Breaking your things is often used as a punishment for some imagined misdeed on your part. Sometimes it will be justified by saying that now that you are with him/her, you

don't need these items any more. Breaking your possessions also has the effect of de-personalizing you, denying you your individuality or literally trying to break links to your past. Beating items of furniture or throwing objects will often be justified by saying you wound him/her up so much they lost control, once again shifting the blame for this behaviour on to you, but is actually used to terrorize you into submission. Only very immature or abusive people beat on objects in the presence of other people in order to threaten or intimidate them.

#### Any Force during an Argument

An abuser may physically restrain you from leaving the room, lash out at you with his/her hand or another object, pin you against a wall or shout 'right in your face'. Basically any form of force used during an argument can be a sign that actual violence is a strong possibility.

Regardless of which side of this equation you are on - get immediate help NOW! There is no future in this kind of relationship. You will not change either him or yourself. So it is best just to leave. Get out of there and file a police report. Any sign of gentleness on your part will only be seen as 'weakness' by him and he will continue to press, berate and badger you into coming back to him for more abuse. Just be done with him. If you are the abuser - get help. There is

something seriously wrong with you that only a medical professional can help you solve.

There are women who do dreadful things because they think they'll hold onto their man by doing them. They need professional medical help as well. Women should not get off 'scot-free' but 'sisterhood' means looking after one another and helping where we can.

Onto more pleasant topics!

We shall begin with flirting or 'how to hold onto man while keeping him at arm's length'. The rule here is do not touch him. If you touch him, even lightly on his hand, he'll take that as sexual interest in him and as permission to touch you. This is fine if that's where you want to go but it isn't 'keeping him at arm's length'. So long as don't touch him, you can chat, laugh at his jokes, tell a few of your own and so on – it remains just flirting.

Under the heading of flirting with sexual intent are two games – "Confuse-a-Male" and "Shot Your Fox". Both are extremely feminine and as such they both entrance and exasperate the men. By using "Confuse-a-Male" you are indicating a moderate level of interest in him. If you play "Shot Your Fox" you plan on bedding him at the earliest opportunity if he doesn't make a mistake.

“Confuse-a-Male” is where you pull out all the stops and use elliptical references, innuendo, and nuance to the maximum extent permitted by law. Go ahead and verbally tease him and run linguistic rings around him – if you can. An experienced man will know what you are doing, and what it means (he may even play along) while an inexperienced man will just be befuddled.

“Shot Your Fox” is when both the man and the woman slyly and elaborately and with great deliberation refuse to get each other’s jokes while playing one joke off another in a kind of stately dance. This can only be done with a man who is capable of playing it. The first one who laughs, loses the game. Once again, an experienced man will understand exactly what you are doing and what your intentions are while the inexperienced man will undoubtedly make a mistake.

Men do expect women to exhibit some sibylline behavior so not being straight-forward is okay but only to a point. Some shyness, indecisiveness, and even timidity is acceptable but again, only up to a point. Once you get to know him and he has earned a measure of your trust, he expects you to calm down and relax. The time has then come for you to ‘step up’ and enter a relationship or to ‘step off’ and decline his offer of a relationship.

## Relationships

There are several varieties of relationships available. You can choose between open or closed, serious or not serious or the 'friends with benefits' arrangement that is currently popular. Which ever you choose, he must agree with it or the relationship is over before it has begun. If he wants something different and negotiation is not possible, then just say goodbye.

Within a relationship, of any kind, fair is fair and effective communication is key. This means if you want him to do this, you had better be prepared to do that. Talk with him not at him. Listen to him without looking for hidden meanings or defensively filtering his message. The 'silent treatment' and the 'using sex as a reward' treatment are childish games. Any use of them immediately diminishes your credibility.

Whatever your past has been, focus upon this man, right here, right now. He should not have to pay for others' past crimes. No 'past thinking'. He is not solely responsible for the future of this relationship. No 'future thinking'. All relationships are a team effort. If you cannot talk about the issue sensibly as an adult, either it wasn't important, so you drop it, or you are too close to it and need more time to think it

through. There is no such thing as 'making up', there are only problems solved.

Do not demand exclusivity unless you are prepared to marry him right then and there. While you are dating, you have only those rights over him that he chooses to give you. You cannot make demands, other than condom usage and respectful treatment, and be thought of as an adult. You do not own him. You do own yourself so take control of your life – be a whole person with a wonderful life before you go seeking someone to share it with you. This is what you must do if you wish to have any credibility at all and not just with men.

### The Cult of Virginity

Nothing has ruined more relationships than this idea of virginity having value. There was a reason for this before reliable birth control. But even then, the main idea behind it was repugnant. The cult of virginity was founded on the belief that once a woman had sex with a man she was 'tainted' and had no further value. None. Not even as a human being with a brain and whatever talent she may possess. Girls were subjected to wedding nights that resembled rapes and were considered sluts if they

showed the least desire or enjoyment even within marriage.

Ignorance of your most basic human drive is not a 'gift' and there's nothing 'precious' about virginity. Without some experience with men, and with yourself, your chances of selecting the most suitable husband are slender. Consider that the number one complaint of married men after 20 years with the same woman is lack of sex. Why is that? It is because women have the idea that being sexually experienced, enjoying sex and desiring masculine attention makes them a worthless slut. They pretend before marriage and then give it all up once they've had their children if they even have children.

The truth is that women have the same desires as men do. If she manages it properly, she can have a satisfying, safe, and entirely electrifyingly enjoyable sex life before, during, and after marriage – for her entire life. A sexually self-aware woman has the capacity to 'out-gun' any six men you'd care to name. Focus that kind of attention upon a man and he'd be more than just merely delighted. Show him what you like, tell him what you like, participate fully, reciprocate, initiate sex, take control – have fun with this! How can you do all that if you have no idea what you like and what you're doing?

Furthermore, each man has his own style when it comes to sex. Each man has his own issues when it comes to sex. The more men you enjoy, the more you learn, the better your choices become, and the less you fear. The 'sacredness' of sex lies not in the sex itself but in the bond between the partners. I recommend dating several simultaneously.

The proper management of sex mean you're using birth control, The Pill is the most effective; and his using condoms both to prevent transmission of any diseases and to make clean-up easier. As for the rest, men will offer their services but you always have the final say not only as to enjoying him or not but even as to how you will enjoy him – the individual acts themselves. The woman controls the action. Just remember that 'fair is fair'.

However, there is nothing more pathetic than a woman chasing after or mooning over a man who is not interested in her or doesn't want her. If he doesn't 'step up' then it is time for you to 'step off' that is, to move on and find another. There are lots of men out there and all of them are potentially interested in you. Do not be afraid to be alone. Also pathetic, is the woman who stays with an unsatisfactory man because that's all she thinks she can get or keep. If he proves to be unsatisfactory, it is time to move on. Just say goodbye and walk away

without fuss and no looking back. There are other men out there.

## Breaking Up

All terminations of must be done in person and in an up front, straight forward manner. Regardless of who is kicking whom out – the result should be a quiet and orderly separation. He said/she said recriminations just lead to a downward spiral of tit-for-tat snipings which benefit no one and make you look like a bitter old hag. And who needs that? Be firm, be non-confrontational but don't back down.

Divorce is another matter. Get yourself the divorce lawyer with the longest fangs and make him/her work for his/her pay. Have no contact or further conversations with your soon-to-be-ex husband; do everything through you lawyer. Consult your financial advisor about what settlements would be the most advantageous to you and yet reasonably equitable to both parties considering the circumstances. You remain the mother of his children and regardless of who gets custody – the children will miss the non-custodial parent. Whatever else, behave like an adult.

He left you for a younger woman?

Thank god she came along when she did! You have been trying to unload this man for years but since he'd never survive on his own you just couldn't bring yourself to throw him out into the street. So thank the poor woman for her help and wish her the best of luck! And say it with a radiant smile! It is all about attitude.

## Swinging

It may surprise you to learn that in this lifestyle women rule all. However the women come to the lifestyle, once they are there, they find it liberating! They can give up worrying that they aren't slim enough, they aren't pretty enough, they're not young enough, or they're not sexy enough. They can give up apologizing for their desires, their likes, or their dislikes. They can stop being a 'good girl'. They can give modesty a rest. They can live out their fantasies to their heart's content. Bisexuality is not required.

But there are ground rules. Whatever you and your husband decide those rules are – each party

must abide by them until those rules are changed by mutual negotiation.

If you are at all jealous, you'll have to get over it. If you cannot trust your husband, or he you, or if either of you doubts the strength of your bond, this is not the lifestyle for you. Either you give up the lifestyle together or you sever the relationship.

The wives are the ones who decide if anyone is going to play with anyone else. Once again, the ladies control the action. You can relax, look around, and make your decision as you will. No one will question you.

### Age Differences

Younger men with older women or older men with younger women; both kinds of relationships will come under society's fire because society does not like even the appearance of exploitation. If you both can handle the stress then go for it so long as you both are 'legal'.

## Common Myths

1. Men Have Sex on The Brain. Yes and no. It is their primary function but no, they think about other things as well. They aren't machines.
2. Men Only Want One Thing. Not any more than you do. Men want a variety of things. Mostly they want you to care about them.
3. Men Want Virgins/Younger Women. Some men might but most actually don't want either. Fully 80% of married men are perfectly happy in their current relationships.
4. Older Women Have No Chance. Not at all true! A woman of any age has a decent chance of finding a suitable man. If she remains open to the possibility.
5. Older Men Are Creepy. Older men have more skill, more patience, and are much more fun than younger men who still have much to learn.
6. Men Can Have Children At Any Age. Yes it can happen but men too have a decreasing fertility as they age. So while it is possible it becomes less likely.
7. Jealousy is Natural. Jealousy if based upon fear not love and is therefore only for losers.
8. Any Man is Better Than No Man. Also not true. If you have skills, and are sensible, you can make it on your own.

Basically, if the sentence begins “Men are...” you can discount it. It is no more true than the myths about women are true. All one can say is that some men are and some men aren't.

## Conclusion

I hope that this helps increase your understanding of men. Men are wonderful people. So are women. That being said, do not get lax during your relationships. Taking him for granted, being difficult to live with, always being argumentative, not finishing what you start, and generally being a pain will kill any relationship. Learn to effectively communicate and keep on communicating. Having a home with a loving partner as your 'safe haven' is not so terrible after all. Now get out there!

**Love as you live – unstintingly!**