

WOMEN

a primer for men

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Dedicated
to
J. S. Zupan
and
Camden C. Cochran

Introduction

It is a testament to the essential kindness of women that most men remain unstrangled. This small primer has been written by an independent woman of vast interpersonal experience in the hopes that men will remain unstrangled because they, finally, ‘get it’.

The Basics

There are lots of women in this world. All of them are potentially interested in you. We are neither goddesses to be worshipped nor members of some alien species to be feared. We are people much like yourselves – good, bad, and indifferent in a marvelous mix unique to each individual.

Women have, however, been educated differently than you have. Women tend to regard men as potentially hostile and untrustworthy idiots. Women are often seen as ‘prey’ to some men and this tends to influence their thoughts and behaviors. Just imagine how irritated you would be if unsuitable men kept pestering you. If she says “No” then, dammit, she means “No”! She does not mean “Maybe”, or “Next week”. If she changes her mind later, that is her business and the message has to come directly from her. She’ll let you know. Women have also been regarded as beautiful idiots by some men so when men presume to tell someone they have never met ‘what she needs’, well, the resulting conversation is not going to go well.

When preparing to date, a man usually does not have to wonder if he’ll end up dead in a ditch somewhere. Women do. She may look and act all big, bad, and bold; but she knows the risks are very real. Your first mission is to learn that while you are out for a good time – she’s out to make it home alive and in one piece. Having a good time would be, for her, perhaps too much to hope for. All she is hoping is that it will not be a bad time. You have to be non-threatening to her from the outset. The bigger you are, relative to her, the more you’re going to have to work at it. Be calm, cool, collected, and have excellent manners without being at all shy, indecisive, or timid.

We do not like shy, timid, indecisive men. How can we rely upon you if you are any of those? Even the most independent woman wants to know her man is capable of being there for her should she need him. If she asks you to order her food for her, do so after asking if there’s anything

she cannot eat. The answer to “What do you want to do?” is never “I don’t know”. If you’re at a loss, pick up some take out, drive to someplace nice and have a moonlight picnic. Do anything but say “I don’t know”.

Be prepared to talk and to listen. Watch her body language. Maintain eye contact and smile. Stay close without looming over her. Do not touch her until she touches you. Ask for her name and number and/or email address but do not make any promises you are not prepared to keep – ever. Remember that you are being trustworthy.

You will notice that I have omitted admonitions to get fit and dress well. Some women do care about your appearance, of course, but most will be more than happy to take you as you are as long as you are clean and cute. I, myself, have a special fondness for tall, furry, somewhat rounded men in their 40’s and by tall I mean taller than me when I’m not wearing high heels. Most women have just such a secret preference when it comes to men. This preference comes out instantly and it acts like a magnet.

“No, it isn't anything about what he looks like etc, etc, etc. - it is the vibe that came off of him. Perhaps it is pheromones? It happens so very rarely but somehow the man just SPEAKS to me and I am powerless to resist! I MUST HAVE HIM NOW!!!”¹

So get out there and mingle about. Give the lady a chance to spot you.

Above a certain age, being a virgin will make women run screaming from you out into the night even if there are axe murderers out there waiting for her. Some women are into educating the young but most are not. A woman preparing to throw herself into your arms wants to know that you know what to do with her when you catch her. If she mentions whips and chains and your eyes don’t light up, you may have a problem.

¹ “Notes of a Dominatrix”

However you choose to gain experience, get some. There is no need to tell her about it however. She will know.

We all have our insecurities but you don't want to show yours. If you show yourself to be other than calm and in control, you will lose the woman. An air of confidence, of social poise is needed to win her. Never create a scene and especially never create a scene in public. No matter how rowdy it gets, do not get rowdy yourself. If you use the wrong fork, no matter, just quietly use the other one during the next course. Being able to quietly go along as if nothing had ever happened is an asset in her eyes. No one wants a man who is prone to going off the deep end at the slightest provocation. You're too big a man to be put out of your stride by such small things anyway, right?

This may sound odd, but be prepared to turn her down nicely. If the lady of the moment is flaky, drunk, or otherwise not to your taste, or if what she proposes is not what you want to do, you will have to say no to her. If you do not want her unbuttoning your shirt buttons, just hold her hands and lean in to whisper "Not here" in her ear. If you reject her nicely, she will not hold it against you. Being able to say no nicely will only enhance your image as a calm, and in control, man among men.

Learn to flirt and to love flirting. You want a light, witty way with words. Women like intelligent men. Being able to slide in a sly joke, being able to appreciate it when she slides in a sly joke, is good. Only leave the malicious jokes at home. There is to be no bashing of anyone here. Let her see that you enjoy being with her and that your brain is fully operational, thank you. This also shows that you can be kind.

Tell her she looks charming, delicious, whatever but say something to show her that she interests you physically as well. Do not get grabby or back her into a corner. Don't get creepy about this. Have the courage to be sincere, good-tempered, and honest with her. Hidden agendas are not

permitted. Yes, she wants a good time as well but that's after she assured of making it home safe and sound.

Teasing lightly is fine but 'busting' on her is not permitted. Only after she has bedded you will she permit you to 'bust' her and even then be careful with it. She is not like your buddies. Women expect men to be exasperating but only up to a point. If she feels that you are being at all juvenile, she'll walk away. She wants a grown man, not a little boy dressed up in a 'man suit'. Be juvenile and you will lose all of your credibility.

To sum up clearly, 'grow a set' but keep your head on straight and your heart in the right place.

Young Men

Tone it down, buddy, and stop waving it in her face. Back off a bit, you're crowding her. Remember first and foremost that she can buy bigger, and easier to handle than you. And it will last as long as the supply of batteries holds out. You have got to bring more than that to the table or it is no deal. So what does she want?

Learn to listen. Younger women might enjoy toying with you by playing coy. Refuse to play. Turn your attention elsewhere. Be civil but not friendly. Don't say things like "Well, if you're not interested...". Just quietly become absent. Smile, nod, and move on. Refuse to communicate. If she wants you, she'll have to step up to the plate to get you. If she wants you; she will – don't worry.

There's nothing coy about an older woman, most of who will, figuratively speaking, pat you on the head and send you out to play elsewhere. Of course if you do run across a true full-blooded cougar, you are easy meat. Young men are defenseless against her. Just enjoy the ride and the education. Just learn to say "Yes, ma'am" with a smile.

Ask questions and then listen to what she says. Practice this by talking to women without trying to pick them up. Any woman, anywhere, has a history, has interests, and has ideas. What are hers? What does she think of the Celtics? Does she think the rain will clear before nightfall? What does she fancy will win the fourth race at Aqueduct? Mention something that is in the news. The point is to get comfortable approaching, talking, and listening to women as people. This is not the time to flirt.

Do you have a life? How can you ask someone to share it, even if only temporarily, if you don't have one? What can you talk about? Do you have interests, a history, a career, relatives, or hobbies? Who, and what, are you? Do you live for your X Box or your iPod? Remember, you have

to bring more than just wild and not terribly skilled sex to the negotiating table. Get a life and bring that along too.

Men in Uniform

The kind of uniform does matter. Anything military wins hands down. Law enforcement and firefighters come next in line. Any other uniform is beside the point. Why do women like men in uniform? They like it because these men have shouldered the burdens associated with that uniform. They have ‘stepped up’. If he has attained any rank at all, then he has learned self control, discipline, and has a measure of leadership. He has also learned tactics and how to focus upon the mission both of which are very effective when dating. He also has stories to tell. It is an unfair advantage to be sure, but you may luck out and he’ll be a macho jerk. It can happen.

Men with Wealth

The only thing better than a uniform is wealth. I am speaking of real money; the kind that comes in portfolios, statements of holdings, and of his family’s portraits on the paper currency or the family’s name on large multi-national corporations or foundations. A tricked out and souped up Honda Accord is not real money. Real ‘bling’ earns interest and pays dividends. Another example of an unfair advantage, yes, but remember that this kind of wealth carries its own risks and demands work. Wealth of this kind means security to women. Allying herself to such a family secures her children’s future from want, usually. But he could be a jerk too, so hang in there. For the rest of us, wealth is usually gained through remunerative employment, saving, and investing or in making a success out of your own business, all of which require work. A man who works gains credibility and respect. A man, who works effectively and doesn’t waste his paycheck, earns even more respect. Working women especially appreciate a working man. They view him as a team player. If you can’t hold a job, they do not want to know you. The employed also have more confidence than those who are not and confidence is always attractive. Get gainfully employed and get your finances in order.

Older Men

Have more money, more skill, more experience, and more issues than younger men. They also have a more complicated life and bigger and better toys. Except for one issue, they can out-compete the younger men without too much effort. That issue is the visceral rejection factor contained in the statement “you’re old enough to be my father”.

This is only an issue with young women who view men beyond a certain age as being dirty old men. If you aren’t hunting them, then it is not an issue for you. If you are after young women then I am sorry to say it, but you’re going to have an uphill fight on your hands. This kind of rejection is almost impossible to overcome. If you receive it, just smile, nod, and move on.

The best tactic for older men is to mingle, chat, and look for evidence of interest from women. Wait for it. Once she has signaled that she’s interested, then move in without fuss, and set her at ease by talking with her. You’ve dated women before. You’ll date women again later on. There’s no rush and no pressure here so you can relax and enjoy her company. Displaying this kind of confidence will only spark her interest.

Do not bring up your past. Do not be bitter about your ex should you have one. Focus upon this woman, right here, right now. Have no expectations and make no demands. Get her name, her number, and her email address but make no promises. Do not complain. Women tend to see complaining as whining. Do not fuss. If you do, you will remind her of her aged maiden aunts. Instant loss of credibility.

Picture in your mind how these three men appeared to the women they dated. Man number one took her to lunch and then complained to the waiter about the state of the silverware, then quizzed him about the menu and then about the various kinds of beer on offer, while she’s sitting there waiting for him to pay some attention to her. The waiter left and he continued to complain about this and that to the lady. The food wasn’t

quite right. The beer wasn't quite as described. This place charges too much too.

Man number two went rather well through lunch and then leaned back in his chair and informed the lady that since he had driven several hours to meet her for lunch that she owed him at least a blowjob in the parking lot as a reward for his effort. The lady, being a lady, met this demand with silence, placed a twenty on the table, and left him flat right then and there without saying another word to him.

The dinner date went well. She was reasonably pleased as she drove him to his car several blocks away. During the drive he literally attacked her in her own car. Fortunately it was summer and she had the windows open. Also fortunately there were construction workers nearby who heard her screams and headed for her car. The man ran away. She got out of there with a hairline fracture of her right cheekbone from his fist.

All of these men were old enough to know better. The ladies were not interested in why these men behaved as they did and their reasons do not really matter. Each of these men stupidly and blatantly disqualified themselves. One of the women, the one who dated the complainer, was philosophical about it but the others, especially the lady who was attacked, were more than ready to damn the entire male sex to the deepest pit in hell for eternity. In other words, don't make it harder for the next man.

Men of this age usually are looking for some kind of a relationship. If this is true in your case, then be clear exactly what kind of relationship you are looking for and for how long. Be clear about what quality or qualities in a woman you consider the most important. You do not need to spell this out to every woman you meet but if you're serious then she should have a good idea of where she stands. Whatever you do, play fairly. Demanding that she be exclusive while leaving you free to play the field, or vice versa, doesn't work.

Jealousy/Possessiveness

Rid yourself of it, period. Being jealous doesn't work and will only get worse over time. If she's jealous or possessive, say goodbye to her. No one needs that kind of drama in their life. Do not make the mistake of thinking that jealousy equals love because it doesn't. Jealousy means distrust. You do not trust her, you do not trust yourself, and you do not trust in the strength of your relationship if you are jealous; mainly because you do not think yourself worthy of her and the equal of any other man out there. Jealousy is for losers. Jealousy is a sign of weakness. Jealousy is a red flag, that you're neither safe nor fun to be with. Women want to stay with men out of love not out of fear that he'll go off the deep end.

Violence

Never raise your hand to a woman in anger. Never permit a woman to raise her hand to you in anger. Being this out of control indicates an urgent need for professional medical attention. This is also illegal and will involve law enforcement and the judicial system. I am very sorry to say that the majority of women have suffered abuse of one kind or another at the hands of men. A few men have shared this fate as well. This is the main reason why women regard men as little more than untrustworthy brutes and this is why you must be non-threatening if you ever want to get close to a woman. Do not ask her about her past unless you are prepared for the answer. It will not be a pretty tale.

This is not to be confused with alternative play.

Agendas

Most people go out dating or hunting with a plan in mind, an agenda, and this is fine up to a point. One should always be prepared to jettison the plan should an excellent opportunity arise. While looking for Ms. Right you can occasionally stop to play with Ms. Wrong.

The problem with agendas is not matching the hunting grounds with the sort of woman you're seeking. Ms. Devout's not hanging out at the clubs with the swinging set. The next problem is what happens when she doesn't stick to the script you've laid out in your mind? You have decided that women take a long time to warm up and that they want a man to make the moves and here comes a sexually aggressive lady who is more than willing to jump your bones without even waiting to say hello first. It pays to be somewhat flexible when it comes to agendas.

Femme-Speak

Women use a more nuanced language than men use. Women like to speak using elliptical references. Women enjoy digging into the heart of topics including motives, speculation and the topic's mother's third cousin's maiden aunts' paternal ancestors to the third generation's step-child twice removed. All of which can bore men to tears. And then women ask men questions.

“Women ask men impossible to answer questions because the question we actually asked is not the question we really want answered. You only have to lie if you answer the question we actually asked rather than the one we really want answered. You would not have to lie if you ignored the question we actually asked and answered the question we really wanted answered. This is especially true if the question we actually asked requires the man to give an opinion in his answer which is never permitted. (If a man gives a woman his opinion on any topic he should immediately apologize and humbly beg her forgiveness unless said opinion deals directly with automobiles or power tools.) Be advised that women ask these questions as a test. We are determining your ability to read subtext, deciding whether to continue the relationship or not, and seeing how clever you really are as shown by the quality of your answer. You will remember that women are naturally more sibylline than men and that we enjoy playing that delightful game "Confuse-A-Male". This has been a test. This has only been a test. If this had been an actual emergency requiring an opinion we would have asked a woman.”²

² “Notes of a Dominatrix”

Think about that the next time you get deeply into the stats of your football league or begin discussing gear ratios on your latest automobile rebuild. If you smiled or laughed while reading the preceding quote, you are a man even I would like to meet. If not, your only defense is to use humor to save yourself. The more experienced man just ruefully shakes his head, grins, and admits that “hey he’s male”. Conceding the point in this way is very effective as it lets her win while reminding her of why you’re both here.

If you are confused and seriously want her to explain what she means, ask her. If she likes you, she will explain.

Humor

If you can make her laugh, really laugh, you’re usually in with a chance. We are not speaking of a polite titter here. If you do not get her reaching for a handkerchief or a napkin, it wasn’t funny enough, try again. Be light, be kind, and be witty. By all means be exasperating if you have to go that far before she asks you to stop because laughing that much makes her ribs hurt.

You might run across a woman who gets the joke but will deliberately, and usually slyly, pretend to not get it. You’ve met your match now, buddy. Now you’re in for a round of two people deliberately and elaborately not getting eachother’s jokes. This game is called “Shot your Fox.” The first person who actually breaks down and laughs, loses. With a sophisticated woman this can be fun and it is a good sign. A woman who is willing to play this game with you has already decided to bed you at the earliest opportunity unless you make a mistake.

Most mistakes that men make come more from saying too much rather than too little. There does come a point where it is best to just listen or to ask her dance, or ask if she’s ready to go. If you’re at a loss try “How about those Celtics?”

The point is to communicate with her by whatever means are necessary. You want her to receive your message clearly and you, usually, want a positive reaction from her.

Chemistry

It is there or it isn't. If she's wavering, there are some things you can do to tip the balance in your favor but if she's dead set against having anything to do with you there's nothing to be done. This has nothing to do with how you look, or with what you say or do. Here are three examples:

“He walked into the sports bar, horrible place, and joined the group, sitting down next to me. Everyone was talking and yet I could only think of how his hands and lips would feel on my skin. It didn't matter that he was not a young, hard-bodied, glamour male. I didn't care. It was all I could do to remain calm and not rip his clothes off and fuck him right then and there. I had to content myself with my leg against his but that was because we were so tightly packed together. Very crowded. Ah, but the goodnight kiss was so good - had to do it thrice!”

“He was soddenly drunk and hanging on the door so he didn't fall down. Didn't matter at all! He was tall with dirty blond hair and buff from being used by his dad as a backhoe. He was chatting with the girl he was dating at the time but he managed to notice my roommate and I sitting there. Another guy wandered in and decided that I was the girl he wanted. I growled at him and flashed my fangs. He backed off saying oh my! But the drunk hunk loved it!”

“He was sitting at the bar. Nothing special about him particularly. Didn't matter. Oh how I wanted him! The thing was he was willing to accept and enjoy whatever I chose to offer him. We kissed and hugged several times - every time I went up for a drink. Circumstances meant nothing came of it but I will remember him to my grave.”

As many professionals say, chemistry is the result of “positive vibrations” between two people. Obviously, there is some debate as to what exactly creates these vibrations, but most agree that attraction is amplified when we feel comfortable around someone. Negative vibrations arise from disagreements, overactive egos, competitiveness, and so on. Positive vibrations come about from being fun and exciting, conversing easily and effortlessly, and listening with an interest and a smile. Just sit across from her and act more comfortable than if you were at home in your plush recliner perhaps watching the Celtics.

Communicating Your Interest

You cannot just walk up to her and come on strong. You have to talk. More importantly you have to talk to her, specifically to her about her. This means you have to pay attention and notice things about her.

“Each woman is uniquely beautiful and worthy of being cherished. This thought is what separates the connoisseurs of women and the mere laymen. Every woman has that certain something that distinguishes her from everyone else. Picking out the details and acknowledging them, telling her, is what will set you apart in her mind.

Think about it: What did your girl wear last night? What did she say? Did you notice the tilt of her head, the mischief she held in her eyes or the way she bit her lip? Any time you feel that visceral tug, the urge to muss and take, tell her why and how you feel as you do. Recognize those triggers and let her know what she does to you.

Maybe you noticed how the sun lights up her hair, or the motion of her hand tucking a curl behind her ear. You could have been stirred by the sound of her laugh or maybe you stared transfixed at the lines of her body. She may have taken extra care getting ready for you, and her clothes, hair, and makeup are looking extra sharp. It could be the luscious curves in those hip-hugger jeans, or the soft sweater that clings to her curves -- whatever it is that you’re noticing, tell her about it.”³

³ From AskMen.com

You will also note the advice extends to relationships with women beyond just the first few dates. She should not have to ask “Why are you still here?” You do not have to be a poet to say “You’ve got some beautiful legs there, babygirl” in a deeply appreciative tone of voice. Whatever it is, tell her about it. We do enjoy hearing from you.

Anatomy

I know you have studied this particular aspect of women very closely already so I will just cover three points every man must know.

1. The Grafenberg Spot is an area on the front wall (toward the tummy) of the vagina, between the opening and the cervix, generally 2 to 3 inches inward from the opening. Theory dictates that the G-Spot can be one of two things: either a bundle of nerves coming from the clitoris, or a gland (or series of glands) that produces lubrication, or both. Now, while all women own a spot with a G, not all of them find G-Spot stimulation pleasurable. Just as with the clitoris, some women are more than eager, while others do not like it whatsoever. It is very sensitive. Only time will tell. Insert a finger (or two) into the vagina with your palm facing her mons pubis, that is to say towards her belly. Gently, bend your fingers frontward so that they lightly stroke the front wall of the vagina. Varying the degree of pressure also helps. She may ejaculate, yes we do it too, in which case – you have won the grand prize. No it isn’t urine, it is a carbohydrate. Clever men can stimulate her G-Spot with the head of their penises.

2. There are actually two types of multiple orgasms: sequential multiples and serial multiples. It can be difficult to tell the difference between the two -- even for the woman. Distinguishing one type from the other is a matter of timing: Sequential multiple orgasms occur several minutes after one another, with an interruption in the arousal period in between, whereas serial multiples are separated only by seconds, producing one extended wave of pleasure. The latter is the truly rare form of the two. In some

cases, orgasm can be difficult to achieve for she must be both relaxed and sexually aroused. All a man can do is his best. Try varying techniques slowly and savor the interlude.

3. The Posterior Fornix is that sensitive area of the vagina down below the cervix way in the back. This can only be accessed with the penis. Find the cervix, slide below it and then ease your way to the back of the vagina and caress back and forth while pressing downward, assuming the male superior position is being used. Adjust accordingly when using other positions.

Remember that sex improves upon further acquaintance as you learn her and she learns you and both of you relax around each other.

Techniques Every Man Must Know

1. Sexual multi-tasking. Doing two things at once. Which two is up to you.
2. Cunnilingus. Do it like you love it.
3. Body Worship. Think of it as Extreme Erotic Massage.
4. Caressing her G-Spot and Posterior Fornix with the head of your penis. See what we meant when we said it is all in how you use it?

Alternative Play

It is up to you and the lady what you try, but there are ‘best practices’ even here.

Rule 1 is that both have to agree., willingly. If she declines to play, just let it go. You’ll find someone else later.

MFM or FMF: More than two in the bed requires another decision. Who is to be bisexual or are the two of the same gender going to gang up

on the third? Threesomes are fairly common. The spare person waits until play begins and then gently joins in.

Swinging: When a couple committed to each other mutually have sexual relationships with other persons for positive, life-enhancing, reasons. Several misconceptions concerning this topic linger in the minds of non-swingers.

1. Women are coerced or pressured into it.
2. Sex is sacred and swinging debases sex into simply a way to enjoy pleasure.

In the swing world, Women Rule. How ever they come to swing, once there, women find it liberating, confidence-building, and empowering. They can finally give up being ‘nice girls’. They can stop worrying that they aren’t ‘cute’ or ‘pretty’ enough. They can stop competing with other women and share instead. Women also find that men are not fiends and that often the best lovers are those they never expected. Women can opt in or opt out of any activity as they will and no questions are asked. They no longer have to justify their desires or their sexuality.

There is nothing wrong with pleasure, that is to say positive stimuli. The ‘sacredness of sex’ in all of this, lies within the relationship between the pair and not within the activity. Mistaking this key point leads non-swingers into error. Sharing joy and delight; enjoying your partner’s having fun; learning about each other from watching their interactions with others – these are all good things. You grow both as individuals and as a couple. There is no fraud and no betrayal and you never need to feel as if there were. Everything is known. You have no secrets from each other. You may even learn something new about her along the way and she of you. But if you cannot walk up to another man and say “My lady would like you to have her number” you do not belong here.

BDSM: Here you have to be careful because you can truly harm yourselves. Be advised that contrary to popular belief, the submissive holds the power while the dominant has sole responsibility for whatever happens. At a word from the submissive, all play immediately stops and the submissive is released. Without delay. No questions asked.

“His sexual subjugation should be joyous and life affirming. This somewhat less than silken dalliance should be fun for both with each one pleasing the other. This result cannot be achieved without mutual regard and respect. There also has to be a mutual sexual attraction. If the blood is not roaring within, then nothing good can come of playing in this fashion. In many ways, the actual acts are the same and only the perspective changes. Fellatio becomes feeding off the male, for example, when done from a female superior position. The male takes on the passive role during sex unless called upon to please his lady. While there are no set rules, play should be mutually satisfying with both having orgasms. There are men who can wear a collar and leash with a great deal of panache. I have seen this. He was wearing only a ‘bad boy’ grin and sitting on my sofa at the time.”⁴

You may only restrain another person for 45 minutes at any one time and you must never, ever leave a restrained person alone. This is serious stuff and great care must be taken to ensure that no harm comes of it. One of you should have a decent amount of experience before introducing another to this variety of sexual play.

As long as you both enjoy it, and no harm comes from it, few things are completely out of bounds. I only ask that you be responsible and sensible adults about this.

Relationships

Scary word to most men but it needn't be for relationships can take many forms. The only rule here is to be up front about what you want and

⁴ “Notes of a Dominatrix”

to take her desires seriously. If she wants an exclusive relationship and you do not, then she is not the woman for you.

"Relationships, even the freedom-oriented ones, are based on give-and-take and a solid sense of equality. So if you're planning to date several men at once, don't get all bent out of shape when he dates several women; by playing the field, you're giving him the license to do the same. In fact, it may be in your best interest to actually encourage such behavior... provided it's subtle. You're equals in everything, and if you're going to play around, so can he. It's simply a matter of keeping everything pointed in the right direction."⁵

In modern parlance you will hear of 'fuckbuddies', FWB, STR, LTR, and NSA. Each of these have a precise definition. Fuckbuddies are people who repeatedly have sex with each other with no emotions at all. It is just sex and then get the hell out. FWB stands for friends with benefits where you two actually like each other and enjoy each other's company both in and out of the bed. STR is short term relationship, generally for just the summer as an example. LTR is long term relationship which will last for as long as it lasts, there is no set time limit. NSA is no strings attached. Meaning no commitments of any kind – no kids, no diseases and no falling in love, thank you very much.

Men wear condoms. Get used to it. Women take care of birth control. Be aware that some women are allergic to latex but there are non-latex condoms out there. Some women are allergic to the coatings on condoms and not the latex itself. Some experimentation may be necessary, on her part, to find this out. Ask her if you have questions. Some women cannot handle The Pill which is the most reliable form of birth control other than not having sex at all. There are other methods available. If she is proposing to have sex with you, her status in this regard becomes your business. Any health issues either of you have becomes your partner's business once sex becomes involved. Speak up. Remember that while sex

⁵ From AskMen

is great, it isn't worth dying for. If you are sexually active with multiple partners get yourself tested regularly.

Demand equality and reciprocity from women. If she wants to sport date and play the field, you are to have the same privileges. If she wants you to spend hours petting her, then she should be willing to pet you in return for hours. Do not let her get away with being 'selfish' in your relationships. Doing so will only erode her respect for you and bring the relationship to an early end.

Within relationships, communication between partners becomes increasingly important over time. Relationships will change and some emotional attachment might happen. Expect to have to re-negotiate the terms of your relationship as it goes along. One item is of crucial importance, there are to be no 'silent treatments' and no tantrums. If you cannot speak of it like an adult, then it is either not important or you are too close to the problem. Back off and discuss it later. Yelling at each other will only make the problem worse. Forget 'making up' – just a waste of time as it only glosses over the issue – it doesn't address it and it doesn't solve it.

It is also important for each of you to remain their own person. This means that they retain their own opinions and their own identities. If a common household is not contemplated then expect to spend time apart. Going out with your posse' is expected, and she can go out with hers. As long as the relationship remains fair and equal, there should be few problems maintaining it. Consult frequently even if it is just to coordinate your schedules.

Polyamory

Now you're an acknowledged couple and yet, she has other men friends and you have other girlfriends. You are a pair of polyamorists. Polyamory is a network of emotional attachments of varying degrees of

intimacy. This can get complicated. Consider her schedule if she has work, kids, and several men as her secondaries in addition to a husband acting as her primary relationship. Then add in your wife and your other secondary, in addition to the previous lady, your kids, and your work. There's also her husband's work and your wife's work, and all of the kids have to be driven to their after school activities. Heaven help you if someone gets ill! Then your relatives want to come and visit and so do hers. Not only do you need a program to keep track of who is who but you need differential calculus to work out the timing of who does what when where and with whom. These intertwined relationships work as long as everyone trusts the strength of their bonds, obeys the ground rules, and behaves as an adult.

And here you thought just maintaining a relationship with only one woman was difficult.

A sense of humor, willingness to see the other side, and generosity of spirit are what is needed to keep a relationship going. Effective communication outside of the bedroom is the key. Granted, you may gotten hold of the wrong woman, in which case there's nothing you can do but sever the relationship. But if she is still Ms. Right, treat her as you want her to treat you and gently call her on it when she doesn't. If you say you will do it, do it – whatever it might be – and get it done. Lend her a hand now and again. Have her lend you a hand every once in a while. She can read the instruction manual while you try to change framostat or the muffler bearings, or whatever. Just set out a comfy chair in the garage, make sure she has her drinks, cigarettes, lighter, and ashtray, and hand her the book. Do it together.

Both of you do have to be honest and tell the truth. This does not give either of you license to be brutal, you both can employ some tact. But if she cannot accept the truth of who you are and what you want or are willing to give then she's not the lady for you and vice versa. If there is no trust and understanding between you two, then there's no relationship.

The End

Breaking up is hard – there's no doubt. The longer the relationship, the harder the breaking up will be. Generally speaking it takes two years to 'get over' a past relationship whether it is divorce, death or just 'mutual incompatibility'. Now, gentlemen do not talk. They also don't whine.

All parties have to be there in person. Face to face is the only way. Be gentle but firm and implacable. No backing away from the issue. No chasing after her. Why try to be with someone who doesn't want you? Move out and move on. Then say nothing. He said/she said fights do nothing but send you off into a downward spiral of tit for tat recriminations which is worthless. The same rules apply regardless of who kicked who out.

If it is divorce, get a good divorce lawyer and make him/her work for their pay. If you have kids, don't make them pay – you're still their dad and they'll miss you. Besides, it might irritate her to know how great a dad you are.

Afterwards, get your life back in order before trying to date again. Women can smell desperation a mile away. Focus on work, your kids, your buddies, your hobbies, anything but 'The Chase'. When it is time, go back to the section on older men and try this 'dating thing' again. Good luck!

That being said....

Do not get lax during your relationships. Taking her 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.

Love as you live – unstintingly!

Common Myths

Women do not like sex. Entirely false. Every woman has her own appetite, of course but usually one self-aware woman can out-gun any six men you'd care to name. Just as stress, ill health, over work, and so on affect men so too do they affect women.

Women are prone to mood swings. Perhaps, but if they tend to be all that wild, it may not be just the normal hormonal stress. Medical assistance maybe required. In any case, no one should have to put up with this. Be even tempered and demand the same from her.

Women are emotional. Sure and so are you but we are permitted to show our emotions, to a point. You have to decide what level of emotion suits you and deal with the issue from there.

Women are irrational. Also entirely false. We just see it differently than you do. From our point of view, you just don't understand. Effective communication is the key.

Women cannot make up their minds. Sometimes but then again you have the same problem from time to time. Some people are just more decisive than others.

Women always change their minds. Not always. As the situation changes so might the decisions. This is more situational than sexual.

Women are unreliable. Most women are doing three things, at least, at once. Multi-tasking isn't easy. If it were, men would be doing it.

Generally if the sentence begins with "women are..." you can discount it. Some women might be whatever and some aren't. Every person is a mix of delights and irritations.

This book may seem far too slender to you. You may feel that 'it isn't enough' but I assure you that it is. Under all that glamour and allure beats a human heart. Reach that and she'll reach for you as often as you will reach for her.

Conclusion

My reason for writing this book is my being tired of watching men self-destruct when it comes to women. I have a great deal of sympathy for men but, really, the elementary mistakes you fellows make are enough to make one weep. Disrespect, insults, taunts – they get you nowhere. Stop trying to get noticed by doing the wrong things. Stop being metro-sexual. Be neat, clean, presentable and yet male to the core. Go to where the type of woman you want hangs out, mingle, talk to women without immediate expectations, get her name and number, avoid making promises, do not suck up to her – just relax. If she wants you, she will let you know.

If you don't go, you won't get.