



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

By Shaunti Feldhahn, Jeff Feldhahn

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“Shaunti and Jeff have unearthed a treasure chest of insights—eye-opening and life-changing.”

—Andy Stanley, senior pastor, North Point Community Church

Finally, you *can* understand her!

If you’re like most men, you’ve burned up lots of energy trying to figure out what a woman wants, what makes her tick, how to make her happy.

The good news: success is simpler than you ever thought. In their groundbreaking classic, *For Men Only*, Jeff and Shaunti Feldhahn reveal the eye-opening truths and simple acts that will radically improve your relationship with the woman you love. For example:

- Why she can’t “just not think about” something that’s bothering her
- How to get her real answers without games
- How your provider instinct can actually cause her heartache – and what to do about it
- Why “not tonight, honey” may not mean what you think
- Why listening to her feelings is so hard for a guy, and a fix-it plan that works
- Why her “I do” at the altar will always mean, “do you?” and the answer that rocks her world

Now updated with the latest scientific research to explain the fabulous female brain plus an all-new chapter that shows how to decode her most baffling behavior, *For Men Only* is your roadmap to making her happy.



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Editorial Review

Review

Praise for *For Men Only*

“Once again Shaunti and Jeff Feldhahn have unearthed a treasure chest of insights that are not only eye-opening, but life-changing.”

—*Andy Stanley, senior pastor, North Point, Alpharetta, GA, and bestselling author*

“In our weekly couples’ study we read and discussed both *For Women Only* and *For Men Only* over the course of several months. They were fascinating and very helpful. The findings in *For Men Only* about how women think are so enlightening. My wife and I think these books should be required premarital reading!”

—*Comedian Jeff Foxworthy*

“When we featured Shaunti’s books on Family Life Today, the phone rang off the hook! When Shaunti and Jeff come back on our broadcast, I’m buying some more phones. *For Men Only* is fresh and relevant –good stuff for every marriage. Read it!”

—*Dennis Rainey, President, FamilyLife Today*

“If you’ve ever asked, ‘Why does she do, think, or say that?’ then you’ve got to read this book. Shaunti and Jeff not only answer this question, they eliminate the confusion that has kept far too many men from bridging the gender gap.”

—*Drs. Les and Leslie Parrott, bestselling authors of Love Talk*

“Most of my work helping passive Christian men become more like Jesus involves how best to relate to women. I’m going to make sure to keep a copy of the Feldhahn’s excellent book handy at all times.”

—*Paul Coughlin, author, No More Christian Nice Guy*

“Men, we’re supposed to love our wives and live with them in an understanding way. That’s the clear assignment God gives each of us in the Scriptures. So buy this book, read it a couple of times, underline a few key ideas, and then keep it where you can review it regularly. It will help you be the husband God wants you to be.”

—*Bob Lepine, cohost, FamilyLife Today*

Praise for *For Men Only* and *For Women Only*

“Whenever Shaunti Feldhahn appears as a guest on the Focus on the Family radio program, we know that listener response will be enthusiastic. She has a way of connecting with the audience that is unique and compelling. We’re thankful for the unique perspective she provides not only to the Christian community, but to the culture at large.”

—*Jim Daly, President, Focus on the Family*

“These are the books I pass out to people as the best on the subject. Shaunti Feldhahn has the rare ability to do impeccable research and then make her findings incredibly practical. There is something to learn on every page.”

—*Jim Burns, PhD., President, HomeWord, author of Creating an Intimate Marriage*

“Whatever Shaunti Feldhahn researches, read. Actually, do more than read...study! Shaunti’s ability to ask the right questions, find the right answers and communicate the results clearly and practically sets her apart as a gifted researcher. Her content guides and changes lives.”

—**Emerson Eggerichs, Ph.D., best-selling author, Love and Respect**

“Shaunti Feldhahn has a unique gift for helping men understand women, and women, men. Her books, *For Women Only* and *For Men Only*, are the best I know at providing rich and practical gender understanding that can be used immediately. I highly recommend both all the time!”

—**Robert Lewis, author of *Raising a Modern-Day Knight*; founder, Men’s Fraternity**

About the Author

Jeff and Shaunti Feldhahn are popular speakers and best-selling authors whose research findings are regularly featured in national media as diverse as *Focus on the Family*, *Family Life*, the *New York Times*, and the *Today Show*. The Feldhahns have two children and live in Atlanta, Georgia.

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Rethinking Random

Why you need a new map of the female universe

Like some guys I know, you might be tempted to skip this introduction and jump right to the sex chapter. And if you’re chuckling right now, it probably means you already did it. Or were about to. It’s not a bad choice, actually. Just a little selfdefeating. If you’ve been in a committed relationship with a woman for more than, say, a day, you know that going just for what you want isn’t actually going to get you what you want for very long.

A week, maybe?

But let’s be honest—one of the main reasons you’re looking at this book is because you are trying to get something you want. Not sex (well, not just sex), but a more fulfilling, harmonious relationship with your wife, one that isn’t quite so hard or confusing. And the back cover gave you the wild idea that understanding her might actually be possible.

Either that or for some reason the woman in question just handed you this book.

Hmm.

Well, either way, take a look at the revelations we’ve uncovered. We think you’ll be convinced. Each chapter explains things about the woman you love that may have often left you feeling helpless, confused, or just plain angry. Each chapter points out simple, doable solutions. The only genius required is that you make a decision up-front that you’re willing to think differently. This is a short book, but if you read it cover to cover, you’ll walk away with your eyes opened to things you may have never before understood about your wife or girlfriend.

Each chapter points out simple, doable solutions.

That’s what happened with me—Jeff. And I’m just your average, semi-confused guy. (Actually, sometimes totally confused is more accurate.) And since we average, semi-confused guys have to stick together, that’s why, even though Shaunti and I are both authoring this book, I’ll be the one doing the talking.

First, Some Background

In 2004 Shaunti published *For Women Only: What You Need to Know About the Inner Lives of Men*, which quickly became a bestseller. Based on nationally representative surveys, focus groups, personal interviews, and other research with thousands of men, it opened women's eyes to things that most of us guys had always wished our wife or girlfriend knew. Things like most of us need to feel respected even more than loved. Or that men, besides just getting enough sex, also have a huge need to feel sexually desired by their wives.

I'm not sure exactly why, but women everywhere were shocked. And by the flood of letters from around the country—from both women and their grateful husbands—Shaunti and I have seen how much good can come when the opposite sex finally has their eyes opened to things they simply didn't understand about us guys before.

In this book, the shock is on the other foot. Now it's their turn to exclaim to us, "I can't believe you didn't already know that!"

When Shaunti's publisher first approached us about doing a companion book to *For Women Only* to help men understand women, I had two major concerns. First, I didn't think guys would read a "relationship" book. For most of us, the last relationship book we read was in premarital counseling—and only because we were forced to. But more to the point, I doubted that women could ever be understood. Compared to other complex matters—like the tides, say, or how to figure a baseball pitcher's ERA—women seemed unknowable. Random even.

I'm not sure exactly why, but women everywhere were shocked by how men thought.

I explained my skepticism to one early focus group of women:

Jeff: Guys tend to think that women are random. We think, I pulled this lever last week and got a certain reaction. But when I pulled that same lever this week, I got a totally different reaction. That's random!

Woman in group: But we aren't random! If you pull the lever and get a different reaction, either you're pulling a different lever or you're pulling it in a different way.

Shaunti: What men need is a sort of map to their wives or girlfriends. Because we can be mapped. We can be known and understood—firm ground.

Jeff: Uh, no. See, guys think of a woman as a swamp. You can't see where you're stepping, and sooner or later you just know you're going to get stuck in quicksand. And the more you struggle to get free, the deeper you get sucked in. So every guy on the planet knows that the best thing to do is just shut down and not struggle and hope somebody comes along to rescue you.

When I came to, Shaunti and the other women in the focus group assured me—and I have since seen for myself—that guys don't have to live in a swamp. That realization led us to the eventual subtitle of this book: *A Straightforward Guide to the Inner Lives of Women*.

We have been astounded and humbled at the reaction to these simple, eyeopening truths. In fact, the book you are holding is actually the second edition of this book—which is needed because there was clearly a desire for this ongoing research.

Both *For Women Only* and *For Men Only* sparked a huge wave of encouragement and hope among ordinary men and women just like me and Shaunti, selling more than 1.5 million copies in twenty-two languages. We were flooded with e-mails and comments from men and women at our marriage conferences, saying things like “This saved my marriage” and “After ten years together, I finally know how to make my wife happy” and even “Jeff, I owe you one, buddy.”

But since we’ve continued to learn new things, we also wanted to keep the book current. For this new edition, we have

included some fascinating new findings, including the brain science behind why women sometimes think as they do. Plus we’ve added a new chapter—“She’s Not Making Sense”—that decodes those unpredictable reactions that she thinks of as, uh, normal. After seeing the impact of this research, I realize that we really did uncover life-changing insights. Surprising truths that average guys like me need to hear from an average guy and be encouraged that if someone like me can learn it and do it, they can too.

Users Review

From reader reviews:

Judith Carter:

Hey guys, do you wishes to finds a new book to read? May be the book with the concept *For Men Only*, Revised and Updated Edition: A Straightforward Guide to the Inner Lives of Women suitable to you? The actual book was written by well known writer in this era. The book untitled *For Men Only*, Revised and Updated Edition: A Straightforward Guide to the Inner Lives of Women is a single of several books which everyone read now. This specific book was inspired many men and women in the world. When you read this reserve you will enter the new shape that you ever know ahead of. The author explained their plan in the simple way, and so all of people can easily to recognise the core of this book. This book will give you a lot of information about this world now. In order to see the represented of the world in this book.

Brian Smith:

Often the book *For Men Only*, Revised and Updated Edition: A Straightforward Guide to the Inner Lives of Women has a lot of information on it. So when you make sure to read this book you can get a lot of gain. The book was written by the very famous author. The author makes some research just before write this book. This specific book very easy to read you can get the point easily after reading this article book.

Shantel McCary:

The book untitled *For Men Only*, Revised and Updated Edition: A Straightforward Guide to the Inner Lives of Women contain a lot of information on it. The writer explains the woman idea with easy technique. The language is very easy to understand all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author will bring you in the new age of literary works. It is easy to read this book because you can read on your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice examine.

Brian Scheele:

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