



## The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less

By Scott Haltzman, Theresa Foy DiGeronimo

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From the authors of the best-selling *The Secrets of Happily Married Men* comes the much-anticipated follow-up book *The Secrets of Happily Married Women*. In their first book, Dr. Haltzman and his coauthor Theresa Foy DiGeronmio outlined a recipe for men about growing a happy marriage: treat marriage with the same sense of purpose, resolve, and single-minded devotion that they have for their job. Although that workplace formula works well for men, an entirely different set of criteria resonate with women.

In *The Secrets of Happily Married Women*, Dr. Haltzman tells us stories from real women who are happy in their relationships. These women know how to get more out of their partners by doing less, by not trying so hard to make men perfect, not dragging them to couples therapy, not expecting them to think or behave like a woman. These are women from Dr. Haltzman's clinical practice and culled from thousands of contributors to his Web site [www.HappilyMarriedWomen.com](http://www.HappilyMarriedWomen.com). They have learned to understand how men really work and tap into men's powerful hard-wired desire to please women and "be a better man."

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- Sales Rank: #1439027 in Books
- Brand: Brand: Jossey-Bass
- Published on: 2008-01-09
- Original language: English
- Number of items: 1
- Dimensions: 9.17" h x .98" w x 6.28" l,
- Binding: Hardcover
- 224 pages

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### Editorial Review

From Publishers Weekly

Haltzman's promise of stress-free marital bliss is attractive, but his advice grates, recalling the worst sort of paternalistic misogyny. After explaining that men's worst communication habits are the result of genetics, Haltzman goes on to say that men need to be nurtured, require acknowledgement for their efforts and only get married for sex. So much for wives "doing less"! Once readers recover from their shock, they'll begin to notice that whether Haltzman is focusing on arguing efficiently, spicing up your sex life or learning to recognize nonverbal expressions of love and remorse, the lesson is the same: a wife should always love and accept her husband for who he is and always has been, even after the initial throes of romantic love fade away. That core is sound, but it's hard to say who Haltzman treats less kindly on the way there: men, who are described as intractably difficult, or women, who are told to put up with them anyway.

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### Review

As Haltzman (psychiatry & human behavior, Brown Univ.; *The Secrets of Happily Married Men*) knows—he's been married for 20 years—the idea of shaping one's marriage without it seeming like another job appeals to most women. Together with DiGeronimo (*Raising Baby Green*), he here proposes that men are hardwired to please women and that if a knowledgeable wife tailors her message to the way her husband can hear it, she will enjoy a deeper connection and achieve happiness without compromise. In a manner somewhat similar to John Gray's in *Men Are from Mars, Women Are from Venus*, the authors advise married female readers to speak in shorter sentences, directly ask for what they want, and take charge of their own spiritual and intellectual need. Well done and recommended to update marital self-help sections.—Deborah Bigelow, Director, Leonia P.L., NJ (*Library Journal*, January 2008)

“...this delightful...humorous and entertaining book is a must-read for savvy brides-to-be.” (*Ladies First*, Spring 2008)

### Review

"If you're a married woman, buy this book. It's love insurance. Haltzman doesn't only understand men, he "gets" women too; he's bi-lingual. He'll help you understand why the things you do to get through to your husband don't always work and more importantly, what you can do you differently to get better results. His concrete, do-able, field-tested and practical tips will, without question, make your husband, your marriage and you happier and grateful you've followed his advice."

—Michele Weiner-Davis, MSW, Author of *Divorce Busting* and *Getting Through to the Man You Love*

"Wives, what we've all been longing for has finally arrived. This masterpiece eliminates the womanly guesswork and illuminates the path to true marital happiness with honest, sincere, frank (and even humorous) information."

—Sheryl P. Kurland, Relationship/Marriage Trainer, Author, *Everlasting Matrimony: Pearls Of Wisdom From Couples Married 50 Years Or More* [www.EverlastingMatrimony.com](http://www.EverlastingMatrimony.com)

"What a relief to read a book that makes so much sense. Haltzman's keen insight into male and female differences and insightful counsel about how to create marital happiness should be a read by all couples who want a formula for a passionate marriage. I heartily recommend this book to both men and women."

—Harville Hendrix, Ph.D. Author, *Getting the Love You Want: A Guide for Couples*

"Every woman can benefit through understanding how to bring out the best in a man. Scott Haltzman brilliantly reveals this secret."

—John Gray, author *Men are from Mars, Women are from Venus*

"Scott Haltzman has made the deep secrets of happy marriage accessible, memorable, and inspiring. He writes with a light touch that makes the reading thoroughly enjoyable. Don't miss this engaging book!"

—Susan Page, author, *Why Talking Is Not Enough: 8 Loving Actions That Will Transform Your Marriage* and *If I'm so Wonderful, Why am I Still Single?*

"This book delivers! "The Secrets of Happily Married Women" is jam-packed with research, ancient truths, street-smart wisdom, and years of advice from the psychiatrist's couch. Page after page provides a sensitive, sensible guide to a satisfying relationship."

—Patricia Love, Ed.D., Certified Love Educator, co-author *How To Improve Your Marriage Without Talking About It*

"This groundbreaking book combines a pro-female, pro-male, and pro-marriage approach to life and couple satisfaction. It's very user-friendly with shared secrets and research gems coupled with a large dose of humor that makes clinical points personally relevant and easy to relate to. The sex self-test in Chapter 5 was a particularly effective tool to help set realistic expectations. This will be a particularly helpful book for couples to increase understanding, acceptance, and value their lives and marriage."

—Barry McCarthy, PhD, professor of psychology, American University, Author of *Rekindling Desire* and *Getting it Right this Time*

"Buy this book! Then keep it handy, like on the shelf next to your most treasured cookbooks. (Although, as it makes clear, the way to your man's heart is not through his stomach.) Myths busted. Mystery solved. It turns out you've already got what it takes, you just need to get out of your own way and start blooming where you're planted with a man that really does want to love you."

—Diane Sollee, founder and director, Smartmarriages.com

"Finally. The first book that men will want women to read! Scott Haltzman has created a practical gem that allows women to focus on learning how to receive love from their husband. He advocates the Platinum (not Golden) Rule and urges women to "Do Unto Your Husband What He Wants Done Unto Him," so they can find the marital happiness they long for."

—Jon Carlson, PsyD, EdD, Distinguished Professor, Governors State University, Author, *Time For A Better Marriage*

"Dr. Haltzman uses clear and practical language to show women how to engage and support their husband in their efforts to please them. He shares the "secrets" women really need to know about men, so this book is a "must-read!" Put reading this book at the start of your New Year's resolutions."

—Susan L. Blumberg Ph.D., coauthor, *Fighting for Your Marriage* and *12 Hours to a Great Marriage*

## **Users Review**

### **From reader reviews:**

#### **Joseph McNeal:**

This *The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less*

book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is usually information inside this guide incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This specific The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less without we realize teach the one who looking at it become critical in considering and analyzing. Don't possibly be worry The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less can bring if you are and not make your tote space or bookshelves' become full because you can have it with your lovely laptop even telephone. This The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less having very good arrangement in word in addition to layout, so you will not experience uninterested in reading.

### **Terri Mitchell:**

Do you one of people who can't read pleasant if the sentence chained inside straightway, hold on guys this particular aren't like that. This The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less book is readable through you who hate those straight word style. You will find the info here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to give to you. The writer of The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less content conveys prospect easily to understand by lots of people. The printed and e-book are not different in the written content but it just different such as it. So , do you even now thinking The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less is not loveable to be your top list reading book?

### **Kimberly Lunceford:**

Often the book The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less has a lot associated with on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. The author makes some research ahead of write this book. This kind of book very easy to read you can get the point easily after reading this book.

### **Alissa Sowell:**

What is your hobby? Have you heard which question when you got students? We believe that that problem was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. And you also know that little person just like reading or as studying become their hobby. You must know that reading is very important and book as to be the factor. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You discover good news or update regarding something by book. Numerous books that can you choose to adopt be your object. One of them is The Secrets of Happily Married Women: How to Get More Out of Your Relationship by Doing Less.

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