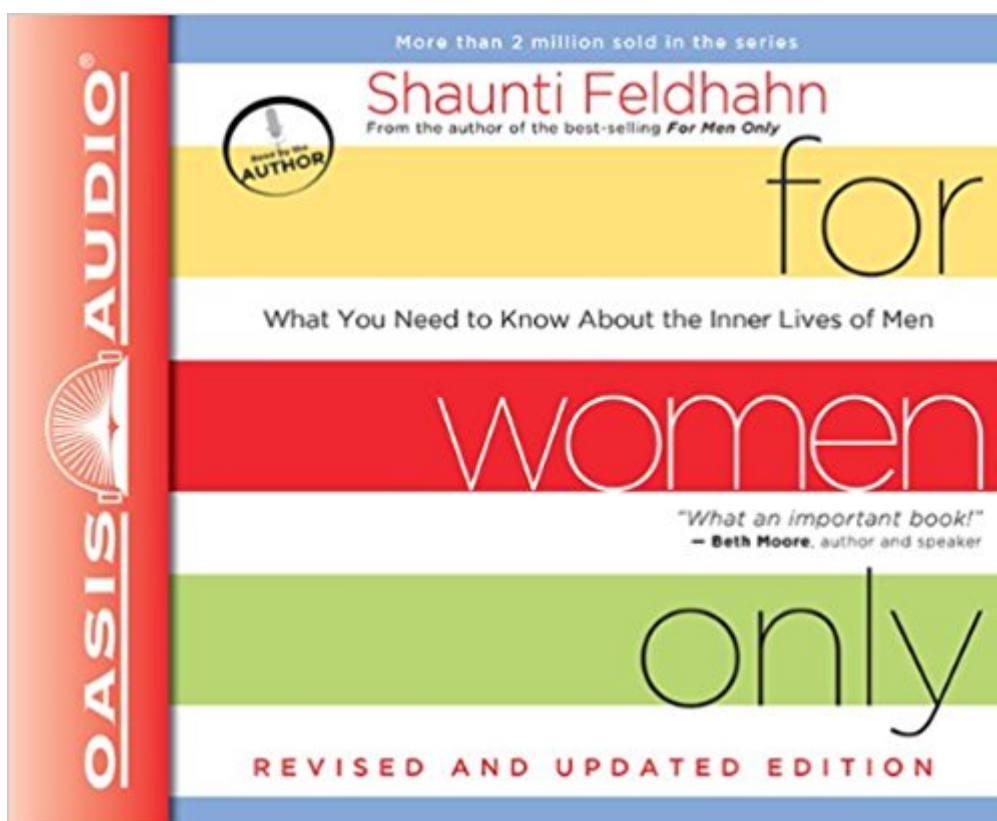


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# For Women Only, Revised And Updated Edition: What You Need To Know About The Inner Lives Of Men



## Synopsis

Discover the truth he wants you to know! The man in your life is keeping secrets. They're so deep inside he barely knows they're there, much less how to talk to you about them. Yet he genuinely wants you to "get" him • to understand his inner life, his fears, his needs... In her landmark best-seller, *For Women Only*, Shaunti Feldhahn reveals what every woman • single or married • needs to know. Based on rigorous research with thousands of men, Shaunti delivers one eye-opening revelation after another, including:

- Why your respect means more to him than your love
- How he feels deep inside about his role as provider
- What it means for a man to be so visually "wired"
- Why sex for him is primarily emotional, not physical
- What he most wishes he could say to you

Now, in this expanded and updated edition, you'll find insights from the latest brain research plus an all-new chapter that shows what's really going on when he seems to "check out." (You'll be surprised and pleased.) Millions worldwide have already experienced dramatic change in their relationships because of the "aha!" moments and practical ideas in this little audio book. Discover how to love your man for who he really is • not who you think he is.

## Book Information

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## Customer Reviews

Praise for *For Women Only* "Shaunti's signature message, which she has shared around the world with millions of listeners, is life changing and something every woman needs to hear. Every time I have given someone this book, I have seen lives and marriages

changed!

•Lysa TerKeurst, New York Times best-selling author of *Made to Crave* “This one short, little book brings a long-lasting, big impact on marriage which is why I’ve been taking groups of women through a For Women Only study every year since I first read it. Shaunti’s message has impacted my relationships personally, and I’ve seen some amazing transformation in the lives and marriages of others.

•Holly Furtick, Lead Pastor’s wife, Elevation Church, Charlotte, NC “What an important book!

•Beth Moore, Bible teacher, bestselling author of *So Long Insecurity* “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 these books about how men and women think are so enlightening. My wife and I think these books should be required premarital reading!

•Comedian Jeff Foxworthy “You’re about to gain some fresh insight into some of the mysteries of masculinity. For Women Only is a book that I believe will provide understanding and bring harmony to a lot of marriages.

•Bob Lepine, cohost of *FamilyLife Today* “Ready for an eye-opener? Shaunti Feldhahn has uncovered a mountain of meaningful information for any woman wanting to understand men at a profound level.

•Drs. Les and Leslie Parrott, Seattle Pacific University; authors of *Love Talk* “Men are in agreement on this one: For Women Only is one book every husband wishes his wife would read! It is a practical, thought-provoking message that will show you what you should do and not do when it comes to your relationship with the man in your life. Read it, and you’re bound to have many “aha” moments that could revolutionize your relationship.

•Valorie Burton, bestselling author of *Successful Women Think Differently* and *What’s Really Holding You Back?* “Navigating the differences between men and women might be impossibility if it weren’t for Shaunti’s insight and inspiration. For Women Only is a treasure box that never seems empty of wisdom. Every time I dig in, my hands and heart emerge filled with tools that help me know myself better and relate to the people I love more effectively. If you’ve already read it, you should read it again. And if you are just opening these pages for the first time, buckle a seat-belt over your soul and get ready for a ride you won’t soon forget.

•Priscilla Shirer, best-selling author of *One in a Million* “For Women Only is the best book I have read for women, about men. Shaunti’s research, facts and stories in this little book create an incredible read for all women. Single, married, divorced or not even allowed to date yet should all read this and come to understand the key truths that will help in your relationship with any man. I bought a copy, read it,

was astonished, and then bought ten more and sent them to everyone on our team.

•Craig Gross, founder of XXXchurch.com “We purchased 9,000 copies of Shaunti’s book, For Women Only, and gave one to every woman in our congregations as part of a special Sunday morning event. I interviewed Shaunti on stage during all our worship services. The response was incredible. She has an engaging, compelling way of presenting her findings about how men think. It helped open the eyes of women to the real needs of the men in their lives, and it gave men a common language to use to talk about these things with their wives. I urge churches and other groups to give her the opportunity to share this message.

•Andy Stanley, author of Enemies of the Heart; Senior Pastor, North Point Community Church, Alpharetta, GA “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 and 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 “Shaunti Feldhahn has the unique gift of communicating a Christian worldview in a language everyone, Christian or secular, understands. Her experience and educational background qualify her to speak and write authoritatively about relationships and how people respond. I personally have seen and felt the impact of her research. She is the “go-to” person for our organization when we need insight.

•Phil Waldrep, founder, Women of Joy Conferences and Phil Waldrep Ministries, Decatur, AL --This text refers to the Unknown Binding edition.

Shaunti Feldhahn is a popular speaker, best-selling author, and groundbreaking social researcher. Her findings have been featured in media as diverse as Focus on the Family, FamilyLife Today, the New York Times, and Cosmo. With a master's degree from Harvard University, Shaunti has worked on Wall Street and Capitol Hill. Now she applies her analytical skills to illuminating surprising truths about relationships. She and her husband, Jeff, live in Atlanta with their two children.

I am in my 30s, been married for 4 years, and am a full-time working mom. My marriage has been in distress, and my husband refused to go to counseling. I purchased this book in hopes of finding some guidance. The book is a very quick read. I was surprised at how small the book actually is; however the book is loaded with information. I liked that it was written from the women's perspective and that the author provided stories about her struggles with her husband. The information was very relatable, and I definitely had a couple of "ah-ha!" moments. There were passages that seemed to describe my husband perfectly. I am not very religious; however I was not turned off by the biblical references. My question is, now what??! I am not sure how to implement changes to improve my marriage. The book explains that a husband absolutely needs to be respected and affirmed. There was a little guidance, but I need help with how to really implement changes. The lack of practical tips left me disappointed, but overall I thought the message of the book was very helpful. The survey results are undeniable and help me understand the importance of respect in a marriage. My husband and I are stuck in a cycle of lack of respect on my part and lack of love on his part. I am very hurt and angry, but I want to better my marriage. I am going to try the following actions for the next 30 days to see if there is an improvement. I have not talked to my husband about this book yet, I am going to wait to see if I get results. My 30-day action plan: 1) Always accept his opinion and judgement on a matter and only offer my opinion if asked 2) Initiate casual physical connections at least once a day (ie: rubbing shoulders, sitting next to on couch, etc.) 3) Initiate sex at least once a week I will give an update regarding the results. I am unsure about item #1 above. I consider myself a modern feminist; however I know that my husband thinks that I am critical and demanding. I am hopeful that by acting more respectful that he will in turn actively seek out my opinion so we have an equal relationship. I certainly don't have anything to lose at this point. I already thank him on a regular basis for important little things that he does to help with our child and around the house. I also tell him that I love him and always ask him about his day. (Wish he would do the same for me!) Any other tips would be appreciated! UPDATE 05/08/2013: We are definitely in a much better place

in our relationship now compared to 30 days ago. I did not follow my plan exactly as I had intended, but I did make a lot of changes. I also learned a lot about how I treat my husband and how I need to continue to change. Comments about my specific action plan steps: 1) I often forgot that my plan was to always accept his opinion. I need to work on this area. I have found that if I carefully listen to what he has to say, acknowledge what he has said, and then offer my two-cents - he is much more open to my opinion. Or if I wait awhile and then later offer my opinion, that works too. My DH just really wants to feel that he is heard and that his opinion is respected. 2) I often forgot to initiate casual physical connections until the very end of the day. I admit that it felt like a chore on my "to-do" list which is really horrible. It made me realize how much our relationship has changed from our early courtship to now being parents of a toddler. I am working on being more casually physical, and my DH seems to really appreciate it. He has been reciprocating quite a bit. 3) I only did this once the whole month. Epic fail on my part. I am committing to implementing this step during the next 30 days. Although I was not successful at carrying out each action step - it did open my eyes in a big way. I realize that I can make a lot of positive changes in our relationship. I also realized that I critique my husband A LOT about things around the house that need to be done or should have been done differently. He NEVER critiques me. Literally, never. I would hate to be treated the way I treat him. So I am definitely working on making changes in that area too. If I continue to be aware of my actions, I am confident that things will continue to improve. I plan on talking to my DH at some point about the book, but I am waiting until we are on more solid ground.

I have a very good relationship with my fiancé, we have been together for 2 years and we thought we should read some books and try to prepare ourselves because we have seen so many unhappy marriages, this book is amazing and it does tell you so many good tips! I notice so much now with other people's relationship and how what they said might make the guy feel. For sure it's a book that every one should read it can only help your relationship. Now why I gave it four stars was for a few reasons one, she doesn't tell you much on how to improve or what you should practice or do in order to better it, she just informs you about men and how they feel and their inner lives. Second thing is that this book is based on surveys and her husband pretty much, all men are not the same and I think sometimes she would forget to say that and some chapters for example the one about how all men look at girls and they can't help but have images lingering, I believe that not all men are this way and I don't believe it's hard for them not to look I mean all humans look at everything they notice things but not all men are "perverts" a lot of the things here did not apply to my fiancé and she did make some chapters more dramatic than they should be. Last thing would

probably be how she makes most men sound so different from woman and I don't believe that completely I think we both have the same needs but some needs are more strongly needed by the other person than yourselves but every guy is different so maybe your man would want you to be comfy at home and wear pajamas and no make up (that's how my guy always says he wants me cause he wants me to be happy and comfy so we can cuddle) and maybe he wants you all dulled up so they feel special and loved that you are taking care of yourself more. It all depends on the man you have, what I did was I marked a lot of things I was reading and asked my fiancÃ© if he thought differently or if it was true to him and that's what I followed. I do recommend this book I think it wouldn't hurt it would only help trust me it's a great book, good luck with everything girls:)P.s one thing that got me every time was how she made it seem that if you were a Christian man who went to church regularly you must be a devoted and loving husband and that's just not the case cause he could be unhappy and not care about his wife but care about God a lot. Just something to think about when you are reading the book, just remember you are trying to figure out your man not all the random guys she interviewed.

Personally I like this book & what it has to offer. However, I believe for most average couples it's a bit too analytical & wordy. I was reading it from the perspective of a facilitator seeking teachable material for struggling or young married couples. This would be SUPER if the authors could take this info & create a 4-8 week bible study to go along with it. The current video & curriculum is not ideal in my opinion. I am not impressed by the cheesy videos that I previewed. Despite that...The content is SO GOOD. Every newlywed or newly engaged couple should read their copy! (if you didn't know, there is a partner book for the guy called "For Men Only...") As a facilitator I also think having a well put together, easy to use App or website is EXTREMELY important. This lacked in that area as well.

OK. I'm a retired RN. Was happily married for 37 years before my husband died of cancer 7 years ago. The single life was a mystery to me, but I learned a lot about it through reading books like this. I thought I knew plenty being married so long and having such a wonderful marriage. But, there is always more to learn. I would recommend this book to every married woman out there. Yes. I would. Presently, I am very happy in a relationship with a kind and sweet, intelligent and fun widower. Life is good. This book is also good.

We recommend these books to every one we know. My husband required our daughter and future

son in law to read them before their upcoming wedding. So so so good to know how the other gender thinks about things. When my husband and I went through a very difficult season a few years ago, these were a lifeline!

Shaunti is an excellent researcher. I've read this and several other of her books. She has a good insight into understanding your man. If you are getting married or are married, you will find this book most useful.

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The Only EKG Book You'll Ever Need (Thaler, Only EKG Book You'll Ever Need)  
Everything You Need to Know When Someone You Know Has Been Killed (Need to Know Library)  
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Attract Women: Be Irresistible: How to Effortlessly Attract Women and Become the Alpha Male  
Women Can't Resist (Dating Advice for Men to Attract Women)  
Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women)  
How to Raise Chickens: Everything You Need to Know, Updated & Revised (FFA)  
How to Raise Goats: Everything You Need to Know, Updated & Revised (FFA)  
For Young Women Only: What You Need



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