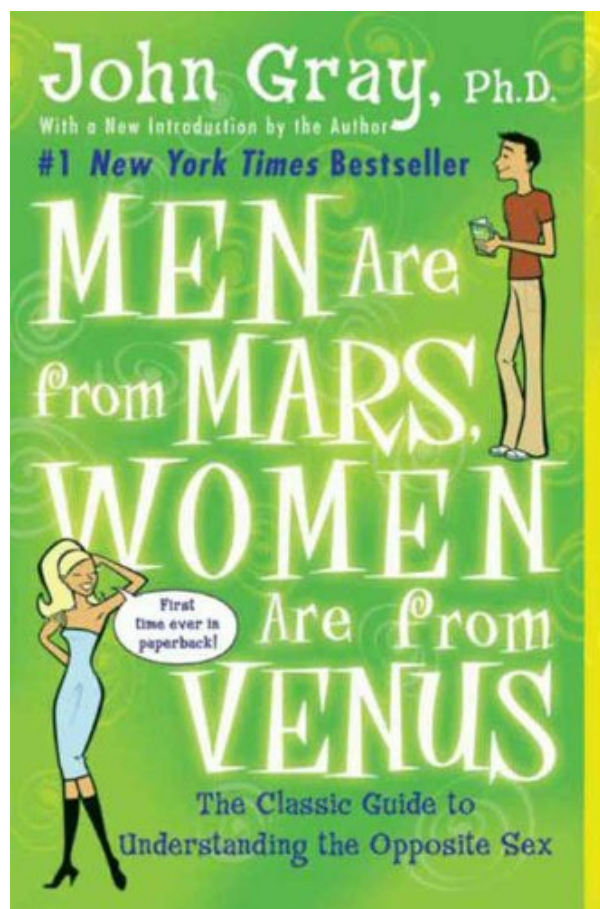
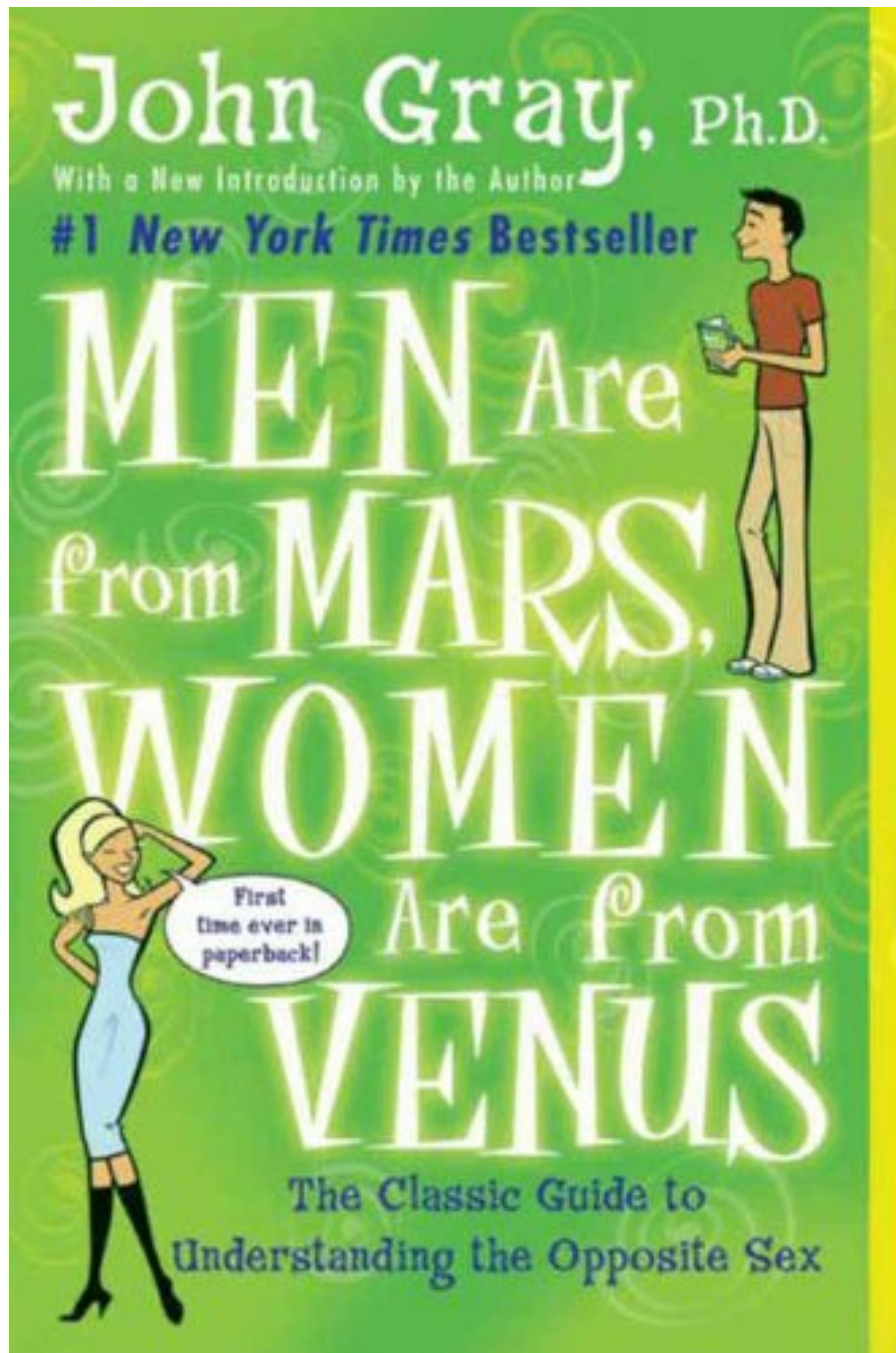


MEN ARE FROM MARS, WOMEN ARE FROM VENUS: PRACTICAL GUIDE FOR IMPROVING COMMUNICATION BY JOHN GRAY



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Amazon.com Review

Relationship counselor John Gray focuses on the differences between men and women--men are from Mars, and women are from Venus, after all--and offers a simple solution: couples must acknowledge and accept these differences before they can develop happier relationships. In this unabridged version, Gray gives a spirited delivery of his message, especially when role-playing typical male/female interactions. Although it takes some time to adjust to his slightly nasal tone, the information is sound and gives both men and women helpful hints on improving themselves and their union. (Running time: 9.5 hours, 6 cassettes) --Sharon Griggins

From Publishers Weekly

Psychotherapist Gray (*What You Feel You Can Heal*) adds to the growing number of self-help books that assess marital and relationship problems in terms of distinct and pervasive gender differences. Unfortunately, his overuse of gimmicky, often silly analogies and metaphors makes his otherwise down-to-earth guide hard to take seriously. Here Martians (men) play Mr. Fix-It while Venusians (women) run the Home-Improvement Committee; when upset, Martians "go to their caves" (to sort things out alone) while Venusians "go to the well" (for emotional cleansing). While graphically illustrative, the hyperbolic, overextended comparisons, particularly in the chapters that refer to men as rubber bands and women as waves, significantly detract from Gray's realistic insights.

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From Library Journal

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The most well-known, long-lived, and tried-and-tested relationships guide ever, the phenomenal #1 New York Times bestseller *Men Are From Mars, Women Are From Venus* is now available for the first time ever as an ebook. In this classic guide to understanding the opposite sex, Dr. John Gray provides a practical and proven way for men and women to improve their communication by acknowledging the differences between their needs, desires, and behaviors. No other relationship guide on the market will give you the same level of evidence-based insight sure to help you strengthen and nurture your relationships for years to come.

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Most helpful customer reviews

57 of 60 people found the following review helpful.

Take what works, leave the rest

By Hannah

I've mixed feelings on this book. On one hand, it articulates a good framework for the gender generalities that I've observed and for the most part, the author takes care not to paint with a broad brush. In fact, his intro takes care to acknowledge individual differences within that gender spectrum. He also provides a lot of good strategies for peacemaking and reconciliation as well, like the Love Letters. I especially liked the ending chapter on the seasons of love-- it matches what I've seen in long-term relationships.

On the other hand, I definitely felt that much of his advice was very heavily slanted in the man's favor, at significant risk of turning the woman into a doormat. For example, when a man withdraws, the author advises the woman to basically just accept it if the man doesn't want to come out and provide the needed or requested support. This ranges from simple requests like "could you take out the trash" to rather necessary errands: "could you take me to the shop to pick up my car so I can go to work" or "could you pick up our kid from school" (taking examples from the book). If someone resisted doing those last two things, especially on a regular basis, I would seriously question his/her priorities, as well as their suitability as a partner and parent.

I would also regard an unwillingness to provide emotional support as a yellow flag, especially if the onus for emotional maintenance falls on one party-- in this book's case, it's usually the woman. Is the man upset? The woman has to give him space and be caring and accepting, no matter how he responds. Is the woman upset? She has to figure out why she's upset, tell the man she's upset, then sit back and... basically leave the rest up to him. If he becomes caring and accepting in turn, great. If he's still distant, then the onus falls back on her to do more work. In other words, many, if not most, of the author's proposed sacrifices seem to fall on the woman to bear, because men are the way they are (i.e., from Mars). I can't really think of a section in which he says, "men, if a woman responds this way, just accept it-- that's how women are."

Overall, I'd keep and re-read the book for its insights, but it's very much picking out what works and glossing over the rest.

3 of 3 people found the following review helpful.

Great book. After all these years is still relevant ...

By Bookworm

Great book. After all these years is still relevant and it's true that your parents did not teach you this nor did they practice this kind of communication. Which is why that although they also loved each other they also fought alot. Read it! It works! It's also true that if one person in the relationship changes..... the other will follow automatically. Seeing is believing!!

21 of 24 people found the following review helpful.

Amazing, only wish I had read this earlier in life.

By Jon N

After recently going through a painful breakup I picked up this book on a whim this morning to try and

understand better the things my ex expressed about our relationship and how it went wrong. I've been unable to put it down and have a feeling it will consume me for the next few days. If we both had read this early on I think things would be quite different today. The examples cited through out struck close to home... it's all about understanding the mind of the opposite sex and how to communicate with them in the correct way, which may seem foreign to you at first. Totally floored... I took a chance with the Kindle sample, but half expected self help fluff that might just make me feel a bit better and teach little, but this goes so much deeper!

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