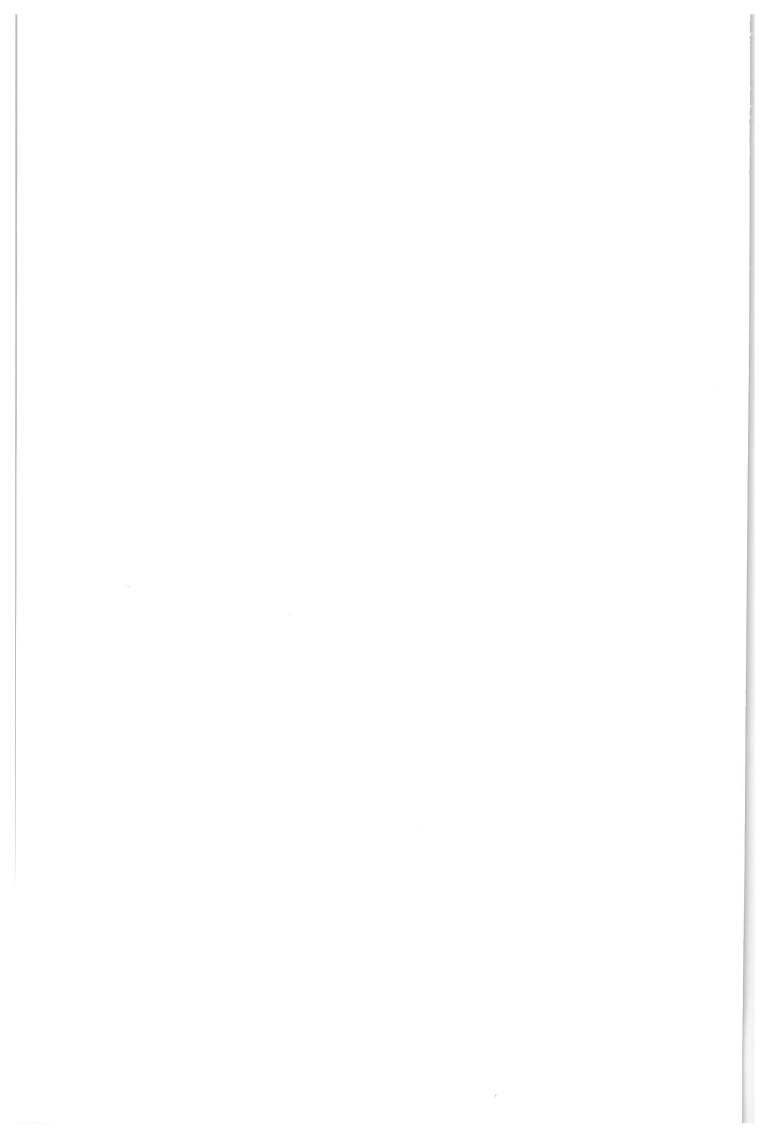




QUICK REFERENCE:

*A Man's Guide
to Being
a Woman's
Best Friend*





■ **BE TOTALLY HONEST ABOUT EVERYTHING,
EVEN THE SMALLEST DETAIL**

It seems to me that inherent in every woman's nature is her need to know everything about her man. Men are very different from women in that way. Most men are not concerned about with whom she ate lunch, or what she ate for lunch. They don't care what she talked about. Women need to know details. Details are important to a woman.

Not only is it important to tell her every detail if she asks, it's imperative to tell her the *truth* about every detail. If you don't tell her the truth, she'll instinctively know it. Women somehow know when their man is not being entirely honest. She may not *tell* you that she knows you're not telling the truth, but it registers, and she never forgets.

You must remember that always telling her the truth is a critical element of being her best friend. Simply stated, if she senses that you're not telling the truth, she won't feel completely secure and safe. If she doesn't feel completely secure and safe, she'll withhold the really special parts of her that she wants to give you. And if she feels that she has to withhold even part of herself from you, she will not let herself truly be your best friend. She begins to build a barrier between you and her that becomes higher and thicker each time you don't tell her the truth. That barrier may become impossible for you to penetrate.

*"When someone tells you the truth,
lets you think for yourself,
experience your own emotions,
he is treating you as a true equal.
As a friend."*

—Whitney Otto

■ LISTEN TO HER WITHOUT INTERRUPTING



If you expect her to want to be your best friend, you must understand that, to her, listening is an important aspect of “foreplay.” Uninterrupted eye contact is critical. Asking questions is not. It’s helpful, but not necessary, that you pay strict attention to every word she says. She’ll know that your mind is wandering after she’s taken seven or eight minutes to tell you everything about the life of the clerk at the market. She’ll also know, however, that you’ve listened, you didn’t interrupt, and you were patient. If you don’t listen to her without interrupting, she will never feel completely comfortable being able to share her thoughts and feelings with you.

■ **CUDDLE WITH HER IN THE MORNING
AND BRING HER COFFEE**

Cuddling with her in the morning and bringing her coffee is not on the level of importance as telling the truth about everything, or listening to her. However, it reminds her that, first thing each day, you think about her comfort level.

We all hear that women love to cuddle and men don't. We don't know how that belief got started. It's not about sex, it's about starting each day with a moment or two of peacefulness and closeness. When you do cuddle with her in the morning, you may find that you'll hear yourself whimper slightly, as you rest your knees closely behind hers, and put your arm around her arm. The feeling is that nice. She'll know that you are letting yourself be open and vulnerable, as she starts her day feeling secure in the knowledge that you are the love of her life.

■ **TELL HER TO BE SAFE AS YOU KISS HER
GOODBYE IN THE MORNING**

This is another way of saying "I love you." It tells her that you cherish sharing your life with her, and that you understand how dangerous our world has become. It tells her that you want her to pay attention to everything going on around her, so that you're safely back together again that evening.

*"Kind words can be short and easy to speak
but their echoes are truly endless."*

— Mother Theresa

■ SHOWER AND SHAVE BEFORE GETTING INTO BED AT NIGHT AND THEN DON'T BOTHER HER

We know that you're exhausted at the end of each day. We're all exhausted at the end of the day. We're not suggesting that you actually take a shower and shave *every* night before you get into bed to go to sleep. But get a full-sized picture of this. She's in bed watching television. She hears you in the bathroom with the faucet running, and then she hears you turn on the shower. She's thinking, "Does he really expect me to make love to him tonight?" You finish, and get into bed. A few minutes later, you roll over, kiss her gently, and say "I love you, honey — sleep well." Guess what she's thinking. No, it's not "What's wrong with him." It's "Good boy." She smiles to herself, cuddles down and, as she drifts off to sleep, thinks "Now *that* man is my friend."

■ GO GROCERY SHOPPING WITH HER ON FRIDAY NIGHT AND HELP PUT THE GROCERIES AWAY

Assuming she works outside the house daily, you must realize that she is truly carrying two full-time jobs. She is probably primarily responsible for making sure the house is clean, the kids are cared for, you and they are fed, and your clothes are clean. She tries to be sure that she's well groomed and as pretty as possible. Sound overwhelming? It is. So, the work week is finally over, and, being aware that the refrigerator is empty, she says, "I need to go grocery shopping." What do you do? (1) You watch the basketball game while she goes shopping. (2) You tell her that you have work and ask her to buy a 6-pack of beer. (3) You tell her that you want to go out with your friends. (4) You go grocery shopping with her, kiss her in front of the produce section, and then help put the groceries away when you get home. If you haven't picked (4), look for her to eventually be fantasizing about the guy she regularly sees at the market. Get the message?

■ NEVER SAY ANYTHING THAT WILL CAUSE HER
TO FEEL UNWORTHY

We are all sensitive to negative input, especially from someone we love. Anytime you say things like “You’re lazy” or “You can’t cook,” she will shut down emotionally in order to protect herself from being hurt by you again. Verbal abuse is as devastating as physical abuse. If you say things that cause her to feel unworthy, she might go through the motions of being with you — perhaps even for years — but you’ve hurt her, you’ve not been her friend, and it may be very difficult to regain her trust.

“No one can make you feel inferior without your consent.”

— Eleanor Roosevelt

■ NEVER SAY ANYTHING THAT WILL EMBARRASS HER

Women — much more so than men — are very sensitive to words used to describe them. Especially when you are with friends or family, anything you say about her that makes her feel self-conscious will embarrass her, even if you were attempting to be funny or cute. You may think that saying something that embarrasses her is insignificant. You may even attempt to brush it off, and say something like, “You’re being too sensitive; no one thought anything about it.” To her, though, it’s not insignificant. It’s a major breach of trust. It’s a major breach of friendship. She’ll never forget that you were thoughtless and, although other things you may do or say to her over the years may be more hurtful, she will remember that you betrayed her. To her, it is a form of abandonment.

“Friendship is a sheltering tree.”

— Samuel Taylor Coleridge, *Youth and Age*

■ NEVER GO INTO HER PURSE FOR ANYTHING

To a woman, her purse is as personal as her diary. It is that place where she stores highly personal things and information that she carries with her daily. It's the place where she keeps the secrets of how she maintains her youthfulness and beauty. It's the place where she hides those few extra dollars she is saving for something important she needs. It's her portable desk. It's hers, not yours. There is no excuse for violating her privacy. If you need to get something that you know is in her purse, bring it to her so she can retrieve it herself. It's a way of showing her that you respect her privacy. It's another way of showing her that she can feel safe in your presence.

"Wouldn't it be nice if everybody understood without being told that you need a certain amount of space?"

— Mary Higgins Clark

■ DON'T DOMINATE CONVERSATION ABOUT YOUR WORK

There is no denying that money you earn from your work is necessary to providing the essentials of life to those you love, but you don't have to talk about your work every day. Dominating conversation about your work is ego-centric. To her, it may seem as though you don't feel that anything she is doing has significance. It detracts from the brief moments during your day when you and she can share a laugh, a story about someone you know, a moment to discuss the news events of the day, or a moment of quiet and peacefulness at home.

"Let there be spaces in your togetherness."

— Kahlil Gibran, *The Prophet. On Marriage*

■ GIVE UP ANGER YOU HAVE AT YOURSELF

There are things that each of us have done during our lifetime of which we are ashamed. Many of us, too, have not lived up to either our own expectations, or the expectations that others have had for us. Some of us have been either physically or emotionally abusive to someone for whom we have expressed feelings of love.

It will be difficult for you to be sensitive to her needs, express your deepest feelings of love and devotion, and be open and honest about yourself if you don't give up the anger you have at yourself. You might consider looking at it this way: Assume for a moment that you had a childhood boyfriend who you loved and adored, but, for some reason, you said or did something that deeply hurt that friend. Your friend told you that he did not want you to be a part of his life. After a month or two of missing your friend, you approached him, said that you were sincerely sorry, and asked for his forgiveness. Of course, your boyhood friend forgave you, and you continued to have this dear friend in your life.

If you are to be your own best friend — and no one can be your best friend better — then you must forgive yourself for all of those things in your lifetime of which you are ashamed. You must do this if you hope to become *her* best friend, because the anger that you harbor at yourself may, on occasion, be projected at her, and you can't let that happen.

*"Were it offered to my choice, I should have no objections
to a repetition of the same life from its beginning,
only asking the advantages authors have in a second
edition to correct some faults of the first."*

— Benjamin Franklin

■ ALWAYS DO YOUR BEST AT YOUR JOB

When you asked for her love, inherent in that promise was the promise that you would always try to be responsible and conscientious about everything in your life. Whether or not that promise was verbalized or implied, you expressed your intent to work hard to provide a nice standard of living for her and your family. One way to keep that promise is to always do your best at your job.

■ ESTABLISH AND LIVE WITHIN YOUR BUDGET

Neither you nor she can be at peace with yourselves or one another if together you spend more money than your income permits. Everything in your life together may be wonderful. You may be achieving the highest level of success at being her best friend. You will not be able, however, to eliminate as many levels of her anxiety as you would like to eliminate unless you successfully live within a responsibly established budget that the two of you establish together.

If you are unable to meet your financial responsibilities, seek help *together* from a consumer credit counseling organization or a financial advisor, and *together* make those difficult decisions that most of us, at some time in our life, must make. Include her in all of those decisions, so that she also understands that, unless your financial state of affairs is well balanced, the two of you will not be able to connect as freely and comfortably as you would like.

*"Life is like a blanket too short.
You pull it up and your toes rebel, you yank it down
and shivers meander about your shoulder;
but cheerful folks manage to draw their knees up
and pass a very comfortable night."*

— Marion Howard

■ NEVER DO ANYTHING THAT IS EMBARRASSING

The manner in which you conduct your life is a reflection on her. If you become angry in public at someone who is providing a service to you, it is a reflection on her. If you are responsible for being late for appointments or to pick up friends, it is a reflection on her. If you drink or abuse alcohol or drugs, it is a reflection on her. When you do things that are embarrassing to yourself, she is embarrassed not only for you but for herself.

"I have to live with my own truth.

I have to live with it.

You live with your own truth.

I cannot live with it."

— Maria Irene Fornes

■ GIVE HER SPACE WHEN SHE NEEDS IT

Every woman needs her privacy. It's sufficient that she tolerates your presence when she first wakes up each morning, looking like she's not sure what to herself. It's enough that either you or the children are clamoring for her attention all day, in one way or another. When she needs to be alone to put on her makeup, dry off from her shower, or read a book, respect her need for privacy. If you do, she'll feel better about sharing more time with you.

"You love me so much, you want to put me in your pocket.

And I should die there smothered."

— D.H. Lawrence

■ ALWAYS MAKE EYE CONTACT WHEN SHE IS SPEAKING TO YOU OR YOU TO HER

When you are speaking to her or she is speaking to you, the message contained in the words is not as important to her as the personal contact between the two of you. She listens to your words with her eyes; even more so than with her ears. When your eye contact waivers, her ability to hear you declines. Similarly, she feels that you are not paying attention to her if you are not making eye contact. It's one of the reasons you may hear her say "You never listen to anything I say."

She may begin to feel abandoned by you for one of many reasons. For example, she may feel abandoned when she is feeling a little low and you are not sensitive and attentive to her. By and of itself, your lack of consistent eye contact doesn't send the signal to her that she needs to be afraid that you will abandon her, but the problem becomes compounded if you spend too much time with your friends, working, or watching sports on television. It's a part of her perception of how you feel about her. You must be careful not to give her reason to be afraid. If she has even a small level of anxiety, she will not be open and comfortable when she is with you, so be sure your eye contact is always good.

"The eyes, those silent tongues of Love."

— Cervantes

■ TAKE OUT THE GARBAGE

Even though women are rapidly proving to themselves and to the world that they are as bright or brighter, as competitive or more competitive, and as capable of completing any task with every bit as high a level of competence as any man, women respect men. In particular, women respect a man who is a gentleman.

You are probably physically stronger than she is. You probably don't mind picking a dead bug off of the floor, even though she is a little squeamish about it. Be a "man," take out the garbage. She'll quietly appreciate you doing this for her and, if you do, she'll probably continue to wash your underwear for you.

*"Love sought is good,
but giv'n unsought is better."*

— Shakespeare, *Twelfth Night*, Act III

■ TAKE HER OUT WHEN SHE HASN'T HAD TIME TO PREPARE DINNER

Most likely she considers herself to be responsible for preparing dinner each evening, although she may work outside the home in a full-time job. You might consider assuming equal responsibility for preparing dinner yourself, if you haven't previously done so. When you do this you'll understand how time-consuming — to say nothing of mind-consuming — this responsibility can be. You want dinner to be nutritious and well balanced. You want variety. You want it to be creative and look and taste good. You want it to be prepared on time. After you've assumed this responsibility at least three nights per week, you'll understand why taking her out when she hasn't had time to prepare dinner is more of a gesture of showing that you love her than bringing her a dozen red roses.

"My man of men."

— Shakespeare, *Anthony and Cleopatra*, Act I

■ NEVER EXPECT ANYTHING IN RETURN

If you are being her best friend, you won't have time to think about what she will give you in return. She will be giving you so much, you will be overwhelmed by the feeling of being so loved.

*"Here are fruits, flowers, leaves and branches,
and here is my heart which beats only for you."*

— Paul Verlaine, *Romances sans Paroles*

■ SOMETIMES HOLD HER FACE IN YOUR HANDS AS YOU KISS HER MOUTH GENTLY

She loves when you are tender. She loves you when are sensual. She loves you when you hold her face gently in your hands and kiss her mouth ever so sweetly. She is your love, and *only* your love, and it will be you about whom she will fantasize during her busy day.

"The kiss you take is better than you give."

— Shakespeare, *Troilus and Cressida*, Act IV

■ NEVER PATRONIZE HER

Always remember that her work is as important as your work. Her thoughts are as profound as your thoughts. Her ideas are as great as your ideas; and her intelligence level is equally as high — or higher — than yours. If you say anything to her that implies you feel differently, she will lose respect for you.

*"Whether women are better than men I cannot say —
but I can say they are certainly no worse."*

— Golda Meir

■ **BRING HER BREAKFAST IN BED ONCE IN A WHILE**

You don't need to be earning "big bucks" in order to shower her with lavish gifts. Bring her breakfast in bed once in a while; she'll feel like a princess. She will smile and laugh a little, and she will say "Why are you doing this?" It's not necessary to answer, though, because in her heart she knows it's because you want to see her smile.

*"Every man feels instinctively
that all the beautiful sentiments in the world
weigh less than a single lovely action."*

— James Russell Lowell, *Literary Essays*, Vol. II

■ **GIVE HER YOUR JACKET WHEN SHE FEELS COLD**

If she has to tell you when she's feeling cold, you are not being as observant as you need to be. How often have you thought, to yourself or out loud, "Am I supposed to be able to read your mind?" The answer is no, but you *should* be able to anticipate her needs. You can see if she's tired or slightly irritable. You can see if she's feeling happy or sad. You can see if she's pre-occupied or able to devote her attention to you. You can certainly see if she's cold. There isn't anything you can do for her that is sexier than being able to anticipate her needs. Try it. She'll know that although you can't read her mind, you are definitely tuned into it.

*"Oh, my Luve is like a red, red rose,
That's newly sprung in June.
O, my Luve is like the melodie,
That's sweetly played in tune."*

— Robert Burns, *A Red, Red Rose*

■ **HAVE HER CAR WASHED AND
FILLED WITH GAS OVER THE WEEKEND**

You know how you feel when you get into a car that has been freshly washed, vacuumed, scented, and filled with gas. If for only an instant, you feel like your life is slightly more orderly, and you know that you don't have to stand in the freezing cold or heat of the summer to fill your car with gas. She feels the same way you do. It takes only a half an hour, and it only requires a small amount of your attention. It subtly conveys the message that you are dedicated to making her life as comfortable as possible.

"You roll my log, and I will roll yours."
— Seneca, *Apocolocyntosis*, Sec. 9

■ **IF SHE'S EMPLOYED, LET HER KNOW
THAT YOU APPRECIATE THAT SHE'S
REALLY CARRYING TWO FULL-TIME JOBS**

There are ways to let her know that you appreciate that she is really carrying two full-time jobs. Say thank you when she prepares dinner. Take out the garbage. Prepare the children's school lunches. Help her clean the house. Empty the dishwasher. Clean the bathroom sink and wipe the water spots off the mirror. Pick your clothes up off of the floor. Replace the empty roll of toilet paper. Clear the table after dinner.

If you do anything less, she will think that you are oblivious to the amount of work with which she copes every day. She will become angry that you are not helping her; she will tell you how she's feeling. If you have a tendency to be defensive when she says, "Can't you help a little?," get over it. If you want to be her best friend, help her. If you don't care if you lose her, then don't.

*"Now join your hands,
and with your hands your hearts."*
— Shakespeare, *King Henry the Sixth, Part III, Act IV*

■ MAKE LOVE TO HER

In actuality, every section in this book explains how you can “make love” to her. Making love does not begin when the two of you decide to make love. It starts from the moment you and she awake each morning and ends when you close your eyes as you fall asleep at night. As we explained earlier, foreplay begins when you show her that you care enough to listen — even though you may know exactly what she is going to say — and continues into the evening when you turn the basketball game off because she sends your daughter to you to watch her practice for her ballet recital.

You make love to her in bed by caring whether she's been satisfied before you. The problem is, if you have made love to her during the day, too, she will want to show you how much she appreciates the many ways you make love to her. She'll want to make love to you much more than you can physically handle. Consequently, when you're not in bed, she will begin making love to you in the same or even more creative ways than you make love to her. (Some problem, huh?)

*“None shall part us from each other,
One in life and death are we:
All in all to one another —
I to thee and thou to me!
Thou the tree and I the flower—
Thou the idol; I the throng—
Thou the day and I the hour—
Thou the singer; I the song!”*
— Gilbert

■ BE CONSISTENT IN YOUR BEHAVIOR AND TEMPERAMENT

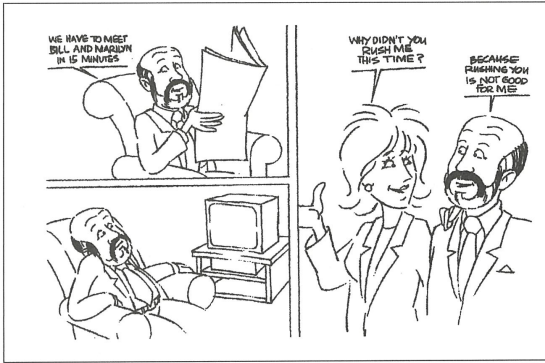
If she has to worry about how you will react to something she does, because you tend to react differently each time, she will feel anxious when she's with you. She may perceive your inconsistency as controlling. It may seem to her that being in your presence causes her to feel like she's always walking on eggshells. She has to be very careful.

If you truly want to be her friend, don't cause her to have to feel this way. Be consistent in your behavior and temperament by being accepting. Let her know not only through your words, but also through your actions, that she doesn't have to fear — even occasionally — an outburst of anger. She'll smile more easily. She'll be more peaceful. She'll thank you by being your best friend.

*"Friendship has too much resembled for men
the camaraderie of battle,
for women the consolations of passivity;
marriage has owed too much to romance,
too little to friendship."*

— Carolyn G. Heilbrun

■ DON'T RUSH HER BEFORE THE TWO OF YOU ARE LEAVING TO GO SOMEWHERE



If men are from Mars and women are from Venus, then the pace on Mars is much faster than on Venus. It simply takes a woman longer to get ready to leave the house than it takes a man. Find something to do. Find anything to do. Read the newspaper, put loose change in wrappers, play solitaire, or organize your schedule for the next day. Do anything, but don't get into the car and start the engine before she is absolutely ready to walk out the door.

*"The key to everything is patience.
You get the chicken by hatching the egg —
not by smashing it."
— Arnold Glasow*

■ **KNOW WHEN HER MENSTRUAL CYCLE BEGINS AND
DON'T EXPECT TO BE PATTED ON THE BACK JUST
BECAUSE YOU KNOW THIS**

The knowledge most men have of a woman's menstrual cycle is limited to the fact that once every month she becomes bloated, irritable, and shuns intercourse. Most men don't understand the effect a woman's menstrual cycle has on her physical or emotional being. They don't know why she experiences a menstrual cycle and they can't even spell "menstrual." They just don't like it. For those men, here's a news flash: *She* likes it a lot less than you do.

Okay, you don't have to learn to spell menstrual, but it would be helpful to know when her cycle begins so that it's not necessary to say to her every month "What's the matter, getting your period?" You need to understand that these words don't endear you to her. Be sensitive and in touch with her during the days prior to the beginning of her cycle, too. Simply place an "x" on your calendar around the date you expect her cycle to begin, and be more patient, understanding, and helpful.

■ DON'T EVER CRITICIZE HER

It's important you realize that, even if she's lived a charmed existence, most likely there are some people in her life that have been critical of her. Equally as important, she is critical of herself. She doesn't need to be told by you when she screws up, or when her hair or make-up isn't perfect. She doesn't need to be told by you that dinner wasn't just the way you like it. She doesn't need to be told that your children's behavior is unacceptable and she should do something about it.

Best friends are not critical of each other. They accept any negative attributes along with all the positive attributes. Of all the people in the world, she expects you to unconditionally love and accept her. If you accept anything you may perceive as somewhat negative and don't even mildly suggest it's negative, you will have done a good thing for yourself.

■ ENCOURAGE HER TO FANTASIZE

It's true that we have our weekends and sometimes we go on vacation, but most of us have to attend to the serious business of life every day.

If you want to be her best friend, encourage her to fantasize. Her fantasies are her little vacations from the drudgery of her everyday life. Her fantasies help to replace the vacations you are unable to take as often as you'd like. Her fantasies help to make her more playful when she's with you. She will fantasize anyway. You may as well understand and accept that fact so she won't find a need to transform her fantasies into a real-life adventure.

■ DON'T SMOKE OR ABUSE ALCOHOL AND DRUGS

Women are attracted to men who are clean, well groomed, and smell good. Women are attracted to men who are in touch with themselves and others.

Smoking is a smelly, dirty habit that can kill not only you but also people around you. If you are smoking, she believes that you not only don't care about your *own* health, but also you don't care about her health or the health of your children. She believes you may die younger than you should, she's tired of hearing that you are going to stop smoking soon, and she doesn't like the way you smell.

If you are abusing alcohol and drugs, your behavior is not reminiscent of the behavior of the man she married, or the man she hoped you would someday become. Alcohol and drugs obliterate your senses. They cloud your perception of reality. They don't allow you to be in touch with yourself or her. If you are abusing alcohol or drugs, the time you have left to be with her may be limited.

■ NEVER LET HER SEE YOU LOOKING AT ANOTHER WOMAN



Ideally, each woman would like to be able to look in the mirror and think to herself, "Hello, gorgeous." Realistically, there probably isn't a woman in the world — including those few that are movie stars and models — who have that thought. Most women are extremely critical of how they look. Most women wish their hair had a better sheen, their face didn't have a blemish, or that their nose and butt were shaped differently.

She wants to look better not only because she wants to look good for you, but because she compares herself to other women. These comparisons are not at her first level of consciousness; they're just always lurking somewhere below that level — except when her peripheral vision allows her to see your eyes darting quickly in the direction of another woman. Believe me, she has great peripheral vision. When it comes to noticing whether you are looking at another woman, she sees everything. It's not a jealousy thing, either — don't get that idea.

She also wants you to find her attractive and sexy. Anything you can do or say that lets her feel that you think she is magnificent to be with, do or say. You should help to prevent her from

feeling, if even for a fleeting moment, that you find another woman sexy. So just don't let her see you looking at another woman. It's not good for either of you, and if she feels that you think she is attractive and sexy, she will be much more attractive and sexy than either you or she ever imagined she could be.

"A courteous person will always make everyone around him feel at his best and most alive." He will bring to his meeting with another person an absolutely genuine interest, respect and concern for that person; and above all, he will give him his whole attention without curiosity or demand, and so immediately communicate to the other a freedom and sureness of which, perhaps, he did not know himself to be capable."

— Helen M. Luke

■ BE HER PLAYMATE

From time to time, glance deeply and carefully into her eyes. If you are being her friend in the sense we are describing, you will almost always see a twinkle just ready and waiting to come out and play. Allow your twinkle to play with her twinkle, and you'll find that the two of you will be making love without being in bed, and smiling at each other much more.

*"...wit...is, after all, a form of arousal.
We challenge one another to be funnier and smarter.*

*It's high-energy play.
It's the way friends make love to one another."*

— Anne Gottlieb

■ **MAINTAIN A LIFE INSURANCE POLICY ON YOURSELF**

Reality check! Any of us could die tomorrow. If you love her, you must be protective of her in life as well as in death. Although none of us consciously think about death, subconsciously it hovers over us. You can help her to feel more secure, and relieve her of yet another level of anxiety, if you maintain a life insurance policy on yourself. Don't leave this stone unturned.

■ **HELP HER TO EXAMINE HER BREASTS AND ENCOURAGE HER TO GET A MAMMOGRAM AND PHYSICAL EXAMINATION EVERY YEAR**

Now this you should do every day. Perhaps even twice a day. Seriously, although it is extremely uncomfortable for her to have a mammogram, it's imperative that she examine her breasts often. It's an absolute necessity for her to not only get a mammogram but also a physical examination every year. You must have a physical examination every year too if you really are going to be her best friend. Tell her that you always want her to be healthy and with you. Encourage her to make an appointment to see her doctor.

■ **SHOWER AND SHAVE BEFORE YOU MAKE LOVE TO HER**

Imagine for a moment that you were getting ready to take her out on a date early in your relationship. That you're really attracted to her. You're comfortable with her, and you sense she might be ready to make love to you. You would, of course, shower and shave and be sure your nails and hair were clean and well groomed. You would want her to think to herself, "He smells so good." She becomes aroused more easily when you are clean and your face feels soft against her skin.

Our lives are filled with so many things on which we must concentrate each day, that it's naturally difficult for each of us to transfer the focus of our attention away from our very busy schedules. You shouldn't expect that after she has worked all day, picked up the children, made dinner for you all, washed, dried and folded the laundry, and put the children to bed, that it will be easy for her to refocus her attention on your (or her) sexual needs. She's exhausted. She probably just wants to take her make-up off, have a bath, read a book or watch television, and fall off to a good night's sleep.

On the other hand, making love is a terrific way to erase the tension of the day, share a wonderfully intimate experience, and help get you both off to a peaceful sleep. Take a shower and shave before you get into bed, smile softly at her as if to ask, "Do I have to be your friend tonight and let you go to sleep?" She'll be more ready to make love to you than she would be if you hadn't taken the time to be clean and soft for her.

"He is every other inch a gentleman."

— Dame Rebecca West

■ ENJOY AND APPRECIATE THE LITTLE GIRL IN HER

Every woman has, tucked away somewhere in a special little place inside of her, vivid memories of herself as a little girl. She smiles to herself when she remembers how she pretended she was her doll's teacher, how she dressed up in her mom's high heels as she pretended she was going out to dinner with her husband, and how she watched out the front window of her house just get a glimpse of that boy she thought was *sooo* cute. From time to time, if you watch her carefully out of the corner of your eye, you'll recognize a special look or certain way she'll smile when something happens that causes her to recall one of those memories. It's then you'll see the little girl in her.

You can be her boyfriend, her husband, or her lover, but you can't be her best friend unless she allows you to share that special place with you. She will only share it if she unequivocally trusts you. She will only share it if you are able to recognize it without her pointing it out to you. She may have never shared it with any one else in her life. She'd love to share it with you. She wants you to see it, but she wants you to find it yourself.

*"We are all the same people as we were
at three, six, ten or twenty years old.*

*More noticeably so, perhaps, at six or seven,
because we were not pretending so much then."*

—Agatha Christie

■ BRING HER WATER AND SOMETHING FOR HER HEADACHE

You can relax a little bit with this one, guys. There's no need for you to raise the level of your insightfulness here. Think about it this way: if you and she are best friends, she is doing things for you and you for her just because you're buddies. You hang out and go places together, she's on your side and you're on hers all the time. You hear her say, "I've got a terrible headache." Bring her water and something for her headache. Don't make her get it herself. It's no big deal. But it's another little thing that conveys the message that she needs to hear.

■ KEEP EVERY PROMISE

From the very first moment you and she met, you began making promises to her. The following is a partial list of things you did for her or how you behaved when you were with her and the promise that you implicitly made to her as a result of those actions or behavior. Most of your promises were never verbalized. They were implied by your actions or behavior.

The way you were	Your Promise
You were well groomed.	You promised to always be well groomed and clean.
You were polite.....	You promised to always be polite.
You were on time for a date.....	You promised to always be on time.
You were considerate of her.	You promised to always be considerate.
You didn't yell at her.	You promised never to yell at her.
You worked hard at your job.....	You promised to always work hard at your job.
You never embarrassed her.	You promised never to embarrass her.
You listened to her opinion.....	You promised to always listen to her opinion.
You were trustworthy.	You promised to always be trustworthy.

In addition to your non-verbalized promises, there are promises that you verbalize. When you say "I'll be home at 6," or "I'll make a deposit today," you are asking her to rely upon you to be home at 6 or make that deposit. To her, these promises are not trivial. It's a mistake for you to consider them to be trivial. The feeling of trust you want her to have in you is reduced each time you break either a verbalized or non-verbalized promise. She can't trust you if you break promises to her. Her trust can only be earned if you consistently, over a very long period of time, don't break promises.

■ **NEVER MAKE A LEFT-HAND TURN WITH HER IN THE PASSENGER SEAT UNLESS YOU ARE ABSOLUTELY CERTAIN THERE'S NO RISK FROM ONCOMING TRAFFIC**

Suppose for just a moment that you are driving your car and she is in the passenger seat. The traffic is a little congested and you find yourself having to wait longer than normal to make a left-hand turn. Suddenly, you see that opening you've been waiting for, but you realize that you have to accelerate quickly to make your turn. So you push the peddle to the floor, the car lurches forward and as it does you realize the car bearing down on you is traveling at a faster speed than the other cars. You successfully make your turn, however, with a couple of seconds to spare.

For your edification, here's her thought process. When you move to the left-hand lane to make that turn, she is thinking "The traffic is moving really fast." While you're waiting longer than normal for the opening to occur in traffic, she is thinking "I hope he realizes that I'm on the side of the car that gets hit first." When she feels you accelerate and the car lurches forward, her stomach drops, her heartbeat quickens, and she sees the car in the oncoming traffic lane that is traveling faster than the other cars, coming directly at her door. She is thinking, "I hope the car doesn't stall or his foot doesn't slip off the accelerator. Oh God, I hope we make it."

Fortunately, you did successfully negotiate the turn, and you say something she doesn't think is very cute, like "We had enough time to make that turn twice." She is thinking "What a jerk. Isn't he concerned about my safety in the least?" She may or may not say something to you at that moment. But consciously or subconsciously she remembers that you did something really stupid that placed her life in danger. You didn't care about how fearful she felt when that oncoming car was bearing down on her. She's thinking "He really doesn't care about me."

If you really want to be her best friend, you should help to reduce anxiety in her life, not to create more. Don't do it again, or she'll soon be verbalizing what she *was* thinking which was "You don't really care about me."

■ SCRATCH HER BACK IN THE MORNING

While you're cuddling with her in the morning, just before you bring her coffee, scratch her back for a few minutes. It feels wonderful to her, especially because she's just awoken from a sound sleep. It's another way to let her know she's loved.

■ BE PATIENT WITH YOUR CHILDREN

Being patient with your children is an indication to her that you are under control. Provided she thinks that you are feeling calm, she can concentrate on herself and the dozens of things on which she must concentrate. When you're patient with your children, she will be inclined to think that you will be patient with her. It will help her to feel more peaceful.

Being patient with your children also lets her know that you are contributing to raising them to become healthy, productive adults. She won't feel she is the only one responsible for raising them. By being patient you also fulfill one of the most important qualities she hoped you'd have when she was considering being with you. That you'd help her to raise your children to feel good about themselves by constantly conveying positive feelings to them. Each time you are patient with your children, you're saying to her "Be calm, honey, we're all doing fine." There is no better gift you can give her.

*"The fault no child ever loses
is the one he was most punished for."*

— Cesare Beccaria

■ **CALL HER WHENEVER YOU'RE GOING TO BE LATER THAN SHE EXPECTS**

She is expecting you to be home for dinner at 6 p.m. You normally are home at around that time, but on this day your 4:30 meeting took longer than you expected. It's now 5:45 and you finish your meeting, return a phone call or two, and make some notes for the following day.

She knows you're hungry when you get home each day, so she starts dinner at 5:30. It's now 6 and she tells the kids to wash up for dinner. She listens for your car to pull into the driveway, so she can begin to tie all the elements of her meal together. She hopes you're going to like what she's prepared.

You leave the office and the traffic is still heavy. It's now 6:20 and you realize you're not going to be home until 6:45. The kids are starting to complain that they're hungry. She is concerned that her dinner is overcooked, and those things she's removed from the oven are getting cold. You're not late too often, so she's beginning to wonder if you are okay.

You walk into your home at 6:45 and she says, "Where were you?" You explain what happened and she says "Sit down and eat your dinner." You can't understand why she's angry. Simply, you didn't separate yourself from your involvement of your workday at 6, when you needed to be picturing what was going on at home. You must be able to tune in to her and everything going on in your home all the time. You must remember that there is never a good excuse for being inconsiderate. Saying you're sorry just doesn't cut it.

"How is it that so often... I get the feeling I've worked hard to learn something I already know, or knew, once."

— Linda Ellerbee

■ DON'T BRING YOUR WORK HOME TOO OFTEN

For those of you who think that you are fulfilling her need to feel loved by working 10 to 14 hours per day, you couldn't be more wrong. It goes without saying that each of us must provide a home and food for our family. It's really good if you earn enough money to be able to provide a lovely home, a nice car, and a vacation now and then. Being conscientious and working hard at your job is an element of being her best friend. It's taken for granted that you must work to provide for your family, just as you must breathe to remain alive.

But when you bring your work home too often, you may be neglecting her needs. She may begin to feel that your career is your first priority. You might hear her say "All you do is work." What she really means is "I'm feeling neglected." If you bring your work home too often, and if you are not being her best friend in the many other ways discussed in this book, she may feel that you have abandoned her. If she feels that way, she may abandon *you* emotionally. Finally, if she hasn't been able to help you understand that you are neglecting the important aspects of your relationship, she may leave you. It'll be a rude awakening, and it will be too late.

"Money often costs too much."

— Ralph Waldo Emerson

■ NEVER COMPARE HER TO ANY OTHER WOMAN

We don't think it's necessary to tell you that you shouldn't say something like "Why can't you wear your hair like your friend Carol K.?" or "The way Noreen W. puts on her make-up makes her look younger than you." If you have, in the past, said things like that to her, she already thinks you're so clueless, and it's probably too late to help you. Let's presume, however, that you haven't been that blatant in your comparisons. She may feel you are comparing her to other women when:

- You look at the nude or semi-nude pictures in *Playboy* magazine.
- You look at other women when you're with her.
- You make any positive comment about the appearance of another woman.
- You talk, in a positive way, about a woman with whom you work.
- You ask her why she doesn't read more.
- You ask her why she doesn't take more time to educate herself.
- You comment on the good behavior of another woman's child.

Women are sensitive to, and in touch with, everything going on around them. Their level of sensitivity increases dramatically when it comes to you. It becomes increasingly heightened when you convey the impression that you are paying attention to another woman. She's not jealous. To her, it's a matter of loyalty. You must constantly be aware of her level of sensitivity, and don't do or say anything which even mildly implies that you are comparing her to other women.

*"An appeaser is one who feeds a crocodile —
hoping it will eat him last."*

— Winston Churchill

■ NEVER CRITICIZE THE CLOTHES SHE'S WEARING

Unless you are making enough money to allow her to buy her clothes at places like Neiman Marcus, Saks, or Nordstrom's without using any of the money she earns, it's not a good idea to criticize the clothes she's wearing. If you do, and she's as bright, quick, strong and competitive as are most women, her response won't be gentle. So unless you're a masochist, be your own best friend; comment on the weather or what a nice day it is, but don't criticize the clothes she's wearing.

■ SHARE THE RESPONSIBILITY OF DRIVING THE CHILDREN

When you have children, it's "Mom, I have soccer practice," "Mom, I have to go to the library." It's one endless list of places they have to go immediately. Kids will invariably ask their mom to drive them. It's easy for you to continue watching television while pretending you didn't hear your child. It's easy to look like you're preoccupied reading the newspaper. Your feigning being busy may not seem like an obvious omission, and most of the time she'll just do what's asked of her without thinking, "Why couldn't *he* drive her this time?"

When you're married, though, there are no responsibilities that are solely hers or yours. When something needs to be done, it should be done by the one who's most available or the one who's least tired. If the dishes need to be washed and you're available, wash the dishes. If the bed needs to be made, make the bed. If you want her to be your best friend in the true sense of the word, be her friend, too. Just do stuff when it needs to be done; don't wait for her to ask you.

■ ADMIT YOU'VE BEEN WRONG

Since time began, men dominated women. Today, that's not true. Hopefully, you don't feel or act superior to her. One way to let her know you don't feel superior is to readily admit you've been wrong. She'll appreciate that you're open and accept responsibility for your mistakes. She'll appreciate your lack of defensiveness, and that you're not trying to overpower her. Besides, what's the big deal? We all make mistakes sometimes. Just admit you've been wrong. She'll make you feel you were right for doing so.

*"The road to personal freedom
is paved with responsibility....
The first thing you have to do
is admit the truth and learn from it."*
— David Viscott

■ NEVER EXPECT HER TO ADMIT SHE IS WRONG

Although today men don't dominate women, most women are still afraid that a man will try to do so. She is always on the lookout for signs that you are starting to be controlling. The worst thing you can do is to make her beg for forgiveness if she makes a mistake. We all make mistakes. (Yes, even men!) When *she's* made one, there is no need to tell her about it. She knows she's made it, and is probably more angry at herself for it than you could ever be. So don't mention it. She'll be able to maintain a peaceful feeling in your presence.

■ NEVER COMMENT ON THE EXISTENCE OF A PIMPLE

If you don't think she knows when she has a pimple, you're really mistaken. A woman checks her face for every blemish, liver spot, wrinkle, and even smile lines. Every woman pays very strict attention to her face. It doesn't matter how tactfully you point out a blemish — if you do, she thinks you're an idiot for doing so. She also thinks that you're insensitive and not focusing on her entire being. If you just have to say something to her because for some reason words just have to come out of your mouth at that moment, say, "Thank you for allowing me to be with you," and kiss her. (But try not to kiss her on the pimple, okay?)

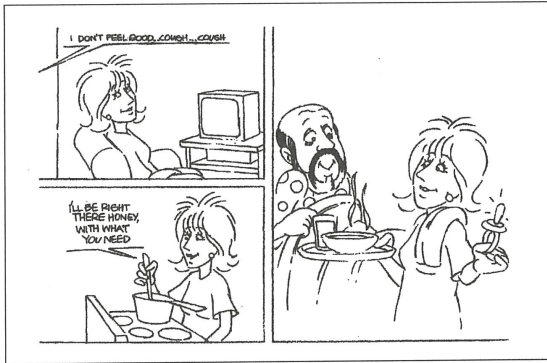
■ HUG HER A COUPLE OF TIMES A DAY

If hugging her a couple of times a day is not in your repertoire, it might be a good idea to start including it. About the second time you do it, she'll say something like, "What are you doing?" She'll pretend like you're annoying her. She may even *feel* like you're annoying her. But she'll love that you want to hug her and need to do it.

■ BE PLEASED WITH ANYTHING SHE'S PREPARED FOR DINNER

Remember, whatever she's prepared for dinner, it was either what she thought you'd like, what she had time to prepare, or what she had the ingredients to prepare. Whatever she prepared, it was the best she could do at that moment. You can be absolutely sure that she wanted to please you, unless you haven't been her best friend up until now. And, oh yes — you're not the one who took the time to prepare dinner. When she brings a baked potato, some cottage cheese, and a salad to the table for your dinner next time, be smart. Say something like, "That was exactly what I've been thinking about all day for dinner. Thank you." There's one more thing, too. Show her how much you appreciate the fact that she made dinner for you. Do the dishes.

■ LET HER KNOW YOU NOTICE AND APPRECIATE EVEN THE SMALLEST THINGS SHE DOES FOR YOU



There are hundreds of things your best friend will do for you — not the least of which is washing your underwear and dirty smelly socks. She'll just do stuff because she thinks it's her job to do them — and because she wants to please you. Make sure you let her know that you notice those things she does. Do little things for her, too. It's the way this whole thing works, you know.

■ ANTICIPATE HER NEEDS

First, make a mental list of all the things you know about your best friend. For example, you know that she wants you to love, respect, and admire her. You know she has grown up in a society that has led her to believe that it's her job to do the wash, clean the house, and be primarily responsible for taking care of the children and you. You generally know where she has been and what she's been doing. You can see if her arms are full or free. You know what time of the day it is and what needs to be done around the house. You can certainly tell if she's tired. From these and many other things that you know about your best friend, you can draw certain assumptions about what she's thinking and what she needs.

If you're not paying attention, you can't anticipate her needs. That's exactly my point. You must remain aware of what's going on in your partner's life by looking at her with an eye toward helping her if you see a chance to do something that could make the moment slightly easier for her. If you really want to be her best friend, anticipating her needs should be no big deal. For her, though, it's a *huge* deal. If you are anticipating her needs, she'll anticipate every single one of yours. You simply won't believe how good life can be.

■ **ASK HER IF HER DAY WAS A GOOD ONE
AND LISTEN ATTENTIVELY EVEN IF YOU KNOW
WHAT SHE'S GOING TO SAY**

It's not a matter of being insecure, but she wants to be reassured, as often as possible, that you are her best friend. You can do this by listening attentively to her. You must do this with perfect eye contact without glancing at the television even for a moment. You must do this without being interrupted by anyone or anything until she's finished and you must sincerely be interested and listen attentively.

Yes, she may be slow in telling you something that in one form or another you've heard a hundred times. Don't kid yourself. She knows she's taking her good ol' time to tell you what she wants to say. She knows you've heard it before. She probably even knows that your mind is wandering even though you look like it isn't. But she thinks to herself, "He's such a good listener," and she thinks that you're precious for trying to act as though you're interested.

■ **NEVER YELL AT HER**

Why in the world would you ever intentionally inflict pain on your best friend? We can't think of any good or even lousy reason. So don't yell at her. There is no excuse. "I'm sorry" won't work. If you've yelled at her, you might as well have hit her with a right cross. To her, you did. "It was no big deal," you say. Wanna bet?

