



Contents

Acknowledgements	ix
Introduction	1
1. Men Are from Mars, Women Are from Venus	9
2. Mr Fix-It and the Home-Improvement Committee	16
3. Men Go to Their Caves and Women Talk	31
4. How to Motivate the Opposite Sex	45
5. Speaking Different Languages	64
6. Men Are Like Rubber Bands	98
7. Women Are Like Waves	119
8. Discovering Our Different Emotional Needs	140
9. How to Avoid Arguments	160
10. Scoring Points with the Opposite Sex	192
11. How to Communicate Difficult Feelings	222
12. How to Ask for Support and Get It	262
13. Keeping the Magic of Love Alive	292