

Read Book Why Mars And Venus Collide Improving Relationships By Understanding How Men And Women Cope Differently With Stress

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Why Mars and Venus Collide Improving Relationships by Understanding How Men and Women Cope Differently with Stress Harper Collins

Susan Page's groundbreaking approach to relationships gives readers the tools and encouragement they need to bring positive changes to their relationship, even when their partners are unwilling to do the work. Based on the premise that what you do in a relationship makes changes faster than anything you discuss, Page introduces the concept of "Loving Leadership" and offers fourteen empowering and doable strategies for recapturing the positive feelings, including how to:

- Overcome resentment and move beyond blame
- Solve major problems—one at a time
- Recapture lost intimacy

Step-by-step, Page demonstrates that with tangible goals, and new ways of thinking, one partner can bring new levels of harmony and love to a relationship.

Continuing the themes in the author's earlier books, such as 'Men are from Mars, Women are from Venus'. The author generalises about differences between men and women, emphasises the need to work at relationships, gives hints on how to do this in specific situations, and describes achieve ways to clear communication and

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unconditional love.

Will I Ever Find My Soul Mate? Whether you are recently separated, divorced, or you have been in the singles scene for longer than you want, this insightful guide will help you navigate the dating maze and find that special person you've been waiting for. By discussing the differences between men and women, Mars and Venus on a Date provides singles with: A thorough understanding of the five stages of dating -- attraction, uncertainty, exclusivity, intimacy, and engagement How to know what kind of person is right for you Answers to burning questions such as why don't men call, or why do some women stay single? The best places to meet your soul mate And advice on creating a loving and mutually fulfilling relationship Filled with practical guidelines, inventive techniques, and witty insight, Mars and Venus on a Date will help single men and women explore the world of dating, understand how to make good choices, and discover the secret to finding a soul mate.

Everybody wants a love that will last forever. . . but for many reasons relationships end. Each year millions of people are widowed, break up with their long-term partner or get divorced. The healing period after such a loss can be difficult, but getting over the grief, anger and pain can be much easier with expert help. In this book, relationship expert and dynamo John Gray offers comfort and empowering advice on how to overcome loss and gain the confidence to meet new people and engage in new relationships. There is hope. For the millions of newly single people in the UK, Mars and Venus

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Single Again is like a lifeguard at the dating pool.

The best-selling relationship book of all time- over seven million copies sold world wide to date- in a freshly designed new format. Learn how to create understanding and communication between the sexes from this classic and authoritative guide.

From first look and first date to first fight, breaking up and making up, the world of dating can be a minefield for the unprepared. International relationship guru, John Gray turns his expertise to the language and behaviour of dating couples. Asking questions such as: -How should you act on your first date? -How can you tell if your partner means what he says? -Is this love or just lust at first sight? John Gray helps new couples figure out whether they are partners for life or just enjoying a brief encounter. His approach will help both men and women play the dating game with its complex rules of etiquette and behaviour, and explains how to separate fact from fantasy in conversation, body language and future expectations. His humorous insight and practical advice will help young and old alike to reach closer understanding, love and commitment, and have fun on the way!

In What You Feel You Can Heal John Gray discusses the idea of finding feelings that have been 'lost' and regaining the respect and love for yourself that is a necessary prerequisite to giving and receiving love from others, in sexual and all other relationships. In his encouraging way, Gray also offers simple and do-able techniques to help achieve this state of 'unconditional love' and move on to develop fulfilling and

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lasting relationships. Find out how to:--Improve communication--Increase self-esteem and self-love--Transform negative feelings into positive ones--Enrich loving relationships

You can't live with them - and you can't live without them This is a lively book on successful communication between the sexes, allowing people all over the world to work out what makes members of the opposite sex tick and learn to understand their verbal and non-verbal language, ultimately reaching a point of harmony where it becomes possible to live, work and love together.

The author of the phenomenal # 1 New York Times bestseller Men Are from Mars, Women Are from Venus, John Gray has helped millions of men and women achieve lasting love and happiness. Now he turns his wisdom and expertise to one of the most sensitive and essential issues in a relationship: sex. In Mars and Venus in the Bedroom, he explains how we can use advanced relationship skills to keep the fires of passion burning and achieve much greater intimacy. Romance can thrive when we accept that men and women have very different, yet complementary, emotional and physical needs. Dr. Gray shows us how we can make small but important adjustments in our attitudes, schedules, and techniques so that both partners are happy in the bedroom -- and in the relationship. From learning advanced skills for greater sex to achieving greater confidence in the bedroom, discovering the joy of quickies to rekindling the passion and keeping romance alive, John Gray has the answers for you.

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Men and women are different -- there's no denying it. So why do we constantly expect the same actions and feelings from them? This enormously helpful book not only enables you to recognize the differences between you and your loved one but also leads you toward an acceptance of those differences, thereby paving the way for a stronger relationship. With his characteristic wit and wisdom, relationship expert John Gray explains the different ways men and women communicate, cope with stress, resolve conflicts, and experience and give love. Once you understand these differences, you'll be better equipped to handle inevitable bumps in the road, and be on your way to a long-lasting and truly loving relationship.

In *Why Mars and Venus Collide*, Gray focuses on the ways that men and women misinterpret and mismanage the stress in their daily lives, and how these reactions ultimately affect their relationships.

The author of the most well-known and trusted relationship book of all time returns with an updated guide for today's generation. Two decades ago, *Men Are from Mars, Women Are from Venus* revolutionized the way we thought about love and partnership. John Gray's work has helped countless readers improve and even save their relationships. But as society evolves, relationships do, too. It's time to move beyond Mars and Venus, toward a new relationship model for modern couples. Today, men and women are no longer trapped by rigid societal roles. Now more than ever, we have the freedom to be our authentic selves. Women can access their masculine side, and men

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can embrace their feminine side. This new freedom is a good thing, but it also brings new challenges. Men and women still need the right tools and skills to help build stronger relationships. While previous generations sought "role mate" relationships, based on the more rigid gender roles of the time, today's couples need a new kind of relationship: a "soul mate" relationship. These more emotionally satisfying relationships require a deeper understanding of our partners' individual needs. In *Beyond Mars and Venus*, Gray teaches you how to strengthen your bond and grow in love together, so you and your loved one can meet each other's needs in the best way possible, bringing you lasting happiness and a fulfilling partnership.

Is it possible to find love again after a breakup, death, or divorce? The end of a relationship can sometimes feel like the end of the world. Devastation, loneliness, and bitterness are some emotions that exist due to a breakup, divorce, or the loss of a loved one. But with the help of this compassionate guide, Dr. John Gray expresses that you will survive and tells you how to find love again. While the process of healing is similar with both sexes, there are distinct differences between the ways men and women heal their bruised hearts. In *Mars and Venus Starting Over*, Dr. Gray offers gender-specific advice on how to:

- Deal with pain
- Find forgiveness
- Discover the strength to let go
- Rebuild confidence
- Rise to the challenge of finding fulfillment again

Filled with gentle guidance, healing practices, and compassionate wisdom, *Mars and Venus Starting Over* will help men and women explore the meaning of loss, find their way through the

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healing process, and discover the secret to moving on.

The author of the phenomenal No. 1 "New York Times" bestselling "Men Are from Mars, Women Are from Venus" reveals the secrets of how to keep the fires of passion burning and achieve greater intimacy in long-term, monogamous relationships.

A new book about parenting from the prolific author of Men Are From Mars, Women Are From Venus John Gray's Men Are From Mars, Women Are From Venus is a history-making bestseller with more than 7 million copies in print in hardcover. This new book on parenting will round out the relationship mega-brand that John has created.

Focusing on children ages 1-9, John explains that this is the period of dependence in a child's life when character and sense of self are shaped. Parents everywhere are sure to breathe a sigh of relief that they now have a John Gray book they can turn to help children reach their fullest potential.

Provides daily reminders of the differences in behavior and communication styles of men and women

This is the only book written specifically for men in a language that is respectful to men, about how to deal better with the most important relationships in their lives. It provides real tools for men who have trouble dealing with the emotional demands of relationships and those affected by them. The premise of this book is that good, well-intentioned men can, in times of stress and emotional conflict, act in destructive ways that don't reflect their true character. From a humanistic and empathetic perspective, this book explores the latest research about male psychological development to create a new, compassionate narrative for the struggles men

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face. Learn to recognize and label your internal states. Find out why displays of not-so-masculine emotions are so difficult to deal with, and why they can provoke episodes of problematic behavior. Explore the father-son relationship and the reality of male peer relations; see why these patterned interactions can reinforce bad behavior from generation to generation. Structured exercises and strategies help transfer the concepts of the book into daily experience. David B. Wexler, Ph.D., is the founder and executive director of the Relationship Training Institute, an organization designed to help couples and especially men who are having problems in relationships. His previous work includes *The Adolescent Self* and *The PRISM Workbook*. Visit the author at his Web site: www.rtiprojects.com.

Dr. Sherman's methods have worked for her clients and even herself. Now with her help, find the perfect match for you! Each of us deserves to love and be loved in return. How can you find real, deep, and lasting love in a world that appears so superficial? Rather than looking at the world of dating like an obstacle course to be conquered, Dr. Paulette Kouffman Sherman shows that it can become an enlightening journey toward love that begins from within. By examining past experiences, understanding family dynamics, and exploring the place of spiritual connection in the dating world, Dr. Sherman illuminates the path to self-awareness -- the path that leads to the kind of real love you have been searching for. Finding your dating style and the set of beliefs you hold about your self-worth liberates you from just spinning your wheels and repeating mistakes. Dr. Sherman shows how we can become the partner we wish to attract, and asserts that anyone can learn how to truly let go of their past, embrace the present, and use the Law of Attraction to draw in a partner who is perfect for who you are -- without pretending to be someone you're not.

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This is an illustrated gift edition of one of the most well-known of relationships books, with over seven million copies sold worldwide. People have embraced John Gray's ideas about men and women's basic differences and how to deal with them. This title illustrated throughout by a Disney cartoonist, picks out the key issues explored in the original book, giving readers the essential relationships advice they need. Help you reach a point of harmony and understanding where both sexes can live, work and love together.

There's no doubt about it; the relationship between men and women is extremely complex. This title includes comforting and helpful advice on: giving and receiving emotional support; discovering and awakening your hidden qualities; keeping passion alive; reacting to, and coping with, stress; and, maintaining your zest for life.

Is it really possible to be in love forever? New York Times bestselling author John Gray will show you how in *Mars and Venus Together Forever*. This resource guide contains relationship skills that will help you and your mate sustain a lasting relationship that only grows richer with time. *Mars and Venus Together Forever* educates the different sexes on: What your mother couldn't tell you and your father didn't know What women need most and men really want How men and women think and feel differently The language barrier -- men speak "male" and women speak "female" The seven secrets of lasting passion And much more Filled with lively anecdotes, revealing exercises, and profound common sense, *Mars and Venus Together Forever* will help men and women explore new frontiers in their relationships, communicate effectively with each other, and discover the secret of "happily ever after."

This repackaged, retitled version of *WHAT YOUR MOTHER COULDN'T TELL YOU AND YOUR FATHER DIDN'T KNOW* brings the book firmly into line with John Gary's existing *Mars*

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and Venus classics, and has proved immensely successful in the states. This enticing book by America's phenomenally successful relationships guru explains how we can all have exciting, happy and everlasting relationships. In it he reveals: *what women need most and what men want *masculine skills for listening without getting upset *feminine skills for talking so a man will listen *seven secrets of lasting passion *dance steps for lasting intimacy Brimming with humour, exercises and profound common sense, this book will help to get men and women talking, loving and communicating and will keep loving couples 'together forever'.

Popular marriage counselor and seminar leader John Gray provides a unique, practical and proven way for men and women to communicate and relate better by acknowledging the differences between them. Once upon a time Martians and Venusians met, fell in love, and had happy relationships together because they respected and accepted their differences. Then they came to earth and amnesia set in: they forgot they were from different planets. Using this metaphor to illustrate the commonly occurring conflicts between men and women, Gray explains how these differences can come between the sexes and prohibit mutually fulfilling loving relationships. Based on years of successful counseling of couples, he gives advice on how to counteract these differences in communication styles, emotional needs and modes of behavior to promote a greater understanding between individual partners. Gray shows how men and women react differently in conversation and how their relationships are affected by male intimacy cycles ("get close", "back off"), and female self-esteem fluctuations ("I'm okay", "I'm not okay"). He encourages readers to accept the other gender's particular way of expressing love, and helps men and women learn how to fulfill each other's emotional needs. With practical suggestions on how to reduce conflict, crucial information on how to interpret a

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partner's behavior and methods for preventing emotional "trash from the past" from invading new relationships, *Men Are from Mars, Women Are from Venus* is a valuable tool for couples who want to develop deeper and more satisfying relationships with their partners. From John Gray, Author Of The Phenomenal '*Men Are From Mars, Women Are From Venus*', Comes An Outstanding New Book For Men and Women Seeking Lasting Love In The Face Of Modern Pressures. Writing With Both Humour And Empathy, He Offers Practical Solutions To Common Points Of Conflict And Gives Clear Ways Forward For Greater Intimacy And Trust. With '*Men Are From Mars, Women Are From Venus*' John Gray Changed The Lives And Relationships Of Millions People Around The World. He Helped Men And Women Accept Just How Different From Each Other They Really Are And, More Importantly, How To Work With These Differences To Enjoy Closer, Lasting And More Fulfilling Relationships. In *Mars And Venus Collide* Gray Looks At How The Pressures Of Our Modern Work-Oriented Lifestyles Are Putting Added Stress On Our Relationships And Making It Harder And Harder For Them To Work Out Long Term. Men And Women Deal With Stress In Different Ways And Their Different Needs Often Lead To Misunderstandings; Miscommunication And Resentment In Short, *Mars And Venus Collide*. Bringing *Mars And Venus* Into The 21st Century, Gray Explores The Different Ways Men And Women Approach Their Problems And Offer A Clear, Easy-To-Understand Programme To Bridge The Gap. For Example, A Man'S Reticence When He Is Under Pressure Is Actually A Natural Way For Him To Rebuild Much Needed Stress-Reducing Testosterone From His Depleted System. Equally, A Woman'S Need For Conversation And Support When She Is Overwhelmed Stems From A Hardwired Need For Cooperative Activities To Rebuild Her Own Stress-Reducing Hormone, Oxytocin. It'S Not That He'S Just Not Into You

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He Needs To Fulfil A Biological Need. And It'S Not That She Means To Pester You She Is Also Biologically Driven. Written With His Signature Insight And Humour, Gray'S Classically Unconventional Approach Will Empower Men And Women Alike To Adapt To Their New Roles In Our Modern Work-Driven Society Without Compromising The Intimacy And Lasting Love Everybody Craves And Needs. John Gray, Phd, Is The Author Of The International Phenomenon 'Men Are From Mars, Women Are From Venus', Which Has Sold Millions Of Copies Worldwide And Been Translated Into Over 37 Languages. He Is A Psychologist With A Private Practice For Couples And Has Been Leading Seminars For Over 20 Years. He Is Widely Recognized For His Work As A Leading Authority On Communication And Relationships And His Techniques Have Helped To Enrich The Lives Of Millions Of Men And Women. He Lives In Northern California With His Wife Bonnie And Their Three Children.

The Wind Is Not a River is Brian Payton's gripping tale of survival and an epic love story in which a husband and wife—separated by the only battle of World War II to take place on American soil—fight to reunite in Alaska's starkly beautiful Aleutian Islands. Following the death of his younger brother in Europe, journalist John Easley is determined to find meaning in his loss. Leaving behind his beloved wife, Helen, he heads north to investigate the Japanese invasion of Alaska's Aleutian Islands, a story censored by the U.S. government. While John is accompanying a crew on a bombing run, his plane is shot down over the island of Attu. He survives only to find himself exposed to a harsh and unforgiving wilderness, known as “the birthplace of winds.” There, John must battle the elements, starvation, and his own remorse while evading discovery by the Japanese. Alone at home, Helen struggles with the burden of her husband's disappearance. Caught in extraordinary circumstances, in this new world of the

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missing, she is forced to reimagine who she is—and what she is capable of doing. Somehow, she must find John and bring him home, a quest that takes her into the farthest reaches of the war, beyond the safety of everything she knows.

Truly Mars and Venus celebrates the wisdom of the number one international bestseller Men Are from Mars, Women Are From Venus. With passages drawn from John Gray's groundbreaking classic on relationships, this beautiful book is illustrated with humorous cartoons and charming artwork by Barbara State. The perfect gift for a loved one or for yourself, Truly Mars and Venus delivers John Gray's rich and inspiring advice for creating and sustaining healthy and loving relationships.

Humanity has long been fascinated by the planet Mars. Was its climate ever conducive to life? What is the atmosphere like today and why did it change so dramatically over time? Eleven spacecraft have successfully flown to Mars since the Viking mission of the 1970s and early 1980s. These orbiters, landers and rovers have generated vast amounts of data that now span a Martian decade (roughly eighteen years). This new volume brings together the many new ideas about the atmosphere and climate system that have emerged, including the complex interplay of the volatile and dust cycles, the atmosphere-surface interactions that connect them over time, and the diversity of the planet's environment and its complex history. Including tutorials and explanations of complicated ideas, students, researchers and non-specialists alike are able to use this resource to gain a thorough and up-to-date understanding of this most Earth-like of planetary neighbours.

An astonishing exploration of planet formation and the origins of life by one of the world's most innovative planetary geologists. In 1959, the Soviet probe Luna 3 took the first photos of the far

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side of the moon. Even in their poor resolution, the images stunned scientists: the far side is an enormous mountainous expanse, not the vast lava-plains seen from Earth. Subsequent missions have confirmed this in much greater detail. How could this be, and what might it tell us about our own place in the universe? As it turns out, quite a lot. Fourteen billion years ago, the universe exploded into being, creating galaxies and stars. Planets formed out of the leftover dust and gas that coalesced into larger and larger bodies orbiting around each star. In a sort of heavenly survival of the fittest, planetary bodies smashed into each other until solar systems emerged. Curiously, instead of being relatively similar in terms of composition, the planets in our solar system, and the comets, asteroids, satellites and rings, are bewitchingly distinct. So, too, the halves of our moon. In *When the Earth Had Two Moons*, esteemed planetary geologist Erik Asphaug takes us on an exhilarating tour through the farthest reaches of time and our galaxy to find out why. Beautifully written and provocatively argued, *When the Earth Had Two Moons* is not only a mind-blowing astronomical tour but a profound inquiry into the nature of life here—and billions of miles from home.

Improving your relationships by understanding how men and women cope differently with stress.

Popular marriage counselor and seminar leader John Gray provides a unique, practical, and proven way for men and women to communicate and relate better by acknowledging the differences between them. Copyright © Libri GmbH. All rights reserved.

Popular assumptions about gender and communication - famously summed up in the title of the massively influential 1992 bestseller *Men Are From Mars, Women Are From Venus* - can have unforeseen but far-reaching consequences in many spheres of life, from attitudes to the

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phenomenon of 'date-rape' to expectations of achievement at school, and potential discrimination in the work-place. In this wide-ranging and thoroughly readable book, Deborah Cameron, Rupert Murdoch Professor of Language and Communication at Oxford University and author of a number of leading texts in the field of language and gender studies, draws on over 30 years of scientific research to explain what we really know and to demonstrate how this is often very different from the accounts we are familiar with from recent popular writing. Ambitious in scope and exceptionally accessible, *The Myth of Mars and Venus* tells it like it is: widely accepted attitudes from the past and from other cultures are at heart related to assumptions about language and the place of men and women in society; and there is as much similarity and variation within each gender as between men and women, often associated with social roles and relationships. The author goes on to consider the influence of Darwinian theories of natural selection and the notion that girls and boys are socialized during childhood into different ways of using language, before addressing problems of 'miscommunication' surrounding, for example, sex and consent to sex, and women's relative lack of success in work and politics. Arguing that what linguistic differences there are between men and women are driven by the need to construct and project personal meaning and identity, Cameron concludes that we have an urgent need to think about gender in more complex ways than the prevailing myths and stereotypes allow. A compelling and insightful read for anyone with an interest in communication, language, and the sexes.

In recent years, planetary science has seen a tremendous growth in new knowledge. Deposits of water ice exist at the Moon's poles. Discoveries on the surface of Mars point to an early warm wet climate, and perhaps conditions under which life could have

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emerged. Liquid methane rain falls on Saturn's moon Titan, creating rivers, lakes, and geologic landscapes with uncanny resemblances to Earth's. Vision and Voyages for Planetary Science in the Decade 2013-2022 surveys the current state of knowledge of the solar system and recommends a suite of planetary science flagship missions for the decade 2013-2022 that could provide a steady stream of important new discoveries about the solar system. Research priorities defined in the report were selected through a rigorous review that included input from five expert panels. NASA's highest priority large mission should be the Mars Astrobiology Explorer Cacher (MAX-C), a mission to Mars that could help determine whether the planet ever supported life and could also help answer questions about its geologic and climatic history. Other projects should include a mission to Jupiter's icy moon Europa and its subsurface ocean, and the Uranus Orbiter and Probe mission to investigate that planet's interior structure, atmosphere, and composition. For medium-size missions, Vision and Voyages for Planetary Science in the Decade 2013-2022 recommends that NASA select two new missions to be included in its New Frontiers program, which explores the solar system with frequent, mid-size spacecraft missions. If NASA cannot stay within budget for any of these proposed flagship projects, it should focus on smaller, less expensive missions first. Vision and Voyages for Planetary Science in the Decade 2013-2022 suggests that the National Science Foundation expand its funding for existing laboratories and establish new facilities as needed. It also recommends that the program enlist the

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participation of international partners. This report is a vital resource for government agencies supporting space science, the planetary science community, and the public. Conscious Men guides a man to look within and discover his purpose and mission; to be in touch with his feelings but not ruled by his feelings; to live a life that is in pursuit of his path, while honoring the commitments he made during that pursuit. This book is a practical roadmap to support every man to discover and live his unique calling. Conscious Men explores 12 qualities of the New Masculinity. Each chapter offers a vivid portrait of each quality, with insights about how it is influenced by biochemistry. It presents a road map for the challenges men face today in living their fullest potential, as well as dozens of suggested practices for how to develop each quality. The book also has a "To Women" section for each chapter: offering women insight about how to recognize a good and trustworthy man, as well as how to support a man to bring the best out of himself.

Once upon a time, Martians and Venusians functioned in separate worlds. But in today's hectic and career-oriented environment, relationships have become a lot more complicated, and men and women are experiencing unprecedented levels of stress. To add to the increasing tension, most men and women are also completely unaware that they are actually hardwired to react differently to the stress. It's a common scenario: a husband returns home from work stressed out and eager to kick back on the couch and watch television. A wife returns home from work stressed out and wants to talk about it

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with her husband. What happens? Neither is on the same page, anger and resentment set in, and Mars and Venus collide. Using his signature insight that has helped millions of couples transform their relationships, John Gray once again arms the inhabitants of Mars and Venus with information that will help them live harmoniously ever after. In *Why Mars and Venus Collide*, Gray focuses on the ways that men and women misinterpret and mismanage the stress in their daily lives, and how these reactions ultimately affect their relationships. "It's not that he's just not into you; he needs to fulfill a biological need," Gray explains. "And it's not that she wants to henpeck you; she also has a biological drive." He shows, for instance, how a husband's withdrawal is actually a natural way for him to replenish his depleted testosterone levels and restore his well-being, and how a woman's need for conversation and support helps her build her own stress-reducing hormone, oxytocin. Backed up by groundbreaking scientific research, Gray offers a clear, easy-to-understand program to bridge the gap between the two planets, providing effective communication strategies that will actually lower stress levels. Whether in a relationship or single, this book will help both men and women understand their new roles in a modern, work-oriented society, and allow them to discover a variety of new and practical ways to create a lifetime of love and harmony. From first look and first date to first fight, breaking up and making up, the world of dating can be a minefield for the unprepared. International relationship guru, John Gray turns his expertise to the language and behaviour of dating couples. Asking que

