

IF MEN ONLY WOULD PAY ATTENTION



when girls talk, some guys listen

**A GUIDE TO UNDERSTANDING
WOMEN'S BEHAVIOR**

JAMES BRANCH

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introduction

While hanging out over Eugene's on a typical weekend afternoon, doing the typical thing us guys do on a Sunday... watching football, he makes a comment concerning a woman named Janice that he recently met. He yells, "I can't understand why woman carry around so much baggage. Just once, I would like to meet someone who doesn't come along with tons of issues." Agreeing with him, I asked Eugene when, where, and how he met her. He met her last weekend at a nightclub. They both were in the club pretty late, and the process of elimination hooked these two up. He also mentioned that she's in her thirties, has one young child and has never married. Eugene, on the other hand is divorced, has children in college, and is hardly looking for marriage, yet alone a relationship. An easy way of handling this situation would for them to realize that both of them are in opposite stages in their lives and that this affair is "prone" to drama, and the odds are that it will not work. But of course, each one wants to hang around and see what they both can get out of it. Eugene wants sex, it's obvious, because that is what we as men want. But Janice's reason for this relationship is a little more complicated. Eugene

needs to read chapter 14 of this book, titled "Marriage".

Josh, who likes to think of himself as a player, a *skilled player*, needs to study chapter 2 titled "Women's Intuition"

Why can't she let go of her ex?

Finally, a guide giving men some insight on what intrigues us most... women. What do they want? What do they need? They try over and over to tell us, but we as men just don't seem to get it. Women have had the upper hand in being able to obtain helpful literature to tell if we are into them, why we love them, and even why we cheat on them because there's tons of resources out there for them. It's time for men to have a guide to the opposite sex at their fingertips to get through those complicated situations. Is there such a thing as a biological clock? Does your car or job really matter to women? Do they see you as a potential father or just a "sperm donor"? And finally, why do women try to change us? Fellas, keep this guide with you at all times, and refer to it often, when those complicated questions arise.

Janice, we are aware that you may be reading this also.

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Although the testimonies in this book are true, names
have been changed by request
of the contributors.

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*Is it all just in
her head..?*

02

women's intuition

Many women have said to me over and over again, “We can sense when men are lying because we have a sixth sense called women’s intuition”. After being told this on numerous occasions, I had to do some research for myself.

The dictionary defines intuition as direct perception of truth, fact, and independent of any reasoning process. So is there a such thing as “woman’s intuition”? Yes, there is. Are woman more intuitive than men? No they aren’t. Both sexes are equally intuitive, but women are more attentive to their surroundings and situations than men are, and it’s not your fault. Woman have been gifted with the ability to use both sides of their brain, whereas you on the other hand can only use one, and the amount of the neurotic behavior on that one side of your brain is affected by the lifestyle that your mother practiced when she was pregnant with you. If she drank, smoked or used drugs, you had a greater chance of some of your brain neurons not developing. So we as men have a valid excuse for what woman call our “one track minds”. We literally think on one side of our brain.

This chapter is going to be as scientific as this book gets, because I will be the first to admit, I am nowhere near a scientist. But for this analogy to work, I need all of you fellas to realize and admit one thing. You think about sex constantly. The only time men do not think about sex is when they've just had some. There's nothing wrong with it, it's biology. It's in your DNA. You arrived here because of it. You are an animal, and a survivor. Live with it.

Now that we have made that analogy, let's address the issue at hand, "women's intuition". Women have been accredited with the ability to sense when things are out of the "norm". That means, differences in your behavior, your dress, your eating habits, and so on. When you met your woman, although she may or may not have been totally into you, she was totally into the way you presented yourself. She remembers everything you ordered on your first dinner date, the clothes you had on, even the music that was playing in the background. You, on the other hand can't remember what you had for lunch yesterday, yet alone what your woman had on the first night you took her out. Even if you got lucky that evening, chances are you probably don't remember the kind of underwear she had on. Again, let's not blame yourself for that. Blame it on your brain's small neurological track that can only concentrate on one (maybe two) things at a time, and there's a good chance that one of the things you were concentrating on was sex. Even if you could remember what you had for lunch yesterday, what does it matter, anyway? You say this because you are a straight forward, logical thinker. Women are the exact opposite. They think on a nurturing, emotional level. Not only do they think, they feel. If you show the slightest change of the behavior that your woman is used to, a flag will be raised and she will began to wonder.

The Change In Your Eating Habits

Patricia Hodges, 31, Warehouse Supervisor,
Single

My father hated fast food and always demanded that my mother had a cooked meal waiting on the table when he got home from work. He usually arrived around the same time everyday. One day, he came in later than usual; with a half Subway sandwich in his hand, and mom had dinner already on the table. I thought it was odd, but mom thought nothing of it. My dad also never wore jeans, only khakis and corduroys. One day, he came in with a pair of jean overalls. Mom got suspicious. Come to find out, dad had been seeing another woman, meeting her for dinner (fast food), and she bought him the overalls.

This was a sudden, drastic change in his behavior, and it was only a matter of time before this guy got caught. This can be categorized under woman's intuition, but it is clear that both of these women were very attentive of his day to day activities. Just because you as a man

may not be as attentive to your woman's every purchase and may not check every shopping bag she brings through the door, (especially if you didn't have to pay for it), doesn't mean that she is not checking each and every new thing you bring into your home.

Read more about woman's intuition in: *When Girls Talk, Some Guys Listen.... The Man's Guide To Understanding Women.*

Learn how your simple mistakes will cause her to suspect that you are being unfaithful.

Learn how her intuition helps her protect the things that are most dear to her.

PREVIEW
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*One day, you gon' say,
"she crowdin' my space..."*

04

emotional baggage

What is “emotional baggage”?

“She was fine most ways, but I couldn’t handle all that emotional baggage...”

How many times have you heard one like that? How often have you said something like it yourself? Emotional baggage—we all watch out for it. Is this girl dragging a load of problems from her last boyfriend? or from the ten guys before that? Is she coming off a messy divorce? What’s behind the smile? What’s under the skin? Is she angry? Bitter? Is she towing a U-Haul of trouble? Is she wearing a sign that says: “Stop”?

Most of us look for a girl who travels light, who arrives with no more troubles than she can fit in her overnight bag. We don’t want to get caught lugging her lead-lined suitcases around. That’s how we feel in the bar, or at the party, when we look around to see which girls are attached and which ones aren’t. If you’re not ready to commit to more than a weekend, that might be the way to go, but if you want a girl who’s going

to stay, you have to expect some issues. After all, almost everybody has them.

What do we mean when we say we don't want a girl's emotional baggage? In simplest terms, we're saying we don't want complications. Emotional baggage comes loaded with those.

But what are the complications weighing down that luggage?

Most slang dictionaries define emotional baggage something like this: "the injuries, pains and problems that a person carries from one relationship to the next." Does that sound like a lot of women you know? Probably. Would it describe something guys carry too? We might not like to think so, but it does.

If you have a memory, and you can feel anything at all, you have emotional baggage. It can't be helped.

Where does it come from?

As any shrink will tell you, it starts in childhood. Nobody's perfect, and that includes our moms and dads. Our brothers and sisters probably helped us fill those bags too. Once we leave home we get our own personalized set of emotional suitcases. We start packing them the first time someone does something to us that doesn't seem right.

But it's different for men and women. Isn't everything?

Guys are supposed to be tough. It comes with the territory. We don't whine, we don't cry, and we sit totally dry-eyed through chick flicks. We play football, lift weights, crush beer cans against our skulls, and we're not total strangers to fist fights. We can punch each other out over nothing, and be friends again a week later. We don't get hurt easily. That's how we like to see ourselves, and to some extent many women want to see us that way too. But is it true?

*Ophelia Richards, 32, Lieutenant, Active Duty Military,
Married*

It took six years and a lot of relationships that didn't work before I got over the man that caused me to carry around so much baggage. One day, I decided that he's not coming back and besides, I don't want him back. I took down all of the pictures I had of him, pawned all of the jewelry he ever gave me, and even sold a dining room set he bought for me. Once I did that, I was finally able to move on with my life and become the wife that my husband deserves.

Some women *are* able to move on.

Yes fellas, some women are able to move on, we should take heed and do the same. The rest of this chapter "Emotional Baggage" can be read in "When Girls Talk, Some Guys Listen", The Man's Guide To Understanding Women.

Other chapter highlights include:

- * Age and Emotional Baggage
- * Divorce vs. Breakup
- * Men and Emotional Baggage
- * The Last Hurt
- * Find out how the 5 basic types of women deal with Emotional Baggage.
- * Is there a cure for Emotional Baggage?

XOXOXOX

09

the ex-factor

“So why is her ex still in the picture?”

This is a question that we as men ask over and over again. The subject may seem a little complicated, and in some cases it is, but in most cases it all boils down to one factor, timing. There is a saying- time heals all wounds. That statement stands true 90% of the time, so in due time, she will be over her ex and be able to move on. But there's that dreaded 10% of the time when it takes her a little longer, or in some cases, forever. That's when problems and concerns occur. When you're the new friend or lover, her ex may be out of sight, but not always out of her mind, and depending on the relationship they shared, he may not be out of her heart. This is not only disrespect to you but in reality, it's a big blow to your ego.

Time

Remember, she needs time to get over the ex. The amount of time varies from one female to another; sometimes months, sometimes years, in very few instances, a lifetime. If she tells you that they decided that they

needed “time apart”, there’s a chance that she hasn’t completely broken it off with him. Remember, there are some aspects of their relationship that she may never get over. There are some things that he knows about her that you may never know. There are times that they’ve shared that the two of you may never share. You as a man must deal with that. You must also learn what your role is in the relationship. Are you a rebound? Are you a “friend?” Are you the maintenance man? The signs are there. Study them. Also, pay attention to her lingo. If she refers to you as only a “friend” don’t expect for her to be totally devoted to you, physically or mentally. If she walks out of the room to hold a phone conversation, she’s not comfortable enough to talk to certain people around you yet. In due time, you will learn your role in the relationship.

Communication

The only way to find out how she feels is to communicate with her. This is sometimes hard for us men because of our egos and our weak communication skills. Why did her last relationship end? Was it him or was it her? Does she like you because you remind her of “him” or because you’re different from him? Regardless of the situation, be your own man and bring your level of quality to the relationship. Believe it or not, in most cases it’s actually easier for the woman to move on than the man. Remember, he’s an ex for a reason. That means the relationship didn’t work out. The length of time it takes her to get over him sometimes depends on the reason for the split up in the first place. If the split up was her fault, she’s trying to get over her guilt trip. If the split up was his fault, it may take her a while to open up because now she has anger and distrust towards men. A year is a good amount of time to get over a relationship because one can experience what it feels like to go through all of the periods, seasons and holidays that they were normally used to sharing with that other person.



“What are you going to do after the initial thrill is gone..?”

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quality time

What is it and how do you spend it?

If you are contemplating getting into a relationship – it is very important to consider how you are going to spend time together. What are you going to do together after the initial thrill is gone? We all have our own definition of quality time and we only have so much of it to spend. Take the time to figure out how you both define it and how you want to use it.

Will she expect you to follow her through shopping malls on Saturday afternoons or will she enjoy a baseball game as much as you do? Will it always be a chick flick or will she agree to some vintage Dirty Harry. True quality time together should be spent doing something that you both enjoy. Whether it's sex or sailing, there's nothing like enjoying time together.

What woman wants to wear you like a purse, and which one wants you to have a life of your own? Find out in the upcoming novel, “When Girls Talk, Some Guys Listen.”



the 5 basic types of women

In order to fully understand her, you need to first know what type of woman she is. Although at various stages of her life, a woman can be all of these, there is an overall characteristic in her that will dominate all of the others. This book will help you figure out which one she is, how to approach, and how to deal with her.

The guide, “When Girls Talk, Some Guys Listen” will soon be available for online purchase, and in participating bookstores. For more info, and to participate in any of our questionnaires, visit www.jamesbranch.com