

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



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Reviews

Completely essential study ebook. This is for all those who statte there was not a well worth reading. I realized this book from my dad and i recommended this publication to find out.
(Jarrell Kovacek)

WHY MARS & VENUS COLLIDE : IMPROVING RELATIONSHIPS BY UNDERSTANDING HOW MEN AND WOMEN COPE DIFFERENTLY WITH STRESS



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HarperCollins Publishers Inc. Paperback / softback. Book Condition: new. BRAND NEW, Why Mars & Venus Collide : Improving Relationships by Understanding How Men and Women Cope Differently with Stress, John Gray, 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 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...



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