



Ten Stupid Things Men Do to Mess Up Their Lives

Dr. Laura Schlessinger

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For every woman who wants to know what her man is thinking.

Internationally syndicated radio superhost and columnist, controversial psycho-therapist, and author of the break-out *New York Times* bestsellers *How Could You Do That?!* and *Ten Stupid Things Women Do to Mess Up Their Lives*, Dr. Laura Schlessinger is back with *Ten Stupid Things Men Do to Mess Up Their Lives*.

In ten vital, compelling chapters, Dr. Laura speaks her mind on:

1. Stupid Chivalry

By getting involved with the wrong woman (weak, flaky, damaged, needy, desperate, stupid, untrustworthy, immature, etc.) you think that your love will save/transform her.

2. Stupid Independence

Unwilling to admit "need" for bonding and intimacy, you hide in excesses of work, play, drink, drugs, porn, and meaningless sex.

3. Stupid Ambition

Unable to comfortably and proudly accept your inherent importance to society and family as husband and father, you bow to the false idols of money, toys, power, and status.

4. Stupid Strength

Uncomfortable with feeling weak, vulnerable, useless, powerless, or rejected, you use intimidation, force, or passive-aggressiveness to regain control.

5. Stupid Sex

Taking an attraction, opportunity, or erection as a "sign," you measure your masculinity and power by sexual conquests, infidelities, and orgasms.

6. Stupid Matrimony

Lacking a mature sense of the purpose, meaning, or value of marriage, you realize too late you've gone down the aisle with the wrong woman for the wrong reasons and feel helpless to "fix it."

7. Stupid Husbanding

Thinking that marriage is the honorable discharge from loving courtship, you continue to live as though you were single and your "mommy-wife" will take care of everything else.

8. Stupid Parenting

Believing that only women/mothers nurture children, you withdraw from hands-on parenting to assert your masculine importance, missing out on the true "soul food" of a child's hug.

9. Stupid Boyishness

Having not yet worked out a comfortable emotional and social understanding with your mother, you form relationships with women that become geared to avenge, resolve, or protect you from your ties to Mommy.

10. Stupid Machismo

Understanding the true and meaningful difference between being male and a man, you can become a man.

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