



ARCHIE LEE



THAT'S THE WAY

# SHE IS



WHAT JACK NEEDS TO KNOW ABOUT JILL



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# CONTENTS

## [Introduction](#)

[Chapter One: Understanding and Communicating with Women](#)

[Chapter Two: The “Alpha Woman”](#)

[Chapter Three: The “Maintenance Scale”](#)

[Chapter Four: The “Crazy Woman” \(aka “Fatal Attraction”\)](#)

[Chapter Five: The “Cougar”](#)

[Chapter Six: The “Opportunist”](#)

[Chapter Seven: The “Independent Woman”](#)

[Chapter Eight: The “Bisexual Woman”](#)

[Chapter Nine: The “Traditional and Submissive Woman”](#)

[Chapter Ten: The “Slut and the Prostitute \(Whore\)”](#)

[Chapter Eleven: The “Divorcee and Soccer Mom”](#)

[Chapter Twelve: The “Nurturer”](#)

[Chapter Thirteen: The “Spiteful and Malicious Woman”](#)

[Chapter Fourteen: The “Superwoman”](#)

[Chapter Fifteen: The “Second-Place Woman” \(aka “Baby Girl”\)](#)

[Chapter Sixteen: The “Tease”](#)

[Chapter Seventeen: An Assortment of Female Types](#)

[Chapter Eighteen: Final Words](#)

[Appendix A: Definitions](#)

[Appendix B: Case Study](#)

[Appendix C: Sources](#)

[About the Author](#)

## ♀ CHAPTER ONE

### **Understanding and Communicating with Women**

Let's begin! This is an in-depth discussion of the basics of understanding and communicating with women. It is absolutely vital that both partners grasp that these elements, when properly learned and implemented, form the basis of what holds any relationship together. Keep in mind that my goal is to provide a rough framework for the countless female behavioral/personality types (from a male perspective). I strongly encourage using this work as a starting point – go online or to your local library to gain a deeper knowledge of the subject. If you find that your relationship is on its deathbed, I recommend seeking out an accredited relationship therapist or counselor.

#### **UNDERSTANDING**

More than once I have heard men, usually perplexed to the point of frustration, say, “I love women, but I hate the way they think.” Certainly, women are complicated creatures. However, men can take some solace in the knowledge that this is not just a 21st century phenomenon – it is as old as time. But if you choose to keep reading you will make a solid, personal investment in gaining a deeper understanding of the women in our lives. This includes the emotional, mental, and physical dimensions as well. As we all know, change is hard. It is not easy for people of either sex to change their ways, and changing your partner's attitudes and behaviors is not possible unless they are personally motivated to do so. As a matter of fact, women are less likely than men to want to change their basic characteristics. This is why it is very important that men educate themselves on the basic differences between the genders as a first step in accepting these differences. They are real and they are not going away. On the bright side, it is these very differences that can enrich your relationship and keep you actively engaged throughout your life.

To the unwary male, women are highly complex and confusing creatures who habitually throw reasoning and logic to the curb. They are more intuitive, holistic, and creative than men and have been socialized to respond more readily to emotions than to reasoning and logic. As a result, in the context of the relationship, women tend to be more sensitive than their male partners. Women are, foremost, feeling beings, and talking to them about feelings is the most direct way to get past many of their defenses and reach them in a profound way. Also, science has established that females are more perceptive than males, thus the concept of “woman's intuition” – that gut feeling or suspicious hunch. Women also have an innate ability to notice and interpret non-verbal cues and pay very close attention to details. Having said that, it's no wonder that women can usually sense when men are unfaithful, insincere, or moody, leaving many men perplexed. Women know more than they let on about men's behaviors, actions, and quirks. Examine the following:

**Women think and react based on their emotions.** They also test men to see who has control in the relationship. In my opinion, control should be shared equally. The only way to have a successful relationship with a woman is to become equal partners.

**In relationships, men tend to assume that women will behave just like them.** They have expectations that she will have the same perceptions and behaviors. The truth is they

are not the same, and men need to recognize, respect, and accept that they are different.

**Keep a positive attitude-have fun.** Fun is a good, healthy element in any fulfilling relationship.

**Men need to respect women's feelings and listen objectively.** Consider carefully how you listen and don't provide advice unless she asks for it. Never tell a woman how to handle or solve problems.

**Be affectionate – for men, this can be difficult.** This will improve your love life because women respond physically when satisfied emotionally.

**Men, learn to avoid unnecessary arguments.**

I also want to introduce what I consider to be a universal truth of which some men may not be aware. I'll explore this concept in more detail in later chapters:

**Some women will use their sexuality to control or manipulate men. Because women know men who want sex from them are willing to do anything to get it.**

**It is a simple formula: Sex + Control = Power.**

Let's face it: Men need female companionship for obvious reasons, yet finding and cultivating a good relationship is not easy. We want someone to be there for us and to love us. Recent studies have shown that most men favor marriage over being single. Despite the helpful framework presented in this book, the simple fact is that you will never fully understand her issues. The female mental process is simply too complex. While the "American Dream" is on the one hand about attaining success in life, it's just as much about encountering the right person with whom to share it. Therefore, we need each other to gain that fulfillment within the bond of a passionate and loving relationship. As I always say, remember, lasting relationships are *"built for a lifetime, not just one night-time."*

**We need to recognize that women not only have a thorough understanding of modern courtship, but they also made the rules and as such are adept at maneuvering the game to their advantage. They know how to level the playing field or take it to the next level.**

Here are nine simple suggestions to help men who are looking to maintain that long-term relationship:

1. **Love is absolutely everything in the life of a woman.** So, learn to love your woman as much as for who she is as for who she is not. You must love her for all the qualities she possesses, the good as well as the bad.
2. **Continue to support her.** Trust is a major factor in accomplishing this and keeps firm the bond between the two of you.
3. **Use supportive statements to keep her encouraged and motivated.** For example, "I apologize for my behavior," and "I am very impressed by what you have accomplished."
4. **Maintain your appearance.** Men tend to let themselves go once they are in a relationship. Always maintain your "swagger" and keep yourself in good shape.

5. **Continue to do the little things that made her fall in love with you at first.** For example, bring her flowers at work.
6. **Make sacrifices in the relationship.** Women usually prepare for sacrifice because men assume that giving up something means they are letting a woman dictate their behavior.
7. **Maintain a healthy sex life by sharing your sexual desires and fulfilling them with each other.** Talk with each other about your expectations concerning lovemaking. When life becomes busy, and schedules are hectic, plan sexual encounters with one another. Make sex one of your main priorities.
8. **Encourage each other, rather than criticize.** Discuss the situation rather than take potshots.
9. **Be a friend to her;** treat her like you would treat a close friend.

From an evolutionary standpoint, women looking for long-term relationships tend to pursue men who stick by their side and help them provide support and take care of the family. Thus, men who are agreeable, smart, and gainfully employed are viewed as making good providers. At the same time, every woman you ask will give a slightly different answer; some women want someone who is kind, caring, funny, and a good kisser; others want someone who's smart, passionate, athletic, and honest. Of course, what theory and psychological studies can never predict is which man each woman will choose.

**Women test men all the time. Usually, they test a man's strength of character. Instinctively, a woman needs to know that her mate is mentally strong and an effective decision-maker.**

In summary, understanding your woman is no easy task. Females are known for being consistently inconsistent, making the majority of their decisions based on emotion rather than logic. They are more perceptive and generally more emotionally unpredictable. Now let's explore the vast realm of communicating with your woman, no matter what level of relationship you find yourself in. It's well worth your while.

## **COMMUNICATION**

*"We were given two ears but only one mouth because listening is twice as hard as talking." ~ Epictetus, Greek Stoic Philosopher*

Difficulty in communication between men and women is a well-established phenomenon. Men and women evolved with different brain processes because of the necessity to survive. For thousands of years, men were the hunters and provided protection while women nurtured and cared for the family. These distinct roles led to distinct information-processing styles between the sexes, subsequently leading to differences in perceptions, beliefs, and behaviors.

**Most relationship problems are not money related. They can, however, be directly linked to failures in effective communication.** Studies from Coastal.edu indicate that men and women utilize different cognitive modes of communication. Male brains are larger than those of females. Men think more with "gray matter," which represents a greater amount of activity in the brain's data processing center. Meanwhile, women have

nearly twice the amount of connective tissue between the two hemispheres in the form of “white matter” that serves to network these processing centers. In effect, human evolution has created two different types of brains designed for equally intelligent behavior. This explains how men and women think, speak, and make decisions differently: men tend to think compartmentally whereas women think globally. Men separate details and store them in a sort of mental filing system. They focus on problems, one at a time. Women, on the other hand, connect and link details of information as they relate to one another. They tend to want someone to hear what someone has to say and, in turn, empathize with them.

Have you ever noticed that women may begin a conversation on one topic and end up discussing something completely different? This is the norm. As men, we need to learn to “read between the lines” when listening and talking to females. Women can say one thing and mean something totally different. Here are some simple examples to which many men can relate:

When she tells you, “I’ll be ready in five minutes,” this could mean thirty minutes to an hour. If you take her statement at face value, you both may wind up late for the date.

When she asks you if she “looks fat” in an outfit she is not looking for an honest response. In fact, there is never a right answer to this question. If you tell the truth, she will be upset and may burst into tears, and if you lie to her, she will be upset because it’s not the truth and she knows it.

When she tells you, “We are not having sex tonight,” she has already decided in her mind whether she will have sex with you. Women will tend to usually make this statement when they may be upset, or something affects their mood / state of mind. However, this does not mean that they will never want to have sex with you. It just means that she may not be in the mood for it at the time. Conversely, sometimes, some women may tend to use sex or lack thereof as a means of maintaining some form of emotional control in a relationship.

Here are a few steps to assist in communicating with women:

- **Make eye contact.** Your spouse will be more likely to listen to and hear you if you are looking right at each other.
- **Confirm that you were heard.** Ask her if she fully understands what was said and vice versa. Then, and only then, will your spouse be able to respond clearly and accurately.
- **If you’re not already, become a good listener;** this will lead to productive discussions.
- **Be aware of your own communication habits – good and bad.** For example, non-verbal cues, body language, word usage, etc.
- **Seek to bridge the gap between both of your perceptions** by establishing common goals.
- **Don’t break promises with excuses.**
- **Use good timing.** Consider your partner’s state of mind when choosing a time to talk.

- **Let it all go.** Problem solved, problem gone. Make it disappear. Leave the past behind.
- **Thank her.** Many times, we forget to thank women for all they have done. Women need to know that they are appreciated.

Let's face it: women love to talk and want to be heard. But it is worth keeping in mind that talking is an essential part of intimacy. Communication is the very air on which a relationship depends. Nothing can happen without it. Everything is possible with it. Good communication skills are a sign of a mature, self-confident adult. Talking opens up topics for discussion and will create a strong and potentially timeless bond between the two of you. Women talk to organize and process their thoughts. They convey a lot through their expressions and simple words during their conversations. Men prefer to use short and direct expressions for communication rather than elaborate language. For males, conversation is the way you negotiate your status in the group and gain or maintain dominance. Since men are largely ignorant of the many nuances of female expression, they tend to fail to understand what their woman really means. These natural biological and physiological differences underpin what can easily lead to conflicts in any relationship.

**Women tend to underplay their own intelligence while men overestimate theirs.**

Here is my advice to both partners on keeping the relationship healthy through open, honest, and effective communication:

**Respect each other and have good faith in the relationship.**

**Do not play the "blame game."** Focus on solving the matter instead of arguing back and forth.

**Listen to your mate.** Men tend to dominate conversations with women. Remember the "80/20" rule: in each conversation, spend 80% of the time listening, and 20% of the time talking.

**Occasionally spend time apart.** Giving each other space will help establish mutual trust.

**Avoid starting a conversation with negative or harsh words.** It is very hard to be polite when you are angry. So, take a moment to cool off and then proceed to discuss the issue calmly.

**To show you've listened, repeat back what you've heard or ask a question pertaining to what she is talking about.** This shows her you understand and sympathize.

**Women like to receive attention for what they feel good about and care about.** So, compliment her on her accomplishments, beauty, and attire. Be truthful because women can sense insincerity and will hold that against you.

**For women: Men respect women who communicate and get right to the point.**

**Learn to negotiate.** Relationships thrive on good, old-fashioned compromise – give and take.

**Let her know how important she is to you.**

**Review common topics for unnecessary arguments,** for example, money, sex, and family issues.



**Realize that some differences will still exist and problems will occur.** It's not a perfect world.

I encourage anyone, man or woman, experiencing communication challenges to first take a look in the mirror. Analyze the situation to see if *you* are the problem. Both partners are equally responsible for creating a good relationship. In most relationships, people tend to blame the other person when things are not running smoothly. They start pointing out ways their partner could act or respond differently. Remember, it is easy to identify other people's shortcomings, but when it comes to looking at yourself, can you really see the true picture? It is hard to accept criticism because no one wants to be wrong. Communication is not about who is right or wrong, but instead about helping each person see things from the other's perspective. The ability to communicate effectively and honestly is the greatest asset you can bring to a relationship.

We all know good communication is at the core of every healthy relationship. Whether it's been a wonderful day or a rotten one, whether there's been a crisis or a triumph, sharing it in words makes you and your partner feel more fully understood, truly appreciated, and honestly loved. When communication becomes twisted and manipulative, it causes resentment between partners. If you are always giving in to satisfy the other person or keeping things bottled up inside to keep your partner happy, you are wasting valuable time that would be better spent improving your relationship.

Remember that communication is a two-way street. By cultivating a loving environment of clear, open communication, you will both gain a sense of ownership for having enriched your relationship.

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