

Reviewers Copy

SURVIVAL SKILLS FOR MEN



"Although this transformational book has been written for men, it's also a book that women WANT their partner to read..."

Many men tend to react to their partner's emotional outbursts or harsh comments because they don't understand why she feels so unsatisfied in their relationship.

They become confused as to why the same behaviour that had their partner loving them one week, has her completely turned off him in the next.

This can result in frustration, anger and worse...disconnection. Both parties are then left feeling misunderstood, disrespected and abandoned.

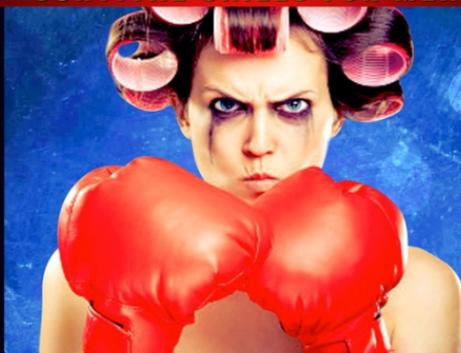
"The Nature of a Woman" helps men navigate their way through the cycle of relationship stress and equips them with the essential skills that are required to respond and communicate in a way that women want and need, so they feel loved, valued and special.

"The bottom line is that I think this should be compulsory reading for every man regardless of his experience and knowledge of women. It's well-written, instructive and entertaining. It has inspired me to continue with my own research. I found myself doing a little check list of the things that I was already doing as well as things that you helped me to realise I could do better."

Issi Aaron

"Being forewarned about what to expect during her 4 week mood cycle is to be forearmed. One of the greatest benefits for me is that I now value and prioritise my relationship. I am now able to deal with our problems and give my loved one the attention she needs. Our relationship is going through a serious rebirth!"

Leo Farrell



THE NATURE OF A WOMAN

NAVIGATING HER 4 WEEK MOOD CYCLE

GARY P. SIMMONS



Hello,

Thanks for agreeing to review my book. I really appreciate it.

As a self-published author, I don't have the promotional muscle of a publisher behind me, so I'm really relying on you (my readers) to help get the word out.

The best discovery platform for a book like this is Amazon's Kindle, and a review from you would really help to make that happen.

So if you've read the book or listened to the audiobook, here's what I'd like you to do:

1. Go to my book's Kindle listing:

https://www.amazon.com/Nature-Woman-Relationship-Navigate-Marriage-ebook/dp/B06XXXPV8D/ref=as_sl_pc_tf_til?tag=pmusk-20&linkCode=w00&linkId=2fbf9b48cd66c9a8526c1d6c3811ee0e&creativeASIN=B06XXXPV8D

2. Take a moment to write an *honest* review that is at least a paragraph or two long; it's not just about quantity, it's about quality - so the review has to give people real insights into why you do (or don't) recommend the book and my ideas.

You've got to scroll down to the end of the reviews

section, and find the grey "Write a customer review" button.

Then choose a star rating (5 is best, but choose the rating that you think is right), and write an honest review of the book. Just explain why you like my ideas, and would recommend them to others.

It'll only take a minute, and I'd really, really appreciate it.

To your happy life with a happy wife.

Regards,

Gary P. Simmons

The Nature of a Woman

NAVIGATING HER 4-WEEK MOOD CYCLE

Gary P. Simmons



SMASY PUBLISHING

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Any other questions?

If you have any questions, please contact the author via the publisher, Smasy Publishing. The contact information can be found at:

www.SmasyPublishing.com/contact-us

This book is dedicated to my last girlfriend, my wife, Christine. I am eternally grateful for her patient belief in me and for being my brains trust, inspiration and editor throughout this journey.

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Introduction

Does your partner ever wrongly accuse you of doing or thinking things that are way off the mark?

Have you ever wondered why the same behavior that had your partner loving you one week, has her completely turned off by you in the next week?

Although I've been dating since I was 14 years old, I had little idea about the many and varied intricacies involved in maintaining a serious and successful relationship with a woman.

Looking back, I can't believe how much this cost me in broken relationships, stress, and frustration.

By nature, I'm a careful and measured kind of guy, and I've never been attracted to dramatic or erratic women. It took many years before I realized that one of the biggest problems behind my numerous failed relationships, was my confusion about how *I* should respond to my partners' fluctuating moods.

It dawned on me that the continual problems I seemed to be experiencing in all my relationships with women, were not just about the women. They were also about me!

How I was able to learn about women

Throughout my late teens and mid-20s, I worked in male-dominated industries. I also experienced years of living with male housemates. I didn't want to believe the

significant amount of men around me who said, “all women are crazy,” yet I couldn’t ignore the evidence from my own life!

And then something happened that changed my relationship with the opposite sex. I had a career change and began working in the entertainment industry. This meant that I was working with (and for) a lot of women.

Since I wasn’t romantically involved with any of these women, I found myself in an environment that allowed me to interact with my female coworkers and hear about life from their perspective.

Although I already knew that women experience a physical menstrual cycle, I wasn’t too sure about the emotional aspects of it. I simplistically thought that when women experience PMS, they were prone to cry or yell and when they were ovulating, their libido tended to increase.

That’s about as far as my knowledge went.

Thanks to the many discussions I had with my female coworkers, I was gradually able to pick up on the fact that due to their biology, women experienced changing moods throughout their entire menstrual cycle.

I naively thought that these “mood cycles” were just something that women had to deal with. It didn’t occur to me that I could have any effect on them. So, I continued to muddle through one relationship after another.

Then about twelve years ago, I started yet another new relationship. After a few months, it seemed things were going really well. I was beginning to feel quietly optimistic that this woman was different from all the other “moody” women that I had been with in my previous failed relationships.

Then, to my surprise, a casual conversation deteriorated into an argument where she said out of the blue and in no uncertain terms, “This relationship doesn’t work for me. It’s over.” Seriously, she wanted to end it right then and there.

I was stunned.

Then a few days later, she did a 180° turn and wanted to take it all back!

After that emotional ordeal, it was really hard for me to just pick up and move forward. I didn’t know what to think.

Honestly, nothing was different from the week before. I loved this woman, but this pattern was all too familiar and I genuinely thought this relationship wasn’t going to be like all the others.

It was especially tough and confusing because she was a great communicator most of the time. Also, she was more secure than any other women I had dated previously.

Her calm, thoughtful, and measured personality flipped and boy, she became nasty. I was perplexed.

I desperately wanted this relationship to work because I was falling for her in a big way. So, I decided it was time to do some serious research.

How mood logging dramatically improved our relationship

At this point in time, I had learned a lot about women in general, but I was much more interested and motivated in learning about *my* girlfriend and this relationship. I felt that she was “the one” and I didn’t want to lose her.

This prompted me to start a mood log, so that I could get a diary of her moods as well as journal her doubts about me.

After the first month of journaling, I was worried that she was going to be completely different the next month and that my notes were a waste of time.

But they weren’t.

She asked the same accusatory questions, made the same incorrect assumptions, and said the same mean things. According to my notes, she was feeling the same way as she had in the previous month.

By the time we got to the third month, I could begin to predict when things were going to get rough. I had the pattern down, but now what?

It was time to figure out how to *respond* to her and give her what she needed.

Since I knew what kind of questions she was asking and what kind of moods she was moving into, I started working on my responses so I could be prepared and not be blindsided like I had always been.

Through trial and error, I was able to give her what she wanted and needed... and you wouldn't believe how much it improved our relationship.

And guess what? We've now been happily married for over 10 years!

The aim of this book is to help you utilize my in-depth research and discoveries so you don't have to make the same mistakes I did.

If you're ready to step up and do what it takes to reinvigorate your relationship, you can do it in as little as 3 months.

You'll find what I've discovered is quite profound and that my strategies for working through these mood cycles actually work.

If you value your partner and you know it's time to change the status quo, this book can guide you all the way to a successful relationship.

Let the journey begin.

“It is not a lack of love, but a lack of friendship that makes unhappy marriages.”

Friedrich Nietzsche

What Is a Relationship?

What makes a relationship successful

To me a relationship is a dynamic alliance between two people who are constantly changing, growing, and evolving.

Record high divorce rates are proof that creating a sustainable, long-term relationship is easier said than done.

Let me be blunt. If you're currently experiencing some issues in your relationship, I must highlight that making your relationship work, requires a genuine commitment from you both.

It also takes compromise and a continual effort to understand and support each other. Being prepared to do whatever it takes to nurture and strengthen your relationship is a prerequisite.

Unfortunately, the men and women who aren't prepared to do this will find it impossible to create a relationship that's strong, harmonious, and enjoyable.

As the man in a relationship, you can only work on controlling yourself, and you must also have an implicit trust that your partner will meet you halfway.

When both parties are prepared to pull together, you can experience a deep lasting love that leads to a stable and blissfully happy home life.

How men get it so wrong

A major stumbling block in developing and maintaining a long-term and loving relationship, is that many men are unwilling or unable to deal with the changing and, at times, frustrating aspects of a woman's 4-week mood cycle.

As I mentioned, throughout the years, I've been around a lot of men. When the subject of women's fluctuating moods or PMS arises, I've lost count of the times when I've heard those sweeping negative and clichéd statements such as, "women are so hard to deal with" or "women are crazy; it's just not worth putting up with all of their crap."

It's virtually impossible for guys with this attitude to have a lasting or meaningful union with a woman.

Think about it, those men who we've all come across, who blame their misery on women, are inevitably the lonely, angry, bitter, and unhappy guys of the world.

Why?

Well to put it simply, these men have an overinflated ego and a misguided pride that prevents them from taking responsibility for themselves and their poor judgment.

For those guys, it's far easier to rationalize their problems with logic as a way to discount the validity of a woman's emotions. Their ignorance and lack of insight doesn't allow them to appreciate the nuances or the context of why their partner becomes irritable and upset.

Generally, men with poor communication skills, tend to only react to their partner's outbursts or comments. This results in them having no understanding about what's really happening for her in their relationship. So, they're left in the dark, stumbling into each mood cycle, puzzled, and then angry as to why their partner is treating them differently from week to week.

Why being shut down destroys relationships

Self-centered men who are unaware of themselves and others, commonly try to protect their ego by adopting a passive-aggressive demeanor. They shut themselves down, become defensive and limit their communication with a "whatever... this is your baggage, not mine" type of attitude, which is the exact opposite of what women want and need.

Unfortunately, this tendency just keeps escalating the negativity and problems within their relationship because it diminishes trust, which is an important key to a lasting love.

Sadly, unless these guys do something constructive to change their outlook and attitude, they have no way to move their relationship forward. So, at best, it stagnates and potentially, it disintegrates.

On the other hand, men with humility and the capacity to empathize with their partner exude an inner strength. They're able to respond to situations and this is the type of strength that women respect and love in their man.

We'll look at this in more depth a little later.

It is true, as the saying goes, that knowledge is power. I'm not talking about using knowledge in an egotistical or cunning way to gain an advantage or to manipulate your partner. The power I'm referring to comes from good intentions and an open heart.

If you take this wisdom that I've discovered and crystallized over three decades, you'll see there's a lot that you can do, in terms of how you can support your partner and respond to her inevitable changing moods.

Please keep in mind that women have been subjugated for millennia. Kind, patient, and loving responses are the main keys for creating trust and a healthy relationship.

Before we get started on addressing the Survival Skills in this book, it's worthwhile taking a brief look at the biological aspect of each phase of the menstrual cycle. You will then have some idea of how these moods shift and more importantly...why.

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Reinhold Niebuhr

Menstrual Cycle 101

The biological process of the menstrual cycle

The menstrual cycle is a complex process involving the endocrine system, which relates to the body's glands and the hormones they produce.

The hypothalamus is a small almond sized part of the brain that controls basic functions, such as body temperature, hunger, thirst, fatigue, sleep, and circadian rhythms. It also links the nervous system to the endocrine system with the aid of the pituitary gland.

In women, the hypothalamus also causes the pituitary gland to produce the chemicals that induce the ovaries to release the sex hormones, estrogen and progesterone.

How long does a menstrual cycle last?

The average length of a woman's menstrual cycle is 28 days, which is a statistical average derived by health authorities. Practically speaking, menstrual cycles can vary significantly between individuals and from one cycle to the next.

The menstrual cycle is calculated from the first day that bleeding occurs to the day before the next period starts. The variation can be between 15 and 45 days. Throughout this book and for uniformity, I'll stick to the 28-day average in my descriptions.

Very briefly, the four main phases of the menstrual cycle are:

Phase 1) Menstruation

From days 1- 4. This is when menstrual fluid containing blood, cells from the lining of the uterus, and mucus are discharged. The length of a “period” varies between three days and one week, depending on the individual.

Phase 2) The follicular phase

This is between days 5-13. The follicular phase starts on the first day of menstruation and ends with ovulation. This happens around day 10 of a 28-day cycle. This phase is when the growth process of a temporary follicle or structure known as the corpus luteum, stimulates the lining of the uterus to thicken in preparation for possible pregnancy.

Phase 3) Ovulation

Ovulation occurs between days 13-16. Ovulation equates to the release of a mature egg from the ovary’s surface. This generally happens at mid-cycle, around two weeks or so before menstruation starts.

Phase 4) The luteal phase

This occurs between days 16-28. During ovulation, if an egg becomes fertilized, the corpus luteum produces a variety of hormones such as the one that’s detected in a urine test for pregnancy.

Each month, if a pregnancy doesn't occur, the corpus luteum structure shrivels and drops away, causing a reduction in hormones around day 22 and then the menstruation cycle repeats.

“A woman under stress is not immediately concerned with finding solutions to her problems but rather seeks relief by expressing herself and being understood.”

John Gray

What Is a 4-week Mood Cycle?

A rudimentary knowledge about the biology of a menstrual cycle can help you anticipate the types of impending moods and behaviors that will inevitably be heading your way over the next few weeks.

The 4-week mood cycle fits in between the phases of the menstrual cycle.

To this end, I've found that instead of using highfalutin medical terms and descriptions for my hard-earned knowledge, it's far more relatable and simple, to utilize some easy to remember descriptive names as follows.

I refer to:

Phase 1. "RELIEF week" - between menstruation and the follicular phase

Phase 2. "LOVE week" - between the follicular phase and ovulation

Phase 3. "RESTLESS week" - between ovulation and the luteal phase

Phase 4. "VOLCANO week" - between the luteal phase and menstruation

The 4-week mood cycle isn't set in stone because each woman is unique.

That's why it's important to utilize my *Nature of a Woman Workbook*, so you're able to ascertain the length of each phase of your partner's cycle. A link to order the workbook is provided in the last chapter.

To put these mood cycles into perspective, imagine that you're privy to hearing the thoughts inside a woman's head that cause her to react in the way she does. It would sound something like this.

Relief week:

"I have stomach cramps, I feel fat, I have a headache, and I'm exhausted. I don't even feel like leaving the house."

"I need to do whatever I can to make sure I don't leak or smell bad."

Love week:

"I'm so lucky to have you in my life. You're just the best!"

"You really turn me on. Let's cuddle, I love having your arms around me."

"I want to make love to you and stay in bed all day."

Restless week:

"I don't get it. You KNOW that I love you and that I'm

totally into you, but YOU don't seem to be reciprocating, and I feel frustrated."

"What's the point of a relationship anyway? It's only going to end. This isn't how I'm going to fulfil my life."

"I'm sick of our routine, I just feel like getting away from here and doing something new."

Volcano week:

"I'VE been showing you how much I care about YOU and all you do is think about other women."

"You're always thinking about the kind of woman that you're into, and it's not ME!"

"I also know for a fact that you've been thinking about your ex-girlfriend and you'd rather be with HER than with me."

"Just be honest and stop pretending to be someone you're not. You don't appreciate me and you think I'm a bitch. You know what? I just don't trust you and I don't care what you think."

Warning # 1 - Ignorance is NOT bliss

One of the most fascinating and confusing aspects of a woman's 4-week mood cycle is that, for some reason, women are completely oblivious to what phase they're in, while they're in it!

The only exceptions could be in the latter stages of Volcano week and Relief week because there are some physical symptoms associated with these phases.

So be warned, you can only safely broach the subject of mood cycles during Love week and then only when you have the experience and confidence to explain it in a way that your partner doesn't feel like she's being attacked or criticized.

Be aware that your timing is crucial for a conversation like this to work. It is also vital to use tentative language that allows her space to consider what you're saying.

This conversation can only happen if she's open to it. In fact, it may need to be ongoing over several months, for her to take notice of and then responsibility for her changing moods.

*“Ignorance is the curse of God; knowledge is the wing
wherewith we fly to heaven.”*

William Shakespeare

The Dynamics of Each Week

Before you can practically apply your Survival Skills, it may take a few cycles of observing your partner in her natural habitat, before you begin to identify her unique and distinct behavioral patterns.

So now, let's go through each phase of the cycle and I'll explain in detail what you can expect from week to week and what you can do to help keep your partner happy.

Be patient, this is going to be a learning process.

Relief week

As we discussed previously, a 4-week mood cycle refers to a woman's state of mind as she moves through each phase of her menstrual cycle.

Relief week ends the intensity of Volcano week, as menstruation begins.

It's fascinating how quickly a woman's mood can shift with the arrival of her period. This phase is the ideal time to take stock and gauge exactly where you are in your partner's cycle. My *Nature of a Woman Workbook*, is a useful resource for this purpose.

Relief week is when you must begin to mentally prepare for each of the impending phases over the coming month

Signs and symptoms

When you first notice Relief week, a great tip is to make a note in your diary or place an alert on your phone for around 18 days, to remind you when the next bout of PMS will be arriving, so you don't get caught off guard. Incidentally, after a few cycles, you'll become quite skillful at predicting when Volcano week, as well as all the other weeks are due.

Unlike the other phases of the 4-week mood cycle, it's relatively easy for men to figure out when women are in Relief week.

You will notice an abrupt change in her mood and attitude after the intensity of Volcano week. There are also tangible physical clues that menstruation has begun with the advent of bleeding.

In Relief week, most women tend to spend more time than usual in the bathroom because they're preoccupied with keeping clean and comfortable. You may also notice the appearance of pads or tampons in the grocery bags after shopping or somewhere in the bathroom. There are also more direct signs, such as stained bed sheets or clothing soaking in the laundry.

Taking action

Once you're aware that Relief week has arrived, it's time to get proactive. Start by giving your partner some space and take up the slack at home because, in this week, she's feeling like crap.

Specifically, in this week, you need to roll up your sleeves and be her partner and not her lover because in Relief week, intimacy is the last thing on her mind.

When you know its Relief week, ask her, “How are you feeling”? Then make sure you listen. If she says words to the effect of, “I’m feeling bloated and I have some cramping,” avoid saying, “Oh... that’s no good... well, goodbye” and leave.

If you want to be the man your woman needs, when she says, “I’m feeling bloated and I have some cramping,” be genuine and take her hand or give her a hug and ask her if there’s anything you can do to help.

In this phase, it’s important that you contribute to her needs in a domestic way by helping out around the house or with the kids.

For example, do a load of laundry, feed the kids, offer to cook dinner and do the dishes, do the grocery shopping for her, or take the kids out to the park or to Grandma’s.

Just do something that’s going to make her day a little easier, even if this means it’s going to be inconvenient, tiring or not that exciting for you.

In Relief week, she needs to see that you can lead the way and take inconvenience in your stride because you care for and love her.

When your partner is menstruating, it’s important to keep the lines of communication open during this normal biological process. Be sure not to treat menstruation like it’s an unmentionable thing to be ashamed of.

The coast is clear...

In terms of menstrual bleeding, it's important to know that it doesn't finish as abruptly as it begins.

There are two bleeding stages of menstruation which are described as flow bleeding and spotting. Once the menstruating phase has stopped *completely*, with no spotting, it's time to let the good times roll because this marks the beginning of Love week.

When you know that she's been menstruating for about three to four days, ask her, "Are you still menstruating?" If she answers, "A little," tell her, "Let me know when you're clear because I can't wait to make love with you again."

This reminds her that you desire her, even when she's not feeling so good because women feel less attractive when they're menstruating. As well as this, after the rough and tumble of Volcano week, you're reaching out as a friend... and a lover, which is very important.

Love Week

Love week is the best!

I say this because this is the week when women have an increased desire and interest in intimacy and when your partner can become the best friend you can ever have, if you let her.

Her head is clear and level. Her emotions are in check and she's into you.

Love week is the time when you lay the foundation and set the tone for the day-to-day state of your relationship. This is the week, where you must go all out to give her your love and attention. In Love week, don't just tell her but, more importantly, show her in no uncertain terms that you desire her.

It's when you can communicate most effectively with a woman on a logical basis because she's not brimming with unbalanced emotions. This is the time when you must build the trust, show the love, and be the man that your woman wants, needs, and craves.

Why Love week is so important

How you handle Love week will have far-reaching ramifications in your relationship because how she feels about you during this phase, will trump everything else that you do or don't do throughout her entire 4-week mood cycle.

The reason for this is that, from a woman's perspective, your willingness to be the man she needs, along with the effort you make to achieve this, is the main criteria she uses to assess if your relationship is satisfying, or not.

What is important to her in Love week

Always keep in mind that women are nurturers by nature and affection is very important to them.

In Love week, your partner's main focus is to look for signs of your love for her and that you appreciate and value her. Basically, it's the small things that go a long way in helping her to feel secure about your special connection.

This is a golden opportunity; she's feeling sexy, affectionate and amorous, especially if she feels desired by you.

When you've shown her that you're one hundred percent her partner in life and you wouldn't want to be with anyone else, her libido will be switched on. There's nothing more attractive to her than feeling your devotion.

What really turns her OFF

Consequently, it's important to remember that women tend to pick up the wrong message when their man is exhausted and flat during Love week. You can pretty much guarantee that she'll take your lack of energy personally.

The bottom line is, she'll think you're not attracted to her anymore and worse, she may even convince herself that your interests lie elsewhere.

Remember for a woman, when their man is being silent, brooding, and preoccupied with himself for whatever reason, such as when he's tired from work or generally stressed, she can jump to irrational insecure conclusions, such as:

“He’s thinking how I’m not right for him.”

“He’s bored with me.”

“He’s thinking about somebody else.”

“He’d rather be somewhere else...and not with me.”

They can’t help it. This is just what women do. So, if you’re exhausted and experiencing a low mood, be honest with her and own it.

Let her in and tell her that you’re dealing with some “stuff.” Speak about what’s on your mind and share with her what’s going on with you. Reassure her that how you feel isn’t about her and that you promise to keep the lines of communication open.

Warning #2 – Pace yourself

Here’s a warning. Don’t make a habit of doing this.

In Love week, you have a responsibility to pace yourself so you have the energy to be ready, willing, and able to nurture your intimate connection.

Make no mistake; in Love week, you need to *show* her how you feel about her. Actions speak louder than words. There’s no way around it. This is what’s required if you want a loving relationship.

As well as being attentive to her physical needs, it’s important to be vulnerable.

You'll find that dropping the tough "macho" mask and exposing your true nature is extremely attractive to your partner.

Showing your softer side signals to her that you completely trust her with your heart, which, in turn, helps to build an intimate bond that can sustain you both through the ups and downs of everyday life. She'll know that your loyalty lies with her.

Despite what some unhappy and lonely men may say, showing your vulnerability isn't a weakness. It takes courage to expose yourself completely.

Perhaps you've been guarding your heart for a long time due to problems in your relationship and have forgotten how. If being vulnerable is something you're not used to, it can be a challenging prospect.

In the beginning

So how do you rediscover your vulnerable self?

First, think back to when you first started dating. Remember how she initially fell in love with you? Chances are you spoke to her about your feelings from your heart, and you were present. When you looked into her eyes, nothing else mattered. She was your top priority and you didn't allow yourself to be distracted by other people and things.

You're still the same people and she still needs your full attention. For example, this means not constantly playing

with or checking your phone or devices when you're together.

Instead, become present with her, hold her hand and look at her from your heart. Tell her that you're more attracted to her now than when you first met. Express how lucky you feel to have someone in your life who lifts you in this way.

Send her an occasional text message during the day, that says, "I love you" with an emoticon to remind her that she's in your thoughts when you're apart. Take the time to give her a lasting hug and whisper in her ear about how you feel.

Don't only talk about the kids and being a great mother, ask her how she's doing. Love week is about reinforcing your bond as a couple on this journey together because in Love week, she wants and needs to feel that she's your sexy woman.

Remember, this needs to be done *every* day. You can't just set and forget and think that once it has been said, that's it.

This is a very common mistake that men make. Your reassurance and declarations of love, must be continual because she needs constant reminders of your devotion.

How a woman's intuition affects you

Another critical point is to never underestimate a woman's intuition.

Remember, she's continually watching YOU in your natural habitat. If you don't mean what you say to her, then don't say it because she'll pick up on this and then she won't hear anything else that follows.

Incidentally, if you haven't been giving her this kind of attention before, or for a while, it may seem a little strange to her at first and she may be apprehensive or even become suspicious.

Put your ego and insecurities aside and don't withdraw from her, by letting negative feelings such as rejection take hold of your mind.

Rather, be persistent and pursue her with your reassurance and declarations of love. Once your partner realizes that you *are* being sincere and that you're not buttering her up because you want something or have an agenda, she'll eventually trust you wholeheartedly.

This kind of interaction means that she can relax and enjoy her relationship with you. This demonstrates to her that your love is constant and unconditional.

As discussed earlier, it's vital that you continue to show her affection and give her attention throughout the entire 4-week mood cycle. This is what she needs to feel secure and to have faith in you and the relationship you share.

As Love week leads to Restless week, keep your composure because challenges will begin to arise. You'll find, that the most common feelings she has are boredom, frustration, and dissatisfaction.

The good news is that if you've been kind and helpful in Relief week as well as proactive and attentive during Love week, these previous efforts will minimize the intensity of her impending questions about your commitment to her and your relationship.

Restless Week

Restless week is interesting because it's a relatively slow transition from Love week.

Life becomes frustrating, difficult, and agitating because Restless week highlights problems. Women can feel hemmed in or trapped by their circumstances and start to question their family dynamics and work life. They start to feel... restless.

It's slow at first. As Restless week unfolds, your woman starts to get a little grouchy. Then she starts to notice and hone in on the imperfections she sees in you and the way you say, do, and not say or do things.

Restless week is when women decide they want to move to a new house, redecorate the living room, change jobs, book a holiday, and escape from the humdrum routine of everyday life.

She wants a change because she wants to feel different from how she feels right *now*.

Why trouble starts

Restless week is often the time when guys begin to get themselves into trouble. After the dream run through Love week, they suddenly get caught in a spotlight, where they're poked, prodded, tested, and judged by some sharp, incisive, and often repetitive questions.

Inevitably, she'll start to speak of her insecurities about your relationship, as well as verbalize her negative thoughts that she's been quietly ruminating over.

This is the time where you must go all out to reassure her that she's the woman that you *choose* to be with and that you wouldn't have it any other way.

One of the difficult features of Restless week is when the harsh sweeping statements about males in general are made, such as:

“Women work so much harder in relationships than men.”

“It's not possible for men to love someone in the way women do.”

“All men are the same.”

Make no mistake here, when she uses the word *males* or *men*, what she's indirectly saying is, “You!”

I believe Restless week is a critical time in the 4-week mood cycle because it creeps in under your radar. If you don't handle Restless week well, by not taking the time to respond to your woman in a caring, reassuring, and

sensitive way, then look out. There will be far-reaching ramifications in the following week, when you stand face to face with the specter of PMS in Volcano week.

Volcano Week

Let's distinguish the most commonly known and feared aspect of a woman's cycle... PMS, which I call "Volcano week."

Curiously, most men have heard about PMS, yet very few know what it actually is and when it occurs.

What's happening in Volcano week

According to medical literature, PMS or premenstrual syndrome, is experienced in varying degrees by an estimated 85 percent of all women aged between 15 years to around 50, prior to the onset of menstruation. As women reach menopause, PMS symptoms gradually cease.

In simplistic terms, PMS can be described as a variety of physical and emotional changes that women undergo during their menstrual cycle, in the days between ovulation and the onset of their monthly period. These changes are attributed to a variance of hormone levels in a woman's body, which can also be exacerbated by stress.

I should note here that a small percentage of women can experience an extreme and dramatic form of PMS which is known as PMDD (Pre Menstrual Dysphoria Disorder).

Due to the severity of the symptoms associated with PMDD, some medical intervention may be required. Therefore, in this book, I'll only be addressing the issues around PMS.

It's not fully understood why some women experience intense PMS. Genetic makeup may be a link, and sensitive individuals who've suffered trauma or family problems during their youth, can also be susceptible to the more intense mood swings.

What you can be sure of, is that PMS isn't a figment of women's imagination, and it can certainly have a significant effect on the state of your relationship.

The main thing that guys need to realize about PMS, so they're able to empathize with how women feel, is that PMS often includes physical symptoms such as:

- Acne
- Swollen or tender breasts
- Fatigue
- Insomnia
- Upset stomach
- Bloating
- Constipation
- Diarrhea

- Headache
- Backache
- Appetite changes
- Joint and muscle pain

Combined with mental and emotional symptoms such as:

- Trouble with concentration or memory
- Tension
- Irritability
- Mood swings
- Crying spells
- Anxiety and depression

Imagine having to put up with all that stuff and still get on with life!

Keeping the peace

Volcano week is difficult for both the individual and her partner. In fact, all of her relationships in everyday life can be affected during this phase of her cycle.

If you've handled your partner's moods in an astute way in the previous weeks leading up to PMS, you'll only experience a volcano that shakes and rumbles, rather than feel the destruction of a full-scale pyroclastic explosion!

The time to effectively deal with issues and problems within your relationship isn't during this week... although, ironically, this is when your partner will inevitably try to raise them.

What's happening in Volcano week, is that women are feeling an increasing restlessness and insecurity building within themselves and sometimes they just need to release it all with a hearty shout and/or a cry.

The insecurities of Volcano week

During Volcano week, I've noticed that women tend to replay the same questions, doubts, and fears that they've had in previous months. This can be rough going, especially when you're tired and dealing with your own stress.

This is the week when women tend to stand in front of the mirror with a critical eye and examine their imperfections and then ask their man the loaded questions, "Have I put on weight?" or "Do you think I need to change my hair?"

Often, you'll find yourself under the microscope too!

In Volcano week, forget about using humor, making jokes, and being a smartass because it'll go down like the

proverbial lead balloon. The only way to navigate through Volcano week is with empathy, kindness, and patience.

Here's the thing...

A paradox about women in Volcano week is that even though they're behaving in a way that may make you *want* to say, "I can't stand it when you're like this, I'm going to... play some golf, get the car washed," or any other male driven pursuit, she actually wants and needs you to be there for her. However, at times, leaving for a short time to give her space for reflection, may be the best course of action, which I'll be discussing a little further on.

When a guy runs away from a woman's emotions and hormonal angst, it can be very damaging to their relationship and often entrenches negative patterns.

In other words, if you hit the escape button, you'll miss the opportunity to maintain and build upon the trust that you've previously earned. So, you have to suck it up and ride it out.

What would Volcano week feel like for a man?

For a logical guy, the volatility and intensity of Volcano week is hard to comprehend. We will never truly understand what women go through when they experience PMS.

A good way to wrap your head around it, is to imagine yourself when you're feeling under the weather from having a bad cold or the flu, at a time when you've been

suffering from anxiety, during an all-encompassing stressful period in your life, such as moving to a new house, changing jobs, or being worried about finances.

For most guys in times like these, there's nothing anyone can say that's going to cheer us up or make us change the way we think or feel because we're caught in survival mode. It's the same for women in Volcano week.

Reality is based on perception

The fact is, a person's reality is based on how they perceive things. This is especially the case when life is challenging and the pressure seems relentless.

From a male perspective, when your partner is cornering you and you know you're the same now as you were last week and the week before that during Love week, it can seem irrational to be suddenly accused of being mean or untrustworthy.

Guys tend to think, *Surely, she can see how senseless saying that is.* The truth is, in Volcano week, women can't.

Those feelings *are* illogical and irrational because they're emotional.

Flexibility

Therefore, during a 4-week mood cycle, it's vital that we guys adapt and deal with our woman's perception of us, no matter how often it changes and how "unreasonable"

it seems. Retaliating creates a very toxic environment that can cause serious damage.

A major rule to follow during Volcano week is to never be drawn into a bitter dispute.

In this week, the longer you argue, the more likely it will be that you'll both say things that may damage the relationship. Remember, your Survival Skills are there to help you reduce the frequency of these transgressions.

The main skill to use in Volcano week is to never lose your temper and engage in a fight. This is the week where you need to put your male pride aside and swerve around arguments and conflict.

I know from painful experiences that it's daunting to have a woman whose unravelling and overreacting to just about anything and everything. It can seem impossible to keep the peace.

No matter how skilled you are, problematic communication will invariably pop up from time to time.

When the going gets rough, don't despair, keep in mind that PMS is a hormonal phenomenon and the storm will soon pass.

Keeping your manhood intact

In Volcano week, it's also important to accept that the focus of your relationship in this phase isn't about you, it's about your partner.

Don't get me wrong here. I'm definitely not implying that the trick to dealing with a woman's 4-week mood cycle is to roll over and allow yourself to be stepped on because that's neither right nor sustainable. We'll also discuss this in more detail soon.

In Volcano week, be the diplomat, since nothing good will result from yelling, shouting, or countering her with male logic. In this phase, try your best to keep your cool because the time for talking through each other's issues *will* come, it's just not in Volcano week.

In the big picture, it's best to practice restraint, despite the urge to retaliate. When you're aware of tension or aggression rising within you, ask yourself the age-old question, "Would I rather be right or happy?"

Are you a jerk? The search for clues

Something else I've discovered during this tumultuous phase of the 4-week mood cycle is that women continually look for clues to prove that you're a jerk. Then they observe you and search their memory for evidence to back up their suspicions.

For most guys, this inquisition is totally unexpected and they end up being caught like a deer in the headlights. They're expected to justify themselves for something they did or said last week, last month, or even years ago.

I've discussed this point at length with my wife Christine, who believes that in Volcano week, women's changing

hormones enhance their feelings of inadequacy and self-doubt.

For logical creatures such as guys, this can seem strange and unrelatable. Nevertheless, it's real for women, very real.

Warning #3 - Setting her straight

The task of allaying your woman's fears about you and proving that you're the same guy now as you were in Love week, is a process. Patience is important because it may take you a few cycles before you can successfully achieve this.

A word of caution, once you start to develop your Survival Skills and can accumulate your "counter evidence" that proves you're not a jerk, release it slowly and gently, in a kind and tentative way.

If you start pulling it out in the middle of an argument or to prove how misguided, wrong, or stupid your partner is, you'll regret it. We'll look at exactly how you can do this in more detail soon.

Man-child

In Volcano week, women need to test their guy because they want to be reassured he's made of the right stuff, the manly stuff, the stuff they can rely on to protect them and lead the way forward.

If you're honest with yourself, there usually is some truth in the saying, "You can't take the boy out of the man," especially from a woman's perspective.

You can be sure that in Volcano week, your partner doesn't want to feel like they're with an immature boy or someone whom she regards as her second or third child.

Whatever you do, don't come across as a sulking, whining, or pouting "boy." This is a big turn off. Whenever you feel under pressure in Volcano week, you must be prepared to step up and be the man that she needs you to be.

It's another fascinating paradox. Women try to boss their man around, yet on a primal level, they want and need their mate to wear the pants.

Prickly

In Volcano week, another issue to contend with is intimacy.

Your partner may not want any physical contact during this phase. Be aware that when you try to reassure her, by putting your arm around her or you try to hold her hand, unlike in the other phases of the 4-week mood cycle, she may vehemently move away from your touch.

She may even forcefully tell you that "I don't WANT to be touched." If this happens, remember that it's not personal; it's hormonal.

It can help to lighten things with a reply along the lines of, “No problem, just know there’s a hug waiting for you when you’re ready.”

Practicalities

In Volcano week, physical symptoms are a common complaint. So, if you see your partner reaching for some medication, or you can see that she’s not feeling well, gently ask her if she’s okay.

When she answers, as we discussed earlier, pay attention to what she’s telling you. For example, if she says she has a headache or cramps, you could respond with, “If you want to rest for a while, I can help” or “Is there anything I can do for you?” Then follow through and do it!

If it’s obvious that her back pain is a problem, suggest that she take some time out to run a hot bath or rest and relax, while you offer to make a cup of tea.

Some other kind gestures could be to cook dinner, take her out to dinner, or bring home her favorite takeout. If, at first, she declines, be gently persistent because this reinforces that you’re thinking of her and taking charge when she needs you most.

Don’t be halfhearted about your offer. Tell her that you’re there for her, if she needs you.

Your actions and kind intentions will go a long way in showing her that you do care and can be relied upon when she’s struggling.

Another great way to show that you care about her in Volcano week, is to bring her some flowers. Preferably, do it before there's been any yelling or crying, but if there has, flowers can also make a great peace offering.

Some guys think that flowers are corny and clichéd. This is far from true. As a gift, flowers act as a constant reminder to her that you're thoughtful of her needs. Alternately, you could bring home a surprise, such as her favorite ice cream or chocolate treat.

Learning from your mistakes

I should point out here that as humans we all make mistakes, and, at times, despite your best intentions, you may still inadvertently find yourself reacting and winding up in a conflict.

If this happens, use your Survival Skills. This may mean that you need to man up, eat some humble pie, and apologize for what you said or did, even if you felt justified at the time.

Warning #4 – Being in denial

I've noticed that if a man mentions to a woman how her emotional outbursts or low mood are a result of PMS, women often become outraged because they believe that the man is deflecting or not willing to take responsibility for his own short comings.

The strangest thing is that many women are in complete denial that they suffer from PMS. They tend to

acknowledge the physical signs but not the emotional or mental symptoms.

So, when your partner is experiencing emotional symptoms, the smart thing to do is NOT mention PMS during her Volcano week phase, as this will invariably cause her to react and blame how she feels on you.

The best times to raise conversations around the issues that relate to PMS are in Relief week and in Love week.

Timing

As mentioned, the benefits from gaining a deep understanding about the many features and nuances of each phase of the 4-week mood cycle, will go a long way in creating harmony in your day to day life.

However, there are also some other practical advantages, especially when it comes to planning.

If you're planning a week's vacation, it's possible to extrapolate which phase your partner will be in. If say she's in Relief week and menstruating, camping may not be the best option.

On the other hand, if you're thinking about organizing a romantic dinner for two, it may not be wise to book a restaurant in Volcano week.

It's complicated, isn't it? No wonder so many men get themselves into trouble.

That's why a total commitment to your relationship is necessary for these "Survival Skills" to work. If you strive to be the man that your partner wants and needs, she can and will be the woman you want and need in return.

It takes some practice but once you get the hang of it, I can honestly say, your home life will become profoundly enjoyable. The time you both wasted, stumbling and picking yourselves up, can instead be utilized in doing the things that bring you both happiness.

The rewards of a harmonious home environment and loving relationship truly are commensurate with your commitment to becoming a great partner.

“When you really listen to another person from their point of view, and reflect back to them that understanding, it’s like giving them emotional oxygen.”

Stephen Covey

Communicating Effectively - Using Your Survival Skills

One of the keys to implementing your Survival Skills and utilizing them effectively is through communication.

By improving your communication skills, you can become in tune with each other. So, let's examine some of the issues that relate to how men and women communicate during the 4-week mood cycle.

Communication breakdowns

As mentioned, many men have a hard time discussing PMS with women because they believe it to be a topic that is out of bounds or even taboo.

When beliefs like these are combined with an inability or an unwillingness to deal with ongoing issues, communication breakdowns can and do occur.

Misunderstandings combined with strong emotions, have a compounding effect that can be dramatic and destructive.

Communication differences

A fundamental need for all people, men and women, is to be heard. To make any kind of positive relationship work, both people in the relationship must be acknowledged and heard by the other.

It's well documented that men and women communicate differently.

Women prefer to be face to face in a dyad, where two people look directly at each other and talk in an open and frank way.

Conversely, many guys prefer not to talk in this way because they feel that this style of communication can be too intense and confronting, especially if there are volatile emotions in the mix.

Generally, men feel more comfortable talking with each other side by side while they're engaged in a common activity, such as playing golf, fishing, watching sports, or having a beer.

Unfortunately, a lot of men and women find it difficult to accept these differing communication styles and subsequently, criticize each other for doing what comes naturally to them. This inhibits couples being able to make a true connection.

How to communicate and connect with a woman

Whenever you're having an important discussion with your partner, she needs to see your eyes and your body language.

This helps her to feel that she can trust what you're saying is heartfelt and true.

If you genuinely want to connect with your partner, this is another situation where you need to consider her needs first and meet her where she's at and not wait for her to adjust herself to you, particularly in Volcano week.

If you take the time to sit down face to face with her, you'll notice the difference in her willingness to listen. This is one of the best ways to show her that you "see" her and value your relationship.

Do this well and she'll be cooing like a dove... and quite frankly, so will you!

Warning #5 – Don't take the bait

In Volcano week, the motivation behind PMS-induced outbursts isn't personal, even though they often sound and feel like they are.

If you find yourself on the receiving end of an angry or emotional outburst, don't start yelling or shouting at her in an aggressive testosterone soaked way, by saying such things as, "shut up!" or "No one speaks to me like that!"

This is the worst thing you can possibly do because it will confirm her fears about what she imagines your true feelings are for her, to the extent that what you said previously during the other phases of her mood cycle cannot be trusted.

Warning #6 – Problem language

Another big mistake that guys make is to completely dismiss their partner's feelings.

It's really hurtful to react to your partner's doubts, fears, and insecurities in a mocking or derogatory way, by saying things such as, "that's so stupid" or "don't be ridiculous." This kind of language can only perpetuate destructive patterns in how you communicate.

The fact is, in Volcano week when the harshness starts to emerge, women genuinely believe that what they're saying is true. To diminish her feelings by telling her that she's stupid to feel that way is totally counterproductive.

Dialogue

I've found that women often start asking "insightful" questions in the latter stages of Restless week.

When these questions are answered, the validity or truth of your response is doubted. This invariably leads to sweeping assumptions, which turn into irrational accusations that inevitably lead to anger... and trouble.

As we discussed earlier, this all comes up because your partner is emotionally looking for reassurance. She desperately wants you to respond to her in an open and vulnerable way. She actually needs to hear you say that none of what she's worrying about in your relationship or you is true.

The best way to respond to cold or emotional PMS-motivated statements is to acknowledge what she says with something like:

“That’s not true. I love YOU.”

“There’s no one else for me; I promise.”

“I broke up with her a long time ago because it just didn’t work, and I’m glad because now we have each other. I feel so grateful to have found you.”

“I love YOU, and I feel hurt when you say that I don’t.”

“I know that you work hard in our relationship; I see it every day.”

Sometimes in the latter stages of Restless week or in Volcano week, women can say some really horrible and harsh things. Over the years I’ve heard:

“I know you’re thinking about other women when we’re having sex.”

“I’ve noticed that you’re not interested in me the way you used to be.”

“How do I know that you’re really at work? For all I know, you could be seeing another woman behind my back.”

In life, it’s very important that we teach people, including our partner, how we want to be treated.

Creating boundaries

If you find yourself in a situation when, despite what you say or do to reassure her that you're the same person she adored in Love week, she continues to be stubbornly argumentative and combative, it may be time to tell her that she's being unreasonable and inappropriate. This is when you need to stand your ground.

At this point, let her know clearly that a boundary has been crossed and it's not okay for her to speak to you in a disrespectful way.

This is a time when you can practice a communication technique known as "basic understanding."

This is when you paraphrase what she has said in your own words back to her and then ask her, "Is that what you mean?" or "Is there more?" This can be done as many times as necessary until she has said everything she needs to say and feels heard by you.

The next step is to ask her in a measured and nonaggressive way, "Is there anything more you need to talk about with me? If there is, let's talk now." Otherwise, tell her, "I want you to stop all of this carrying on right now."

Be mindful of your tone and don't be nasty. If she's being disrespectful to you, emphasize that speaking to you in a hostile or belligerent manner isn't fair and is unproductive.

Once the dialogue has settled down, ask her, "Can I give you a hug," or "We could do something together and

move on from this. Do you want to go out for a coffee or a walk?”

Often, she’ll agree and you can both move forward, despite you feeling fragile and a little worse for wear.

The good thing about doing something together, is that it can remind you both of the value you have for each other, and it often serves to settle the emotional charge.

If, on the other hand, it’s not possible to communicate because she’s either sobbing or yelling to an extent where talking is impossible, this strategy just won’t work. After all, there’s really no point in talking when she’s not listening.

STOP: Don’t run away!

The fact is, that at times, women *need* to wallow in their emotions during Volcano week. This is when it’s best to give her some space... carefully.

I say carefully because for many women, the feeling of being abandoned is a sensitive and painful issue.

Extricating yourself from a protracted, highly emotional, or unreasonable situation can be tricky. You don’t want her to grasp onto the idea that you’re abandoning her, yet, you don’t want to be the object of sustained and highly charged emotions, which is perfectly reasonable.

Whatever you do, don’t be that guy who just walks out the door, slamming it behind him. If you do, you’ll prove to her that she’s right about all the negative assumptions

she's had about you, and the situation can only deteriorate further.

Now is the time when you can prove that you're able to stand your ground and not be drawn into her volatile mood. Let her know that if need be, you're willing to continue the conversation. However, out of fairness to you, it can only occur after she's settled down.

I've found the best way to achieve this is by telling her in an honest, calm, yet firm way, something along the lines of, "I can hear you're in a tough place right now and I don't know what else I can say or do to convince you that you've got me all wrong. It's hard for me to hear you say those things when we both know they aren't true. Hopefully, you can remember how my actions over the past few weeks have demonstrated that I love to be around you."

This is when you need to gently and I *mean* gently, submit your "evidence" to remind her of your devotion. For example:

"Remember how we were cuddling last week? I love doing that with you. I can't fake that."

"When you and I are together, I feel so special. No one else can do that for me."

"You don't have to worry about me wanting to be with someone else because it's YOU who I love and *choose* to be with."

This shows her that you're willing to listen to her concerns about your relationship. The only condition is that this conversation be done in a respectful way.

If she still continues to be overly grouchy, angry, or emotional, ask her, "Is there anything that you need me to do?" I've often heard comments such as, "I need you to be more loving and caring toward me" or "I need you to support me more."

Despite what your partner says and even though you may be tempted, it's wise to never be facetious or sarcastic and respond with something like, "Well, what does THAT look like?" Instead, respond with "Okay, I can work on that."

However, if she's still unresponsive, it may be time for you to say "I think I need to give you some space, so I'm going to..."

- Read the paper
- Watch TV
- Hit a bucket of balls at the driving range
- Go to the gym
- Get the car washed
- Go for a run or go for a surf

Just do something that you'd normally do. Then just before you leave, say words to the effect of, "I won't be

long, and, hopefully, when I get back, we can talk or do something together.”

Warning #7 – Tactical withdrawal

A word of caution. DO NOT disappear for several hours or half of the day or night. Only do something for half an hour to one hour, or up to ninety minutes max.

In Volcano week, this can be exactly what your woman needs to get her head back on track and to realize that you’re there for her through the good times and challenging times too. This type of problem solving increases a woman’s respect for her partner.

Warning #8 – Petty details

It’s crucial for your Survival Skills and for the quality of your relationship in general to never keep a petty mental ledger of all the things that you’ve done to help your partner and then remind her about them during a fight. If you say things in an angry voice such as:

“I’ve been paying all the bills around here.”

“I’ve been loading and unloading the dishwasher over the last few days.”

“I took the kids out so you could relax.”

“I bought you flowers that cost me \$29.”

“...What do you do for me?”

It will be as if you had an agenda, rather than goodwill. She'll feel that your efforts were insincere, you were just keeping score and, all the while, being resentful about helping out.

Although, in the heat of the moment, it may be tempting to throw a good deed back in your partner's face. It's not the classy, smart, mature, or productive thing to do.

Another tough thing about Volcano week is that your partner will bring out her own ledger and do this exact same thing to you.

This double standard is just another thing that men must accept and deal with. In the big picture, it's truly going to be better for you both if you let this go. Remember, sometimes, a guy just needs to man up and take some knocks like this on the chin.

When this or any other transgression happens, it's best if you just self-soothe and remind yourself that you've been trying hard to be a loving and supportive partner and that's reward enough.

Women admire and respect this strong, chivalrous trait in a man. So, if you can do this authentically, your partner will know that you're a man of integrity, who willingly does what it takes to be the best person he can be, without being a martyr.

This will go a long way in creating a peaceful and harmonious relationship.

“Where ignorance is our master, there is no possibility of real peace.”

Dalai Lama

Some Universal Truths

There are so many variables in creating and maintaining a successful relationship with a woman.

This is why it's so important for you to know, as well as understand what your partner's *individual* needs and wants are, as she traverses through her unique 4-week mood cycle.

There are also some universal truths about women and relationships in general that men need to be aware of.

I'm not a fan of making assumptions about people. Having said that, these universal truths are important because they're often behind the frustration, dissatisfaction, as well as the joy and pleasure, that are part and parcel of being in a committed relationship.

If you underestimate or ignore the importance of these common truths, chances are your partner will notice and latch onto your transgressions in Restless week and Volcano week.

Therefore, being forewarned about these universal truths is to be forearmed and prepared. To help you avoid some of the common pitfalls, let's look at some of these universal truths right now.

Sex

A lot of men are uncertain about bedroom etiquette and subsequently get it *very* wrong.

Generally, problems in the bedroom arise because some men naively believe that making love is all about them. This kind of selfish and one-sided attitude can have devastating long-term consequences in a relationship.

Compared to women, a man's libido is quickly aroused... and quickly satisfied.

Therefore, when a man lacks insight about a woman's sexuality or if he's selfish and insensitive to his partner's sexual wants and needs, from a woman's perspective, sex can be a very ordinary and unspectacular event.

Generally, for men in their 30s, it's usually only possible to orgasm once during love making. This is even more of the case for men in their 40s and beyond.

On the other hand, women of this age can stay "in the zone," for far longer and orgasm more than once. It's one of those unusual and some men might say cruel twists of nature.

How to SUPER CHARGE your sex life

This is another instance where you need to be a man and not a selfish boy. It's imperative that you do what needs to be done, to make the sexual experience worthwhile, meaningful, *and* satisfying for your partner.

You can improve your love life and your connection as a couple, if you take the time to arouse her. I'm referring to foreplay.

Make it a priority to never start thinking about yourself and engage in intercourse until your partner has had an orgasm.

If you do this, she'll not only be more "prepared" and receptive to you but her instinct for reciprocity will kick in and she'll go all out to be the best lover that she can be for you.

This tip alone has the potential to supercharge your sex life and your relationship.

Golden time

Sex isn't all about the hunt for the orgasm.

After lovemaking, don't spring out of bed and start showering or heading for the door. It's important that you spend your post-sex time lying together in a loving embrace, connecting with each other.

For women, and you'll find that it's the same for men, this golden time together is a major part in forging and maintaining the bonds for being a cohesive couple in daily life.

However, in terms of cleaning up, there's a caveat to this advice.

If your partner immediately springs out of bed and heads for the bathroom or shower, that's okay. Obviously, the sexual experience is more "involving" for women, so it's perfectly natural for her to want to freshen up.

Be sure to tell her before she leaves the room, "Hurry up, I want you back here." Then, stay in bed and wait for her so you can have that post-sex bonding time together.

Physical contact

Over familiarity and complacency can have a significant detrimental effect on intimacy between couples. This can lead to doubts about the value of your relationship.

When you're alone with no kids around, try some playful flirting. Women enjoy being the object of their partner's sexual desire, as long as it's kept private and is within her comfort zone.

As we've discussed throughout this book, your partner is constantly looking for tangible signs of your love and desire for her. She also wants to be acknowledged and respected by you.

It's the simple things

A simple yet vital practice to reinforce your desire and appreciation for her throughout the entire 4-week mood cycle, is to always ensure that you kiss your partner hello and goodbye.

Take five to ten seconds to embrace her so you can genuinely kiss her, instead of just going through the motions with an “air” kiss.

A small loving (and sometimes big) kiss hello and goodbye, as well as holding hands in public, are small yet significant ways for you both to develop and maintain a close bond. I say “in public” on purpose because this also demonstrates to her that you’re proud to be her husband or partner.

Most woman like public displays of affection such as holding hands, yet some men feel awkward about doing this. If you’re someone who feels self-conscious about public displays of affection, I suggest you... lighten up!

If you look carefully enough at *why* you are reticent about public displays of affection, you’ll more than likely find that it’s all about your ego, which we’ll look at a little further on.

Exes

It’s inevitable that your partner will want to know all about your ex-girlfriends or partners. This can be a tricky balancing act. If you’re a vault and say nothing, your partner will think that you’re trying to hide something from her or that you’re keeping secrets.

On the other hand, if you tell her everything, she’ll invariably use this information to compare herself with

your previous partners and begin to formulate negative assumptions based on her insecurities.

Therefore, it's best to only tell your partner some general things about your exes and keep *most* of the intimate details to yourself. Otherwise, this line of questioning will come back to haunt you over and over again.

Families

The state of your relationship has far reaching ramifications for your children.

They're like sponges who take on all the ways you interact with each other, including your body language, tone of voice, attitude, and the type of language that you use.

How you interact and treat each other, models for them how a relationship should be.

Therefore, it's your responsibility to ensure that your example is going to help them to develop successful future relationships.

Unsuccessful relationships can be intergenerational. If you've experienced a tumultuous upbringing, you'll know exactly what I'm referring to. The damage to young impressionable minds and hearts is done early on and picking up the pieces can take decades to resolve, or even last a lifetime.

If you have unresolved problems like this, it is definitely worth getting some counselling to help you work through them.

Your Mother

In our society, there's an epidemic of adult men who have an overdeveloped and unhealthy relationship with their mother. They're the "mummy's boys."

Although there's nothing wrong with adult men having a close bond and relationship with their mother, it can be problematic if the man puts their mother's wants or needs ahead of their partner's.

If your partner perceives you to be doing this, it can cause a lot of discord in your relationship.

Why mothers can be manipulative

Often, these types of problems develop due to the mother being possessive and inappropriate because she misses the relationship that she had with her son when he was a boy.

As he matures and no longer needs her in the same way, as when he was a child, some mothers find it difficult to accept the change in the dynamic of their relationship.

Like the countless stereotypical characters in popular culture, these mothers don't honor boundaries. They

disregard their son's partner to satisfy their own need to control and interfere with her "boy."

Gaining respect

If you want your partner to respect you and feel secure about your relationship with her, you must never put your mother first.

This can be easier said than done because insecure and needy mothers can be very manipulative and know how to push their son's guilt or duty buttons.

As we discussed earlier, it's important that you teach people how you wish to be treated, including your mother.

It's crucial that you prove to your partner that you don't tolerate negative interference or meddling in your relationship from anyone. Your partner needs to know that she isn't second best.

Therefore, if your mother tends to be interfering and inappropriate, despite her good intentions, it's vital that you set up reasonable boundaries with her and ensure that she adheres to them.

Date night

Remember when you first met and you were dating? I'm sure you look back and regard these times fondly.

It's very common for couples to lose this fun and enjoyable aspect of their relationship which played an integral part in developing the bond that they now share.

Those halcyon days

Usually at the beginning of a relationship, couples have less responsibility, so it's easier to go to a concert, dance, or enjoy a romantic meal together.

As a relationship matures, dating isn't so easy. There's a lot of planning involved in being able to walk out the door together... without the kids.

There's no way around the fact that family life has its responsibilities and stress. There's the demands of wrangling children, work life, financial constraints, and a myriad of other commitments that make it understandable why dating may have taken a back seat.

Despite the potential barriers, dating or, more specifically, quality time spent doing something together outside of the home needs to take priority in your relationship as often as once a week.

This is another point I feel I need to emphasize. Please, don't naively think that a family gathering or going out with friends is going to be considered a date night... because it's *not*.

I'm talking about a night out, lunch, or an event for just the two of you.

It doesn't have to be every week, although at least every couple of weeks is preferable. Just ensure that you regularly create time where the two of you can enjoy each other's company.

It's also important that you don't expect your partner to organize every date. This can become an issue if your partner starts to get niggling doubts about your lack of effort within the relationship.

In the scheme of things, it's really not that hard to organize a date or two throughout the month, and it will make a huge difference to your partner's attitude, so make it a routine.

Honor your word

Also, let me stress that you should never cancel or renege on your commitment to a date. Not for a work commitment or, heaven forbid, if a "better" offer comes along from the guys.

In the real world, stuff happens, so if you do get caught in this position, always cement in place a set time and plan for an alternate date that's going to be equal to the one you were forced to cancel.

Don't get into a habit of doing this, and never cancel the alternate date.

Conversation

Even though men don't tend to process their thoughts out loud, women do. They need to talk because it's part of their nature.

As a man, chatting, or small talk, may be well outside of your comfort zone. Despite this discrepancy, you still need to be there for your partner and indulge her in some conversation.

When you're in a relationship with a woman, talking goes with the territory. This means having a conversation and not just grunting in monosyllables like a teenager.

As a supportive partner, you have a duty and an obligation to be willing and prepared to talk to her about your thoughts, dreams, fears, and aspirations.

Also, take an interest in everything about her. Ensure she knows that you love and *like* her for being herself. Don't be critical, let her know "It doesn't matter to me which outfit you wear; you look good in any of them."

Occasionally, your conversation may even include a discussion about the comparative colors of earrings or lipstick, why you like or don't like an outfit she's wearing, as well as your opinion about what hairstyle suits her best and why.

Warning #9 - Watch out!

Here's a warning. As it's subjective, it's best to trust your

partner's choices on her personal appearance and then back her up. Also, your partner's self-esteem will be bolstered if you notice and compliment her when she makes an effort to look good.

This requires vigilance. If her makeup or hair is different, say something. It doesn't have to be a huge discussion. Try saying something along the lines of "Wow! That looks nice" Or, if she's playful, "You look *hot* baby/honey!"

Best friends

If you've been unaware of your partner's need for regular communication or preoccupied with your own stresses or thoughts, you can be assured that it won't be long before she'll start to assume and then dwell on the notion that you don't enjoy her company. Worse still, she'll feel invisible to you.

Therefore, from this point on, ensure that you try to use more verbal communication with your partner. Also, when she speaks, put down what you're doing and be attentive because, after all, she's your best friend.

When your partner expresses her doubts, fears, and uncertainties, give her reassurance that everything is and will be okay. Even though you may not know it for sure.

Out and About

How you treat your partner in public speaks volumes to her and the world about your level of commitment to

your relationship.

So far in this book, we've discussed at length your private relationship. However, it's also vital to treat your partner like she's your queen when you're in public.

I mentioned earlier that it's important to kiss her hello and goodbye and to hold her hand or put your arm around her when you're in public.

It's also important not to tease or deride her when you're in a social setting.

We all know couples who do this. Have you noticed how when you witness couples who "jokingly" insult each other, it tends to cause you (and the other people in your group) to inwardly wince? This type of misguided humor, inevitably makes the recipient feel angry and potentially, humiliated.

If you have a big, humorous type of personality and you haven't noticed this, be assured that making your partner the butt of your jokes *is* cringeworthy.

Remember, if you want a mutually respectful and harmonious relationship, negative comments and derogatory quips to or about your partner are not the classy thing to do and are not under any circumstances okay. Not even if it's being done as "just a bit of fun."

So, make a policy and a commitment to *never* put your partner in a position of inferiority by embarrassing her in public. Instead, always talk your partner up. Help her to feel special whenever she's with you, that's important.

Discretion

Never blab about your private discussions or what she's told you in confidence. Therefore, at a social gathering, never say something publicly along the lines of, "Suzy thinks that I should make more effort in the bedroom." For your partner, these types of public comments are not only mortifying and insensitive, they're also a blatant breach of trust.

Always stick to the household rule of whatever is said and done behind closed doors, stays behind closed doors.

Adaptability

As men, we need to be adaptable. For example, during Relief week, your partner wants you to be self-sufficient and give her some space in a gracious way. While in Love week, it's important to give her your full attention, stay nearby, and instigate some quality time or an adventure together.

In Restless week, it's essential that you're prepared to talk through your partner's insecurities and fears and reassure her, even if the topic is similar to that of last month and the month before that.

Then in Volcano week, she needs you to be strong, calm, and patient.

If you develop enough resilience to adapt to her emotional peaks and valleys, as well as an ability to

respond to her changing moods, the conflict in your lives can be dramatically reduced.

You'll also gain your partner's respect, admiration, and trust for hanging in there.

Ego

If you feel some resistance in using the multitude of “passive” strategies and techniques described throughout this book, you may discover if you look deeply and honestly enough, that this resistance is caused by your ego.

Simplistically speaking, the ego is mostly concerned with issues such as who likes me, how I appear to others, and whether I'm gaining approval in what I do.

Your ego: Potential destroyer of relationships

When interacting with others, an unbalanced ego becomes preoccupied with detecting real or imagined criticism.

Therefore, in the context of a relationship, if a man is at the mercy of his ego and his partner is emotional, it's impossible for him to connect or respond to her.

An insecure ego can also make you fearful about other people's reactions, which can limit or restrict the way in which you share yourself with your partner. This is also detrimental to the relationship.

The problem with being right

If a man needs to be “right” and in control all the time, his partner won’t feel respected. She may even feel subjugated by him. She’ll then build walls to protect herself, making the prospect of friendship and a deep intimate connection difficult, if not impossible.

Getting the ego under control begins with making a conscious decision to focus on your partner, rather than exclusively on yourself and your insecurity about being “under the thumb.” Learn to listen to what she says and try to understand *why* she’s saying it.

Understanding subtext

In the literary world, digging beneath the surface of a character is known as developing the “subtext.”

For example, in each scene of a drama, a character behaves like they do in the story because of who they are and how they subsequently arrived at that point in time within the context of each scene.

As an audience, the subtext is communicated to us indirectly, such as by the “pain” or amusement in the actor’s eyes, their facial expressions, and the inflections of their voice. Drama, with little or no subtext is uninteresting and boring.

In everyday life, instead of relating to others at face value, look for the subtext in what people say as well as their body language.

Develop an ability to empathize with as many people as you can, including your partner. Learn how to be nonjudgmental about other people's beliefs or ideas. Especially those with opposing ideas and viewpoints to yours.

Remember, you don't have to agree with someone just because you listen.

Be generous with your “energy”

Focus on how to keep a conversation going without constantly having to put forward your point of view. Learn to be attentive and ask questions that will promote an enthusiastic response. All people, including your partner, have their own perspective about life that's interesting and valid, if you take the time to listen.

I've noticed from teaching people of all ages and walks of life that the vast majority of individuals enjoy receiving attention or acknowledgment.

In flamboyant people, this is easy to detect because they're direct in their need to be at the center of attention. The challenge is discovering the needs of introverted people because, by nature, they conceal how much they crave this kind of energy.

Strive to be generous with your “energy” and give people your focus and acknowledgment in a genuine way. This will enable you to truly connect with people.

When you give of yourself freely, people want to be around you, which works wonders for developing

relationships. This in turn can enhance the quality of *your* life.

The bottom line is to listen to what your partner has to say without wanting or needing her to listen to you. Then there will be no barriers, and you'll be able to talk *with* each other, rather than *at* each other.

Your ego can be a huge asset (If you guide it)

The ego is vital in maintaining the drive you need to sustain a long-term relationship.

People who have low self-esteem, often give their personal power away and lose both self-respect and the respect of their partner.

A healthy ego and a high level of self-esteem, coupled with humility, will generate good feelings about yourself, yet keep you realistic and grounded about your capabilities or qualities.

You'll find that if you can transcend the insecurities caused by a fragile ego, a lot of your stress in everyday life and your relationship will dissolve. Relating to the world without being needy for attention or to be "right" all the time is empowering.

If you like and love yourself, it will be easier for others, including your partner, to do the same. It will also increase your confidence, which is another attractive quality.

Motivation

These Survival Skills or any other strategy or technique, can only be effective if there's a deep desire and value for your relationship to be functioning at its optimal best.

It's also essential to accept that harmonious relationships can only be maintained if *both* parties make a continual effort to *never* give up on supporting each other.

Be a man of substance

Consider this carefully. All too often, men look at women objectively. Your partner isn't your "property." She *chooses* to walk beside you throughout your journey and share her most intimate self with you. To have a woman choose you is an honor and a privilege.

Therefore, if you truly want a relationship that's mutually rewarding and sustainable, your motivation to learn about your partner and women in general, must come from a desire to be the best person you can be, as well as the best partner or husband you can be.

This is what I call being a man of substance.

If your motivation comes from your heart, the relationship you imagined and wished for is possible and within reach.

Be discreet as you apply these survival skills in your everyday life. The good news is that once your partner

realizes that you care enough to figure her out and that you're not making her wrong for being a woman, your relationship will soar to new heights.

If you put in a consistent effort to achieve the outcomes we've covered throughout this book, you'll be rewarded by your woman's devotion, trust, respect, love, and a union that can last a lifetime.

“An ounce of prevention is worth a pound of cure.”

Benjamin Franklin

4-week Mood Cycle - Key Points

- All women, almost without exception, are not able to recognize what mood phase they're in, while they're in it!

Therefore, if your partner is displaying signs of irritability, you must *never* use your newfound knowledge to make comments such as, "Are you having a tough time with PMS today?" Failure to heed this little bit of advice *will* cause turmoil.

- Volcano week isn't the time to effectively deal with issues and problems in your relationship. Although, ironically, this is *when* your partner will invariably raise them.
- In Restless week and Volcano week, it's important to remain patient, strong, and resilient, even though it may be increasingly difficult to do so.
- In Volcano week, if you find yourself the target of cold sweeping statements and irrational accusations, you may need to gently reprimand your partner and remind her that you too are a work in progress and trying the best you can.
- In Volcano week, with the advent of PMS, if your communication style is too harsh, cold, or unsympathetic, you'll give your partner a reason

to fight you for what she needs. For most women, it's simple; what she needs is to be heard, acknowledged, respected, and loved.

This is why it's important to teach or preferably inspire your partner to treat you with respect by how you communicate with her.

- Effectively responding to a woman's fluctuating and, at times, conflicting mood swings is clearly a balancing act. To successfully navigate through a 4-week mood cycle can be tricky, and this is why a lot of men continually find themselves in trouble.
- It might take some time before you can confidently discuss the concept and practicalities of a 4-week mood cycle with your partner.

“Circumstances are beyond human control, but our conduct is in our own power.”

Benjamin Disraeli

Moving Forward

Now that you understand the concept of the 4-week mood cycle, I'd like to continue to help you move forward in creating a wonderful relationship with the woman in your life.

The Nature of a Woman Workbook

A good way to get started on your journey, is to utilize my *Nature of a Woman: Navigating Her 4 Week Mood Cycle Workbook*.

This resource will help you:

- Determine exactly when your partner's distinctive mood cycles occur and how long each of the phases last.
- Figure out what her reoccurring questions, doubts, insecurities, and fears are, so you can understand them.
- Communicate effectively with your partner.
- Romance your partner and breathe new life back into your relationship.

My workbook will empower you to be a part of the solution and lead the way forward, rather than staying stuck in an unhappy relationship without any options.

If you don't have a copy yet, you can obtain one here:

<http://www.thenatureofawoman.com/buy-on-amazon/>

***Nature of a Woman* Audiobook**

My audio book, of the same title, is available from this page

<http://www.thenatureofawoman.com/format>

Survival Skills Men's Group

When it comes to having problems at home, it's quite cathartic to hear that you're not alone in finding it difficult to understand and deal with an emotional partner.

My aim is to help as many guys as possible develop their Survival Skills and thrive in their relationship with a woman.

To that end, I also invite you to join my men's group on Facebook called: TheSS4MCircle where we can share stories, discuss issues, as well as brainstorm strategies to build and maintain a successful relationship

www.facebook.com/groups/TheSS4MCircle

Bonus Content

Once you've read this book access my free bonus content:

“3 Tips for When Your Partner is Crying (for no reason)”

This short video will give you three practical strategies and tips if you're in a situation where your partner is either upset or mad and you don't know what to do.

To access your bonus content please use this link:

www.thenatureofawoman.com/bonus

Resource Page

I have a few links to websites, some free bonus content, as well as some downloads and further reading.

To keep things simple, I've compiled them all onto one page. To access these resources please use this link:

www.thenatureofawoman.com/resources

About the Author

From humble beginnings working amongst the rough and tumble of dockyards, mining camps, and the oil industry, Gary Simmons lived, worked, and played with some of the hardest and toughest men in our society before embarking on a career in the mostly female entertainment industry.

Gary is also a 6th Dan black belt Master Instructor and currently owns and operates a successful Martial Arts school.

Gary lives in Sydney, Australia, with his wife and business partner Christine. They're passionately focused on empowering people to meet their potential through the Martial Arts and Yoga.

They also work together to produce books in the personal development genre.

Now that you've read the book or listened to the audiobook, here's what I'd like you to do:

1. Go to my book's Kindle listing:

https://www.amazon.com/Nature-Woman-Relationship-Navigate-Marriage-ebook/dp/B06XXXPV8D/ref=as_sl_pc_tf_til?tag=pmusk-20&linkCode=w00&linkId=2fbf9b48cd66c9a8526c1d6c3811ee0e&creativeASIN=B06XXXPV8D

2. Take a moment to write an *honest* review that is at least a paragraph or two long; it's not just about quantity, it's about quality - so the review has to give people real insights into why you do (or don't) recommend the book and my ideas.

You've got to scroll down to the end of the reviews section, and find the grey "Write a customer review" button.

Then choose a star rating (5 is best, but choose the rating that you think is right), and write an honest review of the book. Just explain why you like my ideas, and would recommend them to others.

It'll only take a minute, and I'd really, really appreciate it.

Thanks again,

Gary P. Simmons