

8. Realize that men and women also tend to have very different ways of processing what they're learning. Women tend to process externally by talking through new ideas. Men tend to process internally—they think about what they've learned. So she is likely to want to talk and ask questions. But while he may be open to responding, he may not be able to ask his own questions right away. In fact, he may say nothing and simply try it to see if it works.
9. It's amazing how quickly we can forget the important "Ahas!" we learned and revert to old assumptions and habits. Find a method to remind yourself of the most important truths going forward. For example, as you read, write down your biggest "Aha!" moments on an index card and put it where you will see and reference it occasionally. (For example, write, *Remember, when I say this \_\_\_\_\_, my mate feels this \_\_\_\_\_.*)
10. Consider purchasing and using the *For Women Only Discussion Guide* and the *For Men Only Discussion Guide* to facilitate your process of discussion and application—either with your significant other or with a small group or book club. The final page in both guides is a tear-out list of key reminders that can be kept and referred to again and again.
11. Remember that it might take time for each of you to understand the other person's way of looking at life. The great news is that if you both want to understand each other, you are already on your way to a stronger relationship!
12. Don't let this all be so serious! Enjoy the fascinating process of discovering your mate all over again, and look for opportunities to implement any new understandings right away. You'll be surprised how much fun it can be!

We are excited about the journey you are about to begin. We know from personal experience that it can be life changing!

In the years since first writing *For Men Only* and *For Women Only*, we've been overwhelmed with how God is using the truths in these books to change lives. One husband e-mailed us recently to say:

I just wanted to thank you for saving my marriage. Applying what I learned in your book has yielded dividends far beyond my wildest expectations, and the best part is, it was easy! My wife and I are now confiding our deepest ambitions, fears, hopes, and dreams with each other again. In short, I feel like I did when I first met my cute, little redhead best friend in college!

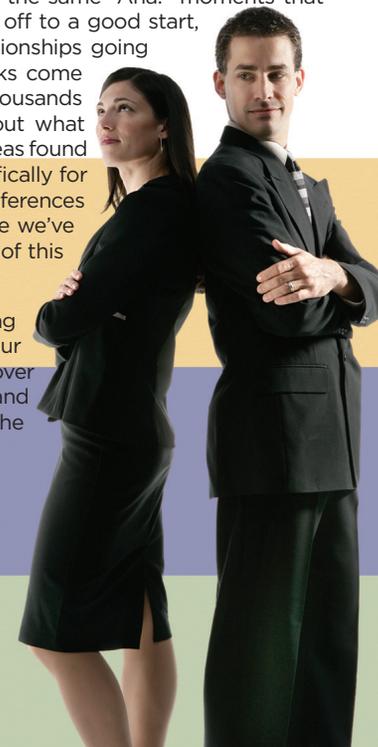
We felt the same way when we started understanding these principles and applying them in our marriage. They are so simple—yet revolutionary!

Now you and your spouse are about to experience the same "Aha!" moments that have helped millions of couples get their marriages off to a good start, find understanding and healing, or keep great relationships going strong. The truths and tips you'll find in these books come from the professional groundbreaking surveys and thousands of interviews we performed in our quest to find out what makes men and women tick. The observations and ideas found in the next few pages—which were developed specifically for this boxed set—come from the many marriage conferences we have spoken at since the books came out, where we've learned how men and women can get the most out of this information.

Whether you're starting out in married life, feeling like you want to give up, or simply eager to take your relationship to the next level, you're about to discover things you never knew about each other. So jump in and have fun—you might just meet each other again for the first time!



P.S. Take the survey and check out other resources (including the companion discussion guides to these books) at the "Books and Studies" section of [www.shaunti.com](http://www.shaunti.com).



## Twelve Tips to Get Great Results from *For Couples Only*

1. Be ready to discover something new about yourself as well as your loved one (spouse, fiancé/fiancée, or boyfriend/girlfriend).
2. Recognize that your significant other probably doesn't know about you what you think he or she does. We often assume, *She should know how that makes me feel*, or *He's doing that on purpose to hurt my feelings*, when the truth is often the exact opposite. Reading these books is the other person's opportunity to learn how you feel and your opportunity to see what your mate didn't know!
3. Be willing to confront the subconscious assumptions you bring to the process, and have your eyes opened. For example, a woman tends to believe she is the one with the better relationship skills and thus thinks her man needs to learn to relate better. Instead, she can realize that the way he's wired to relate is different but totally legitimate. And a man tends to believe women are "random" and impossible to fully understand, so when he sees perplexing behavior, he is likely to discount it. Instead, he can realize she can be understood, assume there's a legitimate reason for her perplexing behavior, and look for the reason—which will help him understand her better the next time around.
4. Assume your loved one feels goodwill toward you and *wants* to be the person you need. If you've been hurt by your mate, this may be hard to do—or hard to believe. But we've found it's true in the vast majority of cases. What usually happens is that a woman and a man start out with much goodwill toward each other and try hard—but if they don't know what the other person thinks or most needs, they often are trying hard in the wrong areas. This book will help you identify the right ones.
5. Decide together how you're going to read these books:
  - Will you each read a chapter of your respective books and then discuss them (perhaps with the help of the discussion guides that exist as companions to each book)? Will you read each book completely and then talk about them? Would you prefer to check in with each other when you get to a particularly surprising point, or would you rather first take some time to process what you're reading? Will you read the books alone or as part of a small group?
  - One effective method is to switch books and personalize them ahead of time; that is, read the book about your own gender first, and highlight or underline those things that matter the most to you. You can highlight quotes or paragraphs that so perfectly describe how you feel that they could've come directly from you, or you can circle survey answers as you would've answered them. Once you've done this, switch books and begin reading. You now have a book about your mate customized with what's most important to him or her!
  - As you read, highlight or underline things you especially want to talk about with your mate.
6. Recognize that some of these truths may be hard to hear or talk about but are no less true or important. In fact, the hard to hear areas are often those your mate *most* wishes you knew about but hasn't known how to bring up! So have grace and gentleness with each other in the sensitive areas, recognizing that your mate may be taking a big risk to discuss something that's deeply important to him or her. In other words: if you want your mate to be willing to share inner thoughts, be willing to listen, believe what's being said, and you must not freak out.
7. Consider that men and women tend to have different goals in their reading: women tend to love learning all the new eyeopening details and information, while men tend to think, *Please just tell me what to do about it!*

read the book  
about your own  
gender first, and  
highlight or under-  
line those things  
that matter the  
most to you.