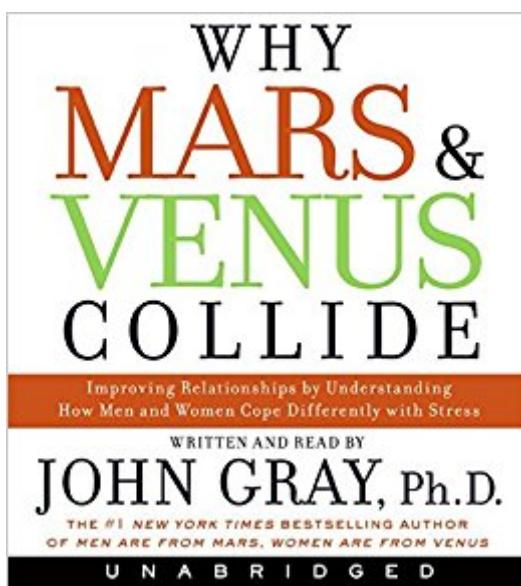


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# Why Mars And Venus Collide: Improving Relationships By Understanding How Men And Women Cope Differently With Stress



## Synopsis

Once upon a time, Martians and Venusians functioned in separate worlds. But in today's hectic and career-oriented environment, relationships have become a lot more complicated, and men and women are experiencing unprecedented levels of stress. To add to the increasing tension, most men and women are also completely unaware that they are actually hardwired to react differently to the stress. It's a common scenario: a husband returns home from work stressed out and eager to kick back on the couch and watch television. A wife returns home from work stressed out and wants to talk about it with her husband. What happens? Neither is on the same page, anger and resentment set in, and Mars and Venus collide. Using his signature insight that has helped millions of couples transform their relationships, John Gray once again arms the inhabitants of Mars and Venus with information that will help them live harmoniously ever after. In *Why Mars and Venus Collide*, Gray focuses on the ways that men and women misinterpret and mismanage the stress in their daily lives, and how these reactions ultimately affect their relationships. "It's not that he's just not into you; he needs to fulfill a biological need," Gray explains. "And it's not that she wants to henpeck you; she also has a biological drive." He shows, for instance, how a husband's withdrawal is actually a natural way for him to replenish his depleted testosterone levels and restore his well-being, and how a woman's need for conversation and support helps her build her own stress-reducing hormone, oxytocin. Backed up by groundbreaking scientific research, Gray offers a clear, easy-to-understand program to bridge the gap between the two planets, providing effective communication strategies that will actually lower stress levels. Whether in a relationship or single, this book will help both men and women understand their new roles in a modern, work-oriented society, and allow them to discover a variety of new and practical ways to create a lifetime of love and harmony.

## Book Information

Audio CD: 6 pages

Publisher: HarperAudio; Unabridged edition (January 22, 2008)

Language: English

ISBN-10: 006128548X

ISBN-13: 978-0061285486

Product Dimensions: 5.3 x 0.8 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 103 customer reviews

Best Sellers Rank: #1,458,000 in Books (See Top 100 in Books) #2 in Books > Books on CD > Authors, A-Z > ( G ) > Gray, John #130 in Books > Books on CD > Parenting & Families > Interpersonal Relations #1388 in Books > Books on CD > Nonfiction

## Customer Reviews

.com Exclusive: Notes on Why Mars & Venus Collide by John Gray Over the last fifty years, life has become more complicated. Longer working hours, intensified by grueling commutes and more traffic, the increased cost of housing, food, and health care, rising credit card debt, and the combined responsibilities of work and childcare in two-career families are only a few of the sources of stress in our fast-paced modern lives. In spite of the new technologies designed to connect us, information overload and round-the-clock accessibility via the Internet and cell phones have reduced much of our communication to the equivalent of text messaging. We are stretched to the limit, with little energy for our personal lives. Despite increased independence and opportunities for success at work, we are often left with a sense of isolation and exhaustion at home. The unprecedented levels of stress both men and women are experiencing is taking a toll on our romantic relationships. Whether single or in committed relationships, we are often too busy or too tired to sustain feelings of attraction, motivation, and affection. Everyday stress drains our energy and patience and leaves us feeling too exhausted or overwhelmed to enjoy and support each other. We are often too busy to see what is obvious. A man will give his heart and soul to make enough money to provide for his family and return home too tired even to talk with them. A woman will give and give to support her husband and children and then resent them for not giving back the kind of support she thrives on giving. Under the influence of stress, men and women forget why we do what we do. Over the last fifteen years, a new trend in relationships has emerged linked to increasing stress. Both couples and singles believe they are too busy or too exhausted to resolve their relationship issues, and often think their partners are either too demanding or just too different to understand. Attempting to cope with the increasing stress of working for a living, both men and women feel neglected at home. While some couples experience increasing tension, others have just given up, sweeping their emotional needs under the carpet. They may get along, but the passion is gone. Without an understanding of our different needs, men and women are adjusting their actions and reactions to no avail. Our actions may be pointed in the wrong direction. Why Mars and Venus Collide provides a new understanding and a variety of techniques you will need to counter the disruptive effects of stress and to steer a true course to a lifetime of love. Remembering and understanding our differences are only half the battle. The other half is about action--learning to

cope more effectively with stress. This book aims to help you discover new ways to lower your own stress and help to lower your partner's. Whether you are in a relationship, starting over, or single, you will discover a variety of new and practical ways to improve your communication, uplift your mood, increase your energy, elevate levels of attraction in your relationship, create harmony with your partner, and enjoy a lifetime of love and romance. You will learn why communication breaks down or why your relationships have failed in the past, and what you can do now to ensure success in the future. --This text refers to an out of print or unavailable edition of this title.

Gray reads his take on why men and women are growing incapable of managing their relationships because of our work-oriented society. While not exactly as groundbreaking as it labels itself, Gray's insights are truthful and easy to understand. His reading is straightforward and slightly bland, but the lessons he preaches are the real stars. Gray offers simple insights for both sexes, useful even if you aren't involved in a relationship. However, this book lacks profound lessons or discoveries, and listeners searching for that tidbit of information that will save their relationship may be disappointed. Gray's reading also is somewhat disengaged from the material, which makes listening to him a chore at times. Simultaneous release with the Harper hardcover (Reviews, Dec. 13, 2007).

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saved my marriage especially if 2 people have strong personalities.

It not a bad book if you have never read any of john grays books. He does seem to add some of the same stuff in each one.

I found the book very helpful to my relationship. Helped me to realize my partner can't be "all things" to me. I must have close girlfriends for a lot of "feelings" & "venting" conversations. Men just aren't into it. Helped me to understand why I constantly hear, "I don't want to talk about it!" Helped me to realize I don't need to talk about every disagreement or issue. Many things are just better left unsaid. Men want to "fix" everything. Women want to "discuss" everything. This was my personal experience with the book relating to my life. For \$15. you can't go wrong!

Bust out your best pair of reading glasses, because the print in the paperback is soooo small it gives me a headache after 20 minutes of reading. I guess they were more interested in saving trees than saving relationships...

John Gray has lots of interesting anecdotes to help those in troubled relationships. Relationships are NOT easy to be in and require a lot of work. Not the kind of hard work you might be thinking of but the "give and take", the acquiescing that is required and necessary for one to last a long time. But first things first. KNOW THYSELF. and you will then be able to know your mate through different eyes.

EXCELLENT read. This man is such a genius. Everyone can benefit from this and all of Dr Gray's books. This one shows you that misunderstandings in relationships are not unique only to yourself, they are common and he explains how to understand each other.

Same song, second verse. John Gray wrote the book to get more money from those who missed his first book.

GREATTT Gift for anyone in relationship....and for you too....Would you like to be happier in your relationship? Find out what works. Why he says the things he does. What makes a women tick and never forget. Be happier in just 60 minutes...are you worth it?

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