

More than 1 Million Copies Sold!

Shaunti Feldhahn

From the Author of the Bestselling *for men only*

for

What You Need to Know About the Inner Lives of Men

women

*"What an important book!"*

—Beth Moore, author and speaker

only

REVISED AND UPDATED EDITION

Praise for  
*For Women Only*

“Shaunti’s signature message, which she has shared around the world with millions of listeners, is life changing and something every woman needs to hear.”

—LYSA TERKEURST, president of Proverbs 31 Ministries  
and best-selling author of *Made to Crave*

“You’re about to gain some fresh insight into some of the mysteries of masculinity. *For Women Only* is a book that I believe will provide understanding and bring harmony to a lot of marriages.”

—BOB LEPINE, cohost of *FamilyLife Today*

“Ready for an eyeopener? Shaunti Feldhahn has uncovered a mountain of meaningful information for any woman wanting to understand men at a profound level.”

—DRS. LES AND LESLIE PARROTT, authors of *Love Talk*

“What an important book!”

—BETH MOORE, author and speaker

“If you want to know what makes your man tick, *For Women Only* is the book for you. Feldhahn provides solid research findings to support eight revelations about the inner lives of men that have the potential to revolutionize your marriage!”

—BOB RECCORD, executive director of the Council  
for National Policy

for  
women  
only

**OTHER BOOKS BY SHAUNTI AND JEFF FELDHAHN**

*For Women Only*  
by Shaunti Feldhahn

*For Women Only in the Workplace*  
by Shaunti Feldhahn

*For Young Men Only*  
by Jeff Feldhahn and Eric Rice

*For Young Women Only*  
by Shaunti Feldhahn and Lisa Rice

*For Parents Only*  
by Shaunti Feldhahn and Lisa Rice

*For Couples Only*  
by Shaunti and Jeff Feldhahn

*Made to Crave for Young Women*  
by Lysa TerKeurst and Shaunti Feldhahn

*The Male Factor*  
by Shaunti Feldhahn

*The Life Ready Woman*  
by Shaunti Feldhahn and Robert Lewis

Shaunti Feldhahn

for

What You Need to Know About the Inner Lives of Men

women

REVISED AND UPDATED EDITION

only



MULTNOMAH  
BOOKS

Excerpted from *For Women Only*, Revised and Updated Edition by Shaunti Feldhahn  
Copyright © 2013 by Shaunti Feldhahn. Excerpted by permission of Multnomah Books, a  
division of Random House, Inc. All rights reserved. No part of this excerpt may be  
reproduced or reprinted without permission in writing from the publisher.

FOR WOMEN ONLY

PUBLISHED BY MULTNOMAH BOOKS

12265 Oracle Boulevard, Suite 200

Colorado Springs, Colorado 80921

Scripture quotations are taken from the following versions: King James Version. The Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984 by Biblica Inc.™ Used by permission of Zondervan. All rights reserved worldwide. [www.zondervan.com](http://www.zondervan.com). The Holy Bible, New Living Translation, copyright © 1996. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved.

ISBN 978-1-60142-445-7

ISBN (electronic)

Copyright © 2013 by Shaunti Feldhahn

Cover design by Mark D. Ford

Published in association with the literary agency of Calvin Edwards, 1220 Austin Glen Drive, Atlanta, GA 30338 © 2004 by Veritas Enterprises Inc.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Published in the United States by WaterBrook Multnomah, an imprint of the Crown Publishing Group, a division of Random House Inc., New York.

MULTNOMAH and its mountain colophon are registered trademarks of Random House Inc.

Library of Congress Cataloging-in-Publication Data

[To come]

[To come]

[To come]

[To come]

Printed in the United States of America

2013—Revised Edition

10 9 8 7 6 5 4 3 2 1

SPECIAL SALES

Most WaterBrook Multnomah books are available at special quantity discounts when purchased in bulk by corporations, organizations, and special-interest groups. Custom imprinting or excerpting can also be done to fit special needs. For information, please e-mail [SpecialMarkets@WaterBrookMultnomah.com](mailto:SpecialMarkets@WaterBrookMultnomah.com) or call 1-800-603-7051.

*For Jeff.  
My beloved, my friend.*

SONG OF SOLOMON 5:16

# Contents

1	Light Bulb On!.....	1
	<i>How I Woke Up to What I Didn't Know About Men</i>	
2	Your Love Is Not Enough.....	15
	<i>Why Your Respect Means More to Him than Even Your Affection</i>	
3	The Performance of a Lifetime.....	49
	<i>Why Your Mr. Smooth Looks So Impressive but Feels Like an Impostor</i>	
4	The Thinker.....	71
	<i>When "Checking Out" Is Actually "Checking In"</i>	
5	The Loneliest Burden.....	93
	<i>How His Need to Provide Weighs Your Man Down, and Why He Likes It That Way</i>	
6	Sex Changes Everything.....	111
	<i>Why Sex Unlocks a Man's Emotions (Guess Who Holds the Key?)</i>	
7	Keeper of the Photo Files.....	129
	<i>Why It's So Difficult for Him Not to Look and So Hard to Forget What He's Seen</i>	

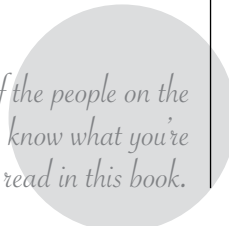
8	Chocolate, Flowers, Bait Fishing. . . . .	159
	<i>Why the Reluctant Romeo You Know Really Does Want Romance</i>	
9	The Truth About Taking Care of Yourself. . . . .	177
	<i>Why What's on the Outside Matters to Him on the Inside</i>	
10	Words for Your Heart. . . . .	197
	<i>What Your Man Most Wishes You Knew About Him</i>	
	Acknowledgments. . . . .	205
	Notes . . . . .	209



One

# LIGHT BULB ON!

How I Woke Up to What I Didn't  
Know About Men



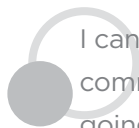
*The other half of the people on the  
planet already know what you're  
going to read in this book.*

As newlyweds, my husband and I lived in Manhattan, and like all New Yorkers, we walked everywhere. But I quickly noticed something strange. Quite often we'd be strolling hand in hand and Jeff would abruptly jerk his head up and away. We'd be watching in-line skaters in Central Park or waiting to cross the street in a crowd, and he would suddenly stare at the sky. I started to wonder, *Is something going on at the tops of these buildings?*

Turns out, something *was* going on, but it wasn't up in the buildings.

Have you ever been totally confused by something the man in your life has said or done? Looking at your boyfriend's rapidly departing back, have you ever wondered, *Why did that make him so angry?* Have you ever been perplexed by your husband's defensiveness when you asked him to stop working so much? Yeah? Me too.

But now, after interviewing and surveying thousands of men, I can tell you that the answers to those and dozens of other common perplexities are all related to what is going on in your man's inner life. Most are things he wishes you knew but doesn't know how to tell you. In many cases, they're things he has no idea you don't know. This book will share those interviews and those answers. But be careful. You might be slapping your forehead a lot!



I can tell you that the answers to dozens of common perplexities are related to what is going on in your man's inner life.

## HOW IT ALL STARTED

Let me tell you how I got here. It all started with the research for my second novel, *The Lights of Tenth Street*. One of my main

characters was a devoted husband and father. Because I had to put thoughts in his head, but had no idea what a guy would be thinking in a given situation, I interviewed my husband, Jeff, and many other male friends and colleagues. (“What would you be thinking if you were the character in this scene?”) It took me a while to figure out how to handle what I found.

You see, in many cases, what I heard stunned me. Not just because what the men were thinking was so surprising but because it was so foundational. These weren’t feelings that popped up every few months but were deep fundamental needs, fears, doubts, and thought patterns that occur in men every single day. It didn’t matter whether the man I was talking to was old or young; what his racial or cultural background was; whether he was married or single, a churchgoer or an atheist, a corporate executive or a factory line worker—I kept hearing similar things.

The character in my novel was a good guy who loved his wife and kids, was a devoted churchgoer and godly man, and a successful businessman. But he struggled with his thought life, especially the visual temptations that beckoned from every corner, from the secret traps of the Internet to the overt appeal of the miniskirt walking down the street. So, in short—and this is what shocked me—I discovered that instead of being unusual, my character was like almost every man on the planet. Including the faithful husbands I was interviewing.

That revelation led to a host of others, and following those trails led me to the thousands of personal and written interviews with men—including several professional, nationally representative surveys—that form the core of this book. I interviewed close friends over dinner and strangers in the grocery store, married fathers at church and the single student sitting next to me on the airplane. I talked to CEOs, attorneys, pastors, technology geeks, business managers, the security guard at Costco, and the guys behind the counter at Starbucks. I even interviewed a professional opera singer, a household-name movie star, and a former NFL offensive tackle with a Super Bowl ring. No one was safe.

## Light Bulb On!

As I learned about what was going on at their secret inner core, I discovered that there were many things I thought I understood about men—but really didn't. Once I got below the surface, everything changed. I felt like a cartoon character who suddenly had a light bulb over my head.

Even better, it turned out that those revelations were mostly about things that my own husband always wished I knew but that he couldn't figure out how to explain. And that was a common refrain from most of the men I talked to. Although I still make many mistakes in my relationship with my husband—and will continue to—finally grasping these things has helped me to better appreciate and support him in the way that he needs.



These revelations were mostly things that my own husband always wished I knew but that he couldn't figure out how to explain.

And I'm not alone.

This is the second edition of this book, which originally came out in 2004. If I was surprised at these revelations about men, it was nothing to how surprised and grateful I was to see how much this message helped so many other women, men, and marriages! My team and I were flooded with thousands of e-mails from women and men sharing how simple “aha moments” had changed everything. Divorces had been canceled. Relationships were restored. Couples understood how each other was changing—all because suddenly they knew one or two things they hadn't known before. My research was talked about on hundreds of media outlets and rapidly went all over the world. *For Women Only* sold more than a million copies in twenty-two different languages, precisely because these truths about men are so important and so universal.

In response to requests, Jeff and I researched and wrote the companion project, *For Men Only: A Straightforward Guide to the Inner Lives of Women*, which came out a few years later. Eventually we followed that one up with a few others in the “Only” series.

Over the last few years, we've been amazed and humbled to

see the sheer reach and impact of this research on so many women, men, teens, and families. And it all started because of a few simple, surprising, research-based truths that I have updated and expanded for the second edition.

For this new edition, I have incorporated several new elements, including research I've done and new surprises I've uncovered since the original book released, as well as some key truths learned by brain scientists in recent years that often help explain why men think the way they do. I have even added an entirely new chapter—"The Thinker"—which unwraps a truth about men that I was so perplexed by before but found to be life changing once I understood what was going on. I hope you find all these "light bulb *on!*" moments to be life changing for you as well.

## Why Was This Surprising?

When all this started, I and countless women I talked to were surprised to be so...surprised. Why? I think it's because we women assume we already know plenty about a man's inner life. But that may be one of our problems. Most men *know* they are confused about women. But because we don't tend to feel as confused about them, we can go for years without knowing what we don't know.

Let me give you an example. We have all heard that men are visual, but what exactly does that mean?



We all know, for example, that men are visual, but what exactly does that mean?

It turns out that what that means *in practice* is the key thing—the specific insight that can help each of us be a better wife, girlfriend, or mother. The difference is vast between having the vague notion that men are visual and knowing that the sexy commercial that just flashed across the screen might become a mental time bomb that explodes on him the next day. Or, on a different topic, the difference is vast between helplessly wondering why something made him so upset and having the insight of thousands of men to help us understand not only what is going on but also how to prevent that problem from arising in the first place.

Actually, there was a kind of double surprise in this research. When I interviewed men and drew some conclusions, they would often say, “But women already know that. Surely they know *that*.” All too frequently I found myself replying, “Well, *I* didn’t know that.” Thousands of other women, I’ve learned, don’t either. And since the same is true on the men’s side, no wonder we have misunderstandings and conflict!

Yet the solution is often simple. Both Jeff and I have been astounded to discover that the majority of relationship problems do not stem from the big, intractable issues. Instead, they tend to

spring from basic human cluelessness. From simple, avoidable misunderstandings. From a “light bulb *on!*” moment that never happened.

## EIGHT REVELATIONS

So here are the revelations this book is going to deliver—eight insights that will take you from “surface level” to “in practice” in your relationships with a husband, boyfriend, or son.

As with us women, the inner life of a man comes as a package, with all these elements melded together and wrapped up inside. Every area affects every other area, and I’m only covering those few areas that I thought were the most important, surprising, and helpful.

### *Our Surface Understanding*

### *What That Means in Practice*

“Men need respect.”

➔ Men would rather feel unloved than inadequate and disrespected.

“Men are insecure.”

➔ Despite their “in control” exterior, men often feel like impostors and are insecure that their inadequacies will be discovered.

“Men avoid issues by ‘checking out.’”

➔ Men address issues by first pulling away to process and think—so they can better talk about them later.

Our Surface Understanding	What That Means in Practice
"Men are providers."	Even if you personally made enough income to support the family's lifestyle, it would make no difference to the mental burden he feels to provide.
"Men want more sex."	➔ Your sexual desire for your husband profoundly affects his sense of well-being and confidence in all areas of his life.
"Men are visual."	➔ Even happily married men struggle with being pulled toward live and recollected images of other women.
"Men are unromantic."	➔ Actually, most men enjoy romance (sometimes in different ways from women) and want to be romantic—but hesitate because they doubt they can succeed.
"Men care about appearance."	➔ You don't need to be a size 3, but your man does need to see you making the effort to take care of yourself—and he will take on significant cost or inconvenience in order to support you.

## THE SURVEYS

Although some of these revelations may be hard to believe, each has been repeatedly tested and carefully validated with highly reliable evidence—including, at last count, four groundbreaking

professional, nationally representative surveys of thousands of men. Two sets of experts have assisted me: Chuck Cowan at Analytic Focus, who is the former chief of survey design at the U.S. Census Bureau, along with the survey team at the internationally respected firm, Decision Analyst. The surveys we developed together were meticulously planned and executed, and designed to deliver reliable results (the surveys had a 95 percent confidence level,  $\pm 3.5$ ). In total, more than sixteen hundred anonymous men, ranging in age from twenty-one to seventy-five, answered several dozen questions about their lives and about how they think, what they feel, and what they need. The surveys stressed that we weren't dealing with outward behavior as much as with the inner thoughts and emotions that led to their behavior.

I also conducted multiple, more informal surveys, often to follow up with specific groups—for example, with a group of four hundred anonymous churchgoing men, and another of male business executives. Amazingly, across all these surveys there were very few differences.

After all the surveying, the results of my personal interviews were confirmed—when this whole thing started, I hadn't just happened to interview the weirdest men on the planet! Instead, all the anecdotes and quotes you will read in the pages ahead are backed up by statistically valid evidence.

## BEFORE WE START: GROUND RULES

You're probably rarin' to turn the page. But first I'd like to offer some ground rules:

- If you're looking for male bashing or proof that your husband or boyfriend is indeed a cad, you won't find it here. I honor the men who shared their hearts with me, and I hope that by sharing their insight, more women might come to understand and appreciate the wonderful differences between us.



If you are looking for male bashing or proof that your husband is indeed a cad, you won't find it here.

- This book is not an equal treatment of male-female differences. Nor do I deal at all with how your man should relate to *you*. Yes, we women obviously also have needs, but since the theme is the inner lives of men and my space is limited, I'm focusing entirely on how women relate to men, not the other way around. (That is also why the personal-relationship surveys did not poll gay men.) You and your man

can find the “other half of the story” in *For Men Only*. (That said, if you and your mate are reading both books, one great tip is to read the book about *you* first—in other words, he reads this book and you read *For Men Only*. Highlight and make notes in the margins about which points matter most to you. Then when you trade books, you are each reading a personalized copy.)

- Realize there are exceptions to every rule. When I say that “most men” appear to think a certain way, realize that “most” means exactly that—most, not all. You or your mate may actually find that you are more like the opposite sex in some areas. The key is to sincerely look for what matters most to *your* man.
- Some readers will be dealing with serious issues beyond the scope of this book. If you or the man in your life fall in that category, please get the experienced and specialized help you need. (You can also go to [forwomenonlybook.com](http://forwomenonlybook.com) to explore more resources.) Fortunately, understanding these points about men can make for a helpful starting point on your road to healing.
- These findings reveal how men normally think and feel, not necessarily what is right behavior. You may find some insights distressing because they affect

your view of the men in your life and your view of yourself. It would have been more comfortable for me to exclude certain statements, but I realized I was hearing things men often want us to understand but may not be willing or able to say directly to their spouses or girlfriends. Please realize that in most cases, these comments have little to do with *us*—they just reflect the way men are wired. And that we should celebrate. After all, it is because he is wired as a man that you love him.

- You'll notice a faith-based thread in these pages. Thousands of churches now require couples planning to get married to read this book and *For Men Only*. I also spend a lot of time speaking in the faith arena. That said, we surveyed men regardless of cultural background or religious belief, and my aim is for this book to be accessible and helpful to everyone.



The more we understand the men in our lives, the better we can support and love them in the way they need to be loved.

Finally, and most important, I hope that this journey is not just about learning intriguing new secrets. The more we understand the men in our lives, the better we can support and love

them in the way they need to be loved. In other words, this revelation is supposed to change and improve *us*. In the last ten years, I've seen that in almost every case, if we are willing to do that (even if it is one-sided at first), the other outcome we so deeply desire—a more satisfying relationship with the men we love—is sure to follow.

So read on, ladies, and join me as we journey into the fascinating inner lives of men.



WATERBROOK MULTNOMAH  
PUBLISHING GROUP

A DIVISION OF RANDOM HOUSE, INC.

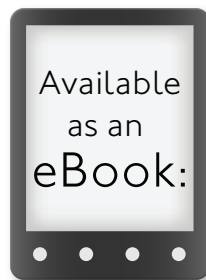
---

## Want to keep reading? You've got options:

Purchase a copy direct from the publisher or from your favorite retailer:

**BUY NOW**

Download a copy for your eReader and keep reading right away:



amazonkindle

Google  
books

iBooks

nook™  
by Barnes & Noble

And More...