



Ten Stupid Things Men Do to Mess Up Their Lives

Laura Schlessinger

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For every woman who wants to know what her man is thinking. Internationally syndicated radio superhost and columnist, controversial psycho-therapist, and author of the break-out *New York Times* bestsellers *How Could You Do That?!* and *Ten Stupid Things Women Do to Mess Up Their Lives*, Dr. Laura Schlessinger is back with *Ten Stupid Things Men Do to Mess Up Their Lives*.

In ten vital, compelling chapters, Dr. Laura speaks her mind on:

Stupid Chivalry

By getting involved with the wrong woman (weak, flaky, damaged, needy, desperate, stupid, untrustworthy, immature, etc.) you think that your love will save/transform her. **Stupid Independence**

Unwilling to admit "need" for bonding and intimacy, you hide in excesses of work, play, drink, drugs, porn, and meaningless sex.

Stupid Ambition

Unable to comfortably and proudly accept your inherent importance to society and family as husband and father, you bow to the false idols of money, toys, power, and status.

Stupid Strength

Uncomfortable with feeling weak, vulnerable, useless, powerless, or rejected, you use intimidation, force, or passive-aggressiveness to regain control.

Stupid Sex

Taking an attraction, opportunity, or erection as a "sign," you measure your masculinity and power by sexual conquests, infidelities, and orgasms.

Stupid Matrimony

Lacking a mature sense of the purpose, meaning, or value of marriage, you realize too late you've gone down the aisle with the wrong woman for the wrong reasons and feel helpless to "fix it."

Stupid Husbanding

Thinking that marriage is the honorable discharge from loving courtship, you continue to live as though you were single and your "mommy-wife" will take care of everything else.

Stupid Parenting

Believing that only women/mothers nurture children, you withdraw from hands-on parenting to assert your masculine importance, missing out on the true "soul food" of a child's hug.

Stupid Boyishness

Having not yet worked out a comfortable emotional and social understanding with your mother, you form relationships with women that become geared to avenge, resolve, or protect you from your ties to Mommy.

Stupid Machismo

Understanding the true and meaningful difference between being male and a man, you can become a man.

Ten Stupid Things Men Do to Mess Up Their Lives Details

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Leonard says

I read this book before quite a few years ago, so I was just "reviewing" it this time. I haven't listened to the author on the radio for years. In the book she does give some advice that is valuable, but the book includes many more examples in each chapter than are needed to make the point of that chapter. It makes the book more than twice as long as it needs to be. I'm not sure why some books like this are so overwritten. Maybe a longer books makes the author seem more important. And in the book, as on the radio, the author communicates in a disrespectful and condescending manner to the reader, an approach that on radio to a caller makes the listener cringe, but is not unlike a lot of contemporary talk radio. In the book it just becomes annoying.

Dante says

My stepmother who is a big Dr Laura fan and went to see her live in Hawaii as part of her and my Dad's honeymoon gave me this book. I find it odd that Dr Laura forgot to include such common occurrences as "trying to kill a mosquito with a chainsaw after your fifth Labatts".

Blake says

This is one of the books a friend brought me to read when I was in the hospital in May of 2010. I didn't start reading it til I was home recovering from my hospital stay. I was surprised to find the book easy to read and difficult to put down after I started reading it. I'm not a huge Dr. Laura fan but I actually enjoyed the box. And she has some very valid points about men and their relationships. She seems to have such a better perspective than John Gray.

SueDella says

Eh?

Scott says

I listened to this an audiobook which is way too abridged. The paperback added a lot more scolding. Well, Dr. Laura is actually just up the road from me in Scotts Valley, CA. She has been on local radio forever. This book is actually the sequel to her '10 Stupid Things Women Do...'. Most men my age will find themselves described perfectly somewhere in this book. How many Ten Commandments have you broken?

This book pretty much outlines all the ways that men sabotage their own *family* lives in the pursuit of cheap thrills such as money, sex, power, ambition (career), youthfulness, but doesn't stop there and includes

marriage, pity and even chivalry. Hmmmm. Are all those 'stupid' things really bad? Well, no, but they are when us merely human men put them above the greater needs of our families and thus society as a whole. This theory can be distilled simply to this: that families are the basic building block of society and we (men AND women) need to sacrifice - or at least think smarter - in order to create more compassionate, meaningful family lives. Fair enough, I say. I'd wish I'd read this book during my cocksure days in college and immediately beyond. The only thing these types of books fail to address is that life is fluid, and PEOPLE CHANGE. Sometimes drastically so. Since both the hubby and wife are going to continue to change through their lives and thus their marriage and relationship will change, too. So, the marriage needs to change, too. And if it doesn't (for whatever reasons), it falls apart. Basically it comes down to communication and acceptance. We all need to keep open and honest communication *especially* with our spouses - or ultimately suffer alone. Honesty and openness should seem so easy to most of us. But it's all the 'stupid' things that Dr Laura describes that keep us from that.

So her advise is: choose carefully, and always keep talking and listening. Ask yourself what is really important in this life. And then try not to forget it! Highly recommended, even if you don't agree.

Kevin says

My aunt gave me this book just after a girl (whom I was unofficially engaged to) and I decided to break it off. So I don't know if it was a hint or not:) I was doing some soul searching (otherwise I probably wouldn't have read it). What I like about the book is that she says how great a man can be if he isn't "stupid" and for you girls out there there is a volume for you too:)

Lincoln says

Unfortunately more of it applied than I liked.

Tripleguess says

I obviously couldn't relate to this title as much as the "Woman" book. I did learn things about men that I simply wasn't aware of and never would have been aware of without someone pointing it out to me, because my mind simply does not run in those directions.

I felt that this title was more "padded" than the "Woman" book, taking longer to say things, but perhaps it was saying more than I realized and it flew over my female head. That's okay though. Interesting and at least mildly informative. Three stars even.

Taka says

Bad reader--

This book is packed full of facts that are so true and so rampant that every man should read it to let Dr. Schlessinger open his eyes. But, alas, the audiobook is crap.

I mean what I wrote. It's crap. It's read by the author herself like a lot of other audiobooks, but the inflections and modulations of her reading is simply and truthfully ANNOYING, making it a tough read as she makes you repeatedly go through the particular emotion that can succinctly and eloquently be captured by "WTF?" not to mention the difficulty in comprehending what she's saying at a very high pitch when she tries to be creative and read the text with what she might think is "flourish."

Basically, the content is superb, but the delivery is shit.

Get the book, but don't listen to the audiobook!

Terrence Willis says

Goodread

Gina says

A great, insightful book pointing out the things men do that are pretty dumb in regards to relationships with women! I really felt like my eyes were opened and I feel so much more enlightened and aware. Dr. Laura pulled out all the stops and just told it like it is.

Stephen says

For a woman with such a closed mind, she certainly does keep her legs open when the cameras are around.

I do not take advice from women who cannot tell the difference between a gyno's office and a photo shoot.

I also wonder if she still thinks she's so smart for her hysterical 'nigger, nigger, nigger' rant.

Transgender Bathroom says

If you'd like to know what I thought of this book, please contact me directly and I'd be happy to discuss it with you.

All the best,

- TB

Brent Scherer says

This book was great but really in the areas that applied to myself. I believe about 5 or 6 of them were things I had never done or ever planned to do and those chapters were just lengthy and painful. Overall it was a positive book and the scolding is just fine as long as you're secure enough to handle it. The lessons inside are very insightful and she provides anecdotes as examples of what happens you follow the advice and when you don't. Overall, it was good advice in very plain speak. However, I'd also recommend that if you don't identify with anything in the first two pages of a chapter (a stupid thing men do), then just skip it.

Alex Bourke says

Dr Laura has a popular radio show where listeners ring in with stories or issues in their personal lives. Essential reading for sons of nice-guy fathers who have ever fallen for manipulative princesses masquerading as genuine damsels in distress, for tight dresses and big eyes over kindness and character and intellect, or who just want to be the best guy they can be.

Best quotes so far:

"Don't marry until you've first dated the woman for two years (to get past the infatuation stage), and only after determining you are compatible with respect to attitudes, interests, religion, goals about family life, feelings about children, comfortable relationships with each other's family, values, and morals. Don't marry anyone you can't trust or admire."

"I think it should be illegal to marry unless you have six to nine months of premarital therapy. That counselling experience makes it virtually impossible for you to ignore realities, while giving you the opportunity to explore your mutual respect, trust, commitment, goals, dreams, values, and lifestyle...."

"One listener highlighted the qualities he looked for and got, in his wife of 24 years. Think about how important these qualities are to you:

She is well-grounded in her religious faith.[veganism or Buddhism in my case:]

She is not materialistic - she appreciates what we have.

She doesn't smoke, use drugs or abuse alcohol.

She is polite in a world where politeness and consideration for others are becoming all too rare.

She is able to make and keep a commitment.

She loves me and supports me even when my own imperfection is showing.

Does she sound too perfect? Actually, she does have some faults. I just can't think of 'em right now."

She is a bit of a fundamentalist, but there is some great stuff in here so take what you enjoy. And it's nice to finally see a relationship book for guys. Dr Laura also has a book 10 Stupid Things Women Do to Mess up Their Lives which I'm looking forward to reading next.
