What Do Women Want? by Susie Orbach

Fundamental Ways To See That We Want The Same Thing

The classic, groundbreaking guide...completely revised and with a new introduction.

Even in our supposedly feminist society, women have found it difficult to achieve true independence--they continue to struggle with dependency issues in their relationships with their mothers, their lovers, and themselves. Now, with a new introduction, Luise Eichenbaum and Susie Orbach offer compelling portraits and insightful case histories that explore dependency as a basic human need rather than a sign of weakness. Their conclusions will radically change women's lives and relationships for the better--and offer a more insightful, inclusive vision of intimacy for the next millennium.

Every sentence, every anecdote hits home...Any woman who reads this book will recognize herself, her friends, her loves.--St. Petersburg Times

A well-thought-out analysis of women's dependency needs.--Publishers Weekly

* Completely revised and with a new introduction

My Personal Review:
This is a wonderful book, written for both men and women to read. It succinctly puts into words ideas that many women continue to struggle
with about their identity. It also points out that many men haven't a clue of the fundamental psyche of women. I believe that in reading this book, many readers will truly realize how powerful women can be, and how much better our relationships with men will be, because this book explodes dependency myths. My favorite passages in this book are: "Women help perpetuate the myth of the strong man, for if there is a strong man a woman can imagine that she is safe, that she is being cared for and looked after." "Because women unconsciously do not expect satisfactory emotional nurturance and understanding from their partners, men's inadequacy in giving this nurturance is to some extent accepted and even anticipate by women." "When women do express their needs, it often comes out as a criticism. When a woman experiences disappointments as a result of the emotional attention and care she so desperately wants, there is a buildup of emotional upset, because while she may expect that she won't get it, she still feels such great need. The woman may declare that she doesn't feel happy in the relationship, that he doesn't give enough emotionally, and so on. He wants her to be more specific, because he doesn't know what she's talking about. He responds to the criticism with anger, which frightens her. She finds it hard to be more specific. She wonders why he doesn't know what she means." "The psychological fit is that the woman feels her needs are too great, and so the defenses that the man has constructed against his own feelings of inadequacy in the arena of emotional nurturance, seem necessary because of what appears to be the woman's insatiability." "Men look to sex as a way to affirm their identity as well as a means to contact. Women often trade sex as though it were a commodity in their search for security, warmth, affection, love, and economic protection." "She told him he didn't need to have answers or interpretations, but that she would appreciate a hug and some questions. She'd like him to try and get into her shoes just for a minute to see what she was feeling and then step out of them and relate to her with tenderness and understanding." When you, male or female, really pay close attention to each of the above quotes, and think about your experiences, you are free to get what you are really looking for in your relationship.

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