



## Dr. Laura Schlessinger

**The Proper Care and Feeding of Husbands**  
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### Author's Note

While the ideas, suggestions, and techniques offered in this book are going to improve your relationship with your husband (or yours with your wife if you get her to read this book), and your attitude about yourself, your marriage, and your life, it is important to qualify this enthusiastically optimistic perspective with a serious concern. As I wrote in my first book, *Ten Stupid Things Women Do to Mess Up Their Lives*, and reiterated in a later book, *Ten Stupid Things Couples Do to Mess Up Their Relationships*, the 3 A's: Addictions, Abuse, and Affairs, are behaviors, in my opinion, that break the covenant and justify the self-preserving decision to end the relationship. Where the behavior of one or both of the spouses is blatantly destructive, dangerous, or evil, this book does not apply.

*The Proper Care and Feeding of Husbands* has salvaged and revitalized innumerable strained, stagnant, boring, disappointing, annoying, frustrating, and even seemingly dead marriages, as the real-life examples happily demonstrate. I have had women calling almost daily, bitterly criticizing their men, reporting of months of seemingly useless marital therapy (aka "gripe hours"), and at their wits' end about what to do with their marriages. After I ask (well, really nag) them to try just one of the hints found in this book, such as finding one or two things to compliment their husbands about (no matter how small) each day for five days, they call me back amazed at the positive results in their feelings about their men, their husbands' demeanor, and the atmosphere in the home. They see progress! They feel powerful! They are happier! Their marriages are experienced as more of a blessing.

My deepest hope is that this book will bring that blessing to your home.

P.S. Reading this book may be of benefit to your health! According to biologists at the University of Pennsylvania, ". . . male perspiration had a surprisingly beneficial effect on women's moods. It helps reduce stress, induces relaxation, and even affects the menstrual cycle." (The Orange County Register, March 15, 2003.)

—Dr. Laura C. Schlessinger, 2003