

**Dotsie Bregel,  
Founder and CEO of  
The National Association of Baby Boomer Women  
(NABBW)**



**[www.nabbw.com](http://www.nabbw.com)**

**And**

**Boomer Women Speak (BWS)  
[www.boomerwomenspeak.com](http://www.boomerwomenspeak.com)**

***Presents***

**Male Menopause,  
Irritable Male Syndrome, and Midlife  
*Rites of Passages for the Men in Your Life*  
**Part II – Questions and Answers**  
***With*****

**Jed Diamond, PhD**

---

**Sponsored by:**

Menopause sees 6,000 new faces each day.

And here are 4 reasons they  
can start smiling again...



**Me Again™**  
wellness for menopause  
and beyond  
Available at **CVS**

Click [www.meagainonline.com](http://www.meagainonline.com)



**Regulate**  
Your Digestion Naturally.  
With a unique blend of prebiotic fiber, magnesium and potassium.

**PlumSmart**  
for DIGESTIVE HEALTH

Learn about the PlumSmart solution.

Click [www.plumsmart.net](http://www.plumsmart.net) for more info!

---

**Male Menopause,  
Irritable Male Syndrome, and Midlife  
Rites of Passages for the Men in Your Life  
Part II – Questions and Answers  
With  
Jed Diamond, PhD**

---

**Dotsie:** Hello and welcome to the call. The format for this call is simply that I will be interviewing and posing questions to Jed Diamond as a follow up to our teleseminar that we did last week.

For those of you who don't know me, I am **Dotsie Bregel**, founder of the **National Association of Baby Boomer Women** which can be located at [www.NABBW.com](http://www.NABBW.com) and also, [www.boomerwomenspeak.com](http://www.boomerwomenspeak.com), which are the number one sites on major search engines for baby boomer women. I am passionate about educating and empowering boomer women which happens to be my generation. Since launching **Boomer Women Speak** in 2002, I've been connecting, encouraging, and supporting boomer women on a daily basis. I dedicate a great portion of my time to creating opportunities that inspire women to explore their passions and live life to the fullest.

Our sites are proudly sponsored by **Me Again** products, which are tried and true products for midlife women. They can be located at [www.meagainonline.com](http://www.meagainonline.com). You can also locate our sponsors by visiting either one of our sites and clicking on their ad. We're also sponsored by **Sunsweet** for those people who are interested in natural, digestive health solutions. They can be located online at [www.plumsmart.net](http://www.plumsmart.net). They can also, of course, be located through the ads on our sites.

If you're not a member of the [NABBW](http://www.NABBW.com), the fee to join is typically \$75.00; however, we're offering anyone on the call, the opportunity to join for \$50.00. All you have to do is email me at [dots@nabbw.com](mailto:dots@nabbw.com), and I'll be happy to send you the link to join.

All of our teleseminars are recorded and transcribed and they are free to the members of the [NABBW](http://www.NABBW.com). So once you become a member, one of the many member benefits is that you can listen to, or print any of our past teleseminars and there are approximately 60 there now, and they range in topics from "Nips and Tucks," to menopause and eldercare and everything in between.

Let's get started by allowing me introducing Jed Diamond and Jed, are you there?

**Jed:** Yes I am Dotsie. How are you?

**Dotsie:** Hi, and you know what I am going to give the introduction again because some people who registered for the call are different from the ones that registered last week.

Jed is the Director of **Men Alive**, which is a health program that helps men live long and well. Since its inception, he has been on the Board of Advisors of the *Men's Health Network*. He is also a member of the *International Society for the Study of the Aging Male* and serves as a member of the *International Scientific Board of the World Congress on Men's Health*.

He has been a licensed psychotherapist for over 40 years and he is the author of seven books including the international best-selling **Male Menopause** that has thus far been translated into over 24 languages. His latest book which is **The Irritable Male Syndrome** was published by Rodale Press in the fall of 2004, and in paperback September 2005.

He has also written nine booklets, produced 10 audio cassette programs, and produced a video program for the *Public Broadcasting System* (PBS).

He's taught classes all over the US, it seems, and Canada, and Europe. He has also been a consultant for business executives between the ages of 40 and 60 who want to use their mid-life passage to achieve life-long personal and professional success. He lives with his wife, Carlin, on Shimmins Ridge, above the Bloody Run Creek, in Northern California. They are proud parents of five grown children and eleven grandchildren. Welcome Jed. How are you today?

**Jed:** Thank you very much. I'm very well, thank you.

**Dotsie:** Well good. As you know, this is an hour call which is a follow up to our call from last week. Do you have anything that you want to share before we get started with these questions?

**Jed:** Well just as you described, these are issues that are testing people all the time and all over the world. I get emails every day from women and from men who are dealing with a whole host of relationship-related issues that touch on these areas of male menopause and irritable male syndrome. So I'm really happy to be talking to your audience and give them some insight into these issues and answer the questions that you have.

**Dotsie:** Last week you had to get right off the call; which I appreciate because I know you are busy. And there was a caller that had a question that we didn't get to. Her question has to do with men and how they measure success. She has learned that many men measure success based on income. She is interested in knowing how you can communicate to a man the importance of putting

relationships above money. Apparently as we know, some men do focus on the dollar, and as a result, they are not in the home to be with the spouse or be with the children and really help forge those relationships that are so important. So the question is how do we go about convincing men otherwise; that relationships are the most important thing and definitely ahead of money.

**Jed:** Well I think there is a lot of things that women can do starting with themselves recognizing the value of relationships over money. Often women give belief to that but when things are tight, they get very frightened and my god if he isn't working or he doesn't have a great job our life is going to fall apart. The whole society puts a lot of emphasis obviously on money, and earning money. That's part of the stress that so many people are experiencing now as the economy is really closing down in many ways. So what I tell women is that the best thing you can do is rather than try and convince him that money is not as important as relationships, but when he is naturally is drawn toward relationship and he wants to spend time with the kids, or he's got an opportunity to do something with family but says, gee, I don't know whether I can do it because of the job; encourage him. Go, you know, there's room for both. We can have time for us, and we can be sure that there's enough money. And honor that he wants to support the family and he wants to be able to make a living. Appreciate it for that, but also appreciate him for the time he spends with the kids, the time he spends with his friends, and the time he spends in other relationships.

**Dotsie:** And that's a good point because I think sometimes what happens is that women get so frustrated when the men aren't around that when they are around, it becomes a nagging scene as to oppose to ah, thank god you're around.

**Jed:** Right. They should be enjoying him around not just as many situations seem to come across as well, he's around tonight, he can do all those things that I want him to do, rather than appreciating that you're together; rather than just be a honey-do session; honey do this, honey do that, honey do that other thing.

**Dotsie:** Okay well one thing that I'm going to review before we get into some more of the questions; and actually these questions come right from the site at the forums at [www.boomerwomenspeak.com](http://www.boomerwomenspeak.com). I will warn you that some of the people who have asked these questions sound pretty upset with men at midlife. Some are married and some are not. But just to kind of put things into perspective because some of the questions have to do with male menopause, and you addressed that last week. But some of them have to do with cheating, and lying, etc. So I thought before we got into some of these questions it would be important to point out the *Top Ten Life Changes* that you associate with Male Menopause and of course I got this right off your site. Do you mind if I just read down this list?

**Jed:** No, go right ahead.

**Dotsie:** Okay, because I think some of this is a little framework for the questions because it just shows where men are at midlife, at times. The list of ten are:

1. Hormone-production levels are dropping. You addressed that last week
2. Sexual vigor is diminishing, and that is very important to men
3. Physical stamina and strength are decreasing
4. Children are leaving
5. Parents are dying
6. Job horizons are narrowing; I mean these are huge
7. Marriages (Sometimes 2nd and 3rd) are breaking up
8. Friends are getting sick
9. Hopes are being lost
10. Dreams are left unsatisfied

Wow...it sounds like a list of how to be depressed at midlife. But I have to say that many of the men I know are definitely experiencing at least one, if not several, of those. And so what we want to do is kind of keep these things in mind when we're talking about how upset and frustrated we can become with midlife men.

**Jed:** Exactly and one point I make about these is that we often make the assumption that women are interested in and involved in relationships and men are mostly interested in and involved in their work or out in the world. But what I found over the years is that men are very involved in relationships. So when these things change, when job losses change, when hormone levels change, often there is a huge amount of fear that's going on inside, but the man is already feeling vulnerable so he often doesn't express the fears and the concerns that are going on inside, and he keeps a hard, stiff-upper lip exterior which alienates him even more from the family that could support him if he could let down his guard and let them know what was going on inside.

**Dotsie:** Right. Well one of the first questions was what do you see as the biggest fears and concerns of men at midlife? And I would have to say it probably ties into that top ten list. You know, this is what the men are afraid of. They've had this dream and they're afraid, you know, life is going to pass them by. A lot of them are losing parents, and spouses; not necessarily spouses to death, but

losing marriages, etc. So could you put your finger on like the top three fears for midlife men?

**Jed:** Well what I hear in the men that will open themselves up to me as they do when we start counseling is probably the most common fear that men have is just loss of vigor; you know, loss of energy, loss of—they're tired more, their body aches more, there is just a feeling of things don't work. Some guys will say it feels like everything is breaking down; everything is a struggle. Secondly, there's fears and concerns about sexual loss. And those are both loss of erections, or loss of desire, or both. And the third is loss of job, loss of livelihood. Many of us are working into our later years because we have to and when the economy is as crazy as it is; even if we have a job, we're concerned about the possibility of losing it.

And the final kind of top area that we see of men's concerns is the feeling of not being useful, of not being valuable. You know men have a strong need to protect and to serve, and when we don't feel that we're able to protect and we're to serve, whether it's our family or our community, we feel irrelevant. We feel our life, you know, has no great value and often the irritability and the anger that is expressed is a cover for these real feelings of lost.

**Dotsie:** So if we could get them to maybe address some of these issues, maybe we could be more helpful. One of the things that I'm curious about and it is something that came up in the forums is, with the women's movement and with more women being in the work place, you might think that it would take some of the pressure off the midlife men when it comes to the whole money issue. Has that helped, hindered, or does that come into the picture? Do they feel the competition? Can you shed any light on that?

**Jed:** Yeah. Well it is a two-edge sword. I think many men will say to me, and say to their wives, you know I'm really happy that I'm not the only one that's carrying the load; that you're sharing in the breadwinning. A lot of men feel very great about that. The downside is that men often feel in their own work that they're now competing not only against other men but against women. And the truth is men are trained from the time that we're very young to compete with other men. We know how to do that. We have some skills at it even if we end up on the losing end sometimes. So we're use to that. But we're not use to competing with women in the same venue. You know we didn't play basketball with women growing up, we didn't play baseball on opposite teams where women were our competitors and we're on the other side. And so it's very confusing to men. So the result is that it's an approach of avoidance kind of experiences; that we're glad that women are sharing the workload with us, but we're also are often very confused and ambivalent about our ability to succeed in the world and feel that we're manly when we're faced with women that are our bosses sometimes, our equals sometimes, you know our competitors sometimes. And for many of us that is still very confusing.

**Dotsie:** Right. I was hoping that we helped take some of the pressure off and I'm sure in some sense we do, but there's still just that competitive spirit within the man.

**Jed:** Well what I am seeing is like with my children and my grandchildren is—you mentioned that I have five children and eleven grandchildren—and I see in the next generation of kids that grew up more in an equal environment where women did compete with them and that they played games together, and the girls played sports like the boys played sports. You know there's much less of that fear and much less of that fearful competition and wondering am I a man if I have to be in the same venue as women. So I think it's going to get better as the generations go on; but it takes time. These are big changes that we are experiencing.

**Dotsie:** Absolutely but it's nice to know that you do see some changes and I would have to agree with the younger generation that I'm in touch with. It does seem to be lessening, I guess you would say.

Okay, let's see. How do you get a man to go to therapy with you? And then of course the follow up question is how do you get a man to go to therapy alone? So say you are in a marriage or in a relationship and you feel that there are issues and he doesn't. He has got to know there is some kind of issue, because the relationship is just not as good as it was. And he is aware of that. But why are men reluctant to go to therapy, and how do you get them to go?

**Jed:** Well, there are a couple of issues we deal with. One is that the truth is that men have the experience often that to make yourself vulnerable to particularly another man, but also to a woman, scares you. So the idea of going to a therapist where you're being asked to talk about your personal life, to reveal yourself, to in a sense make your problems be shared in an environment where other people know, for men, that goes counter to the way that most men are raised. If you think about how most girls are raised, it's very common. You share your problems with your friends. You talk in small groups. All the women's magazines talk about how do you solve this problem, how do you solve that problem. That's not the male environment. Women need to understand that this goes very counter to what is normal in male-raised society.

The way you overcome that is to recognize how you get men involved in things that scare them. And what I found is the best way to get a man involved in therapy is not to try to get him to go to therapy, but for the woman herself to start therapy if she thinks that would be helpful. I've talked to a lot of women who have men who has the irritable male syndrome problems that affect them, and I say well you start and get involved. I'll teach you how to relate to the man, how to draw him in, how to make him want to come rather than try to get him to come. And one of the ways that often gets the men started is I call the guy up and say



look, you're wife has started therapy and I'd like to talk to you to get your ideas of how I can help her more effectively; not how I can help you, but how I can help her. And most men, you know, know there is something wrong and they're happy to help us help their wives because they want their wives to do better. Then the quest of breaking down some of the fears as I talk about how to help their wives, they often go, you know what, there is actually a little problem I'm having. Could I talk to you about that? You've got to get the men involved in a sense just like you know, getting kids involved, or getting anybody involved. You take them where they are, not where you are.

**Dotsie:** Right and that is such a great response and I think that will really help a lot of women because it works. I'm sure it works.

**Jed:** It does work. I talk to women who say, "He'll never go to therapy. He's refused. I've tried to get him to go for years." I call him up one time and say "Look, could you help me with your wife? She's really struggling. I'd really like to hear your perspective. I'm sure you got some ways of looking at this that she just doesn't see."

"Oh sure, I'd be happy to talk to you." And then that almost always then leads him to say, "Oh sure, I'd be willing to talk to you again."

**Dotsie:** I love the way you work with people, Jed. That's really neat. Okay, this woman ask many questions and I'm going to read them first, and then we'll go back. Just so you can see where she's going with it.

What changes do men want to make at their midlife and onward in their years? What are the main drivers for those changes that men make at midlife? Is it related to health, sex, self-image, increasing salaries, etc? Do men develop closer relationships with other men when they get older? And do much older men feel more physically vulnerable to attacks, threats, when they are frailer; or do they not feel this until something happens to them? That is from a woman in Canada. So what major changes do men want to make in their midlife?

**Jed:** Well obviously different people have different priorities. The common things that I hear from men is that they want to increase their energy level. They want to feel more vigorous. That is an across the board one that is true for most men.

Secondly what they'll say is I want to get rid of the stress. I'm just feeling stressed out. Many men, when we get the survey on the Irritable Male Syndrome, one of the highest responded questions was to a statement was I feel like I want to get away from it all. You know there is a real feeling that many men have that I just want to get away and start over. I want to get away from all of the stresses. I want to somehow. So that is the second area that men are experiencing is stress reduction needs.

And the third has to do with health and well-being. Many men want to lose weight, many men want to get more exercise, and it's very similar to where women are at midlife.

**Dotsie:** Right; it sure is. And it seems like the main drivers for those changes are the health, stamina, sex, and self-image, etc. Same thing as women, really.

**Jed:** It really is; we just express it differently, and you have to approach men differently. For instance, let me give you an example. I tell women that the mode of engagement for women if you think about it, what women tend to be comfortable with is face-to-face involvement. That's why therapy works for them better than it does for men because generally in therapy you sit face-to-face, right? You look into each other's eyes and you talk together. Well what I tell them is men are, not always, but often communicate better side-by-side rather than face-to-face. If you think about how men are built, physiologically, and where we come from in our biological heritage, the hunters, the male hunters; the only time that you have eyes looking at you is when you've got a predator who is about ready to eat you. So men are generally not comfortable with eye-to-eye communication. As I say, this is not across the board, but if you want to engage men, I tell women go for a walk together, talk in the car together, you know, side-by-side communication rather than face-to-face. And you'll see a lot of men who you can't get him to talk, you can't get him engaged; when you go for a walk together, or you engage side-by-side, they're much more communicative, because it's a style that's much more comfortable to them.

**Dotsie:** That's pretty amazing and I believe that. And it's interesting because the whole car thing is something that I often learned when parenting children, too. You know when you have something that you really want to talk to them about, do it in the car. Now that's so they can't jump out or walk in the other room, whatever. But it's interesting. I've never heard it explained that way and it makes a lot of sense. Okay, her question about men feeling more physically vulnerable. It's interesting and it's one that I hadn't thought about. But I know with my father as he's gotten older he's become pretty much handicapped. I know for a fact now that even a few years ago he was feeling less and less safe as he was out and about, and I guess the older you get, the more you feel physically vulnerable.

**Jed:** Well here's the thing that I tell people at midlife and older is that up until we are thirty to forty, regular exercise was kind of an option. You could do it or not because we had so much inherent vigor and physical energy, we could exercise or not. When you hit forty to fifty, exercise is mandatory if you're going to stay healthy. If you're not moving every day, and many people sit at computers or sit in offices, you're going to deteriorate; you're going to start running down. And then when your back hurts or your body aches, you don't feel like exercising. So I tell, you know, men and women, particularly the men I talk to, you've got to join my exercise class. You've got to come and be moving. Don't tell me about your problem here, there or elsewhere; about your wife or your kids, let's start walking

together. In my town here we sponsor regular walks for people of our ages but we're getting people of all ages and once you are active, we've got a guy who walks regularly who is 96 years old. He doesn't feel like he is deteriorating at all. He's just getting older. So a lot of what we accept about aging—this is true for both men and women, but particularly for men—is that deteriorating is natural; it's part of aging. It's not. It is part of a sedentary lifestyle where we eat too much and we move too little.

**Dotsie:** That is so true. I would have to say that the people that I admire the most, the elderly that I admire the most, are the ones who have stayed active. I know an 86-year old woman who works six days a week and she's got more energy than anybody I know, but it is because she's just never stopped. She has her health, fortunately, and she just keeps using it.

**Jed:** You have your health because you move. The more you move; the more you exercise—we're built to move. Human beings are built to be moving. The only time human beings in our natural environment stop moving is just before we die. That's the body's message that says conserve the last bits of your energy because you're going to die soon. So if you stop moving, basically what you are telling your body is get, get ready to die.

**Dotsie:** Right and I would have to say that our generation is much better at staying active than prior generations. And a lot of that has to do with us ushering in the health craze, too. Okay well let's see. We pretty much answered her question. We've talked about men and women in the workplace.

Why is it that men drop bombs? And let me explain. This woman writes that, "I know a woman whose hubby never wanted adventure, or to travel. He walks in on his fiftieth birthday, announces he is leaving her and has cashed in his CD. He was going to live in Paris and basically walked out the door saying, 'tah tah. She didn't have a clue.'" Now that's just one example. I'm sure we all have other examples. I have a friend whose husband basically never communicated. She really didn't know there was a problem. They socialized together, they went out, they did fun things, and she thought they were having good times. He never communicated otherwise until the day he said, "I'm leaving." So why, and this probably goes back to the whole communication piece, but why is it this all or nothing at the last second?

**Jed:** Well there are two reasons that I've found that are common. The first thing is that men and women want things to be good in their relationships. The longer you're in a relationship in a sense, the more we have to lose, the more fearful it is that some problem is going to cause things to ruin our marriage, or to split us up. So one of the things that happens is that all these little problems, these little things that never get said build up, and they build up. Particularly guys; we push it aside. We don't want to look at it, we don't want to look at it, and one day we come home; we look at our wives and go, I can't do it anymore. And that's when

they drop the bomb. So that's one set of things. These things that build up, they build up, they build up. When I talk to women and I say, be honest. Weren't there some inkling that you saw that you kind of ignored looking back on it now? That he wasn't as happy as he seemed? Almost every women will say yeah, you know the truth is he was giving me some messages but I didn't want to see it. I didn't want to believe that things were difficult. I wanted to believe that things were fine. So help the guy talk about these things. That's one side.

The second is that for many people is that they hit this midlife crisis, or this male menopause passage, or andropause; and because they're blindsided themselves, they don't see it coming. They really were feeling fine with the relationship, but they wake up one day and suddenly they go, my God, I don't have that many more years to live. I'm over half way. All of a sudden you are coming down the other side and this huge change just hits you and you go, I've got to make a change! I've got to do something different. And because it hits men out of the blue, they really don't understand it and they really don't know what to do, and often these large changes that they don't understand get translated into well if things are strange and something needs to change, the only thing that I understand and that I am familiar with is well maybe I don't love you and I need to leave. It's what they know to interpret big change. And again often when we go deeper into therapy that I do with men and their wives, we find out that's not really what they wanted. They didn't want to end the marriage. What they wanted to do was figure out a way to totally change their lives, and they didn't know how to do that. Many of them assumed that the only way to change is, I guess we'll have to go our separate ways. And when I work with the people we find out that there are lot of ways that you can change, and make radical changes in your life, and work out the changes that you need without having to break up your marriage.

**Dotsie:** Right. But often times the marriage is the first thing to go.

**Jed:** Well it can be if you don't address it obviously as early on as you can, and notice those early warning signs. Or secondly, when it comes out of the blue and he says, well I don't love you anymore, or I love you, but I'm not in love with you, and many women have heard that phrase, then rather than going oh my god, it's all over, you know, go hey maybe I need to call a therapist. Or we need to find somebody who really understands these issues, and help us address them, and see if there are some other options other than bye-bye, we gotta go.

**Dotsie:** So basically the message to women is if you have a hunch that something might not be right, don't ignore the subtleties.

**Jed:** Right.

**Dotsie:** And try to address them while walking or driving in a car. Anything else?

**Jed:** The third part of that is if it comes out of the blue, and often it does, the guy will go, I don't really know what is going on; I just know that I've got to change, or I don't love you anymore. Rather than either freaking out, which obviously it's hard not to do when it's out of the blue and your twenty, or thirty, or forty-year relationship is threatened, but to listen and go okay, let's talk about it, what's going on? Because someone wanting to leave is a perceived solution to some unmet needs that the guy has. And if you can get to what he really needs; is it freedom? Is it change? Is it the ability to not feel so pressured, or so much not feeling responsible for everybody else, or to be able to find his own direction, or his own future, or his own calling in life. Once you get at what's really going on, then often we can come up with solutions that are going to work both for the man and the woman.

**Dotsie:** Right but communication is key it just seems like, actually in all relationships.

**Jed:** Sure.

**Dotsie:** The next question is kind of funny and I'm not sure you will be able to answer this one, but anyway.

**Jed:** I can answer anything! Absolutely anything. There aren't any strange, too funny, questions believe me. Everybody who has got a question, it is because it is very real in their lives.

**Dotsie:** I would like to know why men think it is okay to cheat even when they have a good wife at home.

**Jed:** Okay. Well there is a good reason for that. One, it isn't okay, obviously. Most men and women make an agreement when they get married that they are going to stay true to their partner. Most men say well I'm going to marry, love, obey and cherish, and you know, cheat occasionally, as long as you don't catch me. But the truth is that men and women are different biologically. Men, biologically, and I'm talking biologically, but we are biological beings, there is biologically more value in a man cheating than there is in a woman cheating. And what I mean by that is when I do classes and workshops with men and women, I do a role reversal where I have the women play men, and the men play women. And what I say in this group of women now playing men, so you can go thru this with me, if all of the women listening for the moment, we're going to pretend you are men.

**Dotsie:** Okay.

**Jed:** And your biological duty is to reproduce as many new copies of yourself in your genetic line as possible. So I ask you, as men, how many babies do you

think you could make in the course of a year? You think about it and say, as men, right, you could make a lot of babies. You've got a lot of sperm, and every woman you could impregnate, you'd have another baby possibility and you'd have more of your genetic material passed on to the next generation.

So now I ask the guys who are now playing women; I say, okay, how many babies can you make in a year? They say one, or maybe a couple if we have twins. So the point is biologically there is a biological drive that makes men more likely to make babies than women. There is another biological reality that we don't like to talk about but every aging woman is going to come to a time, somewhere around fifty, where they can't make babies any more. Right?

**Dotsie**: Right. Absolutely.

**Jed**: And every male who is around fifty can still make babies. Now that's a biological reality we have to deal with and so you can say, "You ought to be true to me like you said you would," but this is the part of the communication. You have to communicate the reality that there is that biological desire that a man has, and a woman has it too, to reproduce; to make babies. The only way that a 60-year old man with a 60-year old wife, unless they are very unusual, can make babies, is if that 60-year old man has sex with a younger woman.

**Dotsie**: Wow, I've never thought about that in this way before.

**Jed**: These are the kinds of things that we talk about in the workshops that I do and once you are able to talk about it, then we can talk about these kinds of things. But you can't do it by saying why can't men be more honest and why do they cheat? And some women cheat too, but the implication is why can't men be more like women. Well, because we're not. We're men. So we can make that a dialogue where you can talk about, okay, how do we deal with that reality? How do you deal when a male attraction to a younger woman is a biological reality, and as you pointed out, we now work in environments where you have a lot of people working together and seeing each other, and interacting with each other, that reality is going to be something you're going to have to deal with; men and women. I can help you deal with that and you can help by recognizing that biological reality and allowing that dialogue to occur in your own relationship.

**Dotsie**: Right. Well this one is probably going to have a similar answer then because she also wants to know why men judge a book by its cover never seeing the prose or the poetry within. And you know, a lot of these are generalizations.

**Jed**: Yeah, there are a lot of generalizations that are real. Those are a biological reality. That the reason that men are attracted to young, beautiful women, which is what she means by the outer cover, is because young women are reproductively more likely to make babies than older women. And

biologically, there is a young looking face, smooth skin, big eyes, an open smile. These are indicators of reproductive success. Even the waist to hip ratio they found biologically makes you more likely to be able to make more babies and so that hour-glass figure, you know, the play boy model, is actually biologically attuned to reproductive success. And that's not true for men. You can have an ugly looking guy and he can still make his healthy babies, but women get attracted, let's be honest, to men who are successful or have the trappings of success, or the potential to success because women are biologically attracted to men who build nice nest; who have resources, who are willing to share them with the woman.

**Dotsie**: Right, Gosh, it all makes sense, doesn't it?

**Jed**: Well it does, once you understand the world of men. And a big part of it, not all of it, but the part that we often don't recognize is that we are biological beings and that does impact who we are and how we interact. And if we understand that, it can make our relationships certainly more understandable, and in the long run, more enjoyable and much more loving.

**Dotsie**: Okay I have about two more. What can a female do to get a male to listen, really listen, and converse, interject thoughts of value, instead of yes dear, whatever you say, um, I don't know, or nothing at all. This is a woman who is married and is interested in really conversing with her husband.

**Jed**: Okay. Well there are three things you can do. First is the side-to-side communication. Second is make it short. Men complain about women as she goes on and on and on and then never gets to the point. As an example, when my buddy Lanny calls me up, our conversation goes something like this. You going to play today? Yep. See you at the gym. It lasts about three and a half seconds. And my wife, when her friend calls her up, they talk about this, they talk about that, they check on the weather, they talk about the kids, and then, oh by the way, let's make the date to have lunch or work out. So men, when they hear women say, "could we talk?" their eyes go, oh my god, this is going to be one of those long things. So I tell them, make it short. Say honey I'd like to talk and I've got a 2-minuter, max. Can you be with here and hear me for 2 minutes?

**Dotsie**: But that seems so unfair. If women can't converse with friends or family members without having to pre-think, you know, exactly what they are going to say and how long it's going to take—I'm exaggerating a little bit—but that just seems contrived.

**Jed**: It is contrived. If you look at it from the man's point of view, his view is I'm always having to communicate the way the woman wants. Communication is kind of her thing. So he'll listen, but after the first two minutes, his brain has gone to sleep, and so he's just going through the motions—yes dear, uh huh, um, yes, uh huh, I hear ya, yeah—and she picks up of course that he's not listening, and

she tries harder. And she talks longer. And so you're both caught in the cycle where she's not getting the most out of the communication, and he isn't either, and so I'm not saying that you have to communicate that way all the time, but if you can give the guy the sense that you can say what you have to say, in a rhythm that works for him, many women can learn side-to-side communication, they can learn to communicate more pointedly, and you know, more specifically.

And then the third thing you can do is say here is how I'm feeling, here is what I need, and here is what I'd like from you.

**Dotsie**: Just short and sweet, and to the point.

**Jed**: Yeah, somewhere in that is, you know, I'm really feeling upset because I really need for us to communicate well. Here is what I would like. Would you be willing to sit and just give me your undivided attention for two minutes? And women will tell me I would rather get his total, real, present undivided attention for two minutes, than his lack of presence and his uh huh, yes dears, for 45 minutes.

**Dotsie**: Right. Well that makes sense. That makes sense.

**Jed**: The more you have short communication that works, then he goes, hey, this wasn't so bad, then when you want to talk longer, he's willing to because he goes oh, that wasn't so painful.

**Dotsie**: So hopefully, you can build on that.

**Jed**: Yeah. I tell women don't expect guys to communicate like your girlfriends. That's not going to happen. Don't make that; otherwise, you're going to be unhappy with your man and if you want a long, heartfelt communication, and I'm not saying that's wrong; I tend to be one of those guys, I communicate more like a woman, like you can tell. We've talking for what, an hour, and I'm just getting warmed up. But I'm unusual that way.

**Dotsie**: Well those are three good suggestions. One last question here that has to do with physical health and here it is again...how do you get a man that you love to have a physical?

**Jed**: That's easy. Here's what my wife has done it. Physicals scare the hell out of guys because they're not use to having them. One guy told me I get my yearly physical once every 18 years. We put it off. If you think about most women, because they're women, and they've been going to the doctors with their kids from the time they were young, they've gone for themselves for monthly checkups and various gynecological kind of things; they're use to going to doctors. Men are not. So you have to make him going to the doctor really valuable for him.



And one of the things that my wife has done that makes me really interested in going to see the doctor which nobody likes to do, but she tells me that one of the sexiest things that she likes about me is that I take care of myself physically and that I go to the doctor. And when I come back from the doctor, there is often a really sexy encounter that she's created for my return. So if you make just about anything for a guy—if you want him to do it, tie it to some really neat reward, and sex is a really neat reward, you're going to find out he's going to want to go to the doctor more often. Because he associates it not with a painful, hurtful experience, or having somebody make him take his pants down, but oh boy, when I get back, you know, my wife thinks this is the sexiest thing, and she loves it when I take care of myself, and since men love to protect and serve, he'll go to the doctor because it makes her feel good, and he's rewarded with something really nice, where he wouldn't go if you just nagged him.

**Dotsie:** Right, right. So again, it boils down to communication and how we make the men in our lives feel, and just a lot of pretty much, thinking ahead.

**Jed:** Yeah, and thinking, not only thinking like a man, knowing how a man thinks, and communicating to him in the language that he understands. It would be like if I spoke only English and you spoke only French, and if I just kept talking English and said well too bad, you've got to learn my language, it might take us a while to communicate. But if I really thought, you know what, it might be better if I learned a little bit of French.

**Dotsie:** Yeah, well let me ask. I know you have books and products and different things that you offer on your site. What of those products would help a woman understand how a man thinks, the most? Or is the answer all of them?

**Jed:** Well each one takes a bit of the total and breaks it down. I have actual e-booklet's that I send out to people. And I've got one that's called "*Everything You Wanted to Know about a Man but Were Afraid to Ask.*" I don't have it up on my site because it's a new one. But if people email me and mention that, I'll tell them how to get that. And that's where I put everything that I've learned about why men are the way they are into one place; in one simple little booklet that is short and sweet, and easy to read and will probably save you years of expensive therapy, and save you a lot of money if you can prevent that divorce that's on the way.

**Dotsie:** Now let me know when that's—is that published yet?

**Jed:** I have it available. I give it to people in my workshops mostly, but to your listeners or your readers, I'll make it available. It's an e-book type thing. It's not fancy but it's got all the information and it's not too expensive and readily available.

**Dotsie**: Okay yeah, because I would love to help you promote that. I think that sounds like a winner.

**Jed**: Well we can talk about how to best get that to people that would find it valuable.

**Dotsie**: Sure. Now anything else you want to add? Why don't you tell everybody your web address?

**Jed**: Sure. It's [www.menalive.com](http://www.menalive.com) and from there, there's all kinds of books, and booklets and resources. People can sign up for my free e-newsletter that I send out each month that tells them about the latest articles I'm writing, what I'm thinking. Tips, questions answered. Just a nice way to stay in touch with what I'm doing and to give people a resource that they can use to help themselves and help their relationships.

**Dotsie**: Okay and then Jed, just because not everyone that's listening to this will have listened to Part I of the series, do you want to tell them about the quiz that you have on your site?

**Jed**: Sure. There is a specific quiz you can get to on the site. It's called "*The Irritable Male Syndrome Quiz*," that you can get to from my website or directly by going to [www.imsquiz.com](http://www.imsquiz.com). And it was part of the research study that I originally did that really helped us understand better what goes on with men who are irritable, who are angry, or depressed. And it is a questionnaire that men can fill out, or women that love them can fill out. And it will give you a score that will really help you to know if this is a problem in your life and then if it is, there are lots of resources of what to do to make things better.

**Dotsie**: Okay very good. Now let me just see if anybody has a question before we sign off. Does anybody have a question before we go? <pause> Okay, it sounds like we covered everything that we didn't cover last week and lots more. So thank you very much and the audio and PDF has already been sent to our members and now that this one is finished, we're going to put the packages on the homepages just to help spread the word about your work Jed, because I think you are doing great things.

**Jed**: Thank you, I appreciate that.

**Dotsie**: Okay, thanks so much for being on the call and have a great day.