



# **The Man's Guide to Women: Scientifically Proven Secrets from the "Love Lab" About What Women Really Want**

*John Gottman, Julie Schwartz Gottman, Douglas Abrams, Rachel Carlton Abrams*

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## **The Man's Guide to Women: Scientifically Proven Secrets from the "Love Lab" About What Women Really Want** John Gottman, Julie Schwartz Gottman, Douglas Abrams, Rachel Carlton Abrams

Results from world-renowned relationship expert John Gottman's famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, *The Man's Guide to Women* unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want in a man?

Dr. Gottman, author of the *New York Times* bestseller *The Seven Principles for Making Marriage Work*, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. *The Man's Guide to Women* is a must-have playbook for how to play?and win?the game of love.

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