

## Think like a man—and Get more of what you want!

For all the pointers we could give men, there are—surprisingly—a few things they could teach us! say experts. Like how to:



Pursue your goals like a man does, experts say, and you'll be happier and healthier!

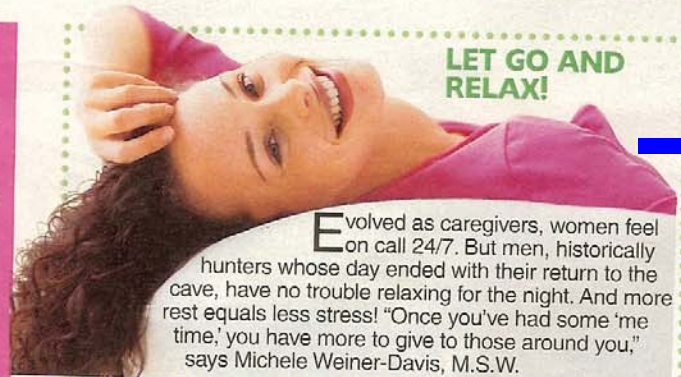
### ACCEPT COMPLIMENTS!

Where men bask in and even solicit praise, studies show women, trained to be modest, are more likely to respond to it with a denial or qualification. "But compliments are proven mood-boosters," says Debbie Mandel, author of *Changing Habits*. "And by denying them, you dilute their feel-good effect!" Next time you get a compliment, simply say, "Thanks!"—and see if you don't get more of a lift than if you'd balked at it!



### DO ONE THING AT A TIME!

You bet your guy hates being interrupted mid-activity, because he's wired to focus on a single task! Women, the nurturers, are able to multitask—but juggling is no breeze, says Pat Love, Ed.D. "Multitasking is the number-one cause of stress in women!" When someone interrupts you, just say, "I'll be with you as soon as I finish..." she advises.



### LET GO AND RELAX!

Evolved as caregivers, women feel on call 24/7. But men, historically hunters whose day ended with their return to the cave, have no trouble relaxing for the night. And more rest equals less stress! "Once you've had some 'me time,' you have more to give to those around you," says Michele Weiner-Davis, M.S.W.

### GET TO THE POINT!

When men talk, it's usually to convey information—the reason their communications are usually shorter and more concise, notes Mandel. "And that's often the best way to hold someone's attention." So ask yourself "What are my two or three main points here?" then bullet them out in your head, and stick to them.

### PURSUAE A DREAM—OR A PASSION!

Men are encouraged to follow their dreams, but women—busy balancing work and family—often give up on them. Too bad, since those who pursue their passion are happier and healthier! Try taking a baby step toward something you want to do; chances are, it will lead to another step, and another, until you're on your way to fulfillment!



**Did you know?** Surveys show men's top goals revolve around money and status, while women's are all about family and relationships!



### ASK FOR WHAT YOU WANT!

While women often tiptoe around issues, men have no trouble requesting what they deserve or saying what they mean. If you have problems tackling subjects, talk in positives ("I'd love it if you'd call when...") rather than negatives ("I hate it when you don't..."). Not only will that help you find just the right words, it'll guarantee your requests will get a positive response!

—Barbara Hustedt Crook  
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