

How to Be Cherished: A Guide to Having the Love You Desire

From Marilyn Graman and Maureen Walsh

Page 26-28: Using Your Natural Advantages

"You are the keeper of relationship," say the authors. For those women who feel helpless to change the dynamics of the relationship, here is a list of natural skills you can use to get the love you deserve.

Page 42-46: Meet Professor Martha and Laborer Jack

Martha wishes Jack would attend her faculty parties, but it was Jack's rough character she first found attractive. Many women now complain about the same traits that attracted them to their men. This excerpt works well with the "Remembering" exercise on 52-53.

Page 68-71: Lily's Man Trouble is Music to Mom's Ears

Mom was right there for Lily, as one "bad boy" after another came and went from her life. When Lily hooked-up with meek but thoughtful Henry, Mom couldn't relate. How parents shape our expectations about mates.

Page 100-103: A Change of Plans and A Change of Mind

Heidi asks Stuart to phone her if his schedule changes. When Stuart complies, he catches hell. Is your man "damned if he does and damned if he doesn't"?

Page 109-11: The Heart of the Matter

This section on "Owning Your Part" is at the physical and spiritual heart of this book. You share responsibility for the problems in your relationship and, for the most part, you have the power to fix those problems. What do you want to hold onto at night: your anger or your man?

Page 113-117: Michael gives Veronica Too Much Space

Veronica's upset when agoraphobic Michael fails to make an appearance at her 40th birthday party. You can keep asking him to do something he can't do, and be upset when he doesn't do it, or you can accept him for who he is and deal with the changes needed to make it work.

Page 160-164: I'm So Mad At Myself I Could Kick You

Danielle willingly gives up her career and hobbies for her husband and children, then gets mad at Morris when she realizes how unhappy she's become. When she takes responsibility for her own happiness, everyone around her feels better, too.

Page 177-181: And You Thought Saying "I Do" Was Hard

The two most difficult words in the English language are: "I'm sorry." Bridget learns it's easier to admit her mistake than to hold a grudge against Jared.

Page 198-199: How to Spit and Swear

An excellent excerpt on six things you can learn from your man. Men are better at setting their troubles aside, being spontaneous, and enjoying the moment. You could learn a thing or two from him.

Page 202-211: How to Talk With Your Man

This whole chapter is an excellent guide to "man-talk" and contains several humorous, engaging excerpts such as: The Fifteen Minute Rule (p. 203), He Said, She Said (p. 205) and a list of Guidelines for Conversations With Your Man (p. 209). See also the hilarious excerpt on pages 191-193 comparing men in conversation and women in conversation.

Page 213-214: Ruin a Sweater, Save a Marriage

Raymond tries to help out around the house, including doing some laundry. His mistake could lead to disaster, but Vanessa has learned the secret of being cherished: she'd rather have a life partner than a sparring partner.

Page 265-270: The Short List

You got the "I do" part right, now how about "I don't." A handy tip sheet of what you should and shouldn't do in your relationship with your man. Sums up over 50 years of experience counseling thousands of women on how to get the love they deserve.

Geographical Points of Interest:

- New York City (Home of co-author Marilyn Graman)
- Greenwich Village (Headquarters of Life Works, Inc.)
- Los Angeles (Part-time home of co-author Maureen Walsh)
- Santa Fe (Home of Life Works Books and part-time home of co-author Walsh)
- Vermont (Childhood home of Guidess Hillary Wells)
- Philadelphia (Long-time residence of co-author Walsh)

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