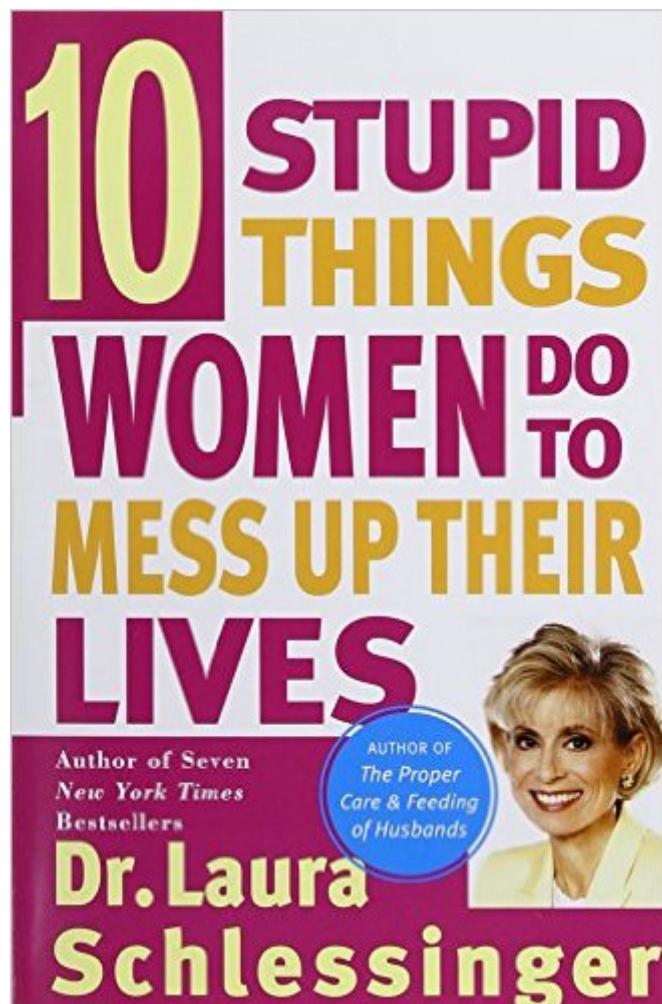


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# Ten Stupid Things Women Do To Mess Up Their Lives



## Synopsis

Dr. Laura Schlessinger is the incredibly popular and controversial psychotherapist who hosts a nationally syndicated, top-rated midday radio talk show. She has strong convictions and doesn't hesitate to voice them to callers. She urges women emphatically to lose a domineering jerk of a lover and pick one of the "good guys," to stay home and parent the babies they've made, and to follow the dream rather than some dreamboat. Above all, she exhorts women not to blame anybody or anything but themselves if they're unhappy and their lives seem a mess. 10 Stupid Things Women Do to Mess Up Their Lives uses real-world examples from Schlessinger's radio show and private practice to drive the message home. And the message is that our reticence to be bold and brave often makes us act like stupid, submissive victims. Once we muster the courage to take responsibility for our own problems and to tolerate the discomforts of risk, the possibilities for personal growth and joy are limitless. If you're looking for an all-approving hand to hold, you won't find it here. If you're prepared to take a clear-eyed look at your self-diminishing behavior and to make the move to a quality existence, there's no one better than Schlessinger to keep you honest and to cheer you on. One thing's for sure: You'll never look at your relationships, behaviors and decisions the same way after you've finished reading this book.

## Book Information

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## Customer Reviews

You have to ask yourself one question. Why do authors who are divorced write all the marriage and

self-help books? Well in five words: "They learned from the experience." If you want advice from a woman who has "been there/done that" then Dr. Laura is a good source of wisdom. She has fallen, picked herself up and moved on. Girlfriend, this is one woman who isn't going to take it anymore. She looks at the facts, pushes aside the romantic ideals and makes you face the reality of your situation. Personally, I kinda like her "in your face truth attitude." It is refreshing to finally hear what no one else will tell you. Dr. Laura's hope is that people will learn to live more balanced lives. She takes a look at our unrealistic drives and primal needs. She says the "ultimate stupidity" is withholding from yourself the respect you deserve. She shows how women often tolerate obnoxious male behaviors in order to avoid loneliness, self-assertiveness, and self-sufficiency. The lovely contents include chapters on Attachment, Courtship, Devotion, Passion, Cohabitation, Expectations, Conception, Subjugation, Helplessness and Forgiving. While most of this book seems to be for women who are dating, every woman should read this book. "It is your job as a woman, as a person, to become as fully realized as you can by having dreams, forging a purpose, building an identity, having courage, and making commitments to things outside of yourself. In so doing, you take a more active role in the quality of your own life so that other people-friends, spouses, children-share in your growth rather than become responsible for it. You'll feel super. And you'll feel really womanly-as opposed to babyish or girlish-perhaps for the first time." ~Dr.

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