



# How Can I Get Through to You?: Closing the Intimacy Gap Between Men and Women

*Terrence Real*

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**How Can I Get Through to You?: Closing the Intimacy Gap Between Men and Women** Terrence Real  
"What happened to the passion we started with?  
Why aren't we as close as we used to be?"

**PROBLEM:** If you are a woman who is unfulfilled in your marriage...if you feel unheard or overburdened...if you quietly live in a state of slow-burn resentment...

**PROBLEM:** If you are a man unhappy that your partner seems so unhappy with you...if you feel bewildered, unappreciated, or betrayed...

## **This book offers a solution**

Bestselling author and nationally renowned therapist Terrence Real unearths the causes of communication blocks between men and women in this groundbreaking work. Relationships are in trouble; the demand for intimacy today must be met with new skills, and Real -- drawing on his pioneering work on male depression -- gives both men and women those skills, empowering women and connecting men, radically reversing the attitudes and emotional stumbling blocks of the patriarchal culture in which we were raised. Filled with powerful stories of the couples Real treats, no other relationship book is as straight talking or compelling in its innovative approach to healing wounds and reconnecting partners with a new strength and understanding.

## **How Can I Get Through to You?: Closing the Intimacy Gap Between Men and Women Details**

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Author : Terrence Real

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## From Reader Review How Can I Get Through to You?: Closing the Intimacy Gap Between Men and Women for online ebook

### Gerald says

Wanna know more about relationships and how to close the intimacy gap between men and women? I highly recommend a perusal...

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### Megan says

Wow, this is a must read for any therapist, future therapist, or any person in a relationship. I love that he acknowledges the damage that patriarchy has done to not just women, but also men, and how we can and should adjust to this important shift taking place in modern society. Recognizing the damage inflicted because of the subtle or overt messages we have all received being raised in such a system is essential to making the correct steps to repair and heal our relationships with others and ourselves. I rented this audio book from the library but will be purchasing a hard copy because it will be continually referenced for years to come.

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### Vince says

I loved this book. Can see that different people reading this would get different messages. My partner read it with me and we both saw good and helpful insights - but not always the same ones!

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### Michael Britt says

I'm not married, but I don't think you should wait til you're married to learn this stuff. This holds some really great tools no matter your relationship status. I recommend this for just about anyone, but I think people who are struggling in their marriage will benefit most from this book and it's contents.

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### Zsófia says

I loved it! I think it's not an understatement if I say this is one of the best books I have ever read. Books like this should be mandatory in high school or universities at least. It was hard to put it down, and I can't wait to read more from Terry.

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### Alex Giurgea says

O carte despre psihologia barbatului in relatii si modalitatile in care se poate creste deschiderea si cultivarea intimitatii in cuplu. Una din cele mai bune carti pe care le am citit pe aceasta tema. 7 stele.

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### **Kely says**

I only wished I had this book when I was married. Although the book is a bit slow at the beginning, the strategies to open communication between partners given in the last chapters of the book are invaluable. If I ever enter into another long-term relationship I will read this book again in hopes I can communicate with my partner in better and more productive ways. If you're married, you should read it. If you've become disconnected from your spouse or partner, you should read it. If you're going into a relationship, you should read. Wait, everyone should read it! Men and women alike...

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### **Bfunkiee says**

patriarchy- pushing men to the masculine and women to the feminine and what a mess that will make of ur life and everybody is suffering from it in one way or another. Most important book iv ever read. Also passive dependancy disorder! commonest disorder amongst society, and much more! Best book to mature the soul and help balance the masculine and feminine in you by naming its pieces and disfunction.

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### **Amber says**

I had to read this book for my Couples Counseling class but I found it surprisingly readable. An interesting take on how the women's movement has empowered women to demand more support and intimacy, but has neglected to teach men how to do this.

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### **Terry Sloan says**

**Wow!**

This book breaks down relationships and the work they require into small pieces that I, as a therapist and a wife, can implement instantly into my relationship and the relationships of my clients. Excellent!

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### **Lauren says**

As I read this book, my mind returned over and over to wondering if I could have read and absorbed the discussions in this book when I was younger, whether I would have been receptive enough to the messages and ideas to have approached my 20s and early 30s with more wisdom, more clarity. Inevitably, I sense I would not have been, even if I had picked up such a book in the first place. Even coming from where I am now in my life, this book sat around for weeks until I finally started flipping through it, then devoured it in days.

I see myself in almost every page, in my own attitudes toward emotion and weakness and strength, in my still deeply held subconscious derision of all things coded feminine, in my own struggle to be conscious of

what I am feeling and where that feeling comes from. It is impossible to write a review on the mobile app at the moment, so I will have to return when I can see more than a single line of text at a time....

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### **Jason Polk says**

While reading this book, several times I had the thought, I love Terry Real's work.

What is refreshing is how he breaks down the cultural underpinnings of our modern-day relational problems. From how men and women are raised, to how our cultural love stories have created a perverse image of love that is rooted in patriarchy.

In this book you can see Terry begin to formalize his modality for couple therapy, which is now called RLT.

As a couple therapist, I loved this book. As someone who wants to keep a strong marriage, I loved this book. Also, what is inviting about his work is how he shares his own difficulties with his marriage and his own "relational recovery."

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### **Charles Dean says**

Again, Terrence Real has me thinking hard about myself, my marriages, and the marriages of the people in my church. Fascinating.

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### **Marie Celano says**

"Women are unhappy in their marriages because they want men to be more related than most men know how to be. And men are unhappy in their marriages because their women seem so unhappy with them."

This quote really resonates with me regarding working with women and couples in therapy. There often seems to be a frustration on the woman's part that their husbands are not better connected and relinquishing on the man's part trying because it's never enough. In this book Terrence Real teaches couples how to change this typical way of interacting by encouraging men to be more vulnerable and women to be more direct about what they need and will tolerate.

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### **Megan Ringrose says**

Men don't like to be vulnerable and don't know how to be tender.

If a relationship is important enough to them, sometimes you can get them to suffer through being vulnerable and learning tenderness to save the relationship.

That's what I got out of the book. It's probably a fine book, but I was looking for something with more tell and less show.

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