



For Young Women Only: What You Need to Know about How Guys Think

Shaunti Feldhahn , Lisa A. Rice

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Unlock the Male Mystery

Guys will be guys. And now girls can know what that means! *For Young Women Only* dives into the mysterious inner-workings of the teenage male mind so that you can begin to understand why guys say and do what they do. Exploring critical topics including respect, insecurity, appearance, physical affection, and the "tough and tender"-ness of guys, this book is also packed with "ask the expert" sections, quotes, and fun personal stories from guys in all walks of life. *Why is he so visually stimulated?* You may wish it weren't so, but that won't *make* it so. *I don't want to put on a front for him to like me.* Actually, he wants your genuineness, too! This book will help you grasp how God wired the opposite sex so you can enjoy your relationships with them.

Why Are Guys So *Weird*?

Unravel the mystery. A national scientific survey and in-depth personal interviews give you an unprecedented look inside the teenage male mind. Discover how: He'd be perfectly fine if he was loved by few and hated by many...as long as he was respected by all His ego is the size of Africa (but so are his insecurities) He hides his real feelings under a tough exterior He's magnetized by pretty girls-but also wants to find a diamond in the rough He actually does want to marry a virgin He just wants you to be *yourself*.

It's the inside scoop you've been waiting for! You'll come to not only understand *him*, but also know what he might really be thinking about *you*.

"This is a phenomenal book that I wish I'd had as a teenager!"

-Shannon Ethridge, Bestselling author, *Every Young Woman's Battle*

"Girls, this book is a MUST-read!"

-Candace Cameron Bure, Actress, speaker

Story Behind the Book

"My teenage daughter really needs to hear this!" Such was the typical reaction from countless men and women who read Shaunti Feldhahn 's bestselling *For Women Only*. "If forty-year-old women are surprised by the truth about how men think, we realized the value in helping teenagers discover these realities as well," says Shaunti. Teaming with her best friend Lisa Rice, a mother of teen girls and the coauthor of *For Women Only Discussion Guide*, they launched a major national survey of guys fifteen to twenty. Their surprising findings are revealed here to help girls improve their relationships with the opposite sex, now and into the future.

For Young Women Only: What You Need to Know about How Guys Think Details

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From Reader Review For Young Women Only: What You Need to Know about How Guys Think for online ebook

Alyssa says

this book was the best info on guys book you could ever get your hands on!

how do they really feel on the inside?

what do they think about?

how can i be a better friend to my guy friend?

why are they sooooo different?

and many more questions, like these, get answered!

this is a great book and every girl should read it!
(just keep it away from the boys.jk lol)

i just finished reading it again!!!!
loved it!

Kandise says

188 pages about how to make yourself a blank slate to avoid offending, insulting, or "luring" the young men in your life. Includes requisite chapter on losing weight - because guys can't help not be attracted to you if you're 20 lbs overweight - but of course after endless messaging about how to look, act, dress, talk, and think, ends with the completely contrary instruction to "be yourself."

Other messages in this book include that all young men's problems originate with girls; young men are incompetent ciphers who require the love, affection, and guidance of a young woman to be whole; and that young women are primarily mean, self-absorbed creatures who don't understand "the effect" they have on the world around them (ie. if someone "lusts" for you, it's your fault, they can't help themselves).

The book avoids discussing the fact that, according to the authors' own survey, 64-82% of young men are complete hypocrites when it comes to pre-marital sex, while promoting the evo-psych view that guys are helpless slaves to testosterone. Possibly the most problematic message of all is that all young men are deserving of unconditional respect at all times, regardless of their behaviour. Combined with the book's declaration that "82% of young men don't feel the ability or responsibility" to stop sexual activity once it starts, there are some pretty overt rape-apology subtexts here.

An assault on feminism and a crime against young women.

Sophia says

I got some good inside scoop from this book. I also got a lesson on how to pray to God for forgiveness when my mini skirt caused those poor boys to think dirty dirty thoughts.

Great concept, but the slut-shaming, moral policing, fundamentalist message of the authors left me unable to stomach this advice, let alone take it seriously. But if you're a Christian girl looking for guy advice/purity polishing, then you've found your holy grail.

Veronica says

Rating: 1.5 stars

Megan Smith says

I think this book has some really great insight into the male mind. Yes, it is written by a woman, but there are lots of surveys and quotes from real guys from older teens to young twenties. There were some lightbulb moments for me reading *For Young Women Only* as what she said rang true with what I'd seen. I will say that it is a bit categorical at times, putting guys into boxes: "All guys ___" etc. But overall I recommend this book to older teens and girls in their twenties and thirties that want to get some insight on the way guys think. The insight is good and the perspective is great. It is important that we approach this with prayer and understand that guys don't always fit into the mold.

Angela Blount says

A quick, plainly written yet thought-provoking read.

I actually read this one in part as research for a YA book I've been writing (needing more insight into the teen male brain and finding little help in my husband's vague recollections), and in part to gauge it's suitability for my 14 and 17-year-old goddaughters. Ultimately, I found it quite useful in both respects.

Like the adult versions (*For Women Only & For Men Only*) that came before it, this book is based around a series of surveys conducted in an effort to gain honest opinions and insight from a wide range of young men (U.S residents ages 15 through 20)—with the assurance of their anonymity being protected. While it is written from the standpoint of a Christian worldview (Inspirational publisher Multnomah being a dead giveaway) the survey subjects represent from both religious and non-religious backgrounds.

Just as with *For Women Only*, the authors are forthcoming about the generalized nature of their findings. They readily point out that, while a significant majority of males seem to perceive certain concepts a specific way and/or have a particular sensory sensitivity/weakness, that this doesn't mean it applies to ALL young males.

This reader personally found it interesting that, while the answers closely mirrored those in the adult version, younger males didn't seem to answer quite as resolutely (on average) as adult males. For example: Close to 2/3rds of teen males prefer the idea of being "alone and unloved" to "inadequate and disrespected"--while in *For Women Only* the results were right at 3/4ths of men surveyed who shared that same perceptual leaning. Going into this I would have thought that age would temper certain characteristics and insecurities, but instead it seems to lend stronger definition to them.

Side Note: Halfway through chapter 4 I was struck by the "Mean Girls" section. I have to confess, I didn't think teen guys generally paid enough attention to realize how awful girls sometimes treat each other--let alone that they'd see this muddled backstabbing/co-dependent/manipulative dynamic as a reason for being paranoid over trusting girls with anything personal. (Also, the Mean Girls movie references are GOLD.) Evidently, I wasn't giving them enough credit.

Despite their professed faith I could respect that the authors don't skirt around the more crass or shallow answers, answers that surprised them, or topics that are controversial enough to cause them backlash. I suspect they caught the most flak for the section regarding how strongly visual a majority of men seem to be geared. They weren't out to judge or condemn how differently many males think and process things from their female counterparts—only to forge a sense of empathy and understanding in the majority of females who can't necessarily relate to the difference in brain wiring. (As one of the minority females who is more "visual" and sensually triggered by imagery, I could already sympathize. But I've known an overwhelming number of females who rush to belittling judgment over how easily men can get hung up on things like scantily clad women or outright pornography.)

The section on physical attraction and appearance was certainly the most risky. (It's a proverbial catch-22 in a society plagued by both rampant mental illness AND epidemic childhood obesity rates.) The fact that one of the authors is a recovered bulimic—whose issues were inadvertently but admittedly exacerbated by the perfectionist image pressures of a Christian University—lent a lot of credence to topic. But even they confess to nearly leaving out the subject that could potentially trigger those with active, untreated eating disorders—or be taken wrong by those who are already on the edge. My primary complaint here would be that, while the authors made a point of directing those who might have unhealthy self-image issues to seek help from a trusted adult, they didn't include possible online or telephone contacts for them to pursue.

I would have loved to see an even broader survey base used beyond the 400+ subjects...and the middle half of the book had the grating habit of overusing the word "hot" as a descriptor. But overall this was a worthwhile read, and one which I will happily hand off to my goddaughters as a hopeful discussion-starter.

Favorite takeaway quotes:

*"Don't hold back your potential for another person. You have to be effective by yourself first."

* "True love forces you to see your own selfishness--and get past it. That's where the happiness lies."

Katelyn says

I thought this book provided a lot of good insights. A lot of people misunderstood it though. When the book said to respect guys all the time I think the author meant "if they guy is respectable the majority of the time then support them" I don't think the author meant "if they guy is a conceited jerk, abuses you, and obviously doesn't know a line...go along with it" Also I think respect has many different meanings. I think she meant "respect his best self". Encourage his better self. If a guy's being cruel or mean of course discourage that!

What the author wants is for girls to encourage guys to be their best selves. Also when the author was talking about losing weight she meant "be healthy" you're not changing yourself by eating healthier. Like it or not (even though it can be a pain) you're helping yourself. As regards to girls dressing slutty, the author is saying that men, naturally, have a drive for sex. Though they should control their desires. It's like candy. We all love sugar but we shouldn't pig out. Similar concept. Also we shouldn't encourage the guys to act like that. Just like how we all like candy it makes it a lot harder to say no if you bake cookies and someone waves it under your nose. Lot's of will power to say no. Though I don't think it's right if boys give in, I also do think that girls shouldn't encourage that behavior either (and I'm a girl). A lot of the advice in this book really helped clear up some mysteries I had about guys. I really liked the authors message and loved how she tied everything with God. I loved how a female wrote it but used a million quotes from guys. It made it easier to understand (female to female) but you still get a lot of guy's input. This was a really good book with a really good message. Girls do effect guys and we should encourage them to be their best. Also keep in mind: this was only one side of the picture. She could write a whole other book on girls and how we work. This book was focused on men and how we can help them. Great book, glad I read it!

Kerri says

This book was just...lame.

Karen says

I tried to give this book a chance. I really did. I even made sure to read the ENTIRE book.

My takeaway is that, according to this book, boys are gentle souls that need to be protected but not stifled, respected regardless, and made to feel special.

Meanwhile, girls? You're responsible for being attractive - but not *TOO* attractive, kind, gentle vapid lambs that cover up and make sure to not let sexual attraction/action go TOO far. That's right. Those gentle tender lamb-boys can't stop themselves when it comes to sex. It's just how they're wired. They will respect you more if you stop them, and they don't love you anyway. Sex is apparently a biological response to all of them, and not an expression of love.

You, on the other hand, are meant to cover up (especially the fatties), but still 'speak to his heart' and know what he needs.

If you're overweight, well, check yourself and lose some weight. Just don't get an eating disorder, cuz boys don't like sticks, either. If you CAN'T lose the weight, don't worry. You'll solidly hit the friend zone with the guys. Besides, God loves EVERYONE. Even the fat chicks. (He does, however, want you to be your best self. Seriously. Go on a diet.)

If I had read this as a teenager, I would have assumed that it was confirmation of every horrible thing that I already had floating around in my head. If I bothered to remain in the church, I would have changed denominations and become a nun.

If my daughter chooses to read this, it will be allowed only with the caveat that we discuss the themes in depth.

Catera says

Is was very interesting and insightful and I never knew all the things that go on in the male brain

Katie Simon says

Great perspective! This book helps decipher the confusing world of men. It also addresses how the actions of women can affect men. Easy read.

Arielle says

This book was just "okay." Nothing really jumped out about it. A lot of stereotypes and generalizing which I can't stand. And hello, I'm tired of all these books that are ok with boys being jerks and the girls having to stand by and keep our mouths shut in order not to hurt their ego. Guys aren't as sensitive as this book implies. Believe me. If they are, that is their problem! Yes, watch what you say and be respectful. But girls should never feel like they need to be doormats. This book portrays guy as very selfish and that we need to basically worship at their feet. Like I said, it is an okay book, but a lot of the info is kind of silly and unrealistic.

Heather says

So many damaging messages in this book.

Kelsey Carnes says

It wasn't exactly a groundbreaking book for me, but I did get a few good points out of it. I would definitely recommend it to any young woman who is struggling to understand how to behave toward the men in her life in a godly, uplifting way. What I appreciate about this particular book is that it's not geared specifically to ladies in romantic relationships. The advice in here can be applied to relationships of ANY kind with people of the opposite gender.

Shantelle says

My first read of the new year! And was it ever worth it. This is my second time reading *For Young Women Only: What You Need to Know About How Guys Think* by Shaunti Feldhahn and Lisa Rice. But let me assure you, I was no less surprised, encouraged, amazed, and challenged reading it over. A little saddened and convicted too. I guess the older you get, the more it impacts you; the more you realize and understand what this book is trying to say.

So did you know that your seemingly harmless teasing or constant "check-ups" on a guy can really effect him in a negative way? Or that a man getting angry (feeling disrespected, untrusted) is the equivalent to a woman crying (feeling unloved, not cherished)? Or that your "cute" outfits are creating havoc in the minds of even young men who are trying to do right?

It's a pretty well-known fact that men and women are different, and we often have a hard time understanding each other. Well... why don't we try to understand? Stop the selfishness. Get rid of the "poor me" mentality. Quit trash-talking men when we are equally to blame! Yes, if you are in an abusive relationship of any type, then this doesn't apply. But otherwise, we should try to understand the men in our lives. Let's build them up, support them, be their helper, as God created us to. Not just your boyfriend, but your brothers, father, and other guy acquaintances. They're all created and loved by God. We should strive to love the same.

So *For Young Women Only* just has some really ground-breaking advice on how to do this. This book really explores the minds of men; myths about them that aren't quite what we imagined, and other secrets that quite stun us. Like, you can say "I love you" all you want, but if you're sending messages of "I don't respect you"/"I can't trust you", he's not going to be feeling good about himself or your relationship. So yes, read this book if you're looking to be a better girlfriend, sister, daughter, just a more understanding and godly young woman overall. I mean, most of us don't *want* to be hurting our guy friends and whatnot, so why not figure out what they're thinking?

This book can have a feeling of being more directed toward the average, high-school girl... which it is, I believe. So if you're not exactly that girl, some parts of the book will have you feeling not as connected. It was like that for me a bit. Like, I might have thought like that when I was fifteen, but now I'm seeking a godly marriage, not a fun dating relationship that may or may not last forever. However, most of *For Young Women Only* was very interesting and relevant for me.

So look no further to learn important things about modesty, dating, and men's feelings and thoughts. This book may be written by women, but they got all their information from men! It's straightforward and just telling it how it is for men (not: this is right or this is wrong), but at the same time, there is a Christian aspect and sensitivity (nothing graphic or such).

I very much appreciated this chance to look inside the minds of men. I truly want to be a support, not a hindrance, to my brothers. So this was extremely helpful. All young ladies, do pick up this book... be surprised and convicted, but must of all, enriched! And as for men, I would encourage you to read something like *For Men Only: A Straightforward Guide to the Inner Lives of Women*. Let's learn to be a team, not in competition or dragging the other down.

Amazingly insightful book.
