

### **The Secrets of Happily Married Men: Eight Ways to Win Your Wife's Heart Forever**

by Scott Haltzman, M.D., with Theresa Foy DiGeronimo.  
*Jossey-Bass, San Francisco, Calif., 2006, 288 pages, \$14.95 (paperback).*

Having shrewdly calculated that there are many more married couples than marital therapists, Scott Haltzman has written this book especially for one half of married couples, namely the husbands. Having said that, as a marital therapist of some 35 years, I found the book usefully informative, and it will positively contribute to my professional practice.

One of the most important contributions of this accessible book, which I intend to recommend to my couples in treatment, is the manner in which it celebrates difference. Leading the lay reader clearly through the labyrinth of neuroanatomy, Haltzman persuasively argues that boys are different from girls. He observes, for example, that CNS may "enhance the female's ability to integrate information from the logical (left) brain with the intuitive (right) brain and allow women to use both parts of the brain when processing information." As I am about to purchase tickets for the revival of *My Fair Lady*, it reminds me that there is indeed a psychophysiologic basis for Professor Higgins' lament "Why can't a woman be more like a man?" There is a neuroanatomic basis for the perplexity many male clients experience when their wives complain, "Why doesn't he understand me?"

Haltzman identifies 8 strategies for pursuing a happy marriage and urges his male readers to pursue these strategies with the same intensity with which they pursue success in their professional lives. The secret is *not* in the feminization of men. Au contraire. Men are counseled to play to their strengths, strengths that their wives admire. Having said that, it is imperative that men pursue these strategies fully informed of their wives' needs, not uncritically putting themselves into their wives' shoes. I regularly inform my clients on what a rotten principle the golden rule embodies. One shouldn't "do unto others as you would have them do unto you"; that's intensely narcissistic. Rather, you should do unto others as they would have done unto them. This is a key point of *The Secrets of Happily Married Men*: do unto your wives as they would have done unto them.

After counseling his readers to beware of marriage counseling, which all too often seeks to feminize the male, Haltzman sets forth the 8 strategies, each of which forms the basis for a chapter. Haltzman's first principle, or "way," is "Make your marriage your job." For it to work, as one of the readers of Haltzman's column remarked, dedication and hard work are required. Haltzman then enumerates tasks of that job, just as a good supervisor will enumerate tasks in a position description for a new employee. Included in the marital position description are such tasks as "to listen without being judgmental," "to be honest at all times and always do what you say you will do," "to be as attentive, fun-loving and adoring as you were during courtship," and "to be affectionate," with illustrative anecdotes.

Counseling the male reader to drop assumptions, the author then identifies the second way, "Know your wife." Haltzman says that a husband needs to understand how his wife feels about such matters as being a mother, the way in which she wants to raise her children, her relation to her own parents, her career, and her attitudes toward material things. The third way, "Be home now," is intended in the full sense of that phrase. According to the author, all too often men avoid being home to avoid intimacy, the stress of parenting or household work, loss of control, having to grow up, getting caught, or feeling like a

bad provider. Being safe at home is a major goal. The fourth way Haltzman identifies is "Expect conflict and deal with it." The male pattern of conflict avoidance is a guaranteed pathway to distance and isolation, and successfully dealing with conflict leads to greater intimacy. He identifies the 5 "hot-button" issues in many marriages as money, sex, in-laws, housework, and a new baby.

The fifth way, "Learn to listen," is crucial. Haltzman helps the male reader translate what he calls *womanspeak* and understand the importance of verbal acknowledgment. The male tendency to offer advice and solve problems interferes with active listening. Haltzman provides useful guidance to left brain-dominant male readers on how to use both right and left brain listening skills. The sixth way, "Aim to please," elaborates on actions and behaviors that naturally follow from attending to and understanding your wife and her needs.

The seventh way, "Understand the truth about sex," elaborates on male-female differences and the importance of incorporating this understanding into marital intimate life. Finally, and only finally, the eighth way is "Introduce yourself." As important as it is for the man to understand clearly his wife's needs and feelings, it is as important to understand his own needs and feelings and be able to communicate them.

Written in a lively, engaging style and richly illustrated with anecdotes, this book will be equally informative to the female reader. I plan to recommend it to the couples I see in therapy.

**Jerrold M. Post, M.D.**  
George Washington University  
Washington, D.C.

### **Contemporary Psychoanalysis in America: Leading Analysts Present Their Work**

edited by Arnold M. Cooper, M.D. *American Psychiatric Publishing Inc., Washington, D.C., 2006, 799 pages, \$75.00 (hardcover).*

Arnold Cooper, who arranged and edited this compilation, needs little introduction since he has been, for decades, one of the leading figures in American psychiatry and psychoanalysis. The present volume is a compilation of previously published papers by a selection of distinguished American authors. The selection reflects the somewhat unique approach used by Cooper to gather these essays together. Instead of making his own selection of material for the book, Cooper chose a list of authors whose work he thought represented different points of view or perspectives in American psychoanalytic thinking and asked each of them to choose one of their own essays that best reflected their point of view or their most recent thought. The result is a series of 30 chapters spanning a wide spectrum of topics and approaches.

These chapters are introduced by an extensive introductory summary and overview of the contents by Peter Fonagy, presenting his own synthetic analysis of the trends and emphases in the following chapters along with his own integrating perspective. In the sequence of chapters, the table of contents offers a roster of quite distinguished names, well-known to all psychoanalytic readers. The papers are all of recent vintage and reflect the span of interests and theoretical diversity that prevails in contemporary American analysis. A few aspects of the editing are of interest. The essays are presented in alphabetical order of the authors' names in an effort to avoid any impression

of priority or preference of the represented viewpoints. Each chapter is preceded by a biographical note by Cooper describing details of the life and career accomplishments of the author of the chapter. This is followed by a brief statement by the authors as to why they choose the particular paper in question. These components add a degree of further perspective that can help orient readers less familiar with a given author's work and can help to locate each contribution in the broader context of ongoing psychoanalytic and psychiatric thinking.

The chapters themselves present a series of seminal essays encompassing the broadly ranging currents of contemporary analytic thinking. Students of psychoanalytic theory and practice will appreciate this collection as a useful compendium of current mainline perspectives in psychoanalysis. Most of the main theoretical perspectives are represented, including some of the more current revisions of the traditional drive theory, object relations, self psychology, relational psychoanalysis, intersubjectivity, gender and sexuality, infant observation, and empirical research. We find here essays by Brenner on compromise formation, Busch on interpretation, Chodorow on heterosexuality, Cooper himself on the narcissistic-masochistic character, Emde on modes of development, Friedman on psychoanalytic method, Gabbard on treatment of suicidal patients, Goldberg on empathy, Greenberg on conflict, Hoffman on ritual and spontaneity, Jacobs on countertransference enactments, Kernberg on devel-

opments in technique, Luborsky and Crits-Christoph on the core conflictual relationship theme, Ogden on the analytic third, Ornstein on chronic rage, Renik on self-disclosure, Schafer on narrative, Stern on infant observation, Stolorow on alternatives to the unconscious, and Wallerstein on the unity-diversity of analytic theories—to name just a few. The chapters are all comparable in quality and interest, but one can appreciate from this brief listing the range and scope of the contributions.

There is little to criticize in this assemblage, although the selection obviously reflects Cooper's own preferences and results in the omission of a number of significant analytic contributors who would otherwise deserve inclusion. But of course one cannot include everything that one might wish, and the present selection would stand up quite well against any prospective alternative grouping. Readers will find this collection a stimulating review and overview of most of the major contemporary trends in current American psychoanalysis. A great advantage is to have this relatively up-to-date compilation of seminal essays gathered together under a single cover—a handy reference and sourcebook for psychiatrists and analysts of whatever persuasion to have on their bookshelf for ready reference.

**William W. Meissner, S.J., M.D.**  
Psychoanalytic Institute of New England, East  
Chestnut Hill, Massachusetts