

CHAPTER SIX

Secret Number Three Make him Number One

DAVID'S behaviour was worsening.

His teacher phoned Angela again on Friday to say that David had been caught fighting at school, and that his school work had deteriorated further.

David was also becoming cruel and hurtful at home towards his sister Tiphony. This, along with his increasing insolence and disobedience toward her, was causing distress to Angela.

On Monday evening, David said to her in a sullen voice, "It's your fault Dad won't come home. I want to go and live with him."

David's words stung Angela. Her relationship with her son had now, in many ways become as strained as her relationship with Ted. She was finding it difficult to love David as she once did.

When her mother phoned late that evening, Angela poured out her frustration to her about David's behaviour.

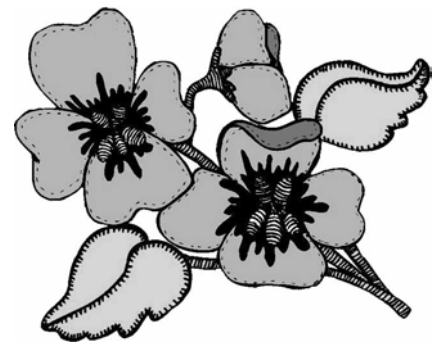
"Why don't you practice Fascinating Womanhood on David," said her mother. "Isn't it supposed to work on all males?"

Angela thought it was an excellent idea. She wondered why she hadn't thought of it herself. She recalled how Harmony the Fascinating Womanhood teacher had told the class several times how effective Fascinating Womanhood could also be with their sons, and how close it had brought her to her own sons.

When she hung up the phone, Angela reflected on the ways she spoke to David. She soon realised she was making the same mistakes with David, that she had made with Ted. Trying to change him. Criticising his weaknesses. Nagging about his reluctance to help with the housework.

When was the last time she had admired him? She could not remember.

She recalled how earlier, this very evening, she had mocked him in anger about not having any friends. He had



stormed off to his bedroom and slammed the door behind him.

The more Angela cast her mind back, the more guilty she felt. Then an idea came into her head.

She went and found the list of masculine virtues from her first Fascinating Womanhood class. Then she sat down at the table with her pen and pad and began listing David's virtues.

After a few minutes she was again astounded. Just as she had been when listing Ted's virtues. David seemed to possess even more virtues than Ted. Her heart softened greatly toward David.

Angela remembered the little grey and white statue of a man that the Fascinating Womanhood teacher had held up in class.

Angela firmly decided, there and then, that from now on she would only look on David's good side. She would accept him, and not try and change him, and tell him so.

She felt excited and wanted to start immediately. "I wonder if I could do something right now," she thought.

She arose and went to David's bedroom. His door was still closed. She opened it and said softly, "Are you still awake David?"

"Yeah. Whadda yer want?" David's voice was surly and muffled, and resentful.

Angela felt her anger rise again at David's response. But she held her tongue and composed herself.

"David," she said quietly, entering the room and standing next to his bed, "I want to tell you that I'm glad you're the kind of boy you are. I haven't always appreciated you, and I've said some things that aren't true about you. I'm sorry David. I'm glad you're the way you are, and I'm proud of you. From now on, I'm going to try to be a wonderful mother. And I'm going to do everything I can to make Daddy want to come home."

David remained silent. Angela bent down and kissed him on the forehead. As she did so she saw his closed eyes flood with tears. Angela felt a lump come to her throat. Her own tears came as she left the room. She continued to weep freely as she sat at the dining room table, and finished writing the long list of David's virtues.

The next morning David awoke in high spirits. He did not tease Tiphony once.

Before he left for school, Angela hugged him from behind as he was making his lunch in the kitchen. Then she rubbed his shoulders and said, "Such a tall, strong boy." David seemed embarrassed, but grinned broadly.

"Bye Mum. Bye Tiphony," he called out cheerfully as he rode off early on his bike, "I'm going to Damian's house before school."

"David seems happy today Mum," said Tiphony. '

"Yes dear. He is happy today," replied Angela smiling.

Angela also noticed that David had made his bed. The first time in weeks without her having to nag him about it.

Angela felt at peace all day.

She was delighted when she got home to see that David had brought his friend Damian home with him from school that afternoon.

That evening Angela called her two children together. She gave them each a pen and paper and suggested they both write a letter to their father. They eagerly agreed to do so.

Angela wrote Ted a short letter also.

Dear Ted

I really mean what I said in the note I handed you last week. I know now that you have been a good husband to me, and a good father to David and Tiphony. I am sorry I never fully appreciated you in the past.

You are also an excellent mechanic, and I am proud that you run your own business.

Love Angela.

Angela also made a firm decision that evening, to definitely give up smoking, and also, to lose weight. She would try and become more like her friend Ami.

The next morning Angela arose early to go for a run to the Post Office, just over a km away and post the letters they had all written to Ted last night.

She squeezed into her old running shorts and sports bra, pulled on the running shoes she had bought several years ago, but had hardly used and set off.

But she rapidly became exhausted and breathless and had to walk most of the way, there and back. However she enjoyed a tingling glow when she arrived home.

The days were now becoming longer as summer drew near. It was a beautiful, sunlit spring evening when Angela drove to her third class. The flowers and trees of the suburban homes she passed looked fresh and bright. Angela felt a sense of well-being.

Tonight the Fascinating Womanhood teacher wore a flowing, long white dress, with her hair french-plaited down her back. Angela thought she looked like a mother angel.

She welcomed the class, then smiled at Kathy who was sitting in the front row.

“Kathy, have you managed to accept and admire your husband yet, as we have discussed in our first two secrets?”

Kathy, who was elegantly dressed as usual said, “Well, yes I have. Would you like to hear what happened?”

“We would love to Kathy?”

Kathy stood and turned to face the class. She seemed a little embarrassed at first, but spoke very clearly.

Kathy. True experience

“Trying to tell my husband that I accepted him and that I admired him was a very hard thing for me to



come out with. First of all, I'm not the kind of person to say something like this, and secondly, I thought I would start to giggle."

"I tried three or four times to do my little speech, but always ended up turning and walking out of the room."

"Finally I was going to do it, no matter what kind of mess it turned into. So I walked into the room and started."

"Well, the look in his eyes was just unbelievable. Never can I remember such a look. He had so much pride in his eyes, and it was not for himself, it was for me."

"Later in the week he took me out to dinner and made two comments. One hurt and the other felt great. He said, 'For the first time he felt I really cared.' He had never thought I cared what happened to him. Secondly, that he 'never loved me more than he did then.'"

"What more can a woman ask for? Isn't this what we really want, and makes it all worth it."

"Yes Kathy," said the teacher, "it is so worth the effort we make. It may not always be easy, but it's so very worthwhile. Anybody else? Has anybody had a 'Pandora's Box' reaction yet?"

Marina raised her hand. "Yes, darling, I have."

"Marina, how exciting. Come and tell us about it."

Marina. True experience

"Well, I've been applying what I've learned, and my husband seemed happier. Then last week tension began to build a little, not bad. Then two nights ago, wham! A Pandora's Box' reaction. It seems as if all the pent up feelings he had came out, and at the same time his walls of silence came tumbling down. Pretty dramatic. And pretty wonderful!"

"Now he tells me he has never been so happy in all his life, and I feel the same way."

"Last night my husband spent three hours just talking to me, telling me more about himself, his past and dreams than I have learned in the years I have known him."

"Oh, I just love hearing your experiences," said the teacher, looking radiant. "They just thrill me."

"Now for our third secret. But first, there's a little saying that's been around for years. We should teach it to our daughters. You'll like this Elsie. Let me quote it to you before I introduce this powerful secret."

*A good woman inspires a man.
A brilliant woman interests him.
A beautiful woman fascinates him.
But a sympathetic woman gets him.'*

"Now here is Secret Number Three." It's a two part secret. She turned and wrote on the board.



*Make him Number One
in your life.*

SECRET NUMBER THREE

Make him Number One in your life. Comfort him tenderly when he is tired or discouraged.

“The first part of this secret tells us to make our husband our king, our hero, Number One in our life.”

“The second part is the powerful effect a woman’s sympathy can have on a man.”

“Let’s look at the first part, why your husband should be Number One?”

“Now be honest, all of you, who or what do you really make Number One in your life? Is it your husband? Is it your home? Is it your children, your parents, your career?”

Elsie spoke, “I think many of us women put our homes before our husband, and sometimes even before our children too.”

“Yes Elsie, some of us do. But isn’t the king more important than the castle? Fascinating Womanhood teaches that, first our husband, and then our children, should come before our home. Our husband should be Number One and our children Number Two.”

Elsie spoke again, “Yes, I strongly agree with that. And another reason to make our husband Number One, is that our children grow up and leave home. As you know I’ve raised a large family, nine children. All of them have now left home. My youngest son left over ten years ago now. They all still visit of course, but there’s just my husband and myself most of the time.”

“That’s true Elsie. Yes our husband and wife relationship continues long after our children have left home. Long after our parents pass away. Does it ever end?”

“This Third Secret is a lovely law of Fascinating Womanhood. When we make our husband Number One, our children feel secure and happy, and the love between us and our husband increases dramatically. It’s so rewarding.”

“You make him King, and you become his Queen.”

Why some husbands resist having more children

“Most women begin marriage this way. They make their husband Number One, until the first baby is born. You know what I mean, or soon will. We have all brought adorable babies into the world, or like Beth, are about to.”

“However it is so vitally important that our husbands still remain Number One at this critical time. No matter how adorable our babies might be.”

“When a husband is restored to Number One again, often his resistance to having more children vanishes.”

“Like Elsie, I’ve also raised a large family, seven children, not as many as Elsie, but what a source of joy they are to me now. They’re just wonderful. Mind you that wasn’t

always the case when they were younger. Toddlers can be a real handful and teenagers test us to the absolute limit. But life is rich in our mature years after raising a large family, especially when they all turn out well.”

Elsie said, “I couldn’t agree more. There’s a lovely saying, *‘Your hands full now, your heart full later.’* Our children and our in-laws just spoil my husband and I. And oh, how I love my twenty-one precious grandchildren. I spoil them too when they come and stay with us, or we visit them. Sometimes they write me the sweetest notes and draw me pictures. I save them all.”

“Yes class, Elsie is right. We should not follow the world and limit our families. I believe *‘the larger your family, the richer your life,’* and it becomes even richer as life goes on.”

At these words from the teacher, Angela couldn’t resist turning her head to see what Beth, the young career woman’s reaction would be. She saw Beth roll her eyes at Cherry in disbelief.

Angela was surprised however to see Bev smiling and nodding her head. Helena was beaming.

Angela tried imagining what it could be like to have a large family. The idea was attractive in many ways, especially if it had still been the norm nowadays to have a large family, as it was in her grandmother’s day.

Ted came from a large family and was willing to have more children.

Angela was impressed with the genuine joy that Elsie and the teacher were obviously receiving from their large families. However, she wondered if she could cope with sarcastic remarks of some women who firmly believed that two children nowadays were more than enough.

The power of sympathy

“Now,” said the teacher, “lets move on to the powerful, sympathy part of this secret.”

“You remember last week, how we learned about the sensitive pride of men? And how painful it is for them when we women wound it. And also how easy it is for us to do so? Well, we wives can learn not to hurt our husband’s pride, but we can’t stop other people hurting it. And they will hurt it.”

“Many times your husband will come home to you, tired and discouraged. Not because of over work, as you might think, but because somebody has wounded his pride.”

“Perhaps he was not shown appreciation for something good he had done. Or he may have been criticised or reprimanded by a superior. Maybe a customer, or a work colleague made a hurtful remark. He may have made a foolish mistake that embarrassed him in front of his co-workers. That’s very common.”

“Most men are too ashamed to reveal the real reason for their discouragement, so resist the urge to pry. He’ll tell you if he feels like doing so.”



Try and appreciate the heavy responsibility your husband carries throughout his life, especially his working life..

“However, this is the time he needs you most. THIS IS THE MOST IMPORTANT TIME OF THE DAY FOR THE FASCINATING WOMAN. This is the time to heal his wounds.”

“Ignore any grumpy remarks. Make allowances. Don’t react. Remember he is your Number One.”

“The children can wait. The meal can wait. Make him comfortable. Listen to him talk if he wants to.”

“Give him at least thirty minutes of peace and quiet. That’s not too much to ask is it? His better side will soon surface, especially after he has eaten.”

The teacher held up the little grey and white statue again and turned the white side to the class.”

Bev held up her hand. “Yes Bev,” said the teacher.

“Hey what about me? I’ve been slaving away at home all day. Four noisy boys. I would love thirty minutes of peace and quiet.”

Several other women made similar remarks.

The teacher held up her hand and smiled. “Yes, many women object to this vital part of Fascinating Womanhood. But this is very, very important.”

“Going home to an unsympathetic wife is the main reason a husband leaves his wife for another woman. And always, for a woman who is more sympathetic to his needs. A woman who soothes his hurt pride. A woman who gives him some admiration.”

Bev reddened and said no more. She recalled her painful experience of several years back. What had her husband seen in that cheap, repulsive woman? She cringed at the memory.

The great responsibility men carry

The teacher continued. “Please try and appreciate the heavy responsibility our husbands carry throughout their lives, especially their working lives.”

“When a man marries, he takes on his shoulders the burden of providing for a family. He cannot lay this burden down with a clear conscience as long as he lives. He knows his family’s success and welfare rely heavily on his efforts.”

“The burden is with a man twenty-four hours a day. Most men take this responsibility very seriously.”

“A feeling that he is failing in this masculine role can hurt his pride so much that he can turn to drink, or drugs, to dull the pain and disgrace he feels.”

“Also, your husband’s work world is competitive. His job is never 100% secure. There’s often constant pressure on him to exceed last year’s efforts. Pressure to keep up with competitors, and his peers. And as he ages, energetic younger men sometimes surpass him and are placed in positions over him.”

“Why some women want to choose a life career in that masculine, high pressure environment I do not understand. It’s not the glamorous world we daydream it to be.”

“I don’t agree with that,” said Beth. “I find it exciting.”

“Well, yes it can be Beth, for a few years, but the pressure is relentless, and eventually it takes its toll on a woman’s femininity. We look at this a little deeper in Secret Number Six.”

Why you should comfort him lovingly when he arrives home

“So when your husband arrives home, even if he’s in a good mood, don’t greet him with your problems. Don’t let the children go to him with their problems. Don’t quiz him about his day.”

“Rather, just give him smiles, comforting words, and a sympathetic ear. A man cannot help but deeply love a woman who treats him lovingly, and comforts him when he is tired and discouraged after a long day.”

“Take the time to look your best for him. Wear feminine clothing, of the kind you know he likes to see you wear.”

“Organise the children and the evening meal to give him his thirty minutes peace and quiet to recover. Then wait until he has eaten before raising problems that need his attention.”

“Turn a blind eye to his less than best behaviour as he collapses and unwinds. He has come home to you to recover. He is tired of being his best all day.”

“Mother him a little. He will quickly bounce back, and treat you like a Queen.”

Why he comes home late

“Bev you have a question.”

“Yes, now what about when my husband comes home late for his meal. I find that very annoying.”

“Most women do Bev. Just be forgiving. It’s not that serious. He’s more important than a cold meal. When you live Fascinating Womanhood, your husband won’t be late without a good cause. A man’s job is important to him. And customers and bosses sometimes make extra demands on his time. Remember he’s out there working to provide for his family, for you.”

“Yeah, well, maybe you’re right,” said Bev. “I never quite looked at it like that.”

Cherry spoke, “My husband nearly always comes home late too. He runs his own business and always seems to be working. I feel he neglects our little girl sometimes, and I can’t get him to do any work around the house. He’s a good man, but how can I get him to think of me and his daughter a bit more, and do more around the house?”

“Who’s he working for Cherry? He’s working for you, and his daughter. Some men show their love by working hard, but we wives don’t always see it that way. Appreciate what he’s doing.”

“Sometimes a man has to work long hours to build up a business, or get out of debt. He may put all his energy into



his work and neglect the house maintenance for a time. But we learn how to handle this problem in Secret Number Nine.”

“Class, if you have a hard working husband, be proud of him. And don’t encourage him to take retirement early, if at all. That’s not good for a man. Edison the inventor was a hard working man. He worked right up to his death at age 84. His hard work gave us the blessing of electric lights, recorded music, motion pictures, and other inventions.”

“However, I can promise you all, that when you live Fascinating Womanhood fully, your husband won’t spend any longer time at his work than he really needs to. The same applies to other activities that take him away from you.”

“We must attract our husband home, not try and force him home. It just does not work.”

“So to sum up, your husband needs you to comfort him when he’s discouraged. He needs you to heal the wounds that others have inflicted on his pride.”

“When you do this, you become indispensable to him, and he will love you tenderly in return.”

“Many women also report that their husbands become more successful in their work when they apply this Secret Number Two in their marriage. I firmly believe it.”

Why husbands seldom offer to take their wives out to dinner

“Now this is a good time to explain a common problem. Many wives wonder why their husbands never offer to take them out to dinner.”

“To understand this, we need to look at our homes through a man’s eyes. You see, home to a man, is like a restaurant is to us women, a place away from the never ending demands upon our time.”

“So a night out to dinner is nowhere near as attractive to him, as it is to us, particularly when he also has to pay the bill. And this can be half the week’s housekeeping food money.”

“However, a man willingly makes sacrifices for the woman he loves. And he enjoys doing so.”

“When you live all ten secrets of Fascinating Womanhood, your husband will delight in fulfilling your innermost needs.”

How to comfort your husband during a severe crisis in his life

“Now, let’s look how we can apply this secret to a man who has suffered a severe blow to his pride. A man who is going through a crisis. Cherry, you have a question?”

“Yes. Are you sure this comforting and sympathy works for all men? My husband’s business is in trouble. It even looks as if it might fail. When he told me about it this week, I was sympathetic. But do you know what happened? He got



Your husband is far more likely to come through a crisis successfully when you are fully behind him, believing in him, trusting him.

angry at me. He told me to shut up!”

It was apparent to Angela that Cherry was not her normal cheerful self tonight.

The teacher looked concerned. “What exactly did you say to him Cherry?”

“I said to him. ‘Don’t worry John. If you fail in your business it doesn’t matter. I’ll be happy if you just have an ordinary job.’ And I get told to shut up.”

The teacher smiled. “This is a good case to illustrate what I was about to talk about. Cherry, you broke an important law of Fascinating Womanhood. Can anybody tell Cherry why her husband got angry with her?”

“Yes I think I can,” said Angela. “She hurt his pride when she belittled his ability to save his business.”

“Correct Angela. Well spoken. Yes, I think we can be certain that Cherry’s husband wants her to have confidence in him. To believe that he can be successful in his time of crisis. Our husbands are far more likely to come through a crisis successfully when we are fully behind them. Believing in them. Trusting in them.”

“Cherry’s case reminds me of another crisis situation that came up in class some years ago. This woman’s husband had just become redundant. She rightly said to him, ‘Henry, this may be the door to opportunity, a stepping stone to greater success’.”

“Her husband was so relieved he almost wept. And she was right. Her husband went on to become a very successful manager of another company.”

“So when your husband suffers a severe blow to his pride, sympathise with him. But also let him know that you still believe in him. That’s what he needs most, your trust in him. Remain calm and optimistic. Don’t tell him to count his blessings. Don’t offer advice to solve his problems, unless he asks you. Just sympathise with him, support him, trust him.”

“When he feels better, again express your confidence in him. Let him know you trust his ability to overcome the crisis.”

“Don’t minimise his problems, or make it sound too easy. You’ll rob him of his potential heroism. Let him feel that no matter how great the struggle, you are confident he will be successful.

“And whatever you do, don’t take over the reins. Let him remain in control.”

“Hold him as you sit with him. Look into his eyes as you speak to him. Remind him of his strengths. Truly trust him. He won’t let you down. Love is the greatest power in the universe.”

Angela saw that Cherry was now smiling and looking her old cheerful self again. She obviously understood what the teacher was saying. Angela liked Cherry.



When your husband confides an ambitious plan to you

“Another critical time for your husband’s pride is when he first reveals to you an ambitious plan. Or a noble idea that he has been secretly considering.”

“We must not let our feminine fears, our need for security, dampen his enthusiasm, or hold him back.”

“Never pour cold water on his ideas. It’s a common female trait to do this. Doing so often causes a man to erect a ‘wall of silence’.”

“Rather, let your husband know that you believe he can achieve it. If it’s impractical, others will point it out to him in due course. But he will be comforted to know that his wife believed in him.”

“If he goes ahead with his plan, support him all the way. He’ll probably make mistakes, but mistakes are stepping stones to success.”

When your husband does something dishonest

“Now, what do you do if your husband does something really wrong, and you get to hear about it. Not unfaithfulness, we’ll deal with that shortly, but something dishonest or shameful? Here’s what Fascinating Womanhood teaches.”

“First, don’t ignore it, or pretend you don’t know. But do show a reluctance to believe he did it. Let him clearly know that you did not believe he would do such a thing. That it must have been a temporary lapse. Let him feel your disappointment. But reassure him of your unwavering belief in his better side. Then say no more about it, ever.”

“NEVER LOWER YOUR STANDARDS TO HIS. For a man to love you deeply, he must always feel that you are a better and more noble person than him.”

The alcohol or drug addicted husband

Bev spoke. “Good grief. My husband’s always doing wrong. He’s an alcoholic. What can I do about that? God knows I suffered enough with my own father. He was an alcoholic too. Now I’m married to one.”

“Well Bev, I don’t mean to be unkind, but a daughter of an alcoholic often marries a man with an addiction. She thinks he will change if she gives him enough love, but it doesn’t often happen.”

“The main problem with most addicts is a poor self-image. Addictions such as alcohol, drugs, including prescribed tranquillisers and sleeping pills, tobacco, pornography and gambling are a major problem today. But they can all be overcome with God’s help.”

“Let’s look at why a man becomes an addict. An addict is usually a sensitive man, with a poor self-image, who often suffers emotional pain. This emotional pain usually comes from criticism by others, or perhaps, to put it another way, the lack of admiration of others.”

“Or the emotional pain can come from his conscience,

from the guilt of past wrongdoing. Or even from the every-day pressure of just earning a living in the modern world.”

“An addict often only enjoys a feeling of normal well-being when he has deadened his higher mind with alcohol or drugs. The so called ‘high’ he feels, is just the way a normal person feels most of the time. But to the addicted man, by comparison to his usual depressed or anxious self, it is a wonderful feeling. He is at last temporarily freed from his emotional pain.”

“These personality disorders can often be traced back to childhood influences, especially growing up without parental discipline. Many addicts were spoiled as boys by parents who never taught them to cope with the responsibilities of life.”

“And even more often, they have grown up with lack admiration from their parents. We learnt last week in Secret Number Two how important admiration is for both boys and men.”

Elsie spoke. “Yes Harmony, your point earlier about mothers spoiling their boys is very real. The youngest son in a large family is especially at risk. Sometimes we mothers won’t let our last child grow up. I was guilty of that. I was still calling my youngest son ‘my baby’ when he was 20. He didn’t seem to mind, but my husband firmly insisted that I not spoil him. Anyway, he’s turned out fine. A very confident boy. Sorry, I’m still doing it, a very confident man. He’s 30 years old.”

“Thank you Elsie. Yes that’s a very good point. Motherhood is so wonderful, but what an important responsibility. We look at motherhood in Secret Number Six.”

“Now just a final point about overcoming serious addictions. Usually the only effective way is with the help of another person who has overcome a similar addiction.”

“Groups such as Alcoholics Anonymous are most effective. The cure starts with a simple phone call. But it needs to be by the addict himself, and to the organisation best able to help him. They are listed in the phone book. If an addict is unsure which organisation is best to use, he can phone Alcoholics Anonymous for advice.”

“Of course there are numerous other common addictions, for both men and women, like TV, especially soaps and sports, sweet, fatty foods like chocolate, fast foods, over eating in general, gambling, shopping, spending, love stories, over-cleaning and hypochondria.”

“When we’re addicted to something, we feel a strong craving when we’re denied our addiction for several days. We will go to great lengths to obtain it.”

“We learn how to overcome these lesser addictions in Secret Number Five, but serious addictions nearly always need outside help and prayer.”

When you don’t love your husband any more

Bev spoke again. “I don’t know if its worth the trouble. I



don't love him any more. I can put up with his drinking. It's not that bad lately."

"Bev, it's not uncommon for us to avoid change," said the teacher. "We become comfortable with a situation, even when it is painful. But you wouldn't be taking this course if you didn't hope for something better."

"I challenge you to fulfil your secret dream of what your marriage could become. I care about you Bev. I believe you can do it. You hold the key."

Bev blushed and bowed her head.

"Have you done the three assignments for Secret Number One yet?" asked the teacher.

Bev shook her head.

"Please do the first one tonight Bev. Make a list of your husband's virtues. Will you do it?"

"Well, if you think there's hope, yes, I'll do it," said Bev, her voice breaking. She blinked back her tears. It was the first time in her entire life she could remember anybody saying to her *"I care about you Bev."*

The teacher continued, "Many women married to alcoholics, addicts and men with personality problems have lost all love for their husbands. What should they do? Well here are four thoughts to any woman who is in this situation."

"First. Remember that your husband was once an innocent little boy. His addictions and bad habits have all been learned. So they can all be unlearned, if he has the will, and your support, and the right help."

"We need to look closely at ourselves. Is our behaviour providing the climate for him to really want to change? DO YOU REALLY WANT HIM TO CHANGE? Or are you making it easy for him to continue with his problem, by shielding him from the consequences of his behaviour? We've all heard many times how most people need to hit rock bottom before they will seek help."

"Second. In the beginning, you were both attracted to each other as people. You chose each other. You vowed to stay together for better or worse."

"Third. If he has fathered your children, he can never be replaced in their eyes. Your children are an eternal link between you both. Nothing can change that – ever."

"Fourth. That same man, if you give him acceptance, admiration and sympathy, make him Number One in your life, and allow him to take his proper place at the head of the family, will, with the right help, which he must seek out for himself, eventually mature and become a wonderful husband."

"I've seen it happen time and time again. These men often become highly considerate husbands. It seems they want to make up for the years they have disappointed their wives."

Make your first marriage work

The teacher's face became serious. She said, "You know class, I cannot emphasise enough that we should try our utmost to make our first marriage work. We have God on our side. For in the Bible, in Malachi 2:15-16, God says these words to men; *"Let no man be unfaithful to the wife of his youth. I hate divorce."*

"So if we ask for help, God will help us, for He hates divorce. But His help will come, not in changing our husbands, but in changing ourselves. Then we will arouse a desire in our husband to want to change also."

Angela couldn't help nodding her head in agreement. She recalled her prayer to God for help, the night she heard her son David sobbing.

"I've been teaching these classes long enough now, to know beyond any doubt, that our first marriage has the greatest potential for happiness. But we must put in continual effort. It's like looking after a garden. If we neglect our garden, it quickly becomes a terrible mess."

"Falling in love is an illusion, a temporary state. It's not true love. True love only takes root and grows as a husband and wife satisfy each others emotional needs. As we mature together, and sacrifice together."

"I know what true love is. Elsie knows what true love is, don't you Elsie?" Elsie smiled in agreement. "I know that we can all experience the thrill and security of true love, by living these wonderful Fascinating Womanhood principles. That's why we're here."

When your husband has been unfaithful to you

"Now what can a woman do when she is faced with the shattering truth that her husband has become involved with another woman?"

"Many women deny the obvious for as long as possible. But if your husband is suddenly away from home for long periods at night, or overnight, for various vague reasons. If he is paying more attention to his appearance, you have every reason to be suspicious. Confront him with his behaviour. You have a God-given right to fidelity in marriage."

"If it is true, first honestly face your part in the problem. What did you do, or fail to do, that laid the foundation for this to happen? What need is this other woman meeting in your husband, that you failed to meet?"

"Correcting these mistakes, forgiving him, and living the laws of Fascinating Womanhood will nearly always win him back. But you must never raise the matter again. And although it may be very difficult, you must trust him 100%."

"Never quiz him as to where he's been. Trust is so vital in rebuilding the relationship. If it was an isolated occurrence in middle age, it is unlikely to be repeated. And many men, in trying to atone for their severe guilt, become highly

considerate husbands afterward.”

“If he is not prepared to give her up, tell him firmly, and plainly, that he must choose between her and yourself, and be prepared to keep your word.”

“It is mentally destructive for you to continue in such a situation. It can quickly lead to emotional disorders, and a serious breakdown in your health.”

Chastity, your most precious gift to your husband

“Now I’m sure you all understand how important your own chastity is to your husband. It can be the height of emotional agony for him to imagine another man being intimate with you. It is the ultimate blow and insult to his sensitive male pride.”

“We must constantly teach our daughters this fact also. That the most precious gift they can give to their future husbands is their chastity.”

“Class, never become involved in an affair. Never even think about it. Not for an instant. It might seem exciting to imagine, but adultery is a serious wrong in the eyes of God. It shatters entire families. We will never, never find happiness that way, only misery. If any of us have ever been guilty of this, we should humbly ask God for forgiveness, and never do it again.”

How to overcome sexual difficulties in your marriage

“Now we’re going to discuss a little about the sexual side of marriage. We don’t talk a lot about sex in Fascinating Womanhood. That’s because sexual difficulties are mostly due to only three things, resentment, fear of pregnancy, and lack of communication.”

Therefore sexual difficulties nearly always resolve themselves when we live Fascinating Womanhood.”

“However, as part of this Secret Number Three, Fascinating Womanhood offers you three guidelines for sexual contentment in your marriage.”

“Firstly. For most men, their sexuality is a central part of their masculinity and self esteem. Therefore it’s an area where just ONE WRONG REMARK can deeply hurt them for years. However, on the other hand, it is also an area where a little admiration can boost them a long way for a long time.”

Cherry gave a loud giggle and said, “So we should tell them their ‘you know what’ is super big.”

“Oh Cherry!” said Elsie. The class laughed.

The teacher smiled, “Well yes we could Cherry, but I won’t comment any further on that.”

“Secondly. It is important for most men, not all the time, but most of the time, to lead or pursue in sexual intimacy. He likes to seduce you. That’s why some husbands can



Tell him plainly what you would like him to do. Then ask him to tell you what he wants.

lose interest when their wives offer themselves too freely, or seem too eager.”

“Thirdly. It is also important to your husband that you enjoy his attentions. And that you appear to be satisfied with his performance. So give sex joyfully, even if you occasionally act a little more enthusiastic than you feel. It means so much to your husband. He wants you to enjoy his attention.”

“Any remaining sexual problems after you live Fascinating Womanhood usually yield to better communication. Tell him plainly what you would like him to do. Then ask him to tell you what he wants.”

“Now a warning about communication in this area. Never, never talk about any sexual experience you may have shared with another man. Even if your husband questions you about it. Assure him that he is by far the better lover, then say no more.”

“Any questions?”

Sonia shyly raised her hand.

“Sonia you have a question?”

“Yes teacher. But it’s a bit embarrassing . . . I mean. . . I think my partner might be oversexed. I mean, how often is normal?”

“Don’t be embarrassed Sonia. That’s a very valid question. Some men use sex as an emotional outlet for tension, discouragement and often boredom. They can make excessive demands on their wives.”

“Living Fascinating Womanhood can help overcome this problem. A wife can meet her husband’s emotional needs in better ways.”

“There is an opposite situation to this also. When a man is deeply involved in a stimulating project, one into which he is putting a lot of energy, his sex desire can drop temporarily. His energy is being channelled elsewhere.”

“Also, contrary to what most people believe, abstaining from sex can decrease the need for frequency. It’s rather like our appetite for food. If we eat often, we get peckish often, but if we eat only one or two meals a day, our appetite adjusts accordingly.”

“Now in answer to your question Sonia, reliable research points toward an average of about nine times during a woman’s monthly cycle as being normal for most younger married couples.”

“During and after menopause, frequency can drop considerably, or cease entirely. There is often a difficult adjustment period. This varies from woman to woman. Our husbands do need to be extra caring during this sometimes troublesome time.”

“Looking back, I must have been very difficult during those three or four years of menopause. But my husband loved me, and was very tolerant, bless him. Most men are

extremely tolerant if we treat them right. More so than we women.”

“Helena, did you have a question too?”

“Yes, I probably speak for most of us here. I feel like being cuddled and spoken to after sex, but my husband just goes off to sleep.” The class laughed in agreement.

“I wish I could solve that one Helena,” said the teacher. But that’s just seems to be the way most men are. I guess we’ve got to accept it. Tell him how you feel anyway. He’ll probably try and make an honest effort.”

“Any last question, our time is nearly up. Yes Marina.”

“Should we ever refuse our husbands?” Marina’s voice was even softer than normal.

“Do we give our children cookies every time they ask for them?” said the teacher. “No, we would spoil them. Most men don’t appreciate sex which can be had too readily. Remember, they like to seduce you. If you definitely don’t feel in the mood, you can say gently, ‘Some other time,’ or ‘Tomorrow’. But don’t leave him uncertain. And say it before he becomes strongly aroused.”

“Allowing our husbands to become strongly aroused and then refusing them, is unkind. It can result in silent resentment, sometimes for days.”

Don’t leave him deprived of sex for long

“And when you deprive your husband of sexual release for long periods, other women, even plain women, will appear sexually attractive to him, on a physical level. A hungry man thinks often of food. It’s just not worth the risk. Too many otherwise good marriages have been destroyed by sexual deprivation alone. Just do what’s necessary. It doesn’t take much to satisfy a man. It doesn’t require full intercourse.”

“Here again, communication is the best long term answer. Talk with him. Ask him what you can do to help him when you don’t feel in the mood.”

“Also help your man understand how a woman varies in her responsiveness during her monthly cycle. Decide on some basic guidelines as to when, and where, and how, and try and stick to them.”

Sow the seeds of Fascinating Womanhood first

“Thank you teacher,” said Marina. “Can I ask one final question, not about sex? You are telling us to make our husbands Number One, but aren’t these secrets supposed to make us Number One, to him?”

“Oh yes Marina. Very much so. It will happen. But we need to sow the seeds first. When we live all these secrets we become the most wonderful person in the world to our husbands. Just like Mumtaz was to the Emperor. Remember the Taj Mahal last week. We become his Number One, his Queen, and he is our King.”

“Now here are your assignments for the coming week.



Please do your assignments. Every one of them. Don't put them off until the perfect moment. It seldom comes. Do them as soon as you can."

"But only do Assignment Three when you really mean it. Assignment Three is an immensely powerful statement for a man to hear from his wife. There can be no turning back after you have said that."

ASSIGNMENTS – SECRET NUMBER THREE

ASSIGNMENT ONE. At least twice during the week, greet your husband when he comes home, with a smile and looking your feminine best. Have your home quiet and organised. Make him comfortable. Listen to him if he wants to talk. Don't speak about your day or your concerns until after he has eaten.

ASSIGNMENT TWO. In your own words say to him, *"I'm beginning to realise the great responsibility you have, to provide for me (and the children). I do appreciate it. It must be a big load to carry."*

ASSIGNMENT THREE. Say to your husband, *"I want you to know that you're the most important person in my life, and always will be."*

(You must really mean this and never give him a reason to doubt it in the future.)

As Angela read the assignments, she decided to write Ted another note during the week to fulfil Assignments Two and Three.

Angela felt saddened that she had so miserably failed in comforting Ted during the years they lived together. Almost every time he had come home from work she had unloaded all her problems and frustrations on him. The very moment he walked in the door. No wonder he worked late so often. Yes, she could make him Number One from now on, if only he would come home and live with her.

"Judy and Blossom are our two visitors tonight. Come and share your experiences ladies," said the teacher and sat down.

Judy. True Experience.

"Our sex life was good, the only good part of our marriage it seemed. I told my husband so. But the trouble was, that was the only thing I complimented him for, or admired him for."

"I certainly didn't accept him, or praise him. He was never treated as Number One."

"Because of this he turned to other women, who made him feel Number One and admired his manly attributes."

"He turned to women who would listen to his stories and give him the time and attention every man needs."

"I hated him for having other women. I couldn't

understand why he wasn't satisfied with the sex I gave him."

"After Fascinating Womanhood, I could see that it wasn't sex he needed from these other women, but acceptance, admiration, and being Number One. By withholding these things from him, I had driven him to unfaithfulness."

"But I have no fears that he will have another escapade, because I know what kind of woman a man wants."

Blossom. True Experience.

"My husband and I have been married six years. We have two children. When I became pregnant with my last child, my husband became very cold and indifferent. He said he didn't love me. He began having an affair with another woman."

"After being separated for three months we went back together on six months trial. We were both miserable, separated."

"During this trial period our marriage was shaky, and wasn't what I wanted and needed so desperately."

"I didn't feel loved like I wanted to be. I felt helpless and worried constantly that my husband would find another woman to have an affair with."

"At this time I heard about Fascinating Womanhood and attended the classes."

"The first time I practised it, I saw my husband's face light up and felt a tenderness, though small, towards me."

"We had very little communication, but when I started admiring him, and giving him the sympathy that we've heard about tonight, he became a changed man."

"His wall of reserve has disappeared, and he tells me all his problems and treats me with a lovely, tender feeling. It is a marvellous experience. One I have always dreamed of, but never had. The more I admire him, the more love I feel from him."

"I now have a wonderful peace within. I receive the love I so desperately need."

"Thank you so much Blossom, and you too Judy for coming along tonight. Yes, sympathy has a powerful effect on our husbands. So does acceptance and admiration."

"These three qualities in a woman stir a husband's deepest emotions. They arouse a magnificent response in his heart."