Salad, Sex, and Sports

Your husband is what he is. Accept him as that. This principle is as old as life itself. God accepts us as we are. Even though we don’t deserve it, He still loves us. He has no angle. His love is unconditional. Because He accepts us, through His power we can love and accept others, including our husbands.

One woman balked at this idea. “I don’t even love my husband anymore, let alone accept him,” she said. “He doesn’t deserve to be accepted.” This seems to be the case in so many homes. What’s the cure for this marital malady?

First of all, the Bible says that wives should love their husbands. If you’ve lost the love for your husband, why not ask God to restore it? Secondly, if you want your marriage to succeed, you must choose to accept him, knowing that your relationship will probably not improve
if you don’t. The choice is yours—you can choose to either
go on living with resentment or accept your husband.

If you choose the latter course, how do you start?
Simply make up your mind to accept him just as he is.
By an act of your will, determine that you won’t try to
change him no matter what. That’s supreme love.

The change I saw in one couple was remarkable. The
wife had thought long and hard before making this
decision. But once she did, her husband spotted the dif-
ference immediately. “He has changed so much,” she told me.
“He’s so much more loving and generous. He wants to
give me money all the time! I’m going to start taking it
just to make him happy!”

Some women don’t nag verbally, but their nonaccepting
vibrations communicate loud and clear. With heaving
sighs over the kitchen sink, the martyr silently nurses her
woes. “I do accept my husband,” she thinks. “I’ve been
putting up with his faults for years without saying a word,
but he’ll never change. I won’t say anything. I’ll just carry
on for the sake of the children.”

Tolerance is not acceptance. Your tolerance only makes
your husband feel incomplete and unworthy. He can sense
when he’s not being accepted, and is not able to love you
fully.

Your husband needs your acceptance most of all during
his times of apparent failure. If he’s already low, don’t
put him down further. Never compare him with another
man. And remember, he’ll never confide in you if he feels
that you are being critical or are trying to change him.

ACCEPT HIM

Life is too short to dwell on another’s weaknesses. Con-
centrate on his strengths.

Your man needs to feel important, loved, and accepted.
If you won’t accept his idiosyncrasies, who will? A Total
Woman caters to her man’s special quirks, whether it be
in salads, sex, or sports. She makes his home his haven, a
place to which he can run. She allows him that priceless
luxury of unqualified acceptance.

The Man, not the Plan

Having lived on both sides of the fence, I can tell you
where the greener pastures are. During my early years of
married life, I led a one-woman crusade to make my man
into my mold. One particular irritation was that Charlie
was constantly on the phone with his stockbroker. A
dozen times a day they conspired, and each time I be-
came more and more upset. First of all, I was jealous of
the time Charlie spent on the phone. Secondly, I was
worried sick that he’d gamble away all our savings.

One day the broker, who also happened to be a family
friend, called me on the phone. He knew that Charlie
was at work and he gave me some advice: “Let your hus-
band do what he wants in the market. Don’t ever tell him
what to do with his money. You stay out of it and take
care of the kitchen.”

Oh, boy, did that burn me up! I was furious at both of
them! But the wise, old gentleman had sensed my ani-
mosity. He had seen that I wasn’t accepting Charlie’s role
as provider, nor was I submitting to his family leadership.
Today my attitudes have changed, and we're both much happier because of it. I have determined to support my husband's plan, and if that seems impossible, at least I'll support the man!

If you too make this decision, be sincere. Your husband may be surprised by your change of attitude, and react with suspicion. His love cannot be aroused by something contrived by a manipulative wife.

One wife said accusingly to her husband, "I've made radical changes around here for two whole weeks, and you haven't changed at all."

He replied, "You've made two-week changes before; I'm waiting to see if it's permanent." His goals of love had been dormant for so many years that it took more than a spark to relight his fire. Her attempted manipulation fizzled; he had been burned before.

Once you begin accepting your husband, you can stop worrying about your role as his chief advisor. He doesn't need your advice; he needs your acceptance. Tremendous pressure will be lifted from you, not to mention the pressure lifted from him! He will probably begin to reveal his thoughts to you, and he may even choose to do exactly what you've been wanting!

Accepting your husband is the first step in making your man come alive, and it works. It frees him to become a Total Man. He has that potential, but is unable to attain it until you allow him to be himself. Accept him, just as he is today. Accept his strengths and weaknesses, "... for better for worse, for richer for poorer, in sickness and in health ... from this day forward."

Psychiatrists tell us that a man's most basic needs, outside of warm sexual love, are approval and admiration. Women need to be loved; men need to be admired. We women would do well to remember this one important difference between us and the other half.

Just the other day a woman told me, "My husband doesn't fulfill me. He never tells me his real feelings; he never expresses his love. He's about as warm as a cold fish!"

Your man, like so many American males, may be like an empty cup emotionally. He may seem void of emotions, unable to properly express his real feelings to you. Why is this? Remember that he grew up in a culture that taught him not to cry when he scratched his leg. Instead of hugging Uncle Jack, he shook hands. Grown-ups were generally unavailable to listen, so he learned to keep his feelings to himself.

We girls, on the other hand, were allowed to cry and
throw temper tantrums. We were encouraged to kiss baby dolls, Aunt Susie, and the baby-sitter. We grew up full of emotions and knew basically how to express love. Then one day the fun began. Mr. Cool married Miss Passion. Is it any wonder that she felt unfulfilled because he never showed her any emotion?

Have you ever wondered why your husband doesn't just melt when you tell him how much you love him? But try saying, "I admire you," and see what happens. If you want to free him to express his thoughts and emotions, begin by filling up his empty cup with admiration. He must be filled first, for he has nothing to give until this need is met. And when his cup runs over, guess who lives in the overflow? Why, the very one who has been filling up the cup—you!

Love your husband and hold him in reverence, it says in the Bible. That means admire him. Reverence, according to the dictionary, means "To respect, honor, esteem, adore, praise, enjoy, and admire."

As a woman, you yearn to be loved by that man, right? He, being a man, yearns to be admired by you. And he needs it first. This irritates some women until they see that they have certain strengths that a man doesn't have. It's a great strength, not a weakness, to give for the sheer sake of giving. It is your nature to give. Calvin Coolidge once said, "No person was ever honored for what he received. Honor has been the reward for what he gave."

You are the one person your husband needs to make him feel special. He married you because he thought you were the most enchanting girl of all. The world may bestow awards on him, but above all others, he needs your admiration. He needs it to live. Without it his motivation is gone.

A young executive was literally starved for admiration from his wife. She wanted him to fulfill her before she met his needs. She explained, "Why should I give in first? Marriage is a fifty-fifty deal. I'm not about to give everything." Her husband threw himself into his business, working extra-long hours. He hoped his work would fill up that inner emptiness.

During a Total Woman class, this wife realized that she had the power to pour into him the admiration he needed. She began to admire him. Their relationship began to change. One evening he told her, "Something beautiful is happening. I don't know what it is, but it's great. You seem more alive for some reason."

**Hero Worship**

Try this test for a week. Starting tonight determine that you will admire your husband. By an act of your will, determine to fill up his cup, which may be bone dry. Be positive. Remember that compliments will encourage him to talk.

Admire him as he talks to you. Concentrate on what he's saying. Let him know you care. Put your magazine down and look at him. Even if you don't care who won
yesterday’s football game, your attention is important to him and he needs you. Let him know he’s your hero.

Don’t interrupt or be preoccupied. A pilot told me, “When my wife is indifferent and doesn’t respond to what I’m saying, it shatters me for two or three days. Indifference is the worst pain of all.”

Another woman called me the night she was sued for divorce. When she asked her husband why, she was shocked at his reply: “You’ve always been completely indifferent to my life. You never cared what I did or thought.”

Every marriage needs tact—that special ability to describe another person as he sees himself. Your husband needs you to see him as he sees himself. For example, take a good look at him. He happens to love his body. It’s the only one he has and he lives in there. He wants you to love it too. The only way he’ll ever know that you do is for you to tell him.

Perhaps this sounds very foreign to you. You may even think it vulgar. If so, your husband is probably long overdue for some badly needed praise. It is your highest privilege to assure him that he is as special as he hoped he was.

Tonight when he comes home, concentrate on his body. Look at him, really observe him. It may have been years since you actually looked at him with eyes that see. Try looking at him through another woman’s eyes—his secretary’s or your neighbor’s. That might help bring him into focus.

Admire Him

Tell him you love his body. If you choke on that phrase, practice until it comes out naturally. If you haven’t admired him lately, he’s probably starving emotionally. He can’t take too much at once, so start slowly. Give him one good compliment a day and watch him blossom right before your eyes.

Look for his admirable qualities. Even the ugliest man has certain qualities worth admiring, but we’re talking about the dream man you married. Compliment that one who used to make your heart pound and make your lips stammer. Admire that one who stood far above the crowd of common men.

Pick out his most masculine characteristics and let him know they please you. His whiskers, for instance. The day he shaved for the first time was a milestone in his life. But have you ever complained with irritation, “Ouch, why don’t you shave once in awhile? You’re rubbing my face raw”? Instead, try telling him nicely, “Honey, your scratchy beard is too strong for my tender skin.” You can compliment your husband into shaving off his weekend whiskers by reinforcing his masculine image.

Thin Arms, Full Heart

Admire him personally. This is what he is yearning for. When he comes home tonight would you rather have him admire your newly waxed floor, or tell you how great you look? In the same way, he’d rather hear how handsome he is, than how great his corporation is.
Tomorrow morning watch your husband when he looks in the mirror. He sees an eighteen-year-old youth, with firm stomach muscles and a full head of hair. No matter what his age, he doesn’t see his pouch or receding hairline. He sees what he wants to see, and wants you to see that eighteen-year-old, too. Of course, this isn’t really so strange. What age girl do you see in the mirror? My own grandmother admitted to feeling that she was not much past twenty-one.

A dentist’s wife told me she had blurted out one night, “Look, you’re getting fat and bald. It’s disgusting. Why don’t you just face the truth? You’re not a kid anymore.” The first shot had been fired. Her husband felt devastated and to protect himself, he lashed out at her weaknesses in a brutal way that only he could do. He could not rationally answer her comment but instead struck out at her personally.

In class one day, I gave the assignment for the girls to admire their husband’s body that night. One girl went right to work on her homework. Her husband was shorter than she, but quite handsome. In all their years together she had never put her admiration into words. It was a big step for her. She didn’t quite know how to start, even though it was her own husband. That evening while he was reading the paper, she sat down next to him on the sofa and began stroking his arm. After a bit, she stopped at the bicep and squeezed. He unconsciously flexed his muscle and she said, “Oh, I never knew you

were so muscular!” He put down the paper, looked at her, and inquired, “What else?” He was so starved for admiration, he wanted to hear more!

The next day, she told this to her girl friend, who also decided to try it. Her husband had thin arms, but she admired his muscles anyway. Two nights later she couldn’t find him at dinner time. He was out lifting his new set of weights in the garage! He wanted to build more muscles for her to admire.

By the way, admiration can also work wonders for your children. For example, one mother always nagged her son to hop out of the car to open the garage door. One afternoon she said, “Tommy, I’ll bet a boy with muscles like yours could flip that garage door up in nothing flat.” That’s all she said, and that’s all he needed. She never again had to ask him to open the door.

Your husband won’t mind helping you either, if he’s approached in the proper way. Instead of struggling with a jar and breaking a fingernail, ask him to loan you his strong hands for a minute. He derives pleasure from showing off his strength, even on a little old jar.

I know of only one case where this principle backfired. One wife asked her husband, one of the Miami Dolphin football players, to give her a muscular hand with the jars. Finally he asked, “Say, what’s with you? You’ve been opening these baby food jars for five months and now all of a sudden you can’t seem to manage them.” So don’t overdo it. Give him only the jars you really can’t handle.
Rebuilding a Partial Man

I heard one wife say, “I feel guilty using feminine wiles on my husband. It seems dishonest. Anyway, his ego is so big, it doesn’t need expanding. His body is not all that great. Why should I lie to build him up? I want to be honest, but still meet his needs.”

If you’re secure within yourself, you won’t be afraid to give your husband credit. Instead of feeling threatened, you will feel joy in meeting his needs. As you know, you cannot express love to your husband until you really love yourself. But once you do, you can give with abandon. In fact, you can give with no thought of what you’ll receive in return.

I am not advocating that you lie to give your husband a superficial ego boost; even a fool will see through flattery. But I am saying he has a deep need for sincere admiration. Look for new parts to compliment as you see him with new eyes.

Consider his weaknesses and things about which he may be self-conscious. Larry had a nasty scar on his neck as the result of an accident. His wife knew that it upset him and saw that he kept rubbing it. She said, “I really love your scar, honey. It makes you look so rugged.” Her admiration made him feel relieved inside and less self-conscious.

If you haven’t been communicating much lately with your husband, you may have trouble finding something to compliment. If that’s your case, think back to those days when you were first convinced that he was the one. What did you love about him then?

An older couple was so estranged that the wife could not see anything to admire about her husband. She forced herself to think back, all the way to the Depression days, when he frugally kept the family together with shrewd business management. Now, nearly forty years later, she shyly mentioned how she had admired his financial leadership during that time. Those were the first appreciative words he had heard in years, and his reaction was pitiful. He looked at her with disbelieving eyes, tears welled up, and though he found no way of verbally expressing his appreciation, he was very tender that evening. The wife was amazed that such a little remark from the distant past could cause this behavior. It was a turning point in their marriage.

A marriage must not remain stagnant. You can keep yours exciting and growing, and in order to succeed, you must. At the end of a long day, your husband especially needs your compliments. One husband called his wife just before quitting time to say, “This is a partial man looking for a Total Woman; be prepared!”

Put your husband’s tattered ego back together again at the end of each day. That’s not using feminine wiles; that is the very nature of love. If you fulfill his needs, he won’t have to escape some other way.

On the other hand, you may have a husband who does not do anything but stay home drinking beer in his under-
wear. The responsibility of the family may rest on your back because somewhere along the line you usurped his role. Your nagging may have taken the wind out of his sails and now he has no desire to keep working for you. If so, he needs your compliments to restart his engine, regardless of the distance or bitterness between you.

Life is made up of seemingly inconsequential things, but often it's a little thing that can turn the tide. Behind every great man is a great woman, loving him and meeting his needs. There are some exceptions to this, but very few.

Self cries, “Love me, meet my needs.” Love says, “Allow me to meet your needs.” Dish out some sincere compliments to your man tonight, and watch his cup fill up and overflow. What nagging cannot do, admiration will!

Adapt to Him

One Monday morning Bobbie Evans, the wife of Miami Dolphins tackle Norm Evans, arrived at my doorstep fed up and resentful. The football team was flying in at noon and she was picking up Norm at the airport. Bobbie needed to talk out her anger to a buddy before she unloaded it on her husband. She was tired of Norm’s never-ending football schedule, his endless appearances and speaking engagements, and her having to bear sole responsibility for disciplining the children. In fact, the heartbreaking question of her little boy, “Isn’t Daddy ever coming home for dinner again?” prompted her to seek a solution.

She felt lonely, neglected, and unloved. The situation didn’t look good. I wondered what to tell her—put her foot down? insist that he quit football? demand that he spend more time at home? threaten him? She had already tried that for two years, but of course nothing had changed. Should I tell her to withhold her love? make
him come begging to her? play the martyr? She had tried that too. Result? No change.

What I told her, she didn’t like. Later she admitted, “I was so mad, I almost got up and walked out. I certainly hadn’t come over to hear that I should adapt to Norm’s life.”

Adapting was the only thing I knew that would work. “Bobbie,” I told her, “adapt to his way of life wholeheartedly, even if he doesn’t come home for weeks. When he is home, make life so attractive he won’t want to leave. Don’t make him feel guilty and don’t complain. Instead, treat him like a king and cater to his needs.”

Bobbie cried a little, but finally dried her eyes and smiled. “I’m going to do it,” she said. The first thing Norm said when he got off the plane and saw her radiant face was, “Hey, what’s happened to you?” Nothing had changed except Bobbie’s attitude. The unreal schedule was still the same, but Bobbie had determined to adapt.

Two years later, Norm told her one night during sweet communion, “I love you so much right now that if you asked me to quit playing football, I’d do it.” She wouldn’t ask him to; she has adapted to his way of life. By the way, he has become an All-Pro NFL player, a Total Tackle, and she, a Total Woman teacher. They’ve never been happier together.

My Way

What causes most of the problems in your marriage? I find that the conflict between two separate egos is usually the culprit—your viewpoint versus his viewpoint. If they happen to be the same, fine. If not, as so often is the case, conflict results.

For instance, your weary man comes home from the office longing for a quiet evening. You’ve been cooped up in the house all day and want to get out. There’s instant conflict with two egos, each shouting, “Me, me, me.”

Or you have a little extra money. He wants that new car and you have your heart set on new carpeting. Conflict. He wants to go to the game Saturday and you want to go shopping. And so it goes.

Every couple has this problem. How can two different egos fuse their two different opinions into one? Some don’t. Often these conflicts are “resolved” when the parties go their separate ways, instead of growing together.

The biblical remedy for marital conflict is stated, “You wives must submit to your husbands’ leadership in the same way you submit to the Lord” (6). God planned for woman to be under her husband’s rule.

Now before you scream and throw this book away, hear me out. First of all, no one says you have to get married. If you do not wish to adapt to a man, the negative implication is to stay single. If you are married but not adapting, you probably already know that marriage isn’t the glorious experience you anticipated.

Secondly, you may think, “That’s not fair. I have my rights. Why shouldn’t he adapt to my way first, and then maybe I’ll consider doing something to please him?” I have seen many couples try this new arrangement, unsuccessfully. Unless the wife adapts to his way of life,
there's no way to avoid the conflict that is certain to occur.

Thirdly, please note that I did not say a woman is inferior to man, or even that a woman should be subservient to all men, but that a wife should be under her own husband's leadership.

Fourthly, another little phrase may cause some consternation: "... in the same way you submit to the Lord." Perhaps you are thinking, "I don't submit to the Lord. I don't even know Him. How archaic can you get? Even if you believe in Him, who submits to Him?"

The fact is that God originally ordained marriage. He gave certain ground rules and if they are applied, a marriage will work. Otherwise, the marriage cannot be closely knit because of the inherent conflict between your husband's will and yours. The evidence is all too clearly visible. In some cities there are now more people getting divorced each day than getting married.

Man and woman, although equal in status, are different in function. God ordained man to be the head of the family, its president, and his wife to be the executive vice-president. Every organization has a leader and the family unit is no exception. There is no way you can alter or improve this arrangement. On occasion, families have tried to reverse this and have elected a woman as president. When this order is turned around, the family is upside down. The system usually breaks down within a short period of time. Allowing your husband to be your family president is just good business.

**Oh, King, Live Forever**

I have been asked if this process of adapting places a woman on a slave-master basis with her husband. A Total Woman is not a slave. She graciously chooses to adapt to her husband's way, even though at times she desperately may not want to. He in turn will gratefully respond by trying to make it up to her and grant her desires. He may even want to spoil her with goodies.

Marriage has also been likened to a monarchy, where the husband is king, and his wife is queen. In a royal marriage, the king's decision is the final word, for his country and his queen alike. The queen is certainly not his slave, for she knows where her powers lie. She is queen. She, too, sits on a throne. She has the right, and in fact, the responsibility to express her feelings, but of course, she does so in a regal way. Though the king relies heavily on her judgment, if there is a difference of opinion, it is the king who makes the final decision.

Now hold on, I know just what you're thinking; remember, I've been through all of this, too. What if the king makes the wrong decision? Oh, that's a hard one, especially when you know you're right, and there are times when that is the case. The queen is still to follow him, forthwith. A queen shall not nag or buck her king's decision after it is decreed. Remember those speedy trials, gals!

In so many marriages today, the woman rules the roost.
In others, there are two coequal rulers, whose decisions often clash. In still others, only the fittest survive. None of these cases enhance romance. Emotions are sent plummeting to zero, and the husband is left wondering, "How did I get into this mess?"

A lawyer's wife told me after a class, "I wasn't brought up to adapt to any man; in fact, just the opposite. I was taught as a small girl that no man is to be trusted. Men are only out for what they can get, and if you shack up with one for life, do him before he can do you." Having this propaganda piped into her little computer as a child has certainly caused her great obstacles today.

I would like to say right here, that in the beginning I was as dubious as anyone about adapting. But wow, has my thinking changed! I see now that a man does not want a nagging wife, nor does he want a doormat. He wants one with dignity and opinions and spunk, but one who will leave the final decision to him.

On January 15, 1972, Margrethe Alexandra Thorhildur Ingrid became Queen Margrethe II of Denmark. Since childhood she had been groomed for the task of being queen someday. She had the finest education, received military training, and was prepared in every way to be a queen.

Her husband, Prince Hendrik, has no function constitutionally, other than as husband of the queen. But it is no secret that Hendrik wears the trousers at home. "Ever since I was a little girl," Margrethe said on the day of her engagement, "I have believed that even though I

must officially take first place, it would be possible for me to take second place in marriage."

If a real live queen who could demand subservience from her husband feels that way, can we queens do less?