
John Gray: Mars & Venus & Stress

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Speaker 1: [Inaudible 00:00:03] In the past 16 years, [inaudible 00:00:09] and over 45 languages throughout the world. [crosstalk 00:00:15], \$20 for 25, you will get [inaudible 00:00:28] that he spoke about [inaudible 00:00:31]. Now, he's a certified family therapist for over 15 years and has been talking personally [crosstalk 00:00:37]. His focus is [inaudible 00:00:43] men and women and understanding, respecting [crosstalk 00:00:47]. For more than 30 years, he's been [inaudible 00:00:49] private seminars with thousands of participants.

He's a popular speaker on the national and international lectures [inaudible 00:00:58] on television and radio programs. His weekly national syndicated column [inaudible 00:01:06]. I give you John Gray.

John: Great. Thank you. Thanks so much. Am I on? Are we working? Great. I've been here once before talking about my book The Mars and Venus Diet and Exercise Solution creating the brain chemistry of health, happiness and romance. How many were at that presentation? Just curious. Great. We'll do a little review of that certain points but most its new stuff in my new book which is why Mars and Venus collide. Now, I'm sure you think you already know but we [inaudible 00:01:53] collisions but the problem is when we have collisions, there's usually frustration and whenever there's frustration it's only because we don't understand the situation.

Who's been frustrated with the opposite sex before? Massive frustration. Me included of course. What I do in this book is decipher the code to help us understand and make sense of what's going on and so tonight, we'll get some good hands on making sense of what's going on. The book is a fun read as well. We'll have a fun time tonight. Good, there is a clock. I don't need to put this phone next to my heart. I'll turn this thing off. I didn't have a clock with me so I just put that in my red pocket, the red jacket there.

8:30, 9:30, the it give some time for questions and, of course, those of you who were here at my last talk, [inaudible 00:02:47] for 25 years so I do other things as well but my favorite presentation is on detoxification so I have a few more things to say on detoxification besides all the wonderful things you said. Also there's a lot of practical nuts and bolts of applying the Mars, Venus ideas for help and that's why I'm most excited about. I think everybody over 50 and 60 and 70 become more concerned with health. You give up on everything else but, okay, you got to at least this guy work on your health.

I see the good relationships is a major part of health and good relationships doesn't necessarily mean resignation to not having one or resignation to not creating trouble in your relationship but there is dynamics that we may see tonight that maybe we weren't aware of that can renew a sense of interest, curiosity, passion and love and intimate relationships but this could also be applied to friendships, relationships with our children and to people around us but I will have lots of examples from intimate relationships because often that's

where it's most frustrating. The truth is the closer someone in is to us, the more easy it is to get bruised.

If somebody is in a distance, they can say whatever they want to say, they can work out my lectures, they could write off articles. They can do anything they want. When you have with sex with someone and then they say something, it can get right to you so since we do become vulnerable through sex, probably one of the most vulnerable ways that we can ... One of the most vulnerable things we can do is be naked, interact and please someone and want to be pleased. That's a very vulnerable moment. That person now has a connection where it's like they could very easily as well as they can affect you in sex and make you feel good, they can also affect you and make you feel terrible.

My wife is really the only person in the world that has the power to upset me. Literally, I've got this thing mastered. Nothing upsets me generally but my wife has the power. I've worked really hard giving up sex during my last 23 years of being married to her thinking, okay, I just don't want to have sex again but somehow I'm cursed, I have to have sex and so I had to figure out how could I have sex again with her. I worked out all the kinks and this is for you. Maybe add a few little insights for you. I've already worked out many of those kinks because typically if you stayed married for many years, you have to work them out to various degrees and so we'll just remind you some of the things you've learned as well as maybe some new things.

The new book "Why Mars and Venus Collide," I like to say the subtitle which is "Improving Relationships through Understanding How Men and Women Cope with Stress Differently." Long subtitles but that's sort of my focal point here is understanding how men and women cope with stress differently and this is what inspired me to write this book. I've written 16 books. I'm a multi-millionaire. I get \$35,000 a talk except here. That's in China and the Philippines and Europe and all around the world. I'm like this famous person. Men are from Mars is a literally a phenomena. It's the biggest selling book in the world, second to Harry Potter. It's massive everywhere and every country, everywhere. It's a big deal.

I love talking about it but I was done writing books about it, a lot of books on it. Then this research came out, UCLA, about 5 years ago and that really excited me because the research was now a biochemical foundation to justify to explain all the ideas I've written out before. I had to fight over and over and over as with any greats a big thing has a big impact, it's some idea that nobody thought about even though it's obvious. I'm a simple person. I just spoke the obvious and everybody was making it way more complicated than it was and while a good thing was happening in the world 30 years ago, we wanted more freedom for women. Women wanted to step out of their traditional roles.

Men, did not but we like stepping out of our traditional roles as well once we're out but men are sort of like on Mars, we have a formula. If the formula works, don't change it. On Venus, their nature is if it works, well, why not try something

new. Who knows it might work better? Of course, it's one of the biggest problems in marriage is that women have this what I call the home improvement gene. They said they love you and suddenly they focus on you and now they want to improve you. Men didn't sign up for that. When you marry a guy, it's kind of like he's getting message, "Okay. I'm loved just the way I am."

Now, he's thinking and this is what the men thinks, "Do not change. He wants her to stay just the same." She's thinking, "Okay. Now, I can improve him." While it comes from ... It's just nature. Women have a nurturing nature which is nurturing. See men have a fixing nature. If it's broken, you fix it. If it's not broken, you leave it alone. Women have a nurturing nature. The nurturing nature means that you plant a seed, you water it and it grows and it keeps changing and you keep doing all sorts of things. You trim it back. You cut it. Women are all into grooming as men. My wife, she still tries. She still tries. She thinks I'll ever learn manners. It just doesn't happen. As you get older, you can forget the ones you learned so forget about that one like food falling on your face and whatever, that kind of stuff.

Slobbering. She catches me putting my spoon in the jelly jar after I've eaten from it. A lot of various things she'll catch me doing. Forget about that stuff. Anyway, that's if you're from Mars. What we have is this research ... I just observed this stuff. I'm a marriage counselor and as a marriage counselor, I would just watch men and women constantly batter and bicker and they didn't even know what they were fighting about. They often had a whole different agenda going on. I said, "Hold on. Hold on. Let's just figure out what's going on here."

I realized that most of the time they're just misinterpreting each other. Just misinterpreting each other and when they're arguing and fighting often, men are making one point and women have 30. Men, you think you've won the argument because you picked out of 30 things she was talking about, you pick one thing, that's wrong and we're going to prove that I'm right and he'll pound on it and she goes, "What if you're right on that? We got 28 other things you're wrong on."

Over time, the couple would just sort of back off from it rather than finding a very constructive ways to deal with our differences and what I do is help us to have a positive way to look at our differences so that we're not so frustrated by them and we're not so disappointed by each other. I mean here's the absurdity of human beings and it's not one person. It's everybody to some extent it amplifies this idea. A woman is in my counselling office and her husband is late for counselling and she's so upset, she says, "I can't believe it. I can't believe it. He's always late. Once again, he's always late."

I said, "You mean he's always late?" She says, "Yes." "How long has he always been late?" "For the whole 20 years been married, he's always late." "And you're still frustrated thinking he should be here on time?" I mean at certain point when you bang your head against the wall trying to walk out, you realized there's not a doorway there. You just find out, "Okay. Where is the door?" You accept that

there's a door over here and you're not going to walk through that wall. It's never going to happen. He'll never be on time when she thinks it's really important. That's just who he is. You just learn to adjust to that. That's called accepting life. We accept life is not a perfect place. It's a big mess.

I'm a proud grandfather now. I just had 2 grandsons born from 2 different daughters. It was just this 2 weeks apart. They just came out. That's really fun and I have a 2-year old Sophia. Sophia is, of course, at this point my favorite because she's 2 years old and I bonded with her and one of my fantasies was to be a rock star. I never got to be a rock star. I'm just not inclined that way but I can play chords on a guitar and play notes on a piano but nothing I can never succeed professionally. With her, I'm a rock star. I just play a chord and I use words that she uses. Her favorite word is messy and the other was angels, because there's angels around our house. She's like, "Angels. Angels." We make messes and have fun making messes so I play the messy song. I just get a note, I ... "Messy. Messy. Messy. Messy. Messy. Messy. Messy." Then change another, "Angels are messy. Messy. Messy. Messy. Messy. Messy. Messy." She just puts her little hands down in front of me and I'm a rock star. She's so happy to see me.

The joy there is [inaudible 00:11:35] I'm making this point is that messy is a part of life and we start thinking it's not a part of life. It's just life is a mess and we all have fun cleaning it up and it's so frustrating to think there shouldn't be messes. As I told my wife once in Martian terms, there was one time she was when the kids were young I was like, "Okay, honey. You really need time. You're stressed. You need time to do whatever you want," which was a good thing, women need time away from the whole things. Just take the whole day off. I'm going to take the kids.

She said, "What are you going to do?" I said, "I'm going to take the kids." "What are you going to do?" I said, "I'll do what I do. I don't need to tell you what I do. If you tell me, then you're taking kids. You don't have anything to do and just go off. Just leave them in my hands." "I can't leave. I want to know what you're going to do." It's funny. All right, I don't approve of this but I'll do it so you can go off and have a good time. I'm going to take them to Stinson Beach. We live in a little valley. Stinson Beach is over the hill. "I'm going to take them Stinson Beach."

She says, "You're going to take them to Stinson Beach you don't even have jackets with these kids?" I said, "Okay, I forgot the jackets." "It's going to be too cold." I said, "Okay. We'll go get jackets because it's going to be too cold." "See? That's why I asked." I said, "Yes, that's why you asked." There's another reality here, which is they could have gotten in the car with dad we would have gone to Stinson Beach. We would have gone out in the beach. The kids would have complained it's too cold and guess what? Dad would have created an adventure and that's how dad would bond with his children by creating an adventure in

solving the problem. Men cannot bond with their children or with their wives or with anybody unless there's problems that we can solve.

That's why women [inaudible 00:13:22] messes are going to happen, let the messes happen and let him fix them whenever he can. She didn't understand that. She's like wanting to protect. Women should. They're all thinking, "What can go wrong? What can go wrong? What can go wrong?" There's a place where you just have to let go and let him make some mistakes and let him learn from his mistakes because women want to like be mothers to men. If you mother a man, you lose to your attraction to him and he loses his attraction to you.

We're going to learn a little bit more about that. I want to come back to this subtitle of my book which is that's what gets me on track, which book I'm talking about. It's actually number 17. This is improving relationships to understanding how men and women cope with stress and I just read this research out of UCLA in 2002 and it went, "Wow. This is it." Finally, someone has proven something that I dare not put in a book for the last 20 years that I would have love to which was the hormonal difference between men and women. Nobody had done the proof. Whenever you mention hormones, they slaughter you if you don't have all kinds of proof on it.

I was just using what I saw was my observations. What I knew and what teach them to [inaudible 00:14:32] my classes when the [inaudible 00:14:34] wasn't there, wasn't in writing is this information about hormones. Again, your cynic would say, "Well, what study proved that?" Finally, the study is there. The bottom line of it is revolutionary. It's really like an earthquake that will shake the world as it starts to disseminate out and the whole idea of Men Are From Mars, the realization that men and women are supposed to be different, progress is not women becoming like men or men becoming like women. That is not progress.

Progress is men becoming more like men and women becoming more like women, more whole within ourselves. Not men becoming like women but men learning how to respect women and support women better. Women learning how to appreciate and use men better. I know women would hate to use that word but actually, women like to be used. We're like horses. You kick us and we go ahead and then you feed us. We're very simple. Use me. Ride me. If I can do something to make you happy, let me do it but what you have to know that all is men do a task. They have to have a reward. Men don't understand it because women don't have to have rewards. That's why women have less rewards.

Women will do stuff with no reward. Men have to have reward in order to give them the energy to do it again but not only the reward but they need a nap. They need a nap. We'll learn the physiology of this stuff. These are some of the ideas that were politically incorrect that I couldn't talk about then because I didn't have the foundation for it. What's so exciting is all this research which explains it. This is about every one of you, your children. You want to give your

daughters and your sons, you want to give them this book and save them a lifetime of misery.

One of the big battles is today a husband and wife, they go to work, she, they go to work, they come home and the first thing that happens is he will come home and sits on the couch. The first thing that happens for her is she sees a messy house and has to clean it up now. Now, can any women relate to that little dynamic? She looks over at him and goes, "What is he doing sitting there? I'm working. He's working. Why does he get to rest on the couch and I have to do all the work?" Let's look at reality. The reality is she can't rest. She can't.

Women are telling me over and over, I can't rest. I got too much to do, too much to do. I can't rest. I can't rest. I can't rest. Guess what, you can't rest. It's not his fault. You can't rest. You're not designed to rest either. You have some idea that you're man and you're supposed to rest when you come home. You can't and you know you can't. You look at him and you say he should be like you. Really, you should look at him with great admiration. Oh my gosh, look what he could do. This is salvation for couples. This is a big stress on relationships today is that when you come home, see, women have been playing football with men. They're playing by men's rules in the workplace. They're becoming men all day long. Competition. What the workplace means, when you're in the workplace, you work for money.

Women have never worked for money generally speaking. They work out of love. When you did work for money, women of the night, they're often shunned, call whores, prostitutes. Basically, I'm a whore prostitute. Give me \$35,000 and I'll fly anywhere tomorrow and give a talk. I don't want to fly the Philippines. Who wants to fly to Beijing? Who wants to fly all these places? First class ... I don't want to do it. I live in a 10-star house. I got family and grandchildren. Why would I ever want to go to these places in the world? I can give a talk anywhere here. I can give a talk there to people whoever they are. What's the point of me flying over there? I got my prize, \$35,000, I'll come to you in call.

That's called working for money. That's working for people you don't even know, you don't even care about. Let's say you're a nurse, very nurturing job. Suddenly, somebody can't pay the bill. What happens? You can't help them. This doesn't simulate the hormones and make women happy. When women can freely give of themselves, do what they like to do, do what they want to do, then a hormone gets produced and that's the magic hormone and that was the research in 2002. They measure the hormone oxytocin. Who's familiar with that research? Let me just see. I wouldn't bother talking much more about it but the application of another [inaudible 00:19:28].

Basically, oxytocin is being considered the nurturing hormone, the love hormone, the bonding hormone, the friendship hormone, the sharing hormone. These researchers turned it the friend and, what was it, friend to be friend. I know that wouldn't make sense. Tend which is to nurture. To tend to other's needs and be

friend. Tending and befriending. That is the oxytocin response. When women are in situations where they can tend and be friend like the garden, you're tending to the little seeds and protecting them and nurturing them, and you have help. That's your friends. You have friendships and sharing. What you get is a massive amount of oxytocin. Now, what's this magic of oxytocin? Oxytocin is the hormone [inaudible 00:20:23] located, the hormone that will lower cortisol in a woman's body.

Now, the big significance here is it doesn't lower cortisol for men. It just makes men sleepy. Anything that's actually going to help women cope with stress just makes men sleepy. What would be the examples of that? That would be more extreme. We're going to get to that one. I'll build up to that. He's heard my talk before. We're going to do a little foreplay to it. That would be, "Honey, let's go to the museum and look at dead things." Men start getting sleepy unless they can make money out of it, then it's different or unless he's an expert at it, then it's different.

Men need hormone called testosterone in order to lower stress in their bodies. Everything for men is wired up to testosterone, which, by the way, which is so important when we're talking about cleansing the body, the first thing he mentioned in cleansing was all of the xenoestrogens in our environment. What we have today is we ... In xenoestrogens, what happens with this estrogens is they interfere with the production of testosterone. What happens is more estrogen means less testosterone for men, that means men have less capacity and ability to cope with stress. Testosterone is the hormone to lower stress in a man's body.

By stress, we don't mean traffic jams and problems out here. That's just life. That's messy. Life is messy, messy, messy, messy. Okay. We got a mess to clean up. Another mess to clean up. That doesn't cause stress to us. If a man has messy and has confidence, confidence, his testosterone rises in the face of stress and his stress levels go down and he lives longer because of that.

If a woman is in the face of messy, messy, messy, messy out there and she feels not confidence but assured that she has all the time, resources and support, she needs in order to help others going through this messy situation, then her stress levels go down. Men just have the ... Not just a just but men have to have the confidence and the problem and the confidence to fix it and solve it and that raises his testosterone, lower stress for him.

Now, women, you know you're solving problems all the time. It feels good. It feels good to you. It feels good to men. The difference is when you're solving problems, it doesn't lower your cortisol levels. Cortisol is the stress hormone so you got messy out there. If women feel it's all up to me, I have no help, I have no time, I have no resources, I call that the feeling overwhelmed because that's what women call it. How many women can relate to sometimes feeling overwhelmed? Let me see if you're on this town you have overwhelmed

women? Yes. I don't know anywhere where they don't have overwhelmed women. Few exceptions. Somebody could be the exception but overwhelmed is when women are stressed. They feel ... They're not producing enough oxytocin at that time.

They're feeling there's too much to do and I don't have enough time or support to get it done. What we want to do is recognize that the world is totally different now. In 20 years, massive change is taking place in the world. We all know that with computers and internet and busy-ness and crowdedness and all that, all the messiness is out there more than ever before because it's so much faster.

What is more significant than all of that is something called role reversal which is women becoming men. Women living at a world that pays women to be men, encourages women to be men. A woman's survival becomes dependent upon ... becoming like a man and there's no room for her to get support to be feminine to be a woman or to discover that part of her because life is always a journey. Life has many stages. A woman's journey is a woman's journey. A man's journey is a man's journey. What happens is if we don't get the right kind of support, the stimulation we need to produce the hormones we need, we don't cope with life, we don't cope with the mess. It gets us down.

It makes us sick. It's stress is a major contributor to our sickness. Let's look at that for a second and then back to the solutions about role reversal because I'm not suggesting woman not be in the workplace. I think this is the best thing that's ever happened in the history of mankind. It's a huge evolutionary leap but with it, becomes a big new mess. Woman can help clean it up and men can help fix it. We'll do it together.

It's a key thing is to recognize stepping back is not the solution. The solution as you mentioned is balance. If women are going to spend 8 hours or more their day in a world which is going to stimulate testosterone which doesn't do anything to lower her stress but actually increases her stress over the day, not that testosterone's bad for women, not at all unless it's really high. It's that while she's making testosterone, she's not making oxytocin. What makes testosterone or stimulates the production of testosterone is almost like it's an complimentary opposite to what stimulates the production of oxytocin. The solution of women spending all day doing testosterone-stimulating activities, her few hours at home need to produce what I might call super-oxytocin enough to balance that.

All the old fashioned traditional oxytocin stimulators are helpful if she's got 8 to 10 hours to do it. If she doesn't, there are super-oxytocin producers and I'll get into what that basically means. We've got ... First of all, we need to understand that the things that stimulate testosterone or risk in danger, so really getting in a car today is testosterone stimulating. I've been looking at that like if you're a parent, my mother was way low on the stress scale. Look at the world she lived in, she has a nice husband, he wasn't an alcoholic, he wasn't a drunk, she lives in a nice neighborhood, he had a job, she raise the kids, she had like a nanny to

help in the afternoon, in the morning when it was in the school day. At school, she say go and get on the bus and then the kids will come home and then she'd say, "Go and play." I'll ring the bell when it's to time. That was the neighborhood I lived in.

What did she have to do? She certainly had a lot to do but it wasn't like women today who have to get in their cars and drive their children places which is now there's a sense of urgency traffic jams, you don't have predictability. When you don't have predictability, you have something called uncertainty. You have lack of regularity. Regularity produces oxytocin because you know what to expect. You know your rhythm. You know your support will be there. Then you've got uncertainty, great testosterone producer if you've got confidence.

If you don't have confidence by the way, our risk in danger is a lot of uncertainty too risk. That's uncertainty. Stimulates testosterone if you have confidence. If you don't have confidence, then what happens as you become depressed? Testosterone levels start to drop down or as the male, you try to find places to be confident, so you look at a typical inner city boy who's driven by testosterone to feel good, and he's getting messages from his education or lack of education from his family and from looking at the way the world is built, you're never going to mount anything. You can't solve anything. You can't fix anything. You're not going to accomplish anything in your life. What kind of confidence is he going to have?

Where does he get his testosterone? He gets his testosterone in games. He gets his testosterone in dangerous situations. He wants to put himself in greater danger where he has to then solve the problem and react quickly. Again, we see a whole imbalance in society. We're talking about this imbalance of basic hormones in the body and the answer is the key to so many of our social problems and health problems once we start to get the dynamics of this.

You get the male side uncertainty, risk, danger, urgency, and a sense of urgency is going to stimulate testosterone. See, a lot of guys in here are retired and statistically not that you have to be in those statistics, if you're retired, statistically, you've got 3 years to live. That's the insurance company is giving. Now, you're in this class, you're learning new things. You're obviously not in that group. What is it about that statistic? It's about as men age and they don't have to go to work, whenever you have to do something, that produces testosterone. If I can sit back and be a fat cat and do whatever I like, I get fat because that man don't use that testosterone. It then turns into estrogen and they get fat for the fat belly, [inaudible 00:29:36] estrogen, you're going to get xenoestrogens, we'll talk about that. Otherwise, they get rid of it as well.

We got the whole testosterone thing. Men have to produce testosterone and use the testosterone. What we're seeing now in America over the last 15, 20 years, men's testosterone levels are starting to drop, drop sooner and sooner and sooner. If you look at an Afghanistan man or men in indigenous tribe in South

America, 90 years, 100 years old, he's got the testosterone levels of a 20-year-old. We are not designed to lose our testosterone and become passive and fat. This is all phenomenal.

One of all of the toxic buildup which gets in the way because all that extra xenoestrogen is going and interfere with man's production of testosterone but also retirement. We have this notion that you're supposed to retire. Do a job you don't like which by the way will produce testosterone because anytime you do anything you don't like, you're sacrificing. I go to this job. I don't like it but I do it because I love my family. A noble thing. A noble sacrifice produces huge amounts of testosterone. The fault in that is then he gets to 65 and then I don't have to do that anymore and play golf and do whatever I like to do and his health drops immediately or soon.

You need an intelligent retirement. Certainly, you can stop doing things you don't like to do but do things ... sacrificing will produce testosterone. Another thing will produce it as well which is having problems that you solve and people depend upon you. That means you have a job or some sort of activity and if you don't show up, somebody's going to die or if you don't show up, somebody's going to be really unhappy. That motivates you. When you wake up in the morning, you know I've got to get up or I'm in trouble or somebody else is in trouble. That's essential for men.

Now, women you live your whole life that way. Women live with too much I have to do this. They got this little radar. You need me, you need me, you need me. Depressed woman feel everybody needs me and I don't get what I need. Depressed men feel nobody needs me. It's the opposite. It's the opportunity hormones. This is where we get down to the foundation of this. These were observations. Now, we got physiological foundation of it. Now, when I'm talking about increasing testosterone in men to lower stress, the last thing I'm suggesting is hormone replacement.

Just to be real clear, it's one of the worse things I believe that men can do is take the hormones. There's so many natural things you can do without flooding your body with massive doses of hormones. The football players that are taking testosterone and they're like the steroids and testosterone. You had testosterone steroids. You want to test whether he's doing it or not, you don't have to ask him. You just have to take a picture of him in the locker room because his testicles have shrunk. That's what happens when takes testosterone. His testicles make testosterone in the man. Men have to make 30 times more testosterone than a woman. Everything testosterone is masculine. When women say I feel like I'm a man, you go, "Yeah. You have no idea. Multiply that times 10 and you've got a man."

We'll learn about those differences in terms of our needs. Man need ... We're hungry for stimulation to make testosterone. Women are hungry, hungry, hungry, even more hungry for stimulation to produce oxytocin. What are the

things that stimulate oxytocin? What are the things that stimulate testosterone? Some of the things that stimulate oxytocin is affection. It's simple stuff. Nothing complicated here. It's so simple that men don't think it's necessary to do. That's nothing. Why? Because it doesn't do anything for him.

You read this at a romantic books written by woman that say, "Leave him little notes." Leave him a little note. That was nice but who cares? How about great sex? I like that. It's nice and it is nice. Occasionally, my wife will leave little note in the bed and, "Oh so sweet. I love her and everything." Multiply that times 10 and that's a woman's reaction because that little note stimulates oxytocin.

Noticing she gets her hair done. "Honey you got your hair done. Love it. Oh you changed the color of your hair." Imagine her experience if she changes the color of her hair and her husband doesn't even notice. Does she feel seen? Does she feel heard? Does she feel important or special? To a man, I can care less whether she notice. Of course, all women would notice so I would never have that experience in life. Man, don't go around to therapist complaining, "I changed my hair color. I got a perm and she didn't even notice." I make one deviation in my clothes and all my daughters and my wife go, "Oh you changed."

On Venus, they got rules, you can't wear the same shirt every day. They catch me, "Oh you wore that yesterday." "Yeah. I wore that yesterday." I smelled it, it was fine. Even if it's fine, you put it back but you can't wear it every day. These are like Venusian rules, manners and all that stuff. Think about the Mars's world. You wear up ... You're chef, you wear your same outfit. You're military man, you wear your same outfit. If you're on Obama's team, they wear gray suits. Everybody's got outfit. That's his Mars. Why do you have an outfit? Because it says what you do. Your outfit says what you do?

What you do is most important to men not that it's not important to women but it's 10 times more important than men because if I walk into the room and you know what I do and you have a sense of admiration, "Oh he does that." He's one of those guys that do that. He has expertise. He has magnificence in something. Then, in advance, he already knows people will have admiration for him.

Remember times and appreciation for that. That stimulates testosterone in him. Anytime you acknowledge what a man can do, has done or is doing in a positive way, it goes right to his heart. Testosterone goes up and he becomes loving and kind and considerate and gentle and caring and creative and supportive, everything that guy was for 3 weeks when he courted you. He's there. He just needs that testosterone to come up. That's when he was the maximum confidence is that then he discovers, "Oh my gosh. You know, I thought everything was going to be perfect."

She, when she gets to know him, she starts to feel safe to share her feelings. When she starts to share her feelings about things, then he goes, "Oh my gosh. There's no way I'll ever make this woman happy." He gives up. Men, overtime, it

just shows like women will start talking, oh here she goes again. I'm like [inaudible 00:36:34].

There's nothing I can do about this. We already went to the face where he tried to her, "We'll don't worry about that. Just do this and this and this," which doesn't work. That's like taking gasoline on a fire and making it bigger. Men don't understand that. If I'm out with some guys and somebody's talking too long about a problem which is after 3 minutes, I said, "Don't worry about it. You'll handle it. We're having a night out. Why would you want to talk about problems when we're trying to forget them?" That's how men ... those men that do, not all men are great at this but instinctively, most men do quite well with it if they just sort of follow old Martian traditions which is on Mars, if there's a problem, you solve it. If there's at the end of the day when a work day is over, what can you do to solve it? Nothing.

You'll go home feeling, "Gee I want to do this but I can't do this. I can't do this. I can't do this." That would make you a woman. What men do is they have a philosophy on Mars, if there's nothing you can do about it, then what? Forget it. At least, forget it until tomorrow and that's what we do. We are designed to forget problems. Women, when you become a problem, we can't solve, we forget you. Literally, we can't bring you into our world is when we're under stress, the way men cope with stress is solving problems or forgetting problems. It's called the fight or flight response. That's the testosterone response to stress.

The testosterone response to stress. Stress, mess. Solve the problem so the mess doesn't occur again. That's going to be the man's thing. Let me solve this problem. Then, after I've solved the problem, I need to take my nap or I need to rest. I need to do something else. It's always solve it, do something else. If we're solving it and we can't finish solving it, then the flight response is to forget it until we can. Put it on hold. Leave it there. Women, "Oh he'll never think about this again. He'll walk out." I don't want to talk about it. This is ridiculous. He'll go away and forget it. That's what he's designed to do. That's how men cope with stress.

Women can understand this and they think that's a sign he doesn't love you. He doesn't care about you. You're not important to him. Why does he want to hush all this out? Guess what, talking about problems produces oxytocin. Instinctively, women go, "Well, let's talk about it. Let's talk about it." He think let's do something about it or forget it. On Venus, well there's nothing we can do about it. At least, we can talk about it. Women talk about problems. As they talk more and more about problems, what happens to men? Sleepier and sleepier and sleepier. That's your oxytocin response.

Now I first learned about oxytocin is there were, over the last 15 years, more and more research was coming out about oxytocin. I figured it out when I first heard that the big bond ... Remember the woman who wrote the book about children at birth, if you're there you bond with them because oxytocin is a bonding

hormone so it's important to be there at the birth. You get this big dose of bonding hormone which by the way, we are just at the restaurant before here. What they do for the speakers here is they take us to dinner and they're quite charming. It's quite a wonderful experience.

My office kept saying, "You know, they want you to go to dinner but don't you just want to go?" I don't know. I want to go to dinner. It's such a pleasure to spend time with you. This is very distinguished wonderful group. It's not the job for me. It's just I really enjoy coming here and speaking to you. That was a little too Venusian there when they get back to my point. That completely, my mind has gone blank having done that. I need some more of this water. It's good water up here. Get me some water. Thanks. [crosstalk 00:40:28]

My vegetarian diet. He's making fun of my vegetarian diet. I'll tell you about vegetarian diet. Just dehydration. See all the sweat on my body? As I'm talking, there's water going out and dehydrated because [crosstalk 00:40:43] ... By the woman, I mentioned saunas. Forget saunas and remember our infrared saunas. That's the new thing and you can get one for your house for 2 people. You'll start sweating massive amounts in 10 minutes. The temperature will be less than 130 degrees where the big sauna will be like 20 minutes in a 250 degree thing. You're risking lung cancer and all kinds of problems in that.

Our infrared saunas for 1500, for \$1600, you can get one. They're all over the internet. What I found is that the ceramic ones take longer to heat up and you don't sweat as much even though everybody says they're better. You want to get the carbon ones. It's like a paper carbon paper and they put electricity to a light. Men, do you sweat like crazy. Just one little correction there, misinterpretation, when you talk about exercise as a way of detoxifying, there's 2 types of exercise. One type of exercise is where you're out of breath and there's one type of exercise where you're not out of breath. Two distinctions.

If you're out of breath, that means I'm going along on exercising and I stop and I go, "Ha-ha-ha." That means I'm out of breath. If I'm out of breath, I'm not detoxifying. You can measure all that sweat on my body and there's no toxins coming out. You're not detoxifying. If you're relaxed like in a sauna, you're putting out the most toxins but if you're exercising and you're not out of breath, then you measure your sweat and you're going to be detoxifying.

Also, you want to lose weight. If you exercise to lose weight, unless you're already somewhat fit ... Fit people aren't out of breath when they exercise. There's no problem here. If you want to lose weight or if you want to detoxify through exercise, you have to do it making sure that you're always getting enough oxygen to yourselves. Why is that? Because enough oxygen is necessary to burn fat. When oxygen levels go low, your body gets this energy from burning carbohydrates, and when you burn carbohydrates, you're not burning fat. You're not going to lose any fat. It's also not healthy to be burning too much sugar in the body or too much carbohydrates.

Healthy is you're burning fat. If you're overweight, and you walk up a hill, you're already going, "Ha-ha-ha" and you think you're working so hard, you're working really good, no. You want to pace yourself regularly go along walk, at hour walk to make it easy and have somebody you're talking to the whole time. Why talking? Because you're bonding? Even aerobics classes to the extent aerobic classes do things for women mostly women go is because you got 30 women all doing the same thing. Oxytocin producer. They're all sharing. It's that activity of sharing which produces oxytocin. You got all men doing their own thing in the gym and that's a big testosterone producer.

Now, if we learn from the gym, we also learn something else because these guys are masters of getting more testosterone to build more muscles. You're in the gym. You lift your weights and you're big guy not like me but you're a big guy with lots and lots of muscles. What happens for him to build more muscle after he's worked out? What does he need to do when he gets home? [crosstalk 00:44:04] Sleep. Hours of ... Is that correct? You're a guy [crosstalk 00:44:12] [inaudible 00:44:12] those guys.

Male: We need to recover but you also need to balance with certain amount of protein and ...

John: You need your amino acids and you need your sleep.

Male: Resting is very good because when you rest, you also increase your HGH naturally.

Male: Do they want that long [inaudible 00:44:28]?

John: No. I like that one. [crosstalk 00:44:33] Sleep. I work with weight lifters. They go home and I work with their wives who complain, all these guys do is sleep. What do they sleep for? Because they need the HGH that's the growth hormone which occurs in deep sleep which regenerates the muscles and rebuilds testosterone. This is the big answer to help woman understand men. When men build ... When men break down their muscles because that's what lifting the weight is, you're stressing them, you're breaking them down, those muscles have to rebuild.

They rebuild through sleep. This is why men will always have an easier time losing weight than women because we lose weight while we're sitting. We lose weight while we're sleeping. For a man, he's rebuilding his muscle mass. He has 30% more muscle mass than woman and to rebuild the muscle mass, he burns fat to do it. All he has to do is get stressed or work out those muscles and then go rest and in during the rest, he will use his fat to rebuild his muscle mass and that's how man lose weight so quickly while they're sleeping and while they're napping. They're getting it and I'm sorry, ladies. You can't do it.

There's a whole another system that women have. It's called not going to the extreme testosterone world where you have to act and then rest. For women, you were designed differently. You just have to get. This is how women have always been. This is how women will always be. They can make babies. If you can make babies, you're designed to do it all. You're designed to be up at all hours. You're designed to just keep on going. How many women sometimes feel like you do it all? Now, you can be proud of that. That's what you're designed to do. You're designed to do it all.

Now, I know for men, that might be a little frustrating here. A guy say that women do it all. I certainly was frustrated the first time my wife told me that. I said, "What's the matter, honey?" She says, "Well, I feel like I do everything." I said, "What do you mean you do everything?" She says, "Well, that's how I feel. I do this and this and this and this and this." I said, "Well honey, if you do everything that means I do nothing." She says, "But I'm not talking about you. I'm talking about me." Why does every conversation have to end up being about you? Can I just tell you how I feel without it being about you?" I said, "That's fine but what your feelings are about is me. If you're talking, if you're complaining you do everything, you're saying I'm doing nothing." She said, "I did not say you do nothing. I said I do everything."

There is a debate between a man and a woman. Between 2 women, there's no debate at all. One woman says, "I do everything." The other woman says, "I know just how you feel. I do everything too." I got to look at my clock. Women are designed to do everything. The problem today is that the mess that women are cleaning up today stimulates testosterone and doesn't stimulate oxytocin. When women all day long are doing everything that has to be done in an oxytocin producing way, their stress levels drop. When a woman's stress levels drop, she loses weight if she's overweight. When a woman's stress levels drop, what that means when cortisol levels drop, your body begins to use fat as your primary source of energy. When cortisol levels are elevated, your body uses carbohydrate as your primary source of energy.

How do you know you're not burning fat? Here's some examples. One, if you have any extra fat on your body, you're not burning fat as much as your body could be. That's the first. The second is, do you have cravings during the day for cookies or sweets or carbohydrates or pastas or white potatoes? Any of those kinds of cravings, or bread. We all have our sneaky ways of doing it. All those carbohydrates, those cravings when I want my little snack to be that, that means your body and you have extra weight on your body, that means ... Instead of using the fat that's on your body, your body's craving some carbohydrates out there, now, why is it craving carbohydrates, because your body can't access the fat for energy? Why can your body not access the fat for energy? It's because cortisol levels are elevated.

When stress levels drop, women and if women walk, when stress levels drop and are dropping more and more, oxytocin will do that. More and more oxytocin in

your life, the more stress levels will drop and every day, you're walking, that walking says I need more energy. When you need more energy, your body will then burn the fat to give you the energy. That's what way women can lose weight. My friend, Oprah, been on her 18 times, I didn't know this when I used to give her advice. I told her she was addicted to sugar. She, liked most addicts, denied it. Years later, she acknowledged she was addicted to sugar. She still knows she is. The way she loses weight, I'm using her as an example because we all are familiar with her. The way she loses weight is she comes to all these diets and everything and then she regains it back as she's done again.

She tells me in private, but she's I read it in an article before when she was on [inaudible 00:50:01], she says, "You know, ultimately, the only way I get back down is to work out 3 hours a day." She's a got a personal trainer and she says it's hell. She doesn't like it but she does it until she doesn't want to do it anymore and she wants to do what she like to do but the problem is at that point, your body is so out of balance that she gorges herself. Now, what's the out of balance about? Women are ... You see, her trainer looks fantastic. He's working out 3 hours a day all testosterone-producing activities. Testosterone doesn't lower women's stress levels.

Guy just has to do anything testosterone producing. It's going to lower his stress. He's going to lose weight. Losing weight is just one little example of it. Another example of it is energy. When you're burning fat for energy, you have ... When you're burning the fat for your energy, then you have unlimited energy if you're man until its nap time. There's never a time where a man don't take action and then need to rest. Men live in a cycle of action and rest, action and rest. That's the testosterone cycle.

What is the oxytocin cycle? The oxytocin cycle is to give to others and then allow them to give to you. That's what women don't understand how to do. My book's all about is chapter after chapter teaching women how to let people do things for you. I know some women [inaudible 00:51:29] some women [inaudible 00:51:29] they don't let anybody do anything for them. Other women go, "Why would if they would do it?" Then clearly you don't know how to allow someone to do things for you. You just don't know. Nobody taught you. Your mother didn't know. Now, if this is so important for women, the oxytocin cycle of give to others and let them give to you. For men, it's solve problems and forget them.

Work hard and then play hard or nap. When you're younger, you play hard but when you're older, you nap hard. You got that balance. For women, it's about nurturing others and then nurturing yourself or allowing others to nurture you. It's there and it's here. Why wasn't this taught to you as little girls on this planet? On Venus, you didn't need to have that cycle because it was only women. If you're all ... If you're with woman all day long, they have their little rules. The rules, there's nobody's allowed to ask for anything which is why woman has a such a difficult time asking. Asking by the way is the secret to allowing others to do things for you. You have to ask. Women have so many blocks to asking. When

we talk about romance, I said, "Well, have you asked them to take you out on a date? Have you asked them to bring you flowers? Have you asked them to give you compliments? Have you asked them to tell you I love you?"

She said, "Do I have to ask, it doesn't count." You've set yourself a prison. There's no way you can succeed. You have to learn the art of asking if you're going to be with men. With women, you don't have to ask. Women have little radar. Our women living together, working together. They're always, "What can I do to help you? What can I do ..." You never have to ask me if I'm a woman. All you have to do is get tired and I'll come over when I help you. Women are constantly helping each other. How many women can relate to that? Then, you wonder why we men don't offer help to you. We're not designed that way.

We're designed to do nothing until it's our job or somebody ask us and somebody asks you, you know what that implies? It says, "Oh I need it. There's an emergency. Mr. Fix It emerges." Second, you ask me because you asked me and implies it's so important and I'm going to get a reward. Reward is very significant particularly in our world today. The bigger the thing I do in this world, the bigger the reward. You do little things, you get little rewards. You do big things, you get big reward.

Big reward or the anticipation of big reward stimulates higher levels of testosterone in a man particularly a younger man. At a certain point, when a man has enough confidence in himself even if others don't reward him, he knows he's making a difference. For younger man, [inaudible 00:54:15] it takes many years of being very successful where I can say I may be at the point now where I would do something without getting paid for like coming here.

[Inaudible 00:54:34] clearly know you make a difference. It's all men really need to know is they make a difference but it's a reality. It's not just knowing as you do have to make a difference. Often, when you make a difference, somebody does want to reward you. They appreciate you. That little clapping there. That's all I need. That's a clapping. That's acknowledgement. Think about ... One of the chapters in my book that my New York Editors women will not let put in so I have to add it in, it was a real collision with this last editor of Harper with this book and I called it the publisher even said. I said, "Who is this lady? Is she married? If she's married, I can't believe this person could be married or she's going to a divorce because she doesn't like man at all."

Lo and behold, it was what was going on but nobody would tell me. That's not necessary to know. I said it is necessary. If I'm writing a book on rocket science and the other person's a rocket scientist, they're going to have a lot of opinions. They're not just an editor. Editors just look at my grammar, it makes sense. Anyway, she took out a lot of stuff. I might be writing the whole book the way it was.

Anyway, this is one chapter which is a man's best friend. What is a man's best friend? This is what man bond with. You already know who a man's best friend is, a dog. Man implying that women are dogs, I'm saying dogs are dogs. If you like a man to bond with you, learn from a dog. Take whatever wisdom you can get from wherever you can get it. Watch what happens between a dog and his guy. That dog is always happy to see him. That's it. That's the mystery. How do you get a guy to bond with you, be happy to see him? Oh you're here. You're here. You can hate him, hate him later. Be happy to see him.

It's what ... As a man, I ... It's taking years for my wife to really get this and learn this and she has and it makes such a pleasant loving wonderful relationship I know without a doubt, when I walk in the door, there will not be complaints. If I'm 10 hours late, there's no complaint. You're still alive. You're here. It doesn't mean she can have complaints. That comes later. I know there's this place where I am coming home and I'm the celebrated hero. This is what ... Now, why men don't men need this?

Women always ... They don't understand men. They get very jaded about this. Oh men, big egos. Big egos. Big egos. That's not a big ego. That's just a man. That's how he feels loved just like a women feels loved. When you give her hugs, when you take her on dates, when you bring her flowers, when you hold her hand, when you're affectionate to her, when you listen 10 times longer than humanly possible and empathize with problems that don't exist. We could be very jaded about that. Men do become jaded about that unless you realize those things are the little things, lots of little things is what stimulates oxytocin. Big things stimulate testosterone. What can happen when women understand this and they start creating and expressing is not faking it, it's just expressing your response.

You're the voices. You express. You got 7 communication centers in your brain. Men have 1. If a man gets a stroke right here, he'll never talk or listen again. Women can have it here, they'll talk from here and talk from here and listen from here. Your brains all wired up for expression, expression. The feeling part of the brain got wiring super highways to talking. When a man does anything good, let him know. Let him know. Woman don't realize the importance of that because it's sort of a woman thing which is everybody just chips in and they do it, nobody's like looking for glory and glamour or whatever that would actually put you one up from all the other woman and no oxytocin would get produced.

Women are like we all did it. It's a frustrating thing. I'm a boss. I got all these women. I'm like, "Who did this? This is great." "Mary what a fantastic ..." "Oh I didn't do it. It was Karen. It could never happen without Karen." Karen said, "Oh, no, no. Mary. Remember, you stayed up and you did that. You did that. Whatever." "Okay but, yes, I did that, but what about Jane?" They'll end indirectly complimenting everybody but nobody takes credit. Whereas, you got a guy in the mix. John's in the mix. The boss is there. Who did this? Mary said, "Oh I couldn't have done it without, I mean John did this incredible thing. He did this

and this and this." John doesn't know the rules on Venus. He goes, "Well thank you. I appreciate that. I worked really hard. I think it was a great result."

Women have all been out of shape. Men take credit. That's what we do. We wonder why aren't you taking credits. Sometimes, we want to ... Guess, I'm the one did it. You didn't bring it up. It's like we play games like basketball where you steal the ball from people. That's illegal. You take the ball. I'm going to take the ball. I'm going to take the shot and then I got a chance like that. That's testosterone, that's competition as the world we live in. We try to create an organized world where testosterone get produced without creating risk and danger and so forth.

For people who don't have confidence, insecure people, out of work people, tell them there's a war. Tell them we're all in danger and we need you to save everybody. There'll be a big parade and you get all kinds of medals that you can wear all over you. Guess what happens? I get that uniform and what happens to me? Now, my testosterone levels are up. As long as there's a war, as long as there's a bad guy, as long as there's a demon out there, we're all in danger, I can feel good. If there's no bad guy, my testosterone levels drop unless I'm trained in other ways to make a difference in the world without there being crucial ...

... with women and we had so much love for you. We said, "We can do whatever you want. Whatever you don't want to do, we'll do it." Then men got all those jobs. Now, women are begging to have those jobs. I want to go out and do that. You don't know the price it takes and it takes a greater toll on your bodies. You can do it and it's a good step of progress for you to do it only if it's in balance to become more masculine for women is a great thing if she can stay feminine. That's the whole key to it. To become sensitive and caring and compassionate, empathetic and want to give my services for free and all that stuff.

If I can do that without giving up me and my masculine confidence and putting me first. I mean I have to pay the bills. See, I'm this incredible generous person. Every woman goes, "Well, gee, you know, I want my husband to be so generous." What if he's so generous that he goes and gets paid and he gives the money away before he gets home? You don't like that husband. That's actually the biggest conflict my wife and I have which is I have this very well developed feminine side just wants to help everybody but I worked on my masculine so I do well with that too but if I get out of balance, I'm often criticized for that because women don't want some guy who's feminine. They say they do. I did this back that when the curve was there 20 years ago, when everybody's saying men should be not in their heads, they should be in their hearts and their feelings. Let's get men to talk about their feelings.

I'm an expert in helping anybody get in touch with their feelings. I get men in touch with their feelings as a therapist, is what I did daily. Everybody, I mean every client that came to me, once I get the man talking about his feelings, teaching in the I feel statement, I feel hurt [inaudible 01:02:10] statement, 2

months later, that woman comes back wants a private session with me and said, "You know, I'm just not turned on to him anymore." I said, "What do you think what happened?" She said, "Well, I don't think anything happened. I just didn't realize he has so many problems."

Another woman ... She didn't want to say it to him. She don't want to embarrass him or hurt his feelings but another one says, "He's just so sensitive to everything. I feel like I have to walk on eggshells around him. I want somebody I can sort of not worry about them. They should worry about me." Another one said, "I feel like he's a child with all this sensitivity. I feel like I love him. I care about him. I'm motherly to him but I'm not turned on to him. I like to be friends." I was destroying relationships daily by teaching men to be like women. That's what I learned, no, don't they men to be like women. Women think that's what they want. It's what they may think they want. It's not going to work.

What they need is for men to learn how to have women be like women, make it safe for women to be feminine, to support women in becoming feminine coming back to being feminine and figuring out what that means was a whole 25 years of my research and doing all this coming to [inaudible 01:03:22] this book is a wonderful culmination because it allows me to really come out and explain these things bottom line, if you get everything you want, women ... There's so many women who want, "Oh I want to come home. We both go to work and then we come home we both want to make dinner together and we're going to clean house together. We're going to take turns with the children together. We're going to do everything together now."

He does it for a while and they stopped having sex because now, he's overwhelmed and exhausted too. You've got 2 Venusians in the house overwhelmed and exhausted. The formula here is the formula which has worked for thousands of years but updated. Think of a man not just as your horse. That's one thing you have to learn about men. You use him. The second one is he's your emergency man. Emergency creates testosterone. Testosterone gives men energy. If there's an emergency, then he has energy. If there's no emergency, then he has to go and relax because what's he's doing while he's sitting on the couch, physiologically, he's actually rebuilding his supply of testosterone. Why? For the emergency. He'll sit there forever unless there's an emergency. That's all you get to see is the emergency man doing nothing.

Why? Because unless you ask, there is no emergency. Here's a simple example of that. I've got my husky, what are they, the guys that work for me in my ranch. I got this ranch. I got husky burly guys that carry stuff for me and they move stuff around for me. That's what they do. My wife, we go up there occasionally. We're leaving the house and Bonnie's got bags. She's got like 4 bags. She's carrying everything out to the car. She's got me along and she smiles and she's smiling because she sees help. She smiles and we're all just having conversation looking at her.

She stands there and then she looks at me exasperated. I said, "Honey, is there something wrong?" "I got 4 bags. Don't you want to help?" "Of course. Of course." We all jumped and grabbed the bags instantly. Every one of those guys and me would have been happy to carry those bags. If you're doing it yourself, great, go right ahead. As long as you can manage it, fine. I'll go into my emergency mode and wait. See, I'm waiting to spring into action. There's a condition. You know it's an emergency only if there's a big reward. Let me think about it. We give big rewards when people can solve big problems.

When you ask them to do some little thing because it's doing little things that actually produces oxytocin. [Inaudible 01:06:00] you're making your soup for dinner and you say, "Oh my gosh. I forgot to buy cabbage at the store." My wife would call me in the middle of writing a book which is like, "No zone, don't talk to me then. I haven't bathe. I haven't ... I'm not human. I got [inaudible 01:06:14] beard and my hands are so [inaudible 01:06:16] it's going there." We've gone through that stage [inaudible 01:06:20] the end of the work day and she'll be making dinner and she's, "I know you're writing really hard but I'm making lentil soup and it would taste so much better if I could get some cabbage. I forgot to get it at the grocery store. Would you drive down the grocery store and get me some cabbage?"

It took a while to get to the stage of development but the earlier stages, I'd be thinking, "What? She interrupts my great work for cabbage?" See, now I'm conditioned. I've learned. The rules on Venus, is no matter what you do for woman big or small, big or small, you get the same response. I give her 24 roses and her oxytocin level goes, "Oh, how nice!" I can bring 1 rose and what happens to oxytocin, "Oh how nice." I can bring my children presents and they go, "Oh how nice." I can wrap the presents, "Oh they're wrapped and dad wrapped them because they're messy." It's more oxytocin. Then, there's a little card, "Oh there's a card too." They read the card which says the same thing, "I love you. Happy Christmas," or whatever. They go, "Oh you wrote a card too." More oxytocin, 4 times the oxytocin because I wrapped the present myself and put a card on it.

The guy, all he cares about is what's in the present. This is the way our brains work. We think bigger is better. Bigger is better. With women, it's not bigger. It's how many, how much. It's lots of things. Men will often tell me when they're done with the relationship, they'll say, "No matter what I do, it's never enough to make her happy." I say, "What do you do?" "I work hard. We have great vacations. We got insurance." I said, "That's all?" "What do you mean that's all? What else can you expect? I'm not a drug addict. I'm not broke. I'm not out of work. She should be lucky to have me." She is lucky to have you but you're not doing the things it would help woman cope with stress today." Women need men more than ever. More than ever.

This is evidence. What else [inaudible 01:08:25] women need men but women need help more than ever. As independent, as autonomous as women think they

are, they're not. They need help more than ever before. Why? I'll give you the evidence. Now, you can measure cortisol levels in women in the workplace and they're twice as high as men's. Twice as high. That means all the statistics about women living longer and being healthy are changing. Already, it's expected that they're equaling out and soon, women will be dying sooner before men. Women are having more health issues. It's all the chain is moving in that direction and you can measure it in the body because elevated cortisol, women have twice the elevated cortisol, then when a man anticipates coming home, this is a good couch and a remote control, his cortisol level shoot down. This is measurable. Go straight down and for women, it goes off the chart.

What happens is she comes into an environment that her brain, her body, her hormones say, "Yes. This is what I'm designed for to make a nest, to create beauty, food, clean and cleanliness, all these things that are ..." She's designed to do for the nest, for the baby. She's only got 3 hours to do a 12-hour job. Her body's saying this all must be done and she knows I have no help and I have no time. He's on the couch [inaudible 01:09:44] there's a clock up there and I have no time to do it. She's now experiencing an emergency every day she gets home. What hormone is produced by emergencies? Testosterone. Is testosterone bad for women? No. It just doesn't lower their stress. What's bad for women is high levels of stress. It's what bad for men. Same thing. High levels of stress. What happens when cortisol levels are elevated? Digestion stops. You cannot make enzymes when you have a huge stress reaction. Chronic stress reaction means as you age, you make less and less enzymes.

Every one of us needs enzyme supplementation. Good quality enzymes, take them every day because we're all living in a massive world of stress. It was never and we were intended to be until we learn to find the balance, more oxytocin for women and what will do it. A list of 101 things women can do to create oxytocin on their own and 101 things men can do to make oxytocin for women and simple, I'm not going to go to the whole list but the things women can do is start prioritizing doing the things you'd like to do. Women go, "I can't." You can and you need to read a book over and over and over until you convince yourself that you can do it. Why? Because you can't give your heart to the world unless you make sure that you give time for yourself. Do the things that you love to do, things that you like to do and make sure you have plenty of time to do them.

That means you rush to then create time so that you have this time and you mark it out. You tell a man if [inaudible 01:11:14] "Hey, what are you doing there?" It even gets close to that. You're, "Whoa, wait a second. I'm different from you. I have to do this. It's hard for me to do this for myself. This is selfish day. I need to do it." Whatever you have to do to do it, you ... This is the challenge women have. When men are not coping well with stress, that means we're not being able to relax and rebuild our testosterone, what happens when men are not doing well with stress is that we have a tendency to make our own needs more important than others. Too much.

When women are not doing well with stress, they have a tendency to make other people's needs more important than their own. That's the stress reaction that women have, is they have this whole chapter in my book is called, "The Never Ending To Do List." How many women have a never-ending to-do list? Now, I could ask men and men would say, "We have one too but the difference is we leave our weights at the gym. We leave our problems in the office. We have an escape from them." It's physiological as well. We can simply go to the right part of our brain through recreational mindless activities. The left side of brain goes to sleep. We use one part of the brain at a time. Plato talked about this. He talked about the virtues of previllous activities is if you're serious all the time, you'll start aging and get sick. You have to let that part of the brain rest.

How do you let that part of the brain rest? You work hard with left side of your brain. Then, you go to the right side of your brain. When a man goes to the right side of the brain, the left side literally stops functioning and it rests and regenerates. Women can't do that. You're not designed to do that. Your brain has 7 or 8 times more white matter which is high waist connecting left and right different parts of the brain. When one part of the brain is being used, you go to another part of the brain, this one's going to call, "What are you doing?" Women actually have a conference call going on in their brain from all the parts of the brain at all times feeling say, "I like to do this." Reasonably you can't do that. We still have to do this. What happen if that would happen? How important is this?

[Inaudible 01:13:17] talk to so and so. Remember what they said. The whole conversations going on in a woman's brain, it doesn't happen that way in our brains. We are so simple women. You can't believe how men ... We can be very complex. When we're like focused and complex. Then we rest and we forget that. We waste time. We waste energy. Actually, what will help a man distress the most is anything a woman would consider to be a waste of time. We do that. It's where our [inaudible 01:13:45] are about. We go out waste time and shoot things. What's that about? Shooting a gun. If you ever shot a gun, huge testosterone producers. Bang, look what I did. Bang.

Now we got kids doing all the time in the video games and whatever but what we should be thinking our children as well of ourselves, how to be constructive in what we do to produce enough testosterone so that we don't go out of balance so much that we over-emphasize our needs and then suddenly, all I need is things to stimulate me and I never come out of that state. This is I'm touched on this, the man of the last century used to be able to go to a job and do what she didn't want to do. When he came home, she was truly grateful that I found this man in my life. The fact that I could provide a life where she could do the things she wanted to do, the things she'd like to do, the things women love to do, because of me, then I can take credit for that.

When my day is done, my day is over. I've done my job. I deserve my rest and she goes, "Let him rest." I'm, "Yeah. I'm not going to do those jobs." Now, when women are outdoing that, and they come home, they don't have that feeling.

How can you generate that feeling when you're burnt out as he is? Now, even more stressed because you've got all these other things to do? Rather than fake it to make it, we need to realize what is she's needing at that time is more oxytocin. Her lifestyle today if she was just baking and cleaning and sharing and taking care of kids and educating kids all day long in a community of women, that would be 12, 18 hours of oxytocin production.

When he comes home, she doesn't need anything from him. She's not hungry for oxytocin. There's no bonding. I go to indigenous cultures and do counseling there. It's a whole different whole thing. Women could care less about listening having a man listen to them. Women don't care about it. You'll never hear woman complain he doesn't listen. They don't even want to talk to men. They got women to talk to. Romance, women in other cultures in the indigenous cultures could care less about romance.

What is so special about romance? Romance is a super oxytocin producer. What is so special about talking? Talking about your feelings is a super oxytocin producer discovered in the last 30 years. No history of this at all in the planet. Why? Because women didn't need a super oxytocin producer. From a man's point of view, it's a total waste of time to spend \$300 to talk to a therapist or 200 or whatever it is now. Three hundred dollars, women will pay me to sit there and at look at them while they talk. There's a very important message for men to get. Women will pay to have somebody simply listen. I have counseling clients who beg me to come back. No. You're just addicted to me. You have to do this with your husband.

He will listen. I said, "Now, I got a book. You learn how to do with this book." Actually I teach them so they learn how to do it with their husbands. Now, it's called a Venus talk. Ten minutes. They need 50 minute an hour to produce all this oxytocin. What I learned as a therapist because I did all kinds of experiments on my clients. If and also just looking at other clients as well. Generally, people get the most out of therapy in the first few sessions. Women. Why? Because in the first few sessions, they don't expect that therapist to fix anything because they don't yet know or understand the problem.

Women will talk about their feelings. They'll talk about their problems without an expectation that you the guy will fix them. They think maybe down the line, you'll do something but now right away. Now, the young therapist like most therapists you don't have big clients or big clientele, women will talk about problems. Instantly, I start giving them solutions. Those women didn't come back. [Inaudible 01:17:34] clientele. As I discovered all this, I said, "Why don't I try the opposite?" I'll just not solve anything just listen, ask more questions. Mine was sold out and waiting list. I asked the women, I said, "Why did you pick me as your therapist?" I was doing my research. Oh my friends were talking you up. I said, "What did they say?" "Oh they said you cared so much."

Now, the reality is I cared the same which is a lot. I do care. The way I showed my caring was always interrupt them and solve their problems and tell them why they don't need to be upset which is what every husband does to his wife, interrupts her and tells her wife she didn't have to be upset and tries to solve her problems, diminish the problem because on Mars, that's a loving thing to do. If you're worried about something, the other guys said, "Don't worry about it. You'll handle it. Throws another day. Forget it. Let's drink beer. Just ignore the whole thing."

On Venus, that's not what they do. When a man can learn to do this this is like really unusual. They go, "Wow. He's really caring guy." I was always a caring guy but guys care. That's why women don't perceive. They demonstrate their caring in a way that isn't the way women demonstrate their caring. Men do care. They'll give their lives. They're the ones who are going to battle if you're in danger. They will lose their lives for you. We are the big romantics. We think we have to do this big huge things in order to create that romance so we have some of these romantic novels that women have invented which were all crazy. They're insane. Men have never read those books. We never do those things because they'll all based upon him understand what you need, anticipating your needs and saying just the right thing in a perfect tone at the right time.

Even the actors, the big romantics actors, they rehearse those lines over and over and over. They didn't even write them. It was the writer who went over and [inaudible 01:19:15] this and this. Then, there was a director who said, "No. Let's get the lighting. Let's arrange. We need a little bit more buildup before we get to the line." Then it happens. It's just ... Of course, women go, "Ah, that's what I want." They come on to their husband who's Neanderthal. I'll never get it. If you're in an emergency situation, that Neanderthal saves your life, you have the best sex you've ever had in your life. Why? Because you could depend on him.

Now, you don't have to have huge emergencies to depend on men. He's there sitting on his couch. Don't bug him all the time. Little emergencies are happening all the time in a woman's life asking for help, learn how to ask. Don't complain. Complaining is not asking. Women think that they complain a lot. They're asking for help. My wife said, "Oh I can't take the dog to the vet. John, can you take the dog to the vet?" Well I'd rather not. What do you mean you won't take the dog to the vet?" I didn't say I wouldn't take the dog to the vet. You ask me if I could take the dog to the vet. Very different from can you do this versus will you do this?

Whenever you ask a man a question, you say, "Will you do this? Honey, will you do this for me?" Then he gets, "Okay. If I say no, then that means I rejected her so it's an emergency." He gets a little energy to do it. If you can, "Can you do this?" There's no ... Yeah, I can do that. Of course, I could do that. You say to a guy, "Would you bring this by 5:00?" You go, "Sure, I could do that." There's no emergency in the brain because he hasn't committed. He hasn't promised. When

you say will you do something, it goes to another part of a man's brain where he knows I gave my word on it. If I don't do it, she'll nag me forever about it.

If you say could you do this? Yeah. I could do that. Then he just forgot. I forgot to do it, so what? You have to know the wording. Men are very particular. There's a whole art. Remember, I started out one of the things that this talk was how to ask man for support. One is use "would you." Another one is start with little things until you get up and let him start to experience. You ask for something little and he gets a big response. Ask for something little. He gets a big response. Then, men start actually experiencing how they can make a difference in your life.

Communication asking is big doing little things for her. Romance, the bottom line of romance. What does romance mean really? I'm extracting a new train out of the romantic novel. What it is a man taking action for a woman. That's what romance is. Men doing something for her. A woman expecting, anticipating, depending upon, knowing she can depend upon him to be her emergency man but there are no great emergencies every day. There are little ones so men are waiting for the big one. You have to ask so with romance. You say to him, this is how you create romance with him. You're the ones who want it, you're the ones who need it. I'm happy to stay at home, watch TV and have great sex later but you're not interested in great sex unless she has oxytocin because oxytocin is the hormone that allows women to respond sexually.

That was the one the development of oxytocin started increasing in my awareness I got very interested as well as all the drug companies and they will be coming out with their oxytocin drugs. They're doing their trials now and make woman want sex and all that. Drugs are all the hormones, hormone replacement only create other problems. The solution is to find to how to do the behaviors to get the oxytocin so romance is one of the major ways to do it. What you say on Sunday to your husband is, "Honey, there are 2 things I'd like to do next weekend that would make me really happy. There is this and there is that. You pick and plan it. Will you do that for me?"

He's going to in the beginning, "Why don't you go with a girlfriend I'm not really interested in those things in seeing the aquarium or the new exhibit is not very thrilling to me, I've been before. Go have fun with a girlfriend." "Sure, I can have fun with a girlfriend but it's so much nicer when you're there. I'd just like to be with you sometimes, I miss it. Will you take it? Will you plan it?" "Okay. I'll do it." Now ... I know. I know when she does it. Okay, I'll do it because she worked on me.

Then on Wednesday she says, "Which one did you pick?" I haven't picked, I haven't even thought about it because thinking about those things makes me what? Sleepy. Oxytocin stimulating things. I'm getting sleepy so I'm not going to think about those things. I'm trying to keep, have more energy in life. She says oh emergency, I supposed to have chosen. Yeah, I picked that one. We're going to

go to the aquarium or we're going to do that. She gets, "Oh good." As opposed to, "You haven't even thought about it, have you?"

[Inaudible 01:23:56]. He hasn't thought about it. You have to give him that little reminder. Wednesday. Then, now he's got an emergency 3 days, I got to get tickets, I got to get directions, how to do it, you're not supposed to do thing and don't get directions for him. Don't make it real easy for him. Give him the information on what the destination is, "Ah, I feel so good that I don't have to plan it." He goes, "Okay. I'll do the hard work. You won't have to plan it." Why is that hard work because women all you do is plan things. To be able to have a moment that you don't have to plan for, particularly a moment for you to do something you like so that nothing else comes in front you, that is now producing oxytocin.

As you start telling him what you'd like to do and that doesn't produce oxytocin by the way. It's testosterone, it's solving the problem. The problem women ... You need oxytocin. You need romance. You're going to solve it. You're going to be the man. [Inaudible 01:24:47] the whole day anyway. You know how to do this. You go over and say, "Honey, these are 2 things. This is how you solve this." Give him a choice that, which he's going to pick. Let him do it.

Now, that didn't produce oxytocin but as soon as he takes charge of that little thing, you can relax and you start to look forward to him doing that for you. Someone who loves you taking you to the aquarium. Simple little thing. Your whole week, you're going to be thinking about, "Oh, what am I going to wear at the aquarium? [Inaudible 01:25:17] I'm going with my husband to the aquarium this weekend." You'll be thinking about it the whole week ... It is amazing. It seems like you can't believe this men, women will think the whole week about, "Oh, we're going to go here and we're going to here."

How do I know that? Because times I forgotten to do the date and she's still hurt. It's like this huge let down like it was something big important and you're going to go walk on [inaudible 01:25:38]. What's the big deal? We live in [inaudible 01:25:40] but it was going to be our date. This is a highly important thing where she feels she's not alone in the world and she looks forward to a time where someone is doing something for her rather than her doing everything for everybody else.

Now how many women can relate to the importance of what saying there? Just so the men can see that. As a man, if we want to go somewhere, we just go somewhere. We just do it and if we want you to come, we ask you to come. We don't have any issues about that. That's not our issue but our issue is we don't think to do those things. Now, we take you out on a date now we're married, now we're having sex, we figure out, "Why do I have to do that anymore?" I did that already.

It's like in a business you do the grunt work before you do the executive stuff. Once you get to the executive stuff like having great sex who cares about the grunt work. That's how men think so you have to let him know that, no, the grunt work is what turns you on so then you have a great sex which is a reality in women, which is a close ... I know you're telling me I'm already 15 minutes over. Oh my gosh. You're such a good audience I just ... But I'm such a good communicator as you said to me, he said, "John, you're the master of communication. We just need you to end it 9:30 so we can do more question and answering stuff.

Male: [Inaudible 01:26:54]

John: I'll tell you, we'll just end with that point here. Thank you very much [crosstalk 01:26:58]. Thank you. How much time do we have for question and answer?

Male: [Inaudible 01:27:11]

John: I'm here for the evening.

Male: Okay. I'll tell you what, if anybody has to leave and whenever just take off that [inaudible 01:27:19] for this tremendous evening as we can go to 10:15.

John: Yeah, I'm very happy with that. All right, we can do questions. I'll try to keep them short, my answers. Yes.

Female: I'm trying to [inaudible 01:27:33] ...

John: That's right.

Female: [Inaudible 01:27:40] video tape.

John: I completely believe in it. I have a whole show ... I have a set of DVDs, no, those are CDs. That's just audio. Even my talks are funny though. If you put my talks on house, also I have a whole series of CDs, DVDs, videos of Men are from Mars and Women are from Venus and it's all very funny. On my website write marsvenus.com right there you get about 15 or 10 minutes of a video which changes every week and you can order that video of this talk, okay? So that's there. I haven't talked like this. It is humorous but in my book I tell women in the books how do you get a guy to read my book. You don't say you need this because that he means the problem rather than the solution of the problem. What you do is he sees you reading it with a smile on your face.

"What are you reading?" "Oh just some book." "Well, what is that book?" "Oh, it talks all about men, women. It's very funny." "Well, what's funny about it?" You don't get it, you literally you got to do the other thing like a cat. You don't go after him like a dog [inaudible 01:28:47] from a cat. You're just like back away from the [inaudible 01:28:51]. He becomes interested, you leave it around he

looks. If he's still not reading it whatever, then you go to him at some point having seen that you're happier for a whole having read this book because that will make happy if you start applying some of these things without him changing at all. It's about learning how to lower stress for yourself.

He some things improve. She's behaving towards me a little differently, that's nice. Then you go to him and you say, "Chapter 6 is about men and there's this one thing I was reading and I certainly I have no idea whether this is true or not but since you're a guy maybe you can relate to it. Do you think this is true?" You go to him as the expert. Men love to be experts. "Yeah, well let me read that. I'll say if it's only a paragraph, I can read it and tell you if it's true or not. Well, it seems very true." "Well thank you." Enough. You don't have feel like, "Oh you don't want to read the rest of the chapter?" That makes him interested but the whole key with the relationship books is women often say, "Well, men just don't care about women or relationships because they don't read books."

That's another fallacy. Men buy more relationship books than women. It's just the different section of the bookstore, it's called the business section, because men know the only way you get a woman is to have a successful business. If you don't make money, you get no woman period. You know this is the hard reality of life we don't talk about but if a guy is not making any money, he's a nice guy, like to be friends with him but you're not going to marry him because you know if you're going to marry him, you call "Oh mom, I met this great guy. He's so loving, he's compassionate, he's sensitive, he's an artist, he sings." "Well what does he do for a living?" He doesn't really do a living but I'm making a lot these days. Please, can't you find somebody that can help?

That's just the reality where in and it's sad but it's also good. Men should be able to take care of themselves and take care of their women in an emergency period, otherwise where does he get his dignity. He needs to be the emergency man. Of course, there can be all kinds of circumstances, exceptions to that. Then we find a different situation like let's say a man just can't make a living financially. He will be attracted to and a woman will be attracted to him that she could easily support him and she so much in the male world that she needs a lot of romance and a lot of caring and a lot of understanding so he produces oxytocin in her not by being this great provider but being his provider of emotional support and ultimately that's my whole message, which is men our job used to be just go out there and make a living and that was enough. It's not enough anymore.

It's a part of it. The real thing that makes relationships work today is the skill that men can easily develop of giving women this sort of attention when they're expressing their feelings. Make it safe for women to express feelings. Women, you can talk about problems and oxytocin gets produced. If you can talk about a problem and how makes it you feel and feel safe enough to reveal more of yourself then more of you are seen than in a normal sort of superficial conversation. The more naked you get, the more oxytocin gets produced and

that's what my Venus talks are in there. It's teaching women how to reveal their negative emotions in a way that doesn't turn men off.

For example, to say a man how you feel. I'm really angry because this was supposed to happen and this was supposed happen. I'm frustrated. I was supposed to do this and now I don't have any time for doing this and now I'm disappointed because of this. Who can feel safe to do that? As a woman you feel like I don't want to bother him, I don't want him to get defensive. If I say this stuff he goes into a loop. He never comes out of his cave. It's not safe because there's no context to explain why do you want to do this. The reason you want to do it is because women's brains under moderates stress or when cortisone levels go up, there's 8 times more blood flow to the emotional part of the brain and that didn't cause all kinds of distressing, anxieties and depressions and sleeplessness unless she's able to get her oxytocin levels back up again.

Sharing how she feels with her partner is the biggest oxytocin producer there is along with romance. That's what I extract out of therapy. Getting women to talk about what's going on in their lives, how it makes them feel when they are not looking for a solution and when I'm not interrupting with solutions. Every time you have a conversation and we have, nothing wrong with conversations where you're solving things but just know if the purpose of a conversation is to solve what hormone gets produced? Testosterone. Nothing wrong with making testosterone but what if you're a woman who needs more oxytocin and you don't need any more testosterone, you need to have a conversations where there is no purpose to solve but you're simply sharing how you feel and his job is not to fix anything except solve one problem. He didn't have a problem of solving fall asleep.

What's the problem he's solving? Women are massively stressed out what they need is more oxytocin, I know how to make it. I just have to look at her and not solve anything and the way we work together with this and there's a formal way of doing it, to be in this talk. There's a informal way of simply this, woman, you want to talk about your feelings, say to a guy, "Oh I'm so glad you're here. I had the worst day of my life. I want to tell you about it for 10 minutes you don't have to say anything. I don't want you to do anything about it. Matter of fact, I don't want you to say I just want to download it and I'll be done with it. I'm just going to say it and we'll be forget it.

I'm going to say it please don't say anything, don't fix anything. You don't even have to feel bad about it. I don't you want to feel bad about it. Just look at me while I'm talking and I will feel better. Then he starts to realize, "Wow! This is the easiest job in the world. I do nothing and I make her feel better." Every man loves to do it once she knows how to set it up and also how he can set it up. Thank you for your question. Yes, gentleman.

Male: Could you tell us a little about the [inaudible 01:34:31]?

John: What is that?

Male: [Inaudible 01:34:34].

John: I was going to mention, Here I was. I was a monk for 9 years in my 20s. During my time, I had no allergies. As a child growing up, I had huge allergies, the cats, the dogs, the hay fever, [inaudible 01:34:49] broke my head, broke my [inaudible 01:34:50] so who knows what caused it but whatever it is I had awful allergies. Then I was living in Switzerland for 9 years as a monk happen to be a vegetarian, I had no allergies. Always thought because I was living this peaceful life in Switzerland, it was all clean air and everything and that's why I didn't have allergies, came back to the world, had allergies [inaudible 01:35:11] stress and then recently I decided just from the point of view it just came to me to create a sustainable world. I'm really into teaching courses on sustainability as well.

For myself personally one of the things I do, I don't recommend it to others. We all have our own journeys in life but I realize that a life which is based upon eating chickens and meat is not sustainable. I travel around the world, you see this chicken farms that are miles long and little chickens in boxes, it's horrendous, horrible thing and anybody who's ever been to Auschwitz or cowschwitz whatever it is in California where they bring all the cows, it's horrendous. We don't treat animals humanly and I don't want to be a part of it so that was my reason for it, 1, and 2, it's just not sustainable. We're going to keep cutting down forest in order to create hamburgers at McDonalds.

I said I had to become, for that reason I said, "Well, I just be a vegetarian." Lo and behold as a result all my allergies went away. Whatever reason, I can give you explanation for whatever reason I don't digest proteins. Meat, animal proteins and if I don't digest them what that means is I had undigested proteins floating around in my blood and that's where analogy is. Not enough just eating meat for me to have allergy reactions but as soon as pollens comes in, pollens an digested protein which goes right into my bloodstream, excess undigested protein puts me into huge allergy attacks and I know every remedy for allergies and I got great ones [inaudible 01:36:38] ask me later but to me, for me, I don't take anything anymore for my allergies. Nothing. They just stop within a few weeks for me of becoming vegetarian again. Eating proteins that my body could easily digest.

Maybe others they don't have allergies, maybe don't need to do it but for me, my gosh, what a surprise that was. That's why when I was younger I didn't have the allergies. I was on a vegetarian diet. It wasn't an healthy vegetarian diet, I think I have a pretty healthy one now. Then it was grilled cheese, if remember back in the 60s. Grilled cheese and tomato is a vegetarian diet. Other questions. Yes. This lady here [inaudible 01:37:15] go right ahead. Yeah.

Female: Were you teaching how to make my husband [inaudible 01:37:21]?

John: [Inaudible 01:37:23]. Men don't ask for directions. Now the interesting thing is men do ask for directions, we just do it quicker when our wives are in the car. We can sense her wanting us to get directions and so we're going to prove to you we're can do it ourselves so we have a rule in our car which is just simply, very simply put I say, my wife says to me, "Look, I know you're driving the car, you know how to get there. You got a license long before you met me. You don't need my help and any of my suggestions while in the car so I have a tendency to want to give all that help it must be annoying to you so I'm going to try to not do that and there are sometimes when I need to do that so can we just work it out that when it's really, really important to me it's okay for me to give you driving instructions, which could be to ask you to stop and get directions from the stranger, who probably knows nothing but it would make me comfortable."

"Obviously, you don't really need it but sometimes I'm just crazy. Okay, I'm stressed out and it would lower my stress to do this. Not that you need it, I mean you've been driving, you get places I mean somehow you make it home every day in a car and you don't need my help but when I'm in the car, I would do my best to not give you driving instructions but on days that I'm just not doing well like it's a wedding and I'm really late and I'm stressed, how are we going to get there, on those days I would like to give you advice while driving. Occasionally if I do it, if you just do it occasionally I would appreciate patience because my stress levels would go down."

Any of that. I gave you a kind of smorgasbord obviously that doesn't bruise a guys ego, but if you look at him like, "Why can't we stop and ask directions?" The message he gets is, "Don't you think I can get us there? If I need help, I'll ask directions. I'll just have to prove to myself first that I need help." That's the difference between men and women. Women are like, "Oh, help! I can get help right over here." See? If I get help that produces oxytocin. If I do it myself as a man, that produces testosterone. Men are always going to want to prove themselves and others we can do it ourselves up to a point and then we realize we can't do it ourselves so then we can solve the problem by asking for help. Asking for help can be a testosterone producer for men but first we want to do it for ourselves and women just get to the place once they ask for help sooner which is why women will go to doctors wasting [inaudible 01:39:43] and all those things.

Men are like, "What are they going to tell me that I don't already know?" I agree. I want to ... Before it's over tonight, I want to give up prices. All right I'm thinking of a number between 1 and 10. Now this is my cleansing drink by the way, I'm just giving this away tonight. If you want to buy this stuff, you can always go to my website, marsvenus.com. It's available and it's what I've done to simplify my life every day to be healthy in pretty much all I do is I take super minerals and a super cleanse and I make a super shake.

I put all the things that I want in life, I mean this is not in stores I just made this for me because I could. It's the simplicity and not that there aren't things I

experiment with but the basics of everything I think people need to keep producing for men, lots of dopamine and testosterone are in the men's program and what women need for serotonin and oxytocin is in the women's program and that's more of the information I wrote in my book Diet and Exercise Solution which goes in the way the brain works and the hormones and the neurotransmitters and serotonin and dopamine all that stuff.

This is real simple, they're just foods. They're not the only great things in the world but they're, it's a basis and I really eat because I eat food generally, I try to get as much food but it's really for sentimental reasons, for pleasure. I really believe you get most of your nutrition from supplements and I totally believe in getting as much as you can from food but let's face it, most food available today is very low in minerals. We need to get mineral supplementation. Most food that people always in the run like me, travel, you got pesticides on. I don't want foods with pesticides. Pesticides have extra estrogen. Estrogen is going to cause breast cancer in women, it's going to cause low testosterone in men. You want to get rid of those. I didn't know by the way that carrots will kick that estrogen out of body. Is that really right?

Male: Yes.

John: This is brilliant guy you got here. Carrots and apples are just apples are good for detox?

Male: Carrots are the number 1 for removing estrogen. Apples have very strong binding effect from pectin and that's why they sell pectin all over [crosstalk 01:41:53] ...

John: Binding with what?

Male: With any chemicals [crosstalk 01:41:57] ...

John: With chemicals, okay. All right.

Female: Chelating agent.

John: That's a great killer. This by the way is in my experience one of the best chelating agents as well. Minerals chelate the body heavy metals. They'll go in and take them out as well. I'm going to talk briefly about this but here's one thing to do, a lot of the things you talk about are in here but one wasn't mentioned in here. A great cleansing element in the body to remove heavy metals, to remove toxins is to reduce inflammation. Whenever there's a heavy metal, a heavy metal is lodge here, then all kinds of bacteria can grow and it protects them from the immune system.

Heavy metals protect bacteria so now ... Once you have bacteria growing you've got an infection. Once you got an infection you got inflammation and that could be pain or could be silent inflammation. What it does, that inflammation locks in

that heavy metal from being removed from your body. Anything that helps you reduce the inflammation helps you get the toxins out of your body. Something that's magical for getting the information down to remove toxins in the body is glutathione. Glutathione is the necessary ingredient to remove, opens up the pathways to remove heavy metals and toxins in your body. The natural source of glutathione, you can get glutathione injections, you can take glutathione pills, the natural source of glutathione is Aloe Vera.

Aloe Vera is magical. It's a magical super food and we know it if we're taking away pain of a sun burn, but what is a sun burn? Pain. That's inflammation but Aloe Vera on pain goes away. That's inflammation here. Wherever there are toxins in your body there's inflammation and those toxins get stuck in that inflammation. Aloe Vera removes it. This is spray, dried Aloe Vera. You can buy Aloe Vera in the store. You can grow a plant. You go out just cut out a limb of that plant and scoop that and put in a little drink and stir it up and drink it, it's great for your body. It's a lot of work for me so I said, "Okay, I'm going to get the best spray, dried Aloe Vera."

They take Aloe Vera, they spray it across the room, by the time it hits the wall it turns into a powder. This is spray dried Aloe Vera. Then I thought, "Okay. What's the other thing I've been doing to help always keep my body cleansed?" I have one book called Vitalogy which is a doctor's book a hundred years ago. Over 30 pages of that book was all talking about the benefits of cleansing your body through using lemons. It was also in the chart there lemons and limes. The major detoxifiers as you remember it's your liver that stores a lot of the toxins. Lemon actually as soon as it goes into the body when you're in an empty stomach it will go straight over to your liver and it breaks down the fat so the toxins can get released into your colon.

You have to break down the fat. Once you greasy hands, how do you get the grease off your hands? That's fat. Lemon and there's no grease. Literally dissolves the fat which is holding on to the toxins in your liver. It's the best in my opinion detoxifying agent there is. Is not on a full stomach but on an empty stomach lemon. When I was a yogi, as a monk every day I started my day with lemons and [inaudible 01:44:57] and water and so forth. I find it the old fashion fasting is you can't do it anymore either our age and also the world is just too toxic, you have to do short fast. That's a whole another subject. I have a free ebook at my website on my cleansing program which is a 2-day pass with 2 days in front of it and 3 days after it.

The 3 days after is actually a feast. You go from being hungry to being really satisfied but when you take the right ingredients you don't even get that hungry so I put these things together Aloe Vera and lemon are in here, organic lemons in here, Aloe Vera then what you want is a little bit of sugar for your brain. Now I know everybody is against sugar but we eat sugar. What happens when you eat sugar your whole life which I did is you start becoming sugar resistant. The technical term for that is insulin resistant. I need a little sugar but it doesn't get

to my brain. Well one of the reason sugar doesn't get to our brain is the kind of sugars we eat. The most dangerous sugar is going to be your fructose. What is it? Corn syrup, high, whatever it is, fructose.

What is it called? Yeah. They could just say high fructose like, was that really good? No. It's refined, it's process, it's from corn, it will cause diabetes. It is the major cause is corn syrup but just so you know why and you go into the stores you'll see, even if it's corn syrup fructose is really deadly to the body. Second, it's not deadly to the body but addictive and too much of it is deadly to the body unless your straight fructose. Now if you have fructose in an apple, everybody goes, "Oh fructose, it's natural," but you're eating all that fiber with the apple. If you take that fructose without all that fiber, it's poison to your body.

You have to remember, you always have to have fiber with your sugars and your fructose. Now the difference when you have regular sugar, sugar is made up of fructose and glucose. When glucose is in a powder form it's called dextrose so sugar is half dextrose, half fructose. When you take fructose people preferred fructose because it doesn't bump your blood sugar and everybody think that's great. It's not great. It's terrible. What happens it doesn't bump your blood sugar because the fructose comes into your body and goes straight into your liver. Fructose doesn't go straight to the brain.

Why do we need sugar? For the brain. The muscles can get all the fuel they need from fat, emergency it need sugar. The brain can only get it's fuel from some form of sugar. That's how the brain gets it's energy so when you want sugar, if you have fructose, one tenth of that fructose is going to go to your brain so if your brain is hungry, says must have cookies, you'll need 10 cookies compared to just needing one cookie of dextrose. Dextrose is a form of sugar that goes straight to the brain. No one uses that for 2 reasons. One they say a lot of dextrose will cause you to have high blood sugar. Well, if that's if you take too much because it's going to go straight up into your blood sugar. You just take a teaspoon, 4 grams. That's all.

If you're diabetic, 2 teaspoons. You get that dextrose because then it will go straight to your brain. This one there's no conspiracy, just food manufacturers for fructose and cookies and for dextrose and cookies and put sugar in cookies and they found that a person with eating a sugar cookie eats 5 cookies, a person with fructose then it eats 10 cookies and a person with dextrose is happy with 1 cookie. It's going to be months before I buy another bag of cookies. What cookie wins out? The one that doesn't feed you, your brain. Dextrose, you can't buy dextrose in the grocery stores, nowhere. You won't see it in anything. It's not commercial. Nobody will buy it.

Anyway, this has got dextrose in it. Dextrose I think in the moderate amount is the superior sugar because it feeds the brain. This is a brain tonic. Has the dextrose in it. It has the lemon in it. Then I figure out, why bother taking enzyme pills when I can just put it in here so I added enzymes in here. I added acidophilus

in here. All the little things that everybody should be adding and I think because every time you eat pesticide food, it kills the good bacteria in your gut. Besides putting estrogens in your body, it kills the good bacteria so we need keep replenishing so probiotics are in here as well and prebiotics. The food for the probiotics and less inulin.

I have the expensive inulin it doesn't cause gas. That's my little cleansing product and that's the same for men and women. Super cleanse. Now, who would like to try this out? I've got 5 bottles of it. Lots of people. That's really good. I think, I thought I had 5, now I just have 3. I'm thinking of a number between 1 and a 100. God. That's it. Who is next to 57? [crosstalk 01:49:47] Forty-eight sounds pretty close. [crosstalk 01:49:53] Who thinks that they're winner?

Male: Three.

John: No. In terms of the numbers [inaudible 01:50:00]. [crosstalk 01:50:02] No, it was 57. It was the number.

Female: Fifty-six.

Male: Seventy-seven.

John: All right. We're going to do a whole new number for the last one and this one. [crosstalk 01:50:08] Let me think of it first. I got it. [crosstalk 01:50:13] The number is 6. Here you go. She's 6. [Inaudible 01:50:21]. Now this is briefly ... This is ... There should be 2 for men, there's 3 for women. These are super minerals. I think [inaudible 01:50:33] it's my opinion. Remember, I'm not a medical doctor. I'm just a health researcher but these are things I've researched and found to be very convenient. There are something massively missing in the market. The most important nutrient for your body is whatever nutrient is missing. They're all important but if you're missing one then it suddenly becomes the most important one.

Now how many, a lot of you take supplements and you know how many of you take lithium as a supplement? Very wise people. See a lot of people they, that's for crazy people because what they found in Australia is that when there were natural springs it were filled with lithium crystals. The people who were depressed were no longer depressed after being in the water. A few days later they will come back and they go, "What happen? Something must be in the water?" Schizophrenics, bipolar but just regular depression, unhappy people will get in the water and they'd be happy. What was in the water? It was lithium.

Then the medical community said, "Well, let's make a drug." It's a mineral you can patent it, there's nothing. What they found is if you can get a form of lithium called lithium glutamate and they gave it to people they didn't do anything because it never got into the brain. Lithium glutamate doesn't easily cross the blood brain barrier. When somebody is bipolar or depressed or anxious they give

them lithium. Not lithium but lithium glutamate of another form it doesn't get into the brain unless you give people massive doses. Massive doses of lithium glutamate has all kinds of bad side effects just like every drug has bad side effects when you produce way more with something.

For example, Tylenol the drug of choice for suicides. I just want you to know in more enlighten way if you want to commit suicide just go to your store and buy a bottle of potassium. It's all takes. One bottle of 50 capsules of potassium and you'll die. You'll have a heart attack. Anyway it's probably cheaper than Tylenol. They don't want you to know that but my point in telling you is any healthy mineral taken in big doses and that's just 50 times the dose will kill you. Even taking lithium in huge doses won't kill you, you'll just have all kinds of problems that will result like your thyroid is slows down, you gain weight and all kinds of problems. People go, "Oh my God, am I gaining weight?"

Actually what lithium will do if you get it into your brain will immediately start producing brain chemicals, actually regenerate your brain cells, protect you from the effects of MSG. All these things have been proven and will make serotonin in your brain. The only person who can upset me is my wife and when she does I just go and I grab another lithium. Pop it in my mouth and she has no power over me because it will produce of dose of serotonin and whenever your mind is going over something again and again and again. You see, one should be enough. When you start going over something again and again and again it means you're not [inaudible 01:53:30] time, you keep going back, going back. That's your brain it just doesn't have the mineral necessary to make the serotonin to calm you down and you say, "Well, you've already thought about it now just relax."

Serotonin is a magical thing. Every ADD child, I give ADD kids these minerals for little boys, little girls. I'll give the Venus on. In a week, parents are going ... Dramatic changes in terms of calmness and focus, relaxation. I take people off of antidepressants, not just with a regular dose. If you are going off in antidepressant I have a protocol using these products. There's a couple more lithium than what's in here for a period of time and that's, were all written out in my website. You can go to my website and write to us and we'll send that protocol. It's available as well.

The unique thing about, I call this super minerals is they're super because like lithium is not lithium glutamate, it's lithium is lithium orotate. Dr. Nipper, who may be spoke at this [inaudible 01:54:31] place, Dr. Hans Nipper. A brilliant scientist had a center in Germany which it was illegal for him to come into America if you went to a center and you vitamin C came from his place, it will be confiscated at the border because the CIA knew every single person from America that went there and his products were not allowed in America because he was curing everything with minerals.

Now one of the minerals he was using to cure cancer with and the big thing for cancer was calcium orotate. Now I'm not putting calcium orotate in here to cure

cancer and I don't know if you do that or whatever but I do know is the side effect that he said of taking calcium orotate is that overweight women lost weight. [Inaudible 01:55:12] because calcium orotate will take away your hunger. I need at my ranch, I had a wellness retreat. I do it once every month for myself and for 40 people. I do it at my ranch where everybody does a cleansing program and they fast for 2 days. You would think how do you keep people from getting hungry in the first 2 days? Which is the hardest part of the fast. I give them lots of lots, every 2 hours they take more minerals and nobody gets hungry. Over and over I just take them minerals. If you have minerals, your brain makes plenty of brain chemicals and lowers your stress, you're allowed to get your food from your fat.

This is one of the most healthy things that we're missing. Lithium orotate. Why is it so I'm? Because it's not in your health food stores. It's missing for most people's dietary regime as a supplement. What I have in the women is 4-1/2 milligrams of lithium orotate, in the men I have 2. Women needs serotonin a lot more than men. This is your normal thing. Now if you're under a lot of stress you just double the dose. One does is 2 capsules in the morning, you just double it. If you're going off antidepressant you triple it for a while and if you're going off your bipolar and needing them a little extra support, you get straight lithium orotate, 3 different companies I know that make it on the internet and you take up to 25 milligrams of lithium orotate a day and if that doesn't do it, then something else is missing like balance blood sugar.

You can have the mineral in order to make serotonin but you still need the fuel. What if you're hungry? What if your blood has dropped? What if you're pre-diabetic or diabetic? You can absorb the sugar in your brain to make that serotonin. Balancing blood sugar becomes a very important factor but before I get to that, that's another technique. These minerals, we have chromium in here which is known to help balance blood sugar. We have a little bit more chromium for men because the more muscle mass you have, the more chromium you need. I got that from weight lifters who instead of using steroids started using high doses of chromium. This is a great thing for testosterone production but only because it helps or possibly only because it helps your body to absorb sugar you need to fuel the brain. You got the chromium in here.

We've got magnesium orotate in here. Bowel movements, thyroid function, relax brain, all these stuff comes from magnesium. Magnesium orotate ensures that the magnesium crosses the blood brain barrier to your brain. That's why they're super minerals. They're all bonded to something called orotic acid which is vitamin B13 which you go, "What's that?" That's something that's super high in mother's milk. Why is it super high in mother's milk? Because the baby needs to have all those minerals be delivered into the brain so it can develop. This is Dr. Nipper discovered this and of course, there's some vitamin D in here but not as high dose as you'd recommend which is high doses of vitamin D, it's another topic in here but I make sure that you have your vitamin D in here as well. Very critical for brain function and metabolism and so forth.

I have the men's and the difference is that opposite to what everybody tells you, men have high calcium lower magnesium, women have higher magnesium lower calcium. Whatever kind of supplements you get women, you need way more magnesium than you can ever imagine compared to calcium. Americans eat 3 times more calcium than anybody in the world and we have more osteoporosis than anybody in the world. It's calcium absorption. You need to be able to absorb it and when your magnesium is low you can absorb the calcium. Women with a menstrual cycle are losing huge amounts of magnesium, their body just uses it up faster and they need to replenish it. Taking magnesium supplements are really a great thing for women.

A food which is highest in magnesium is almonds. It is the super food of magnesium, lots of almonds. I put ... I get to the super foods next. What man, we'll have to do the men. What men want some almonds and some of the things here? I'm going to think of a number between 1 and a 100. Let me think first. All right. I got it. [crosstalk 01:59:05] Who said 70? [crosstalk 01:59:07] Seventy-two is the number.

Male: Sixty-nine.

John: Okay. That's it and that's it. Good. Hey, you got 2 in a row. [Inaudible 01:59:17] I could to have a reasonably priced product. The first super food that's in here is the kind of protein. Now it's proven the whey protein is the most effective food to immediately convert into serotonin in the brain. This is the best antidepressant there is whey protein, the problem is with whey protein is that it very quickly your body can't digest it after a while and won't get to your brain and that's because they cook the whey, they pasteurized it. I look long and hard to find an Australian company that would make raw whey powder. This is raw whey. Now what that means is it hasn't been cook to kill all the bad bacteria. Where there is no bad bacteria. It's like raw milk. It's protected and you spray dry, bacteria doesn't grow at that point.

What you're getting is the amino acids without being heated because that destroys their effectiveness to some extent. Also it's enzyme rich. All the enzymes of the raw milk are there. What whey is and the reason that's important about whey is in China and in India, when I was in India, the [inaudible 02:00:19] system when anybody was sick, they have all kinds of massive herbs that would give people but their food regimen that they all go on when they're sick and they're recovering and rehabilitating, helping the body rebuild is the diet primarily of what they call buttermilk. Buttermilk is very similar to what we call ...

Speaker 1: [Inaudible 00:00:03] In the past 16 years, [inaudible 00:00:09] and over 45 languages throughout the world. [crosstalk 00:00:15], \$20 for 25, you will get [inaudible 00:00:28] that he spoke about [inaudible 00:00:31]. Now, he's a certified family therapist for over 15 years and has been talking personally [crosstalk 00:00:37]. His focus is [inaudible 00:00:43] men and women and

understanding, respecting [crosstalk 00:00:47]. For more than 30 years, he's been [inaudible 00:00:49] private seminars with thousands of participants.

He's a popular speaker on the national and international lectures [inaudible 00:00:58] on television and radio programs. His weekly national syndicated column [inaudible 00:01:06]. I give you John Gray.

John:

Great. Thank you. Thanks so much. Am I on? Are we working? Great. I've been here once before talking about my book The Mars and Venus Diet and Exercise Solution creating the brain chemistry of health, happiness and romance. How many were at that presentation? Just curious. Great. We'll do a little review of that certain points but most its new stuff in my new book which is why Mars and Venus collide. Now, I'm sure you think you already know but we [inaudible 00:01:53] collisions but the problem is when we have collisions, there's usually frustration and whenever there's frustration it's only because we don't understand the situation.

Who's been frustrated with the opposite sex before? Massive frustration. Me included of course. What I do in this book is decipher the code to help us understand and make sense of what's going on and so tonight, we'll get some good hands on making sense of what's going on. The book is a fun read as well. We'll have a fun time tonight. Good, there is a clock. I don't need to put this phone next to my heart. I'll turn this thing off. I didn't have a clock with me so I just put that in my red pocket, the red jacket there.

8:30, 9:30, the it give some time for questions and, of course, those of you who were here at my last talk, [inaudible 00:02:47] for 25 years so I do other things as well but my favorite presentation is on detoxification so I have a few more things to say on detoxification besides all the wonderful things you said. Also there's a lot of practical nuts and bolts of applying the Mars, Venus ideas for help and that's why I'm most excited about. I think everybody over 50 and 60 and 70 become more concerned with health. You give up on everything else but, okay, you got to at least this guy work on your health.

I see the good relationships is a major part of health and good relationships doesn't necessarily mean resignation to not having one or resignation to not creating trouble in your relationship but there is dynamics that we may see tonight that maybe we weren't aware of that can renew a sense of interest, curiosity, passion and love and intimate relationships but this could also be applied to friendships, relationships with our children and to people around us but I will have lots of examples from intimate relationships because often that's where it's most frustrating. The truth is the closer someone in is to us, the more easy it is to get bruised.

If somebody is in a distance, they can say whatever they want to say, they can work out my lectures, they could write off articles. They can do anything they want. When you have with sex with someone and then they say something, it

can get right to you so since we do become vulnerable through sex, probably one of the most vulnerable ways that we can ... One of the most vulnerable things we can do is be naked, interact and please someone and want to be pleased. That's a very vulnerable moment. That person now has a connection where it's like they could very easily as well as they can affect you in sex and make you feel good, they can also affect you and make you feel terrible.

My wife is really the only person in the world that has the power to upset me. Literally, I've got this thing mastered. Nothing upsets me generally but my wife has the power. I've worked really hard giving up sex during my last 23 years of being married to her thinking, okay, I just don't want to have sex again but somehow I'm cursed, I have to have sex and so I had to figure out how could I have sex again with her. I worked out all the kinks and this is for you. Maybe add a few little insights for you. I've already worked out many of those kinks because typically if you stayed married for many years, you have to work them out to various degrees and so we'll just remind you some of the things you've learned as well as maybe some new things.

The new book "Why Mars and Venus Collide," I like to say the subtitle which is "Improving Relationships through Understanding How Men and Women Cope with Stress Differently." Long subtitles but that's sort of my focal point here is understanding how men and women cope with stress differently and this is what inspired me to write this book. I've written 16 books. I'm a multi-millionaire. I get \$35,000 a talk except here. That's in China and the Philippines and Europe and all around the world. I'm like this famous person. Men are from Mars is a literally a phenomena. It's the biggest selling book in the world, second to Harry Potter. It's massive everywhere and every country, everywhere. It's a big deal.

I love talking about it but I was done writing books about it, a lot of books on it. Then this research came out, UCLA, about 5 years ago and that really excited me because the research was now a biochemical foundation to justify to explain all the ideas I've written out before. I had to fight over and over and over as with any greats a big thing has a big impact, it's some idea that nobody thought about even though it's obvious. I'm a simple person. I just spoke the obvious and everybody was making it way more complicated than it was and while a good thing was happening in the world 30 years ago, we wanted more freedom for women. Women wanted to step out of their traditional roles.

Men, did not but we like stepping out of our traditional roles as well once we're out but men are sort of like on Mars, we have a formula. If the formula works, don't change it. On Venus, their nature is if it works, well, why not try something new. Who knows it might work better? Of course, it's one of the biggest problems in marriage is that women have this what I call the home improvement gene. They said they love you and suddenly they focus on you and now they want to improve you. Men didn't sign up for that. When you marry a guy, it's kind of like he's getting message, "Okay. I'm loved just the way I am."

Now, he's thinking and this is what the men thinks, "Do not change. He wants her to stay just the same." She's thinking, "Okay. Now, I can improve him." While it comes from ... It's just nature. Women have a nurturing nature which is nurturing. See men have a fixing nature. If it's broken, you fix it. If it's not broken, you leave it alone. Women have a nurturing nature. The nurturing nature means that you plant a seed, you water it and it grows and it keeps changing and you keep doing all sorts of things. You trim it back. You cut it. Women are all into grooming as men. My wife, she still tries. She still tries. She thinks I'll ever learn manners. It just doesn't happen. As you get older, you can forget the ones you learned so forget about that one like food falling on your face and whatever, that kind of stuff.

Slobbering. She catches me putting my spoon in the jelly jar after I've eaten from it. A lot of various things she'll catch me doing. Forget about that stuff. Anyway, that's if you're from Mars. What we have is this research ... I just observed this stuff. I'm a marriage counselor and as a marriage counselor, I would just watch men and women constantly batter and bicker and they didn't even know what they were fighting about. They often had a whole different agenda going on. I said, "Hold on. Hold on. Let's just figure out what's going on here."

I realized that most of the time they're just misinterpreting each other. Just misinterpreting each other and when they're arguing and fighting often, men are making one point and women have 30. Men, you think you've won the argument because you picked out of 30 things she was talking about, you pick one thing, that's wrong and we're going to prove that I'm right and he'll pound on it and she goes, "What if you're right on that? We got 28 other things you're wrong on."

Over time, the couple would just sort of back off from it rather than finding a very constructive ways to deal with our differences and what I do is help us to have a positive way to look at our differences so that we're not so frustrated by them and we're not so disappointed by each other. I mean here's the absurdity of human beings and it's not one person. It's everybody to some extent it amplifies this idea. A woman is in my counselling office and her husband is late for counselling and she's so upset, she says, "I can't believe it. I can't believe it. He's always late. Once again, he's always late."

I said, "You mean he's always late?" She says, "Yes." "How long has he always been late?" "For the whole 20 years been married, he's always late." "And you're still frustrated thinking he should be here on time?" I mean at certain point when you bang your head against the wall trying to walk out, you realized there's not a doorway there. You just find out, "Okay. Where is the door?" You accept that there's a door over here and you're not going to walk through that wall. It's never going to happen. He'll never be on time when she thinks it's really important. That's just who he is. You just learn to adjust to that. That's called accepting life. We accept life is not a perfect place. It's a big mess.

I'm a proud grandfather now. I just had 2 grandsons born from 2 different daughters. It was just this 2 weeks apart. They just came out. That's really fun and I have a 2-year old Sophia. Sophia is, of course, at this point my favorite because she's 2 years old and I bonded with her and one of my fantasies was to be a rock star. I never got to be a rock star. I'm just not inclined that way but I can play chords on a guitar and play notes on a piano but nothing I can never succeed professionally. With her, I'm a rock star. I just play a chord and I use words that she uses. Her favorite word is messy and the other was angels, because there's angels around our house. She's like, "Angels. Angels." We make messes and have fun making messes so I play the messy song. I just get a note, I ... "Messy. Messy. Messy. Messy. Messy. Messy. Messy." Then change another, "Angels are messy. Messy. Messy. Messy. Messy. Messy. Messy." She just puts her little hands down in front of me and I'm a rock star. She's so happy to see me.

The joy there is [inaudible 00:11:35] I'm making this point is that messy is a part of life and we start thinking it's not a part of life. It's just life is a mess and we all have fun cleaning it up and it's so frustrating to think there shouldn't be messes. As I told my wife once in Martian terms, there was one time she was when the kids were young I was like, "Okay, honey. You really need time. You're stressed. You need time to do whatever you want," which was a good thing, women need time away from the whole things. Just take the whole day off. I'm going to take the kids.

She said, "What are you going to do?" I said, "I'm going to take the kids." "What are you going to do?" I said, "I'll do what I do. I don't need to tell you what I do. If you tell me, then you're taking kids. You don't have anything to do and just go off. Just leave them in my hands." "I can't leave. I want to know what you're going to do." It's funny. All right, I don't approve of this but I'll do it so you can go off and have a good time. I'm going to take them to Stinson Beach. We live in a little valley. Stinson Beach is over the hill. "I'm going to take them Stinson Beach."