

Are
Women
the
Stronger
Sex?



By Josette Sona

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ARE WOMEN THE STRONGER SEX?

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To my parents - for your love and support

To my husband - who's a real man

**To my little Neuma - for your inspiration
and laughter**

**To women everywhere: may your journey
through life be filled with
understanding, love, and contentment**

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Author's Note: This book is basically the same as my previously published book entitled: "Are Men the Weaker Sex" but I changed the title because I noticed a lot of men were reading the book (possibly to find out if they were, indeed, the weaker sex, :-)) and that's ok because I want men to read the book, too) but a lot of women were by-passing the book, thinking it was just for men - when, in fact, I wrote the book mostly for women so they can be informed and wiser, having read it. ;)



# INTRODUCTION

Are women the stronger sex?

The answer (in a nutshell) is YES!

Now, you can put the book down and go on your merry way, content with the realization that you have this tidbit of information tucked neatly away under your belt.

Or you're welcome to read on - where I've listed examples of how women are generally stronger than men (and men are generally weaker) and an explanation as to why this is so. If you suspected this all along and were afraid you were the only person who felt this way, you have lots of company.

You are not alone.

If you read on, you just might recognize;

thoughts you've had yourself, especially when you were treated unfairly (especially by the not-so-fair sex - guys),

thoughts/feelings you might have been told, directly or indirectly,

weren't real - but you knew they were!!, etc.

Even if some women don't believe what's written in this book to be true, if they ever experience it themselves, hopefully they'll remember what they read and it can be a confirmation for them.

I will always provide this book for free as it's not my intention to make a profit from it but rather to point out some of life's realities. The way I figure it, none of us are born knowing this stuff and we can use all the help we can get - sometimes it's not easy having a man in your life.

I know a lot of women feel bad because they don't have a man in their life but even if you succeed in having a "significant other", there's no guarantee he'll stay "for the long haul". A woman will often give a guy the best years of her life, only to be replaced by a "newer model" when she's not as young anymore. (Let's face it, he's no spring chicken, either!) I'm sure you've heard the joke: when a wife turns 40, her husband replaces her with two 20's. It would be funny if it wasn't often so true.

You will notice, in this book, I often refer to members of the male persuasion as guys instead of men. In my opinion, males who act like real men are strong mentally, psychologically, emotionally, etc. and it shows in how they treat others; with dignity and respect.

Guys, on the other hand, are men but they don't necessarily treat others with respect, consideration, etc. They are often in relationships for "what they can get out of it" - whether the other person is male or female.

They will often be nice to the person until they get what they want, but they won't be sincere. Gay men (who are often sensitive, in touch with their emotions, etc.) are often on the receiving end of another man's abuse.

One of the reasons there is sexism/misogyny is because women (generally speaking) are the stronger sex - even though we've been told repeatedly, throughout history, that women are the weaker sex. And a lot of men are often jealous of, threatened by, and even have a hatred for women because of this. { This creates a potentially dangerous situation which can be likened to someone walking around with a bomb, an infectious disease, etc. - having the ability to cause harm to any innocent person at any given moment. } The only area that men are stronger (again, generally speaking) is in physical upper body strength. And guys will often use this to intimidate, bully, and control women because guys are often threatened by someone who is overall stronger than they are. Guys may be intimidated/threatened by other guys who are mentally stronger than they are

but they usually don't do anything about it. Women are easier to intimidate and push around (physically) and guys often take every opportunity they can to do this (as a way of making up for when they can't bully/control other guys or those who have power over them).

In case you may think this book (years in the making) is about male-bashing, please be assured there are many women who have similar characteristics that are listed in this book, especially women in Commonwealth countries such as; Australia, Canada, the UK, etc. - from my personal observation. It's just I've noticed (even as a child and especially as an adult) that the characteristics listed seem to apply, generally, to the male population. And, as always, the personality traits mentioned in this book are generalizations - there are always exceptions to the rule and ultimately everyone is an individual. I'm not mentioning anything that most women haven't probably already come to the conclusion themselves, on some level.

This is just a confirmation of what you've suspected all along.

People who have the characteristics listed in this book were usually abused as children; always emotionally/psychologically/mentally and sometimes physically. The difference between men and women (generally speaking) is;

when boys are abused, they often grow up to be abusers while

when girls are abused, they often grow up to be abused themselves.





# WOMEN ARE STRONGER INTELLECTUALLY

Women are stronger intellectually:

**- women generally listen and pay attention when someone is speaking, etc.;**

it is often said that men have the attention of a tzetze fly. (My money's on the tzetze fly.) :) Men often do have short attention spans and tend to "zone out" or let their thoughts wander to other things, especially if they're distracted by - you guessed it - a woman crossing their line of vision.

I recommend generally talking to guys in short sentences, allowing a sufficient amount of time to let what you said sink into his cranium. :) Men have used the excuse that a woman's voice has a higher pitch and is therefore harder to concentrate on. But it's a well-known fact that a man often doesn't listen or pay attention to a man any more than he does to a woman.

But rest assured, if it's something he's interested in or if it's in his best interest to listen, he'll give his complete attention. It is said you can tell which couples in a restaurant have had sex or not by the way a man interacts with his date. If he;

gives her his undivided attention,

listens to her every word,

maintains eye-contact, etc., it's a safe bet they haven't had sex yet.

**- women generally have better memories;**

I know. I can hear the guys, too: "Yeah, that's right. Women remember everything. And they never let ya forget it, either!" First of all; "...women..."? - generalizing! Second of all; it's not so much that women remember every bad thing a guy has ever done. It's that a guy often repeats his negative behavior, therefore reminding a woman of his past sins. There's nothing wrong with having a good memory. (You won't hear a guy complaining when a woman remembers something that helps him out.) It's just a lot of guys wished their past mistakes, bad habits, etc. were forgotten.

Men often have good memories for things that are important to them;

sports statistics,

sports players names,

sports players positions on the field (you get the picture!);)

And if a woman has done something negative to him, you can be guaranteed he probably won't forget in a hurry, either. A woman will often "let stuff slide" or ignore/not comment on something negative a man does but a guy (generally speaking) rarely lets a woman "get away with anything". He'll often not hesitate to point out when a woman does something wrong.

Many women feel bad when her husband/boyfriend doesn't remember her birthday, anniversary, etc. She knows he can remember things that are important to him so she can't help but wonder: "How much does he care about me?"



# WOMEN ARE STRONGER PHYSICALLY

Women are stronger physically {shocker, I know!}:

**- women generally have stronger thighs;**

which is a good thing because we use our thighs when lifting (or at least we should) and even though men traditionally have physically demanding jobs (or at least they did before everything-and-his-dog became automated :-)) ), women have always had (and still have) their fair share of having to push against gravity - the true definition of lifting - whilst fulfilling their many duties/daily responsibilities.

When guys say: "You girls" {...girls...? More on that later} "have it easy. Us guys do all the heavy lifting", I calmly suggest they try lifting a toddler/small child umpteen times a day - children who have the uncanny ability to portray the scientific definition of dead weight in two seconds flat!! :-))

We often use our legs in sports and most importantly of all, in defense against those who wish us harm. Now I'm in favor of live-and-let-live, do unto others as you would have them do unto you, etc., but not everyone lives by this philosophy. When you encounter someone who doesn't live by this philosophy, you have the option of;

talking (in the hopes of reaching some humane part of them - which, unfortunately, often doesn't work),

running away (which always isn't an option) or

fighting back. One way of fighting back is connecting your knee with his groin. {I hear it's very effective!} And this is where strong thighs come in handy (along with running away from the individual after you've

arranged for his wife/girlfriend to possibly never have to worry about taking birth control ever again). ;)

**- women generally have a higher pain threshold;**

women often endure repeated physical beatings by their (usually male) partners only to have to act like nothing happened.

Who amongst us hasn't heard: "If men had to go through childbirth, they'd get their tubes tied after the first baby"? Men often complain about a slight injury as if it requires an ambulance to the nearest trauma center - stat! :-))

**- premature newborn girls have a higher survival rate than premature newborn boys,**

**- women have proven themselves to be strong, resilient, etc. in the military, in physically demanding jobs, etc.;**

even if military personnel have non-physically demanding duties, they still need to complete basic training, obstacle courses, etc.

**- women usually take care of relatives who are elderly, have illnesses, special needs, etc. (which is often physically demanding), while taking care of their own immediate family,**

**- women often work outside of the home as well as primarily taking care of the house, children, (their husbands!), cooking, etc., all the while having to function on little sleep;**

traditionally, women would stay at home (full time) after getting married and especially after having children. As she became older, her husband would often leave her for someone (usually) younger, prettier, etc. This put the wife/mother in an awkward situation as she often had great difficulty finding employment outside the home.

Many men (who often do the hiring) feel a woman's brain turns to "mush" when a woman stays home and raises her family. (Those men probably never tried to run a household and raise children, which can include a wide spectrum of skills including; teaching,

nursing,

behavioral psychologist,

accountant, etc. {I've only scratched the surface. If I listed all the duties/responsibilities a wife and mother has to have - or anyone who takes care of a home and children - this would be a two volume box-set book!})

Anyway, as I was saying, women learned the hard way (from personal experience, from observing their mothers, etc.) that they couldn't afford the luxury of leaving the workforce after "settling down" and raising a family. Thus many women now hold-down two jobs;

one outside the home and

one when they come home. Marriage (and family life) is often very hard on women.





# WOMEN ARE STRONGER EMOTIONALLY, MENTALLY, PSYCHOLOGICALLY, BEHAVIORALLY

Women are stronger emotionally, mentally, psychologically, behaviorally:

**- women generally don't give up on all men just because one man has hurt her;**

and it's a good thing that women are strong enough to not judge all men the same after one man has hurt her. If women did, there'd be a lot of lonely guys walking around! I mean, what person alive hasn't been hurt by someone from the opposite gender? If a man is hurt by one woman, he may not be strong enough to put himself in another situation where he can (potentially) get hurt again. He may generalize and say all women are the same and vow to "never fall in love again. I'll just use women from now on." (Personally, I think it may be an excuse to justify using women for what he can "get out of her".)

**- women are generally more in touch with their feelings;**

women fall in love easily,

if women are sad/hurt, they'll handle the pain in a more healthy way by releasing it in the form of crying or some other outlet. Fathers will often teach their sons (through word and example) to not show emotion, feelings, etc. Daughters observe this and when they grow up and become mothers, they will (sadly) often raise their sons to be "tough and strong" and not show emotion. Even if a mother allows her son to be his true sensitive self, the father will often undermine her authority, criticize, and accuse her of turning their son into a "mama's boy", a sissy, etc.

**- women are generally more forgiving and trusting;**

a woman often forgives "her cheatin' man" and takes him back. A guy often leaves/divorces a woman who's been unfaithful to him and never takes her back. If he does take her back, he often does so in order to "make her pay for what she did" to him. He'll often physically and sexually assault her, stalk her, seek revenge for "her betrayal", and (too often) kills her.

A woman often goes back to her abusive partner and gives him another chance (in case "things work out" or "he'll change"), all the while making excuses for him/defending him (in the way of explaining his behavior) to her family and friends.

Women are often more trustworthy and therefore more trusting, believing what a man tells her. For example;

when a man says he wants to online chat with a woman, she'll believe it's an innocent chat but the man will often use it to masturbate,

when a man asks a woman out to dinner, she thinks that's what his intentions are when, in fact, his intentions are to have sex with her for "dessert",

when a man asks a woman for nude pictures of herself and swears he'll never show them to anyone, she'll often give them to him - only to find out (later on) that all his friends have seen the pictures and they've since been uploaded to the internet for the whole world, literally, to see, etc.

**- women are usually willing to commit to a long-term relationship while guys often prefer to have a one-night stand or a casual affair that doesn't last long so he can "get out of it before it gets too messy, complicated", etc.;**

men often go to great lengths to be intimate with a woman but then after the intimacy is over, he acts like nothing transpired between them. He

had his pleasure, he got what he wanted, and now he wants to leave. Or to use a term often used by guys: "catch and release". What is she, a fish?!

**- women "feel the fear" and do what needs to be done anyway;**

many men don't face problems, ignoring them, hoping they'll go away. For example, so many men refuse to go to the doctor/dentist, hoping the problem will just "disappear on its own" - often making a bad situation worse.

Many men drop off their wives/girlfriends at the hospital when she's about to go into labor so he can escape to the nearest bar and not think about "all that pain". If only women had that luxury!!

**- women generally aren't as superficial/shallow;**

women often fall in love with someone without any ulterior motive, including someone who isn't rich, good looking, has power, etc.

On the other hand, men will often only be interested in a woman if there's something in it for him. What's the first thing that often comes out of a guy's mouth when two guys are talking and one says to the other: "I just met this woman"? Ladies, let's all say it together: "IS SHE PRETTY?" (or words to that effect). {Would he be talking about meeting her if she wasn't pretty??}

But guys might have a good reason for speaking this way. Ya wanna hear my theory? Ok, it's like this; we already know that sex is preeeetty important to a guy. (It's also important to women but women, being the stronger gender, can usually exercise self-control, can focus on other things for more than a few minutes at a time, etc.) Now the reason why sex is so important to a guy is because of that almighty O. (No, I'm not talking about Oprah. I'm talking about an orgasm - which, by the way, most men can only have one in a given amount of time while women can

have multiple orgasms in the same amount of time. Another area where women are stronger: performance!) :)

Ok, back to what I was saying: orgasms. In order for a man to have an orgasm, he needs to have an erection. In order for him to have an erection, he needs to be sexually stimulated in some way - either physically and/or visually. If he doesn't have something sexually arousing to look at, he might not be able to get an erection and ultimately an orgasm. (I suspect this is one of the reasons a guy who has successfully seduced a rich, unattractive woman - so he can get access to her wealth - will often want to have sex with her from behind. He doesn't have to look at her but, instead, can think of someone else who's more attractive.)

The main reasons some guys try to get involved with women are;

sex

and or money

and or power

and or material possessions.

Guys often compliment a woman when he wants something from her. Did you know "You're so beautiful" is man-speak for "I want to have sex with you"?

**- women generally aren't as judgmental;**

This also touches on what we just talked about. A guy often judges a woman by her looks alone and will dismiss what she says or does if he considers her "ugly". If she isn't beautiful, or at least pretty, he might not want to have anything to do with her (unless she can do something for him. Guys are often nice to a plain/unattractive girl or woman so she'll; do his homework, complete his project/presentation before the meeting with the boss, etc.)

This character flaw ultimately hurts men. How many men could have had the best friend/companion/partner-in-life if only he took the time to know a woman for who she really was rather than decide if she was good enough for him, based on her looks? But he'll never know this happiness because he wasn't strong enough to look past the surface.

Guys often criticize women for doing what men generally do (so as to deflect - taking the focus away from themselves and putting it on the women). Guys often say;

"Women are...",

"Women don't...",

"Women can't...", etc. but what they're really talking about is a characteristic found more often in men. It's a form of (attempted) brainwashing: if guys make these statements often enough, hopefully they'll convince others that it's the truth. But, fortunately, a lot of women (who are generally smarter and more observant) know better. ;)

When I hear a guy make a general (usually negative) statement towards women, I immediately ask myself: "Does what he's saying apply to men more than women?" And the answer is usually yes. I got into the habit of doing this because I was so tired of hearing myself say: "Hey, what he's saying applies to men more than women!" But if a woman points this out to a guy, he often dismisses/discredits what she says by saying: "Look, you're making a big deal out of nothing." (Though I noticed a guy won't think it's "nothing" if someone says the same thing about men!)

If a guy insults/abuses me, I ask him would he be ok with a guy treating a woman (he cared about) the same way he just treated me? If the answer is no - or if he doesn't answer {I take that to mean his answer is no but he just doesn't want to admit it}, then I know I'm not;

"making a big deal out of nothing",

that I have every right to be hurt and offended by his actions towards me,  
 I have every right to speak up and say something,  
 etc.

Other comebacks a lot of guys use are;

"Oh, lighten up, you women {again, generalizing! - grrrrr!} take things too seriously" - (it's interesting how a guy usually doesn't think it's "funny" when he's on the receiving end of negative generalized statements),

"Hell hath no fury like a woman scorned" - except for a man scorned!  
 (Please see the section on forgiving.)

And my 'favorite': "Is it that time of the month?" - to which I politely reply: "Why? Do you only act like a jerk certain times of the month?") :-))

Now I'm not a mind-reader, mind you, but I'd bet dollars to donuts the next thing he says (under his breathe) is: "B\*tch!" If a guy ever calls me a b\*tch, I calmly reply: "Well, I am female and I like dogs." (I say this even if I don't like dogs but only like cats, for example. I refuse to give him the satisfaction that he succeeded in insulting me!) ;) "Dogs are loyal, hard-working, faithful, man's-best-friend, so thank you for the compliment." Or if I'm pressed for time, I just call out: "Bow! Wow!" with a smile (showing my pearly whites - dogs have teeth, right? ;) ) and a salute - if I'm feeling generous that day.

Another favorite name guys often call women is: wh\*re. (Please replace the \* with an "o" and please forgive my having to use such disrespectful language.) If a guy ever calls me a wh\*re, I calmly reply: "I never got payed for it." ;) and "Are you just jealous because some women are smart enough to get payed for something a lot of guys can't even give away?" To which he possibly responds by calling me some other unflattering names but hopefully I'm far away from him by then. I would, however, suggest not

engaging in this verbal back and forth unless you're in a safe place with witnesses who "have your back" and you have a safe exit strategy. A lot of guys don't like to be "bested" in any kind of interaction (especially by a woman) and can often lose their temper and become nasty and/or violent. His belligerence isn't worth you putting yourself in danger just to tell him he didn't succeed in insulting you and his nastiness didn't affect you. Better you should keep these clever comebacks to yourself and share them, later on, with friends. ;)

I know I'm making light of this situation but it can be stressful and very upsetting to be spoken to and treated like this. (We are in touch with our emotions. ;) ) Guys often speak and think like this because they don't like themselves and ultimately don't like others. (More on this later on. ;) )

It's often scary for a woman when a man is verbally abusive. It can be intimidating, which is why a lot of guys adopt this kind of behavior. It's often in the back of a woman's mind: "Is he going to stop at just being verbally abusive or is he going to start being physically abusive?" Now I'm not saying anything that guys probably don't already know, but even though women may be generally stronger intellectually, guys aren't stupid either. I suspect most guys know when they're bothering a woman and the fact that they're doing it means there's already a problem. If the guy was a decent man, he wouldn't be speaking to or treating a woman in such a confrontational manner in the first place.

Guys often judge women as being inferior, unintelligent, inexperienced, etc. before taking the time to find out whether this is true or not. It's a well-known fact that a person often judges others according to where he/she is "coming from". If a guy is;

lazy,

unintelligent,

feels inferior to others,

etc., it stands to reason that he would likewise judge others as possessing these character traits.

**- women generally aren't as prejudiced;**

there aren't as many women in organizations that promote prejudice and hatred, such as terrorist organizations, etc. If one person from a particular group such as; race, religion, nationality, gender, etc. hurts a man, he may generalize and treat everyone from that group as if they've hurt him. He may not be strong enough to endure the hurt/pain and still treat everyone as an individual. This leads to racism, sexism, etc. - all forms of prejudice. And prejudice is a form of ignorance.

**- women often have more self-control;**

men are often distracted by women instead of paying attention to their job, the task at hand, etc. Many men in the military complain because they see women soldiers as a "distraction" to them.

Women can often control their anger but men often don't have the strength to feel anger (or other emotions) without acting on them.

Men often have to get a woman drunk/under the influence of some mind-altering drug before she'll have random sex because she can exercise self-control when it comes to actions that may have a negative outcome in the future.

**- women are more faithful in relationships;**

women may have just as many (if not more) opportunities as men to be unfaithful to their partners but will usually have the strength not to be unfaithful.

Women generally don't cheat on their husbands/boyfriends because the man won't or can't have sex with her. A woman usually only cheats;



when her mental state is compromised (if she's drunk, on drugs, etc.),

when she feels she's not loved/appreciated (especially when she's in a loveless relationship),

when she's had a fight with her husband/boyfriend (and is emotionally vulnerable),

etc. Many guys will take advantage of a woman's vulnerability and try to have sex with her, including when she's;

depressed (after a breakup, divorce, or death),

disappointed (when it's late in the evening on Valentine's Day),

lonely (when she's the only woman in a group without a date/partner),

around special holidays such as; Christmas, birthdays, anniversaries of a death, etc.),

stressed or scared (when there's an emergency or disaster, the end of the world is predicted, etc.),

etc. Basically, any opportunity a guy can take advantage of, that results in his pretending to care so he can have sex with her. We did establish that sex is pretty important to a guy, didn't we! And as important as sex is to a guy, many live by the philosophy: why pay for something when you can get it for free?

There's also a sense of accomplishment a guy often gets when he succeeds in getting a woman to fall in love with him or be attracted to him. It strokes his ego and makes him feel important. He needs to feel this to compensate for his general lack of self-esteem.

And his low self-esteem often stems not only from his feeling weaker/inadequate compared to a lot of (if not most) women but, also, from his

guilty conscience when his weakness influences how he treats others and how he lives his life.

We discussed how women usually tend to be faithful in relationships. Men, on the other hand, are often not strong enough to be faithful to their wives/girlfriends - even if he has a healthy relationship and sex-life with his partner. The woman can be young, beautiful, rich, well-connected so as to provide the guy with power, success, etc. and still he often can't remain faithful. Sometimes men say they cheat/are unfaithful because they don't deserve such a wonderful woman and, therefore, subconsciously push her away. But I noticed he does this after he has succeeded in getting the woman to fall in love with him and after he's had sex with her! So, my theory is; he's not strong enough to stay away from her and he's not strong enough to be faithful to her - thus ultimately breaking her heart.

It's a good thing that women are strong. We need to be to co-exist with the male population (generally speaking).

Women are more inclined to be faithful/loyal to home and family; staying at home and taking care of sick and/or elderly relatives – even if it means giving up or delaying her dreams, plans, etc. Men will often put their needs first, be self-indulgent, etc.

**- women generally have better manners;**

women will often say please and thank you and ask someone to do something rather than tell someone to do something. It's a sign of respect from one human being to another. Men will often give orders;

"Do this",

"Get that",

"Give me...", etc. and speak to a woman as if she's an animal or a slave;

"Sit",

"Come here", etc. (Maybe it's wishful thinking on the man's part - which can be traced back through history. More on that later.) ;)

Guys may long for the days when women were servants, owned by men. Men didn't need manners then. {On a side note: I suspect a lot of "romance" novels are written by men (who use a woman's name for the author, hoping to appear relatable to women readers). In these novels, the man (the hero - can you believe it!) often treats the woman (the heroine) like a slave/servant. He abuses her verbally, physically, etc. and she responds by being sexually aroused by his abuse and wants more. Sounds like a guys' fantasy to me!! Perhaps it's an attempt to brainwash women (who primarily are the readers of these novels) into believing;

this is how women are supposed to feel,

it's normal for women to behave this way,

women need to act like this if they are "ever to get a man", etc. It sets a bad example for new adults and teenagers; if a boy reads these novels, he might think it's ok to treat a woman any way he wants and she'll accept it. This is one of the reasons so many guys have the philosophy/mentality that

"women like to be abused",

"she deserves to be treated like this",

"she likes it", etc. If a girl reads these novels, she might think it's ok to be mistreated by a guy and she is supposed to accept any abuse and not speak up for herself. In other words, she is supposed to let a guy get away with anything he wants.} It's not ok for anyone to mistreat/abuse anyone else!

Guys often speak to women in a condescending manner, talking down to women as if the woman is unintelligent (when women often know more about a subject than the man does!)

Guys often exhibit rude/disrespectful behavior when interacting with others, such as interrupting someone or talking over someone (usually a woman) when she's speaking.

**- women are generally more giving, caring, compassionate and hospitable;**

women make up the majority of volunteers in all kinds of clubs, organizations, for all kinds of causes - donating countless hours, resources, expertise, etc. Women are usually Welcome Wagon Hostesses and bring food to families who have suffered illness and death.

Women care enough to remember anniversaries and special occasions. If it's important to you, chances are it's important to her.

Women often give without expecting anything in return.

**- women commit less crimes than men;**

if one country invades another country, the majority of soldiers/leading personnel of the invading country are male. And a lot of guys who invade someone else's territory aren't strong enough to resist temptation if they have the opportunity to take what doesn't belong to them - such as; material possessions, sexually assaulting others, etc.

**- women will often stay silent when verbally attacked, judged, etc.;**

I believe this takes the greatest strength of all! Women have had to learn not to speak up for themselves, defend themselves, etc. as it often causes the woman to be punished, ridiculed, ostracized, shunned, etc. Men, on the other hand, will usually not tolerate someone verbally attacking them and will stand up for themselves - not letting anyone "get away with it".

**- women are less likely to lose their temper than men;**

(though this characteristic may be more equal between the sexes than the others listed in this book.) Men are more inclined to suffer heart attacks, strokes, etc. due to losing their temper. Men are more likely to be involved in car accidents, fist-fights, breaking the law, acting physically violent (especially towards their partner and children) due to losing their temper. Women usually just yell and occasionally throw things when they lose their temper - often at a guy who ticked her off because;

he repeatedly lied to her,

deceived her,

was unfaithful to her,

disrespected her,

deliberately tried to hurt/humiliate/embarrass her,

wasn't listening,

wasn't paying attention, etc.

**- women are generally more mature/responsible and less selfish;**

girls often mature faster than boys, which comes in handy if a girl has younger siblings. The responsibility of taking care of younger sisters and brothers often falls to the eldest daughter (even if there is an older brother) as females are traditionally thought of as having a nurturing nature. Boys are often found pursuing their own interests;

watching tv,

playing video games,

hanging out with friends, etc. This maturity is reflected in how girls perform in school;

they take studying seriously,

they don't drop out of school as much as boys, etc.

Law enforcement personnel advise children to generally seek out a woman (rather than a man) for help if they are threatened, harassed, etc. by a stranger.

Guys often resent a woman's success, intelligence, popularity, etc.

Women tend to be friendly/outgoing but are often labeled a flirt, a tease, etc. while men are generally more inclined to tease women, often cruelly.

Women tend to work in areas of employment that provide help and support to others such as;

children's services,

human and civil rights organizations,

etc.

Women usually have a strong work ethic and go out of their way to prove themselves, especially in areas that are traditionally male dominated. Men often;

don't work as hard if they are unsupervised,

sabotage someone else's accomplishments,

take credit for another's work,

bother, annoy, even harass a subordinate, etc. if they think they can get away with it.

A guy often doesn't take responsibility for his actions, passing the blame onto others (especially a woman) in the hopes that she won't stand up for herself or that others (especially men) will believe him/take his side because he's a man.

Guys often put their needs and wants first, even if it means being inconsiderate of others;

guys often expel air from various bodily orifices (even when in the company of others),

a man often lies,

pretends to be someone or something he's not in order to (for example) have sex with a woman, etc. {We've established that sex is very important to men.} He often doesn't love her but he knows he needs to give the appearance that he does. If he succeeds and the woman has sex with him, he often doesn't respect her afterwards - thinking of her and treating her like a volunteer prostitute. Perhaps subconsciously, he feels he doesn't deserve to have someone share something so intimate, so intense, so personal with him and when the woman does, he thinks she'll have sex with anyone - thus developing a low opinion of her. This is often demonstrated in how he treats her.

He may be a "selfish lover", focusing on his own pleasure and ignoring hers. After the sexual encounter, he may no longer want to be near her; turning away, moving away from her, leaving, etc.

**- women have a lower rate of suicide than men;**

men often aren't strong enough to stay alive and handle;

disappointments,

loss,

guilt,

the pressures of life,

the aftermath of a sexual assault,

etc.

**- women are generally more spiritual;**

more women attend religious services than men, especially outside of obligatory services/functions. There are more nuns than priests.

Women are more inclined to say they'll pray for others. It's true that there are more male religious ministers, but women (especially throughout history, and even today) were/are denied permission to serve a higher power in a leadership capacity.





Women have to be strong to live in societies where sexism/misogyny is acceptable, where women are often treated as less than equal (less pay for the same work, etc.) and where 'double standards' are often the norm - women are criticized for doing a quarter of what men do but men aren't criticized/ostracized;

a woman is called a troublemaker while a man is called assertive or a rascal,

a woman can have sex once or with one man (usually because she loves him) and is called a;

sl\*t, {\* = u}

wh\*re, {\* = o}

sk\* nk { \* = a }

while a man can have multiple sex partners (and often doesn't love them)  
but is viewed as;

virile,

a stud,

a player,

a philanderer,

socially active,

just a man,

a bachelor,

etc.

A man is a bachelor while a woman is a spinster, an old maid, etc.,

a woman has a "tramp stamp" while a man has a "lower back tattoo",

a man is robust, portly, etc. while a woman is called fat,

a man is an opportunist while a woman is called a gold-digger,

a man's criticisms/complaints are accepted/appreciated while a woman  
who has a complaint is accused of;

imagining things,

over-reacting

being too emotional,

crazy,

a b\*tch,

a nag,

etc.

A woman is often called derogatory names even when she hasn't done anything wrong. And even when a guy is ostracized, he's often called a son of a b\*tch. So technically it's still a woman who's called the nasty name!

You often hear guys use derogatory expressions towards a woman that you almost never hear, if ever, (from men or women) towards a man;

a financially independent woman is often called spoilt/a spoiled rich girl but you never hear a man called spoilt/a spoiled rich boy,

women are often called girls to belittle or to portrait the woman as being immature, unintelligent, inexperienced, etc., which subconsciously sends the message that it's ok to dismiss what she says or does or how she feels. It's usually not used as an affectionate term. {When I hear a woman called a girl, I often speak up and say: "She hasn't been a girl since she was 12." ;) That usually shuts them up - but I wouldn't necessarily want to be able to read their minds at that given moment! :-)) },

guys often refer to other guys as feminine, girls, ladies, etc. as an insult/a put-down.

Society is often very unforgiving towards women but will excuse abusive male behavior as;

boys-will-be-boys,

he's just having a bit of fun,

etc.



# WHY

And why is society like this? It can be traced back to the origins of the human race. As humans evolved, women weren't always able to hunt for food, protect others against attack, etc., especially while they were in their last trimester of pregnancy, while they were recovering from childbirth, etc., so men would often hunt and fight. This helped to make males physically stronger - strength he could use in a positive way (protecting his family, providing food, etc.) but it could also be used in a negative way (controlling others, stealing, bullying, raping, etc.)

Because men had to endure the sometimes brutality of wars, fighting off attacks from other tribes, killing others, etc., they often suppressed their emotions in order to survive emotionally. No one who endures the horrors of war is unaffected but because men weren't strong enough, emotionally, to handle the pain and the psychological damage caused from witnessing and sometimes participating in man's inhumanity towards man, it often made men emotionally hard, unfeeling uncaring, etc. - detached from his humanity.

This played a part in men's behavior as societies formed; they held onto the power they acquired (which enabled them to make laws/rules) but they often weren't strong enough to use that power without abusing it. They took what they wanted regardless of whom they hurt, they didn't allow themselves to feel compassion, empathy, guilt, etc.

They were afraid.

Afraid others would hurt them so they often "attacked" first, hurt first to push away/avoid any association that could lead to their being vulnerable, emotionally exposed, etc. - because they weren't strong enough to endure pain and sadness. This, of course, often led to wars where other

men (especially young men and even boys) were psychologically damaged from experiencing the brutality of war.

And this vicious cycle continued with each generation, affecting the way men related to their children and women. Women weren't given the opportunity to gain and keep power in society/in the home and were ultimately thought of as;

property (to be bought, sold, bartered with),

a possession (first owned by her father/legal male guardian or nearest male relative, then her husband),

a convenient "object" for men to use and abuse, etc. This caused men to feel subconsciously guilty and to have a lack of respect for themselves. (This compounded the possibly already low self-esteem a man had, traced back to his childhood.) When people don't respect themselves, they often don't respect others. A lot of men noticed that women (generally speaking) were more evolved/stronger intellectually, mentally, etc., so men felt threatened, jealous/envious, and even felt a hatred for women - feelings a lot of men still have towards women today. There are many parts of the world, even in the present, where women don't have the same rights/freedoms that men have.

Women, observing and experiencing first-hand the damage done to men, often couldn't relate on an emotional level to men. This caused a rift between the genders but men still needed women for sex - one of the few pleasures men had besides power. {A characteristic of a lot of (if not most) women is to associate sex with love and affection. If a woman doesn't love someone, romantically speaking, she usually won't want to engage in any sexual activity with that person. It's a common misconception a lot of men have that women use sex as a tool for manipulation. That may be the case for some women but usually if a woman is hurt/disappointed by a man, she won't feel like making love to him. Guys, on the

other hand, often use the appearance of love/affection as a tool to manipulate a woman so he can have sex with her.}

Girls, as well as boys, are often abused which leads to low self-esteem/low self-worth but because women are more evolved/stronger, girls often grow up and not "take it out" on others. Their low self-esteem often results in them accepting the abuse of others. This is one of the reasons women stay in abusive relationships, allow guys to disrespect and use them, etc. Because girls often don't get a lot of love/affection from their fathers, they may be starved for any kindness, attention, etc. from the opposite gender as they grow older. Guys, realizing this, often use a woman's vulnerability to;

manipulate/seduce/deceive her into believing he likes or loves her;

he may pretend to be attracted to her/love her so she'll fall in love with him and be more easily controlled, more "biddable", etc.,

he may kiss her (giving the appearance he's attracted to her) so he can distract her while; removing her clothing, engaging in sexual activity with her,

etc.

Even though a lot of women know this, they are strong enough not to judge all men the same. So, when a new man enters her life, a woman often takes him at face value rather than thinks: "All men are the same. He'll just use you for what he can get out of you, then leave you when someone 'better' comes along" - even though that often is what happens due to the fact that a lot of men aren't strong enough to resist temptation, stay in a relationship and work at improving it, etc.

When boys are abused, they often grow up to be abusers themselves. The pain and sadness they feel turn to bitterness, hardness of heart, etc. This is not an excuse for their negative behavior when they grow up but,

rather, an explanation. They may not have the strength to learn from their experiences and not repeat them. For example;

when a boy is sexually abused, he often grows up to become a pedophile,

when a boy is physically abused, he often grows up to physically abuse the women and children in his personal life,

when a boy is verbally abused (for example, when he's told not to cry/show emotion), he often "shoves down" his emotions - detaching himself from his feelings. Then when he grows up and is in a relationship, he often doesn't know how to act because he's been so emotionally disconnected for so long. He often learns how to be very good at pretending to care for/love a woman, which can lead to her falling in love with him and giving him everything - including free sex. (Boys often have to pretend they're not hurt when they're verbally/emotionally abused.)





## CONCLUSION

I know a lot of men won't like what I've written {I didn't like having to write it} but everyone deserves to know the truth. This book confirms what you possibly always knew was true: it isn't your imagination. (Isn't validation a wonderful thing?! I remember Oprah saying something like: "We're all looking to be validated/recognized/acknowledged.") ;)

I apologize for my, sometimes, poorly written way of expressing myself. I'm sure I'll get a lot of criticism from some guys but if that's the worst thing about this book they can find to complain about, I'm ok with that. ;) I'm not a professional author (as I'm sure you can tell) but I felt compelled to write down my observations regarding one of the most important aspects of our lives - interpersonal relationships.

I got so tired of repeatedly observing the unfairness, the injustice, etc. of how women were (and still are) too often treated that I felt I had to put pen to paper (or fingers to keyboard) :) and spell out (especially for all girls and young women everywhere) what women have had to go through since the "dawn of man" - in the hopes that it will eventually bring about change for the better, for everyone.

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An epub version of this book can be found at: <https://www.smashwords.com/books/view/892933> for free. :)



