

# Truth Talk

The Last Dating Advice You'll Ever Need



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## About the author:

There's an old African adage that says: It takes a village to raise a child. Today that village has grown into the entire world, and the "child" is nearly 30! Hi, I'm Donna René Turner, Doctoral Candidate, EdS, MPH, CHES, HSMI, CDVA. I am a mother of two, a grandmother of two; a teacher, and Public Health professional who is nationally certified as a Health Education Specialist.

Not to be confused with *clinical* health practitioners like doctors and nurses, Public Health involves *everything* that affects human physical and mental health, relationships, and overall well-being; and is mainly about prevention. In other words, I provide information that helps people avoid everything from the flu to heartbreak. My goal is to provide reliable information that can lead to healthier, happier lives for you, and those you care about.

Although I have researched and written on many topics, my favorite subject is the human female; adolescent and adult. Specifically, I have focused on their emotional and physical health, as it pertains to their relationships with males. My research revealed some important but hard-to-hear, yet necessary-to-know facts, that if mothers knew, they would naturally *insist* on sharing with their daughters and their sons as well. This information is relevant to every unmarried female who is dating or intends to date males. In fact, studies show that the earlier this information is introduced to girls (as age appropriate of course) the more likely they are to put it to good use when the time comes.

I've also become an advocate of grandmothers teaching their grandchildren the importance of celebrating their mothers, every year on the child's birthday, for as long as the mothers live. In fact, I encourage *everyone* who loves the "child" to celebrate

the mother as well. After all, as I like to say: “It’s *her* birth-day too!”

Because this miracle happens every day, it is easy to forget the risks taken by millions of women who make the choice to birth life into the world. Although officially under-reported, I encourage everyone to recognize that thousands of women in America lose their lives every year, and many more thousands who are temporarily or permanently injured, in their efforts to do what so many of us take for granted. Of course, these numbers are multiplied when the rest of the world is also taken into account.

As young mothers, we typically nurture *others*; not ourselves. We are often too “in love” with our children to see and acknowledge the risks we have taken with our own health and even our very lives. We are too “in love” with our children to recognize that we too, deserve to be celebrated on that special day. Therefore, it is up to those of us who are *grandmothers*; who now have the benefit of 20/20 hindsight, to teach our *grandchildren* to celebrate their mothers!

Finally, if you are reading this in 2025, you have found me at a pivotal moment. I am working to bring my patent-pending, over-the-counter HPV sperm testing kit to market. It is a tool designed to protect women, save families, and change lives. This simple test has the potential to prevent at least one in four miscarriages, prevent cervical cancer, and lower the rates of other HPV-linked cancers, including certain skin, breast, and lung cancers; as well as the rare pregnancy cancer, choriocarcinoma. By purchasing this book or the companion video, you are not just investing in your own knowledge. You are also helping me take a critical step toward saving the lives of hundreds of thousands of women and countless unborn babies worldwide, every year. Together, we can make prevention possible. Thank you for joining me in this mission.

# Chapter One

## Introduction

Let me start by telling you a little about myself, which may help you understand why I wrote this book for you. I'm currently a doctoral candidate, I have an Educational Specialist degree in Educational Psychology, a Master's degree in Public Health, and I'm nationally certified as a Health Education Specialist, a Holistic Stress Management Instructor, and a Domestic Violence Advocate. I got married at age 20, gave birth at ages 21 & 22, separated at age 24, and began raising my two beautiful daughters on my own; who were then only three years old, and 18 months, respectively. Then I divorced at age 26. I continued to raise my daughters as a single mother until they grew up, and entered the military at ages 18½ and 18.

I share this information with you because I think it's important that you know two things about me: I have both formal and *informal* education. What that means is that life itself has taught me a lot, and going to graduate school and earning national certifications helped me to make even more sense of my life experiences. In fact, I have had so much experience, that I can honestly say that some of my *experience* has had experience, and have each become viable members of society in their own way! As a result of *my* experience, I have learned a great many things... many through pain and suffering. But *today*, I have hopes of sparing *you* from some of the pitfalls that I, and millions of other women have encountered in life, when it comes to our relationships with men. Now I'm not here to preach to you in any way today. The information I have for you is *not* based on Scripture. It's based on human biology. Science! But I do have a very strong religious background, so I will quote a scripture or two; but only to make a point.

As I share the following information with you, I want you to know that I pass no judgment on *anyone*. I myself made some poor choices due to ignorance; and my only goal today, is to share some information that can help you, and the girls you care about, make more *informed* choices that *increase* your chances of a having a happier life. Please keep this in mind as we move forward, and I share information that might sound strange to you. You may hear some things that you've never been told before: but I assure you that the information I share has been well researched; and if you listen, you can save yourself a lot of pain and heartache. Now, the teacher in me wants to be sure that you understand the meaning of the word *listen*. You see it's more than just saying: "I heard you!"

According to Webster, to listen means to pay attention to someone or something in order to hear what is being said, sung, played, etc. To hear what someone has said and understand that it is serious, important, or true...and that's *exactly* what I'd like you to do today. I want you to pay *attention*, because what I have to share with you is *serious, important...and true*.

Before we get started it's important that you remember that I can only give you information about *most* people...the average person. So, as I speak to you, keep the Bell Curve in mind. Of course, it's called the Bell Curve because it's shaped like a bell! The middle of the bell represents most people. The right side represents those who have more than average, and the left represents those who have less than average. Also remember that there are many people along the bell curve that have more or less than the people above or below them, even when they're considered to be in the average range; which is where you'll find about 68% of people. *Today*, we're talking about *most* people.

## Chapter Two

# The Age of Adulthood

As we get into the heart of this topic, it's important to lay a bit more ground-work, by making sure that you know that there's quite a difference between the way an adult brain and an adolescent brain operate. The *reason* this is so important will become more clear, later. But once again, I want to make sure that we're all on the same page as to what an adult is, and what an adolescent is. When we hear the word adolescent, most of us think of teenagers. But according to the Center for Disease Control and Prevention (CDC), adolescents are described as people between the ages of 10 through 24. In a civil court of law, that is, if someone wanted to sue you for some reason; a person is considered to be an adult at the age of 14 if he's a male, and age 12, if she's a female. But in most states, you have a *legal right* to be treated as an adult when you turn 18. In a few states you must be 19 or 21. However, being *treated* like an adult and having the same *rights* as an adult, doesn't mean that you *are* an adult. So, when *do* we truly become adults? To answer that question, let's take another look at a dictionary. Here we see that an adult is a person who is fully grown or developed.

How long does it take a human to become fully developed? Well, that varies from person to person, kind of like a cake, baking in an oven. The amount of time it takes before it's done depends on the size of the cake, or the altitude, that is; are you 4,000 feet above sea level, or 200 feet below? How hot is the oven? What kind of heat is being used, electric, gas, infrared? If you're baking from a box or a recipe, your directions will tell you approximately how long to bake. Still, the best you can do is to make an educated guess, and when you *think* it's done; insert a toothpick! If it comes

out clean, then it's done. If it doesn't, then it needs to bake a little while longer. Similarly, your *personal* "baking time," the time it takes *you* to become fully developed may be slightly different from those around you. But of course, the toothpick test doesn't work with you!

As you go through adolescence, it is very common for girls to plump up or gain weight. As your body does the work to turn you into your final size and shape as an adult woman, it can plump up a bit, and as a result, you may feel the need to go on a diet. But that's not a good thing to do at this stage. Your body is working hard to transform you from a girl to the beautiful woman nature intends for you to be; and in order to do that, it needs good nutrition. It's best to eat plenty of black beans, brown beans, lentils, black rice brown rice, steel cut oats, fruits and dark leafy green vegetables during this phase. Then, stand back and *marvel* at the beautiful woman you have become, once the process is finished. But when *is* that exactly? When *will you* be finished? Well, I can't tell you that *exactly*, but I *can* make an educated guess with the help of people who know more about growth and development than I.

There are people who spent many years researching and learning about the human brain, for example. These neurologists have reported that the human brain continues to develop well into the 20s, with no *significant* growth after the age of 29. In fact, *some* neurologists have reported that development can continue into the early 30s. Neurologists also tell us that the very last part of the brain to develop completely, is the prefrontal cortex; the area that assists us in thinking with logic and reason. When studies were conducted asking adults and adolescents questions that *required* logic and reasoning, brain images consistently showed that it was not *the prefrontal cortex*, the area of the brain that assists with logic and reason, that was being used by the adolescents. And when a study was conducted on a group of *college* students ages 18-

25, the results found a large amount of growth and development took place during their years in college.

But it's not just the brain that continues to develop beyond the age of 18. Studies also show that the *immune system* continues to develop through the age of approximately 25 or 26. So, if the average *immune system* continues to develop through age 25, and the brain continues to develop at least through age 29 and maybe into the 30s...*and*, keeping in mind that an adult is someone who has *finished* growing and is *fully* developed; isn't it much closer to reality to guess that a human becomes an adult at approximately age 30? The life expectancy of the average woman is about 80 years (pre-Covid-19). What that means is that if you don't have a fatal accident, or get a fatal disease, then you can pretty much count on living about 80 years. I say pretty much because some women live shorter than that, and some live longer. In fact, although the average woman can *expect* to live nearly 80 years, statistics show that many women live to be 86; and even beyond 90 years. Let me introduce you to just a few who did just that: Doris Day was *very* famous in her day, no pun intended; and passed away this spring at the age of 97. Until recently, Betty White was still in the public eye, and was pretty well known by people young and old. As of the publishing of this book, she was still living, and passed away in 2022 at the age of 99. Olivia de Havilland, actress in the classic: "Gone with the Wind," was 104 years old when she passed away in, 2020...and finally, there was Ms. Susannah M. Jones, who lived to be 116 years old, and until she died just before her 117<sup>th</sup> birthday, was the oldest known person in the world.

So, despite the fact that you can *expect* to live until you're about 80, *thousands* of people live into their 90s, and some live even longer. I only told you about a precious few. This is important for you to know because even though *you* may think you've been

living a long time, the fact is that if you're an adolescent (ages 10-24), you can *expect* to live much, much longer than you already have. That's right! Compared to the number of years you *could* actually live, you haven't lived long at all!

Now imagine that you have the *authority* to make some very serious decisions that will become a part of you, for the rest of your life...at a time when...as we discussed earlier...the part of your brain that you need the *most* in order to make the *best* decisions for your life, hasn't even fully developed yet; and you still have a lot of years to live with those decisions. Still...you have a legal *right* to make those most important decisions... without the help of the much more *experienced* people in your life who love and care about you.

Of course, you don't have to accept the help of the people who should know *best*. You have a *right* to choose to get your advice from someone under the age of 30, who also has a brain that is not fully developed well enough to tell you what's *best*. Even if they know better than you...they don't necessarily know what's *best*. Yet, you will have a *legal right* to make those decisions on your own...and live with the consequences)...for the rest of your life.

## Chapter Three

### I'm "Ready!" Or Am I?

One of the most important decisions you will have to make, is when to have sex for the first time. Although this decision is *most* important when you're an adolescent, it is also important as an adult; especially if you're an adult *female*. Now, I'm not going to tell you that having sex is a bad thing. There are more than seven billion people living on Earth today, and we all got here because a lot of people had a lot of sex. But what I *will* tell you, is that there are some very *good* reasons...that you should wait 'til *later*...rather than sooner...to get started. I'm sure you've heard that in addition to pregnancy, sex can lead to infections and diseases like HIV/AIDS, and cervical cancer from HPV. But let me tell you something about *HPV* that you may *not* know: the Human papillomavirus is found attached to the human male sex cell that we call sperm. (A sperm cell has 3 main parts: the head, the mid-section, and the tail. The cells are so tiny that human eyes need the help of a microscope in order to see them. Male babies are found to have this virus when they're *born*. There are more than 200 different strains or kinds of HPV, and when tested at birth, studies have shown that *usually*; the male baby carries a different type of HPV than his mother. So, scientists have now concluded that *male* humans carry HPV, and *male* humans spread it to *females* through sexual activities.

In 2016 nearly 13,000 women were diagnosed with cervical cancer, and approximately 4,200 of them died from it. In fact; *every* year, thousands of women in America die from cervical cancer, yet cervical cancer as a result of HPV is the *only*

cancer that has been *proven* to be 99% preventable. Still, as of 2014, more than 250,000 women in America were fighting cervical cancer.

So how can *you* avoid getting HPV? Actually, you can't...not indefinitely, anyway. *Every* woman who has *ever* had sex with a male, has likely been exposed to HPV. Because HPV is *attached* to sperm, any sexual contact you have with a male...whether it's just touching his penis with your hands, or having oral sex, or intercourse; whether vaginal or anal: may *expose* you to HPV. Even if he wears a condom...that clear natural fluid that comes from his penis is *loaded* with sperm, and therefore, could be loaded with HPV...which gets all over the *outside* of the condom, while he's trying to put it on. Even if he's an expert at putting on a condom...which, if he's still in high school or college, that's very doubtful...but even if he *is*...it is important for *you* to know, that many condoms have microscopic holes in them; right out of the package. The holes can't be avoided. It's the way they were manufactured. So, think about it...sperm, which carries HPV is microscopic...and there are microscopic holes in condoms...do you think it's *possible* that microscopic sperm could get through microscopic holes in condoms?

What about the vaccine, Gardasil? Can't you just get *that*, in order to avoid HPV, cervical and other types of cancers, and miscarriages? Vaccines won't stop you from getting HPV...but yes, vaccines *are* an option...as long as you remember that Gardasil, for example, has some side-effects that can make you seriously ill or worse. You should also know that when you decide to get the vaccine...it only works if you've *never* been exposed to HPV. You also have to take all 3 shots in the series for maximum effectiveness, and those three vaccines only protect from the three most prevalent strains of HPV that cause cervical cancer. They *do not* protect you from the other less prevalent strains that are *also* known to cause cervical cancer. Additionally, *some* experts say it's only effective for 5 years, and finally...there is a *very small*

chance that you could die from it.

In November of 2015, nearly 1,200 *death* complaints were filed. When this book was published in 2015, Gardasil had been approved to be given to girls as young as nine, and as old as 26. Although you really can't *avoid* getting HPV indefinitely, you can more easily avoid getting *cervical cancer* as a *result* of HPV. There is a *reason* that Gardasil is meant to be used for girls as old as 26...because by the time the average girl reaches the age of 27, her immune system has developed well enough to fight and kill HPV all on its own...without *any* type of vaccine or medication. In fact, according to the Center for Disease Control and Prevention (CDC), women who have sex when they are *under the age of 25* are at the highest risk for getting cervical cancer as a result of HPV.

I have spoken to girls over the years who were given some of the same information that you are being given today, yet they still ended up with an unwanted pregnancy or disease. I asked them; why didn't they *listen*? Some said: I don't know...but of the ones who *had* an answer, they all said: I just didn't *think* it could happen to me.

But the possibility of pregnancy or cutting your life short are not the *only* reasons to think more than twice before having sex for the first time. You should also consider how you can be affected *emotionally*...how having sex can make you *feel*...long after it's over. It's especially important that you understand the difference between the way sex affects the average *female*, compared to how it affects the typical male.

Today, it is common for girls to be socialized to think that if they have *any* kind of relationship with a male who is not their father or brother, then sex is a natural and *expected part* of that relationship; even when they're far too young. Naturally, you will

be tempted to give them what they want because in *part*, that's what you've have been taught. Not by your parents...but from television, movies, books, magazines, music and even friends, that not *only* encourage very young people to be sexually active; they encourage young *girls* to take the lead.

What you don't realize when you're watching and listening to things like this, is that the people who *put* this information on the screen for you to learn from, are typically *most*; if not *all* men. And yes, I do realize that movies and T.V. are *supposed* to be for entertainment only...but the fact is...for centuries *art* has imitated *life* through sculptures, and paintings, for example; and in modern times, through movies based on true stories like Finding Neverland, A Beautiful Mind, and T.V. shows with episodes inspired by true events, like Everybody loves Raymond, and the X Files. Modern technology has *now* made it much easier for *life*... to imitate *art*. For example, for over 25 years the famous scream from the movie Home Alone has been imitated by children and adults alike. In Colorado, an orange-haired man entered a theater and started shooting...while claiming to be the Joker. In Wisconsin, a man *dressed* as the Joker, broke into his cousin's home and assaulted him. And in Indiana, a girl returned from her high school bathroom with her face made up to *look* like the Joker, and attacked her teacher with a razor blade.

I could go on, and on. These are only a few examples where the perpetrators of crime have *admitted* that they got their ideas from movies. So, is it too far-fetched to say that you could be learning the *wrong* things about sex and the way you should behave from television, movies, magazines and music? Today, as I mentioned earlier...girls have been *socialized* to think that if they have a relationship with *any* male to whom they are not related, then sex is a natural part of that relationship. More creative shows send the message that it's *crazy* to expect to get married without having

sex first...and this message is even *more* effective, by having the *girl* say it!

Again, as you start to consciously notice these messages more often, pay attention to who's *sending* you these types of messages and remember *why* they are sending those messages. Believe it or not, their reasons are pretty much the same as *yours* would be, if you were given the power to what *you* wanted! What I mean is...for example...imagine your parents gave you the opportunity to totally redecorate your room. Would you choose to look at sports themes? Well maybe...there's no right or wrong answer. The point is that you would make it look the way *you* want it look...so that when *you* walk into your room, you see what *you* have always wanted to see in your room.

That's exactly what the men who make these movies do. They *want* you to learn to make the first move towards sex, because it makes life a lot easier for them, and their sons. You see there's a big misconception going around, partly *because* of messages in movies and T.V. shows, that women want and *need* sex, just as much as men. When, biologically speaking, that doesn't make much sense; especially when you consider the basics. You see the average female is born with about 2 million eggs. These eggs die by the thousands every month, so that by the time she reaches 18, she only has about 400,000 of them left.

At that point, the rate of loss slows down to about 1,000 per month, and each month *one* egg matures and is released from one of her two ovaries, and sits there, waiting for 1-3 days to be fertilized by a sperm cell. This process continues until all the eggs are gone, at the approximate age of 50. Every month, for as long as eggs are available, the female hormone Estrogen can more than double, and if you're old enough or if your body has already experienced some form of sexual activity, then *this* is the

time when your body signals you that it wants you to have sex...because it's trying to *reproduce*...and your body *knows* that if that egg isn't fertilized...it will die, and leave your body through a process that *we* know, as menstruation! Instinctively, your body doesn't want this to happen. So, it can make you *feel* as if you want, or *need* to have sex; *naturally*...without anyone trying to encourage you. And you will feel this way a few days in a row once a month, *every* month, with no outside stimulation. Now compare this to what happens in males!

## Chapter Four

### The Male Body: In Hot Pursuit

The male body produces sperm cells *constantly*, at an average rate of 1,500 per second. With 86,400 seconds in a 24-hour day, that comes to 129 million, 600 thousand sperm cells (129,600,000) *every day!* And this production doesn't slow down significantly, as he gets older! No wonder men think about sex so much! It's been said that men have sex on the brain every seven seconds. That's about 8,000 times a day. But recent studies conducted on a *small* group of men suggests that, that number is *exaggerated*; that men only think about sex *19* times a day, and that they think about *food* and *sleeping*, almost as much as they think about sex. Whether it's 19 times a day; 8,000 times a day...or somewhere in between...considering how much *sperm* they produce...*non-stop*; it's understandable that they look for ways to get *rid* of it...non-stop. Because, when these nearly 130 million sperm produced every day fill the testes, they create a build-up of *pressure* in the males that cause them to want to have sex in order to *relieve* that pressure.

If you're not a male, then there's *no way* to completely know what that pressure feels like; any more than *males* can ever really know what pregnancy and *childbirth* feels like. But after talking to men about it, I think the closest that women can get, is to think about how *you* have felt...when we have to urinate really bad, but we're forced to *hold* it much longer than we *think* we can.

When you're in a situation like this, you hope to find a good, clean toilet to use...but even if you're usually very picky about where you use the bathroom...at this point, you'll settle for *anything* to get relief. You'll hover over a *dirty* toilet if you need to! In a healthy body, your body constantly makes urine...and getting rid of it is a natural and healthy body function.

Similarly, getting rid of *sperm* when it builds up, is a natural function of the *male* body. Now, he has ways of getting rid of it on his own. He doesn't *need* a *woman* to get that relief. Sometimes, his body will get rid of it automatically, while he's sleeping; during what is commonly called...a wet dream.

In the meantime, as the sperm constantly builds, he is constantly driven to look for the best ways to get rid of it. As flattering as it may *feel* when he turns his attention to *you*; it's important that you remember something: if you let them, men who are *not* married to you, will often prefer to find the most attractive woman they can, in order to get relief from all the pressure of their sperm production...because it *feels* better to them, and it's much more "fun." And if you *let* them...even the best; nicest guys will *gladly* use your beautiful body as if it is nothing more than a place to get rid of the pressure; caused by their buildup of sperm. And let's not be angry with them for their behavior! Today's society *allows* men to behave this way towards women; and remember: *You and I* are a big part of that society; 51%, to be precise.

Today's male, can have sex with all the women he wants; without commitment or responsibility; and *mostly* with consequence. Again; it's not *their* fault that *we* allow them to do this. Besides, it's only human nature to do what's best for *ourselves*; *before* thinking about others...especially for people who are not married and have no children.

Think about it; if you could have *your* cake and eat it too...that is, if you could eat whatever you wanted and not have to worry about consequences...wouldn't you do it! Well, really, when you think about it...that's all *men* are doing!

So, the bottom line is that it is *we women* who bear a *huge* part of the responsibility that so many of us get used this way; and tossed aside. A teacher who asks for nothing from her students in order for them to earn an "A" in her class, for example, will likely have a class full of students who do little or nothing; but they *do* get all A's. But if she insists that they participate before they can get an A, and explains to them what that means...that is...completing their homework; correctly answering questions in class...things like that...*most* students will do everything they can, to get an A; or at *least* do enough to pass the class. Similarly, if you ask little or *nothing* of men before you give them what they value most from women they're not married to; namely, sex...then they will *give* you little or nothing in return.

You see, in our quest for equality, which we *do* deserve: we have *allowed* men to have this kind of freedom with us; and we have forgotten one very important thing: that men and women *are equal*, that is, we each have qualities that *complement* one another that should be accepted, respected, appreciated; and enjoyed. However, *equal* does *not* mean *same*; especially when it comes to why we have sex. As you go through life you will meet many men who *seem* sincerely interested in *you* as a person, but only a precious few...maybe only *one*, will be the real deal. That *one* will be worth sharing your body and your life with. But how will you know if he's "*the one*" or not? Well now that's where it gets a bit tricky. You see, *they all sound* wonderful when you first meet them and they want to get closer to you.

They *want* something from you...but you need to *like* them first, if they'll ever have a chance of getting it from you; voluntarily. So, they say all the right things to make you *like* them and feel *good* around them. Some will even say *horrible* things to you...just to get your *attention*...because they know that works sometimes, too. And many times, you *will* want to be around them more...you *will* be attracted to them. Sometimes you won't be able to *help* yourself, because that's the way your body was *designed*. You were actually *designed* to love and *be* loved. You see, in addition to estrogen, your body produces a hormone called oxytocin. But before we get into that, let me explain a little something first.

For many years now, mice and rats have been used to help understand the human body better, and to develop medications that help relieve symptoms of sickness and disease. This is because; although they don't look like us, *biologically*, mice are very similar to humans...enough at least, that when scientists discover how mice are affected by toxins and chemicals, they can say with some degree of certainty, that humans are affected in the same, or similar way. We have mice to thank for penicillin for example, kidney transplants, and breast cancer treatments. The truth is...as far as we have come in the last couple of centuries, when it comes to the human body; we still have a lot to learn; especially, in the area of hormones.

Having said that; by studying mice, scientists have learned that oxytocin plays an intricate role in many functions of the human body. This includes influencing your emotions. It can make you feel competitive towards other girls or even jealous, for example. But it has been nicknamed the *love* hormone, because it seems to be what causes people to *like* one another, *bond* with each other. It's what makes you more prone to trust others; more loyal...and yes, it's what makes you...fall in love. And, when the time is right, oxytocin is also what allows you to give birth, and love your baby more

than anyone in the world. Every time you see someone or something you like...your body produces oxytocin. Every time you touch someone you like...oxytocin is produced. Have sex with someone *and* have an orgasm...and your body produces so much oxytocin that you can *easily* fall in love, and you now associate that person you had sex with, with all that good feeling you got. Other than the moment of orgasm, the only time your body releases *more* of this love hormone...is when you're giving birth! Now that's an awful lot of bonding power!

## Chapter Five

### Oxytocin: The Love Hormone Males vs. Females

Unfortunately for you, when it comes to male/female relationships, more often than not, that *bonding* power...only works one way! As a female, you were born with approximately twice as much of the love hormone oxytocin as males, and...evidence shows that *your* body reacts to it *differently* than his. Studies show that *estrogen*, the primary hormone that makes you female, *intensifies* the effect of oxytocin, and the happier you are, the more oxytocin you produce. But *testosterone* is the primary hormone that makes him...male. And according to an article published by the National Institutes of Health, testosterone not only affects thoughts, so that he *thinks* differently than you, but it also causes anger, aggression, and physical violence. Guess what else it *weakens*... the effect of *oxytocin* (the *love* hormone we've been talking about). However, when testosterone levels drop and oxytocin rises, these natural tendencies can be tempered; which is what happens when he's in love or has an orgasm during sex. At the time of orgasm, his oxytocin levels increase as much as *seven times* his normal amount, so that if he liked you at all *before* having sex with you...now remember, men can *easily* have sex with you and not like you at all; because it's just a natural body function; similar to urination. He only needs to convince you that he likes you, so he can get the relief he's looking for. At any rate, if he actually *does* like you at all...then it is at *this time* that he will feel *really good*, and associate those good feelings with *you*. He may even feel as if he's in *love* with you! And he will *continue* to feel this way...for all of about...15 minutes; maybe 30 at the most!

After this time, his oxytocin levels will return to normal, including, vasopressin,

which can make him want to be *anywhere else*...but with you! It's not personal. Just as your hormones cause you to *want* him *more*, unless he's in love with you, or at least, likes you a whole lot...*his* hormones can cause *him* to want to hit it and quit it! But when he's in love...his oxytocin levels *rise*, and his testosterone *decreases*...making him not only want to stick around, but be kinder; more gentle; less aggressive; and much more willing to do what you ask of him. In other words, this is when oxytocin affects *him* in a similar way that it affects the average female.

That's right; when he's truly in love with you and committed to you *before* having sex, he will feel and respond to the effects of oxytocin in a way that is much more similar to *yours*. Because at this time, his testosterone level significantly drops...as much as 21%, giving *oxytocin (the love hormone)* a much better chance to work its magic. This is not something he can control; and neither can you! You cannot cook or clean well enough; you cannot have sex that is good enough; you cannot buy him gifts expensive enough to cause his testosterone levels to drop low enough, so that the rise in oxytocin is high enough, and lasts long enough, to get the lasting effect you are looking for. Interestingly, the opposite is true for you. Indeed, males and females are opposites! All the things that will not work on him, work extremely well on you, because oxytocin is made more powerful by *your* primary hormone, estrogen!

It's as if God said...Yes...I created Sons *and* Daughters for my Glory, But, *men*; *you* are my *first-born*, and my *gift to you*; your *birth-right*; is *woman*! By combining estrogen with oxytocin and a few other finely tuned hormones, I have made it *easy* for her to fall in love with any man who chooses her. All *you* have to do; is take your pick; make her happy, and she will be yours for life! Now of course, *I'm not saying* that's what God actually said...I'm only saying that based on what we know about hormones and their effects so far...it sure kind of *seems* that way!

But wait a minute! Women have testosterone, and men have estrogen, right? Well yes, that's true, but here's the difference: A woman's normal estrogen levels range from 70 picograms per milliliter, to 250 picograms per milliliter; and during ovulation, her estrogen levels rise even more, to as much as 370 picograms per milliliter. Now compare those levels to the estrogen in males: Men only have a range of as little as 10 picograms per milliliter, to as much as 40 picograms per milliliter. So, even at their maximum level, men have less than a woman's smallest amount. Because it appears that estrogen intensifies the effects of oxytocin, you can see why women are much more affected by it than men.

And when it comes to testosterone...women only have an average range of 15-70 nanograms per deciliter, while the very *least* amount that a man will have, is 265 nanograms per deciliter, which is more than 3X the maximum amount of a female, and they can have as much as 1100 nanograms per deciliter (nearly 16X a woman's maximum amount). When you consider how little estrogen, the hormone that *intensifies* the effect of oxytocin, that men have compared to women; and how much *testosterone*, the hormone that *weakens* the effect of oxytocin that *men* have compared to women, it should be easier for you to understand why...when oxytocin reacts with estrogen, sex makes women want to be closer to the men they have sex with, and why having sex does not have the same effect on men.

Your body will *naturally* urge you to have sex only a few days out of a month. But the happier you are in your relationship; that is, the happier *he* makes you; the more you will be moved to have sex with him through the production of oxytocin and its reaction with estrogen. However, as you become stressed due to the daily responsibilities of going to work, coming home, taking care of the kids, homework, cooking, cleaning, laundry, etc. You will feel *less* like having sex; because as you do these things, your

body produces a stress hormone called cortisol. Cortisol is a natural suppressant of the *love hormone*, oxytocin. So, the more stress you have, the lower your oxytocin level will be as well. Many men don't understand this; because unlike them, with the exception of a few days a month, your desire to have sex is based on how you feel...emotionally. Oxytocin, is a big part of that. The more oxytocin that is present, the more amorous you are likely to feel. Whereas, no matter how tired he is, or what else is going on with him; his constant production of sperm, combined with testosterone...drives him to want to have sex, in an effort to relieve the pressure that comes along with that constant production. I hope you see now, that there is a real, biological reason for the adage: Happy wife, happy life!

I hope you can also see; that when it comes to the game of love...if you're trying to use sex to win his heart...if you want him to feel about *you* the way *you* feel about *him*...then you're going about it the wrong way. Because of the way estrogen and testosterone affect oxytocin, having sex with him will make *you* like *him* more...but more often than not...if he's not married to you, all he's feeling from having sex...is relieved.

While you're having sex with him, falling deeper and deeper in love and wanting more of a commitment, he's already way ahead of you, and picked out your wedding date as the 12<sup>th</sup> of Never, *before* he ever had sex with you at all. Having sex with him does not make him fall more in love with you...no matter *how* you "drop it," it won't change his *feelings* about you. He either fell in love with you when he met you, or he didn't (more about that later); and having sex with him won't make any difference, because having sex simply does not *affect* him the same way that it affects you.

Remember: you have a lot more *estrogen* mixing with that love hormone oxytocin than he does, which magnifies the effect; and he has a lot more testosterone, squelching

the effects of oxytocin...making *your* feelings of love, grow...more and more; the more you have sex with him.

And if you're dating a guy right now, and he's trying to get you to have sex with him, or you're *already* having sex with him; don't even waste your time asking him if what I'm telling you is true, because there is no way he'd ever admit that to you. It would be counter-productive to him and his goals with you.

Having been born female, you've been dealt a hand of cards that only has *one* ace. Play that ace well, and if you're the one for him, he will do his utmost to give you the world; whatever "the world" means to *you*. Play it at the wrong time; *before* he gives you the commitment you want, and he can have you waiting indefinitely; or fold. That is, end the game and leave you empty handed and wondering: Uhhhh...what just happened?

## Chapter Six

### How to Find “the One”

Finding “the one” is a lot easier for males than females. That is, if they know what to look for, or maybe it’s more accurate to say: if they know what to “feel for.” When males come across a female that makes them *feel* a certain way, they know instantly whether she is “the one” for them. Unfortunately, many men don’t know anything about this natural guidance system they possess. When they find “the one,” the feeling they get is different from feelings of mere interest or lust. It is more than simple attraction. It hits them suddenly and it hits hard, the moment they see “the one.”

Finding “the one” is more complicated for females. That is, although it is possible for women to fall in love at first sight, most women fall in love over time, and when they do, it is every bit as strong as it would have been had she fallen in love at first sight. The same is not typically true of men. The Bible book of Genesis speaks of a man named Jacob, who appears to have fallen in love at first sight, and worked 14 years for the right to marry a woman named Rachel. You may not realize it, but the same kind of thing happens today. If a guy *really* wants *you*; if you truly *are* “the one” for him...he will do whatever it takes to get you; whatever you ask of him; and not only will he wait for as long as you ask him to, but he will also do just about anything else you ask of him (within reason, of course). But if you can’t even get a guy to wait until you’re *ready*...or if getting him to do *anything* for you takes a lot of effort on your part; then it is a big red flag letting you know that you are *not* “the one” for him; therefore, by default; he is *not* the one for you.

Now that last part is worth repeating, because it is critically important: If you are not “THE ONE” for him...then, by default...he is not the one for you. Oftentimes the question is asked: “Who chooses, him or her? It may be more politically correct to say that they choose each other; but in reality, because having sex does not make him fall in love; and because he is more apt to *mistreat* you if he’s not *in love* with you; and because no matter how much you love him, or do for him; because of the way he was designed; he will never be in love with you more than he was the day he met you...but *you* on the other hand, were designed in such a way that; if you open your mind and heart; you can fall in love with just about any man who treats you well...doesn’t it make more sense to conclude that not only is it *he* who does the choosing...but under the circumstances, it’s *best* if he does.

Only then, does the choice become yours! You get *your* choice from the men who have expressed interest in choosing you, *first!* These are the men who will be the most motivated to treat you well and do things that make you happy, due to their drop in testosterone; which allows their oxytocin to take effect. Additionally, when they feel attracted to you enough to let you know; their bodies produce more oxytocin, and their testosterone levels decrease; allowing them to be kinder; more loving, and gentle; even if it’s just for a moment. If men show interest in you; yet you insist on ignoring *them*, but make the first move towards a man who has shown little to no interest in *you*...then you’re playing a very dangerous game that greatly increases the odds that at some point, the relationship will end. In that case, at the very best; it may leave you feeling used and heartbroken; and at worst, because there is only a small amount of oxytocin competing with his abundance of testosterone (aggression and violence), you can easily become another domestic violence statistic; something you may or may not survive.

A word of caution...true story: I know a man who told me that he pursued a woman who said she wanted to hold onto her virginity until marriage. He wooed her; romanced her; convinced her that he was sincere about her. After 5 years, she finally gave herself to him...and then he never called her again. This, sadly, is another example of how testosterone can be put to bad use by men. You see...he was only interested in the challenge of a conquest. Once he conquered her, he lost interest. So don't be fooled into thinking that romancing you; begging you; crawling on his *knees*; or even giving you an engagement ring means he must be sincere...so, now it's okay to give yourself to him. Once again, you may find yourself asking; what went wrong?

You see, in addition to making him bigger and stronger; testosterone is what makes him enjoy a challenge; it can also make him more aggressive and even violent. And being so different from you can make him totally oblivious to how his actions; especially having sex with you, affect *you* emotionally; and the possible long-term negative impact of that effect. It's not that he's without the ability to be compassionate. More than likely, he simply has no idea of how you're being affected by what he's doing. You see; just as feelings of love may move you to want to have sex with him, so you assume that feelings of love are why he wants to have sex with you...*he* may think that *your* need for sex is the same as his; that it's just a normal body function; therefore you are *both* simply having fun; using each other to get relief, and nothing more. Because having sex does not make him feel any more love for you than he did in the beginning; he can be *shocked* when he finds out that you want more of a commitment; because as far as *he* was concerned; you were *both* only having fun.

Unfortunately for you; because of the way *you* were designed, oxytocin can pack too much of a powerful punch for you to be able to have sex; simply for fun. As we discussed earlier, the more you have sex with him; the more of a commitment you will

want from him, due to your feelings of attachment or love, caused by the mixing of estrogen and oxytocin. It's the way you were designed.

Yes, testosterone weakens the effects of oxytocin, and you have testosterone too; but not *nearly* as much as he does. And remember: you have twice as much oxytocin, the love hormone. So, if you're having a sexual relationship with a man you're not married to; you are really setting yourself up for a lot of heartache. Remember: because of the way oxytocin reacts with estrogen...a hormone that you have in *abundance*...you don't *need* to have sex to fall in love! If you're really attracted to a guy...you're more than halfway there already! And every time you see him and how good he looks, or when he says something you like, or does things you like...you produce more and more oxytocin to mix with your estrogen; making you fall more and more in love with him. When you add sex to the mix, your body acts like a speeding locomotive, racing quickly down the track to falling in love. And girl, let me tell you; it's hard to stop a train. The moment you decide to have sex with him; the ball is now in *his* court; and he's going to play to *win!* Meaning; he's going to do what's best for *him*; which may or may not include you. And he's going to take as much time as he *needs or wants*, to make that decision; which may include; continuing to look around for "the one." Remember: just like your hormones affect *your* feelings and behavior; *his* hormones affect *his* feelings and behavior...and testosterone...the hormone that reduces the effect of the love hormone oxytocin, is what makes him...*male*. While you're having sex with him; falling deeper and deeper in love...he's getting what *he* wants most. The question is: are you?

The moment he met you, he either fell in love with you or he didn't. Anything else is just a question of...on a scale of 1 to 10...how much does he *like* you...the more he likes you, the more he will be willing to do, to make you happy. Again, how much he

likes you, or whether he falls instantly in love with you is not something that you or he can control. It's all about chemistry; hormones. He can't say, "Hey...it's time for me to go see my girl...man, she sure is beautiful, and she does know how to work it...so let me turn my left ear down to decrease my testosterone, and turn my right ear up to increase my oxytocin, so that I can be in love with her; the way she deserves." No, it just doesn't work that way!

Many years ago, men needed their testosterone to hunt for food, protect their wives and children from danger, and of course...to reproduce. But today, there's no need for men to use their testosterone for hunting or protecting their families from wild animals...because most of our food is grown on giant farms and found in grocery stores. Because of this, combined with the fact that many women provide for *themselves* today, far too many men have forgotten the true reason they were given all that testosterone: to provide, protect, and reproduce. Yes! There have been a lot of advancements in technology in the last 200 years; and although what is considered acceptable *behavior* has changed; as far as *people* are concerned, biologically...nothing much has changed: The average man is still bigger and stronger than the average woman, and with all that testosterone, he is still programmed; *designed* to provide, protect, and reproduce.

However, today, the average unmarried male treats sex, as if it were only meant for recreation, and he can become angry if a child results from his "having fun," forgetting that not only is reproduction the whole purpose of sex in the first place; but that to date, there is *no way* a woman can get pregnant all by herself, and even with all our medical advancements; the *only* form of birth control that is 100% effective; is *abstinence*.

He also forgets that his testosterone was meant to *protect* his woman from danger; even if that danger...is *himself*. Many of today's men have convinced

themselves, that it's okay to use the strength testosterone gives him, to beat their wives into submission; simply because they *can*. Because we live in a country dominated by Christianity; I'd like to point out, that I have read and studied the Bible; from cover to cover.

And as one-side as the Bible can often *seem*...that is, for example, only *women* were stoned to death for infidelity; nowhere in the Bible have I ever read that beating women was acceptable; not even if they broke a rule like speaking in public. I've read that if you beat a *child* he will not die; or if you *spare the rod*, it means that you hate your children; but *women*, by definition; are *not* children. When it comes to *women*, men are instructed to love their wives as Christ loved the church...and to present them without stain, wrinkle, or any other blemish. They were to "love their wives as they love their own bodies"

So, unless a man is prone to slapping himself around, or beating himself up when he does something he shouldn't have; then his wife should be able to expect that she is safe with him, no matter what; that he will use his testosterone *for* her; not *against* her; that he will not *hit* her; regardless of her behavior.

In fact, the Scriptures say: it is better to sleep on a *roof* than in a house with a wife who likes to fight. It doesn't say that if your wife likes to fight, go ahead...fight her; *knock her out!* No, it's saying that if she's really that bad, then get out; get away from her; *leave!* A woman should *never* have to defend herself against a man; *especially* one she's had sex with!

And while we're on the subject of abuse, let me say that over the years I have heard more and more men say to me: "Men get abused too!" And they're *right*. Women

*do* abuse men, and abuse of any kind; emotional or physical...committed by men or women, is not okay. Having said that...I'd also like to point out that the statement "Men get abused too," is misleading. We'll discuss why, in Chapter Seven.

## Chapter Seven

### Testosterone and Domestic Violence

The statement: “Men get abused too,” is misleading because it implies that men and women abuse or kill each other equally, when, according to the FBI, 85% of all domestic abuse and homicide victims are *women* who have been assaulted or killed by their husbands or boyfriends. Of the 15% of *men* who are abused or killed due to domestic violence, about 5% of them are killed by *other men*; and another 5% are killed by the women the men are abusing. Leaving a mere 5% of abuse cases where men are victims, being committed by *abnormal* women. These statistics show that in reality, **90% of the time...the abuser is male...but in the rare case that an abuser or killer is a woman, 50% of that time, she was defending herself against him.**

The reason men abuse women (and even other men), is complex; but basically, it can come down to one, or a combination of three simple things: First, environment. That is, they may have learned to be abusive by watching their fathers abuse their mothers. Second; low-self-esteem. That is, they hit women in an effort to feel better about themselves. They may feel that the world doesn't give them much opportunity to feel like real men, but when they hit a woman, they are instantly reminded that no matter who's boss she is outside the home; no matter how much money she makes; no matter how *physically* strong she is; she will never be bigger and stronger than he. Thus, proving to himself; to her; and to all those who see her injuries; that he is in fact...a *man*. Of course, this is the worst way for him to prove his manhood; and on some instinctive level, he knows this. He *feels* it; which can lead to him regretting his behavior afterwards.

Men with low self-esteem are more likely to abuse alcohol, drugs, the women in their lives, or all three. That's not your fault, of course, but if you're not careful; you will pay the price, just the same. If you find yourself with a man who has low self-esteem; know that there is absolutely nothing that *you* can do to repair it. You cannot clean the house well enough, dinner cannot be hot enough or tasty enough, you cannot be patient enough, forgive him enough, or love him enough. Why? Because no matter what he says or how he makes you *feel*, the problem is not *you*...it's him. If he has resorted to abusing you emotionally and or physically; then *staying* will not help him, nor will it help you. Unless he gets the professional help he needs to fix himself from the inside; the abuse will only stop once you no longer exist; either in the relationship... or in this world.

If you are having sex with him regularly; no doubt you feel loyal to him; you may even feel like you're in love with him. Well, that's the oxytocin and estrogen at work. If you push past those very *powerful* emotions, leave your toxic relationship and give your body the chance (time to heal); it will use that same oxytocin and estrogen to help you feel loyal and in love with a man who will treat you much better. Just be both careful and smart about the way you leave. The longer he abuses you, the more he may feel entitled to do so, and the more he may be determined that you will not leave; not if he has anything to say about it.

So, plan your exit wisely, keeping in mind that no matter what he has told you; no matter how he has made you *feel*; There are many men in the world who will love you and treat you well; if given the opportunity. You only need *one*!

So, get away from abuse; give yourself time to heal...and give a good man the opportunity to find you.

The third reason men can be abusive...is fear. That is; fear of becoming obsolete.

As women, when we become frightened of something or someone; our instinct may be to run away from it and find someplace safe. The exception of course, may be when we have children who need protecting. But the testosterone in men makes them naturally want to stick around and fight what they are afraid of; or even kill it if they feel threatened enough. Much of what men have been designed to do; provide; protect; and even reproduce...many women now do without men in their lives on a daily, or regular basis; leaving men to struggle, as they try to understand and accept their newly redefined role in our lives. They may feel that their very survival as men is truly at stake; thus, they may fight and inadvertently *kill* the women they *perceive* as a threat to their manhood and survival. I realize this information may *infuriate* some of you, so let me be clear, that I offer this only as a *biological explanation* for their behavior; *not an excuse!* Ultimately, it is they; and they alone, who are responsible for their behavior.

Oh, but if they only knew what we know, right? We could probably reduce domestic abuse to nearly *zero!* Life would be very much easier for them *and us...*if they only understood that no matter how much we can provide for ourselves; no matter how much we learn to *protect* ourselves; *no matter how much technology advances...*they will *never* become *obsolete*, because we have actually been *designed* to *love* them, and to *be loved by* them!

Therefore, we will *always need* and *want* them...in our lives! Maybe one day they'll figure this out and *calm* down, and just *love* us, and let *us* love *them*, the way we were meant to. In the meantime, this is *not* something you can tell them...especially if you're already in an abusive relationship...they won't listen. This is something they have to figure out for *themselves*. But for *your* sake, it is important that *you* recognize the warning signs that you may be with an abusive male, because the earlier you figure this out in your relationship; the safer you will be when you decide to

get out of it. So, until they *do* actually figure it out, let's look at some of the earliest warning signs of an abuser. Doctor Steven Stosny published an article online on the Psychology Today website entitled: Are you Dating an Abuser? Here's a list of nine signs to look for:

1. The Blamer: says derogatory things about the woman in his previous relationship
2. Signs of Resentment: include him being so caught up in himself, that he forgets about the rights and feelings of others
3. Entitlement: shows up after the infatuation wears off, and he thinks that his feelings and desires are more important than yours.
4. Superiority: Self-righteousness...thinking he's better than you...and don't you dare disagree
5. Pettiness: makes a big deal out of nothing; making you feel criticized and diminished
6. Sarcasm: making subtle put-downs directed at others that will soon be directed at you.
7. Deceit: whether intentional or unintentional, shows a low level of self-respect himself *and* for you.
8. Jealousy: tiny bit may be okay...but more than that can lead to obsession.
9. Finally...moving too fast; not respecting your boundaries.

I encourage you to go online and read the entire article. Also, take the intimacy test; you find there, because it goes into much greater detail than I did here, and gives many more examples of the warning signs that you might hear and see.

Remember: Woman may have been created to be a gift to Man; but she was *not* created to be abused by him. Let's face it...men *can* be very infuriating sometimes, especially when they're trying to shake loose a woman that they have grown tired of; not because there's anything *wrong* with her, but because she was *not* "the one" for them. And they don't want to admit to her that they were only using her for sexual relief and gratification. During that time, he can do things to antagonize her, in an effort to get *her* to break up with *him*...and she may feel compelled to slap him. But I wouldn't advise this. *Resist* that impulse. Because, although he *should not* retaliate physically, the real purpose of his size and strength due to testosterone have become sort of "lost in translation," so to speak; and he is therefore likely to use that testosterone *against* you, as opposed to using it for your protection, as it was intended. To that end...every 90 seconds in America, at least three women are physically assaulted by their significant others; the men who are *supposed to protect* them. That's nearly 3,000 women every day; and over a million women every year! *Do not* allow yourself to be one of them! I know that what I'm about to say may be hard for you to believe and accept...but...if you find yourself attracted to a guy who isn't attracted to you, then it's best to leave him alone; for all the reasons we've already talked about and more. Unfortunately, if you ignore this advice and you do finally gain his attention, just know that he is much more likely to use you and move on (if you're lucky). Ultimately, he *will not* be worth the trip.

And please, *don't take it personally* if he shows no interest, or *loses* interest in you. Men have a tendency to choose their women the way we choose a new pair of shoes or a new outfit. You like what you like and you can't help it. If your mom buys something for you to wear that you don't like...you won't wear it! Or if by chance *she does force* you to wear it, no matter how beautiful it actually is...you will make a mess of it!

You will make it look like the frumpiest dumpiest outfit ever made, and you can't *wait*...to get rid of it! Well, as horrible as it sounds, until they find "the one" the one with whom they have so much chemistry that nothing else matters...men are kind of the same way about women...they simply like what they like. If you're blonde and they like brunettes; if you're tall and they like short; if you're thin and they like fat; there's nothing you can do but continue being your beautiful unique self, and there will be more than enough guys who will be attracted to you; just the way you are! Now, you can chase the others if you want to...and they will often use your body if you *let* them, but you're the one...who's not going to be happy in the end; because whether consciously or subconsciously; they *will find a way*...to make a mess of your relationship, in order to shake you loose from them; often making you think it was *you* who broke up with *them*. Or, if you just can't take a *hint*...they *will* break it off with you! *However* it happens; the relationship is over. And you will be the one left cleaning up the mess of a broken heart.

So, whether you choose to wait until you're in your mid to late 20s, or until you're married to have sex, or neither; just remember that the way your body is designed makes it easy for *you* to fall in love through having sex. It does not make *him* fall in love; no matter how beautiful you are; no matter how *wonderful* you are. Before you share your beautiful body with him; make sure you know what it is that you want from him. Whatever it is; if he's truly "the one," he will do his utmost to give it to you.

## Chapter Eight

### Good Men: Where are They?

As women get older and gain more and more experience, they often conclude that good men are hard to find, or they don't exist. But the truth is that good men are abundant; they're just more easily visible when you truly are "the one" for them, or when they have a healthy familial love for you. If you have good men in your life; fathers, brothers, cousins, uncles etc. who love and care about you, don't get your back up when they ask you about who you're interested in, or who you're dating; just because the *law* says that you have a *legal right* to figure things out for yourself. In fact, for your own safety...it's best that you let the good men in your life spend time with a guy *before* you start dating him; or at least stick to group dating to help minimize your risk. Sure; he may be a little offended; knowing you prefer not be alone with him...but if he's a decent guy, he'll understand and respect you for it. Remember: When oxytocin and estrogen mix; they make you more apt to believe just about *anything* he tells you; even when others recognize it as a lie, because oxytocin mixed with estrogen makes the average female much more loyal, trusting, and trustworthy, than the average male. Also remember, that according to statistics gathered by the CDC; on the list of the top 10 reasons young women die in America, are complications from pregnancy and childbirth; and homicide by men they either knew, dated, or married. And the number one reason, is *accidental* death; of which 13% are also classified as homicides.

I realize that I have spoken a great deal about abusive men, and it might seem frightening. It is not my intention to frighten you; but rather, simply make you *aware*...so that you can make your choices accordingly. If you heard in the news that there were serial rapists or murderers in your area, would you ignore what was being said simply because you'd think they were only trying to scare you? Would you *never* go outside your door? Or would you be more *careful* about the time of day you went out, or whether you went out *alone*? The good men in your life know men much better than you. And they can find out much more easily than *you*, what a man's *real* intentions are with you. So let them be a part of your decision making, when it comes to your relationships with men.

The men in your life who truly care about you, know men better than you. They know how men think, because *they themselves are* men. Men feel free to say things in front of other men that they wouldn't dare say to you. Men *see* other men *do things* that they would *hide* from you...until it's too late.

Females between the ages of 15-34 are at the highest risk of dying due to pregnancy, or a male they date or marry. The closer you get to adulthood, the more you will want your independence. That's only natural. But the problem is, not only is there danger all around you; but the closer you get to adulthood; the *more danger* you are in. The worst part about *that* is...you don't even know what it looks like! Stop saying: "I can take care of myself!" The average female can only "take care of herself," when the men she dates allow her to do so. That is, if the man she is with is kind and respectful enough to have listened to those who taught him that when a girl says "no," she means "no," for example, then okay; maybe she can take care of herself. Or, if she has special training to wield a deadly weapon that she carries with her at all times, then yes, maybe she can take care of herself. Otherwise, are you physically capable of fighting off an

angry, aggressive, or violent male who insists on getting what he wants from you whether or not you consent? Please give that some thought, and remember, the men in your family are also loaded with the testosterone that *naturally* makes them want to *protect* you from danger; and thanks to testosterone, they *do* have the physical strength and necessary aggression to effectively protect you. So let them!

Keep the people who truly care about you up to date about what you're doing, and with whom. This includes your mom. She may not know men as well as *men* know men, but if she gave birth to you; *or adopted you* and has gotten you this far; then you can believe that she has learned a thing or two along the way; and she most *certainly* knows more about men than you! Remember: your family *wants* you to be safe, happy, and live a long and fruitful life; whatever path you choose.

This is the best time in history to be a female in America! You have the freedom to be educated and to choose what you will do with the rest of your life. Will you be a career woman, a stay-at-home mom, work part-time, or build your own business? Will you risk having sex before your body is mature enough? Will you wait until marriage, or give him what he wants *most* from you...*right now*...? The choice is *yours*!

## Chapter Nine

### Men and Commitment Issues

With sex being so important to them, why are men so many men afraid of commitment? They're not. It only *seems* that way to many women, because commitment simply is no longer necessary today in order for men to get what they want from women they don't see as "the one." Years ago, it was common for men to marry to get the sex they need to relieve themselves of the discomfort from sperm production, and for women to marry to have the security they need in life.

Today, women often provide their own security; and it is more acceptable for women to have sex without being married; so, they do. This makes it *unnecessary* for men to have to get *married*, in order to have access to what they need or value *most* from women they don't see as "the one;" so why should they bother themselves with commitment? Think about it like this: Imagine that you wake up nauseous and throw up at least once a day for the next several months. During that time, you continue to gain weight bit by bit, every week. After you put on about 30 pounds, your back starts to ache, and your bladder never seems to be quite empty, so you're constantly running to the bathroom. Your feet are suddenly too wide for all of your shoes, and you find yourself eating some of the grossest combinations of food. Suddenly, you're in excruciating pain that goes on and on for *hours*; sometimes *days* without relief. Sounds miserable, doesn't it?

Yet these discomforts and many more are common symptoms of pregnancy, and childbirth; and women bear them with *smiles* on their faces. What make the symptoms bearable is a combination of oxytocin and the thought of having a beautiful baby to show for it, once the process is over. But suppose you have these experiences...but you are not pregnant? There will be no beautiful bundle of joy when the pain and discomfort are over. You simply have this experience because it's a *mandatory* daily ritual of marriage. Imagine if; you decided to get married, and now, this is what your daily life was like. Do you think you would want to get married knowing that *this* is what it would be like every day?

Well, when a man marries a woman with whom he is not *truly* in love, someone who is *not* "the one," from a male perspective, that's kind of the experience he is being expected to endure. As the husband and traditional head of the household, he is designed to be responsible for providing for his wife and any children they bring into the world. It can be a daunting responsibility. However, just as oxytocin and the thought of bringing new life into the world can make the discomforts of pregnancy and childbirth well worth the effort; the right amounts of oxytocin and testosterone can make all of the stress and discomforts of *providing for his family*, well worth the effort.

As a pregnant woman smiles through backaches, swollen feet, and throwing up regularly, because she knows that she will be rewarded with a beautiful baby, a *man* is motivated to put up with all of the pressures of being the primary provider, when the proper mix of oxytocin and testosterone makes him see his wife as the most beautiful woman in the world; the love of his life; "the one." The production of hormones that cause *this* perspective, makes it much easier for him to come straight home after work; buy the minivan vs. the sports car; buy the big house where he will be lucky to claim one room as his own; work 60 hours a week and give every dime to his family; and be

blissfully happy to do it! However, if he has cheated himself *and* his wife, by marrying someone with whom he did *not* fall in love with at first sight, then those everyday responsibilities can, over time, become burdensome. He may then begin to look outside the home for “fun” relaxation, and validation.

So, when the right one comes along; give him a chance to put his testosterone to *good* use. And if he happens to tell you that he fell in love with you at first sight (more about that in a moment) then...make him prove it! That is...make him *wait* for you! Go on to college and get your Ph.D., for example. If he truly fell in love with you, he *will wait for you* until *you're* ready. If he sees you as “the one” for him, and you insist on only being with someone who is successful, then he will become successful, and come back to you.

Know what it is that you want from him. Whatever it is, you have your best chance of getting it *before* you ever have sex with him the first time (if you're not “the one,” that is. If he truly sees you as “the one,” then he will continue to do his utmost to keep you happy throughout the committed relationship. By the way, about this love at first sight...I want you to know that it is indeed; *real*. In fact, it is the *best*, most *powerful* way a male can fall in love with you. The moment a guy sees a girl (or hear her voice), if the right mix of testosterone and other hormones get together...he gets “hit” with love like a ton of bricks. Regardless of age, a guy who usually finds it easy to talk to girls, for example, often can't seem to do it so easily when he finds “the one.” He may stumble over his feet when he walks towards you; or open his mouth to speak and find that his words come out all jumbled up. If you get approached by a guy like this...don't be too quick to dismiss him, even if you don't think he's all that cute. Here's why:

That attraction he has for you is pure chemistry, and it just doesn't get any better than that. If he was raised to honor and respect women, then your odds for having a happy life with him will go through the roof. Oxytocin affects *you* much more easily than it does *him!* You are *designed* with the ability fall in love with *any* male that is good to you, and you can fall madly in love over time; if you open your heart to the possibility. So, if you give this not-so-cute guy half the chance (the chance to say and do things that raise your levels of oxytocin), you can fall as deeply in love with him, as he fell instantly with you. Now that's hard to believe, I know: because most women take time to fall in love, so you think the same is true for him. But remember: men and women are *opposites*. Sure, he can like you more over time, and even love you more as a person or friend, over time; but keep in mind, that's not the same as falling or *being in love* with you. That's loving you like a best friend; "I love you, but I'm not *in love* with you." If he's a really decent guy, then he can indeed, still be a great husband and father, when he has that kind of love for you. But often time, many men who love and care more about a woman over time *that way*, also get restless, divorce, and take up with someone else...over time. But if his testosterone levels drop enough, and his oxytocin levels rise enough when he sees you; then he falls in love at first sight, and is more likely to stick with you for life, because this is a *chemical* reaction that causes him to want to bond with you; commit to you; protect you; provide for you; be good to you; love you, etc. Not only can neither you control this reaction; but this reaction is also nearly *impossible* to alter or destroy. When love strikes him like this, it doesn't matter what job you have; or not...it doesn't matter how well you cook; or not...how thin you are; or not. To him, you are the most beautiful woman in the world and he doesn't care who agrees or disagrees. All that matters is how he *feels* when he's around you. At the very sight of you, at the sound of your voice, or just the very *thought* of you, his love hormone oxytocin rises sharply.

Simultaneously, his testosterone lowers substantially enough to allow his oxytocin (the hormone that makes humans want to bond with one another) to be affected by his estrogen; making him fall instantly in love with you. Again, if he *tells* you that he fell in love with you at first sight; don't just take his word for it. When it comes to getting what they want *most* from you (sex), like the animals in the wild; men can be great performers, so simply give him the opportunity to prove himself. It is best if you give him that opportunity *without* having sex with him. Remember: because of the way estrogen (a hormone that *you* have in abundance), affects oxytocin, having sex with him puts you at a disadvantage. Your body produces large amounts of oxytocin (relatively speaking) when you have sex, which mixes with your large amount of estrogen; intensifying your feelings of love, bonding, and desire for commitment; and clouding your judgement as well. When he's not in love, sex has the *opposite* effect on him.

Although many men *will* use you for sex if you let them, when they find "the one" for them, they are capable of feelings much deeper than you would ever have thought imaginable; prior to learning what I have revealed to you today. Therefore, if you suspect that a guy is sincere about you, but you have *no* intention of giving him a real chance to prove himself to you; then do not lead him on. Men don't have nearly as much estrogen to enjoy the positive effects of oxytocin like we do; which means that if they get truly hurt...they don't recover from it as quickly as most women do. It can take them more than 10 years to fully recover from a broken heart. In the meantime, they won't stop using women while they're on the road to recovery; breaking a lot of hearts along the way. In other words: they can dish it out...but they can't take it. It may seem *unfair* to you, that I am saying this; but again, keep in mind they have far less estrogen affecting the love hormone than you; and much more of the hormone testosterone, that makes them stronger, faster, more aggressive, and even violent. So don't play with

their emotions. Remember: you may have the power to break his heart; but he has the power to break your neck. He may be sorry later; but later, may be too late for you!

Just as male birds and animals in the wild instinctively do things to show the female species that they are worthy of mating, the human male animal also has instincts that he needs to prove *his* worthiness; although the modern male has been socialized to *ignore* this instinct; in part, because we women do so much for ourselves these days. All of that testosterone he's been given, makes it *his* nature to go out of *his* way to get *our* attention... just like the birds and animals in the wild. Not being allowed to do what he naturally does instinctively, that is; pursue, provide, protect, and reproduce, can make men feel displaced, unappreciated, unwanted or simply not needed.

If you are just starting out in a relationship, for example, and a man ignores modern socialization and brings you a gift of some kind, in his instinctive efforts to demonstrate that he is good provider and worthy of mating with you; do not accept these gifts if you have no real interest. You don't want to play with the emotions that he expresses in this way.

Further, when it comes to sex, you don't want to do things that make him want sex while he's alone with you...any more than he normally would on his own; which, as we discussed earlier, given all the sperm he's producing every second; is already more than enough. The more you allow him to touch you, for example, the more quickly his desire to have sex with you immediately, will develop. If you tell him "no," you don't want to have sex with him...most guys...the good and decent ones will stop. But you see, that's a problem...not all guys play nice; and you won't know the difference between a good one and a bad one until it's too late.

If I haven't been clear enough already; then let me be clear now, and of course, you can feel free to share what I'm about to state with others: No matter what you say; no matter what you do; it is never your fault if a guy becomes violent when you're with him. *He* is the one responsible for keeping his anger and frustration under control...not you! So, if he *does* lose control; do not blame *yourself*.

Having said that...just remember: testosterone naturally makes men much more physically aggressive than women; and the frustration from the pressure of all that sperm they create throughout the day, can make them short-tempered and impatient with you; even violent; when sexually; they get all worked up, and you offer them no relief. But there you are; alone with them; and they are bigger than you...*stronger* than you, *faster* than you; and they have "*forgotten*" that their testosterone was meant to *protect* you.

Also remember: They have grown up listening to the *same* music and watching the same movies and T.V. shows as you. And just like *you* are being taught that you should want sex without being married; *and* you should want it at a *very young age*...that is; *before* your body can defend itself against the virus they carry naturally; they're being taught that you should want it too; that you *need* it, as much as *they* do. Therefore, they may take it as a personal rejection when you say no, and get their feelings hurt, because they don't understand *why* you're saying no.

Adolescents especially, haven't learned to be in control of their emotions yet, as well as adults...and make no mistake...*anger is* an emotion. You cannot control how they *feel*...but you can at least be *aware* of their feelings, and act, and plan your whereabouts with them, accordingly. If you *choose* to tell them "no," be *firm, confident, respectful, and kind*. In the meantime...just be patient. When the time is right; the perfect guy, "the

one” will put his testosterone to work and find *you*; and he will love you, *however* you are; just *the way* you are.

You have now reached the end of this book (but there are two bonus chapters below). By now, you should know when the average human becomes an adult, where HPV comes from and how to protect yourself from it without vaccines, how men fall in love, the difference between the way the love hormone oxytocin affects men compared to women, how to tell if a man may be abusive before you get in too deep, how to get over loving someone who’s either abusive, or has ended the relationship, why men abuse, and how to know when you have found “the one.” All of this information and more is contained within the pages you have just read. If you missed something, feel free to read it all again, or if you’re more of a visual learner, download the video at [virtualvillagemom.com](http://virtualvillagemom.com)!

# Bonus Chapters

## Chapter 10 How 'Ho's are Made

The words whore and prostitute are often used interchangeably. However, while some people see no difference, many people have come to think of the difference between the two as this: prostitutes get paid for what they do, while whores do not. Today, whores are often referred to as 'ho's in some cultures, and the debate is ongoing as to whether they are the same, or, if one is worse than the other. Regardless of what you call them, it is clear that in most of the world, women who experience multiple sex partners (or even *one* partner outside of marriage) are often negatively labeled; even in these modern times.

To help illustrate how whores are made, I will use the true story of a conversation that took place between a former high school student of mine and me, and the reaction received when I shared this conversation with every other class that followed.

After listening to a lecture spanning several weeks and covering the contents of this book, one of my male students approached me after class with a personal question. He reminded me of my statement that I could only give information about *most* people; that there are always exceptions to the rule, and wondered whether his girlfriend was an example of an exception to the rule. He stated that he was truly in love with his girlfriend and felt that she was "the one" for him, but despite his efforts, he could see that she did not feel the same about him, even though they have sex regularly. In fact, he could feel her "pulling away" from him; becoming more distant, rather than closer, or more attached. Yet, according to what I had shared with the class, having sex stimulates the production of the love hormone oxytocin, which, when mixed

with her estrogen, should cause his girlfriend to draw closer and want him more. "If this is true, then why isn't it happening with my girlfriend?" he wondered.

"How old are you?" I asked. "Eighteen," he replied. "How old is your girlfriend?" I asked. "Nineteen," he answered. "Would you happen to know how old she was when she lost her virginity?" I asked. "She was eighteen," he said. "Would you happen to know how many sex partners she has had since she became sexually active for the first time?" I asked. "Six, including me," he replied. "So your girlfriend lost her virginity at age 18, and within one year she has had six sex partners, including you," I wanted to confirm? "Yes," he replied confidently.

"No," I began to answer the original question, "I would not consider your girlfriend to be an exception to the rule. Of course, I don't know your girlfriend *personally*, but I do understand females well enough to have a pretty good idea of what is happening with her. Unlike you who now knows after taking my class, that humans are not biological adults when they turn 18, your girlfriend thought that she had "saved herself" until she became an adult, to have sex for the first time. More than likely, this was a very big deal to her for more reasons than one; including the probability that she was raised by a single mother with no father or father figure around." "Yes," he interjected, "she was raised by just her mom." "No doubt," I continued, "she really liked the guy she gave herself to; maybe even thought she was in love with him, and believed that he cared as much about her, as she cared about him." "Yes," he agreed, as he nodded his head slowly towards the floor, "that's what he told her."

"Okay," I continued, so let me tell you what most likely happened with her. She's a smart girl, and she was determined not to lose her virginity at 14, 15, or 16. She stood back and "watched" her friends have their experiences. She listened to their tales of

excitement and woe. She saw them getting pregnant and getting their hearts broken, and determined that these things would not happen to her. No, she would wait for the right time and the right guy. She would wait until she became an adult, and would only be with someone she cared about or loved, and someone who cared about her. When she thought she'd found him, she shared her body with him. But after he had his fill of her, he was ready to move on; and he did, leaving her heartbroken. Now she's wondering what went wrong, what did she do wrong, or what was wrong with her, that he would walk away? A short time later, here comes guy number two. Full of hope, she gives herself to guy number two, who quickly does the same thing as guy number one. Now here comes guy number three. She's a bit apprehensive because she has already been stung twice. But guy number three tells her that he is not like the other two. She believes him. Then guy number three does the same as the other two. Along comes guy number four. By now, it's more difficult for guy number four to get to her the way he wants to, because of her previous experiences. But he is persistent, and he eventually convinces her that he is not at all like the others. No, he is serious about her and plans to stick around. She gives herself to guy number four, and just like the others, guy number four leaves her brokenhearted. When guy number five comes around, she is pretty sure that he will be just like the others, after all four times in a row? It can't be her, it must be *them*. They must all be the same; they lie to you, have sex with you and then want nothing to do you with you. Doubtful, she gives guy number five a chance to prove that he is what he claims to be: different, and very serious about her. But of course, guy number five does the same as every other. Now *you* come along. Is there any wonder that she is doubtful and reserved?" "I thought you said you didn't know my girlfriend personally. How could you tell her story like that?" "As I said earlier, I know

females. Not only am I one myself, but I have done years of formal research on the effects of oxytocin on males and females, some of which I have now shared with you.”

“The good news is that with time and consistency, you can still win her heart, because that is the nature of the female. At the moment, the hormones that were produced each time her heart was broken, still remain high, and are competing with the oxytocin that you stimulate. Cortisol, the stress hormone has an inverse relationship with oxytocin. When cortisol is high, oxytocin is low. As you continue to be good to her; make her happy; eventually, the stress and anxiety she feels about you being like the others, will dissipate, and the oxytocin will increase, take over, and dominate her feelings about you in a more loving way. Remember, her oxytocin levels cannot rise high enough to change how she feels, until her cortisol has decreased enough and remains that way. The higher her oxytocin, the lower her cortisol. In the meantime, you will just have to be patient with her. If she’s truly “the one,” for you, then patience will be a relatively easy task.”

Each time I shared this true account with a new class of students, I got the same reaction at the point where it was revealed that the girlfriend had six sexual partners within one year. Both males and females blurted out words like “ho!” or “nasty!” or “slut!” But by the end of the story, their eyes were beginning to open, and they were able to see that all this young woman wanted was to be loved. What she got, was male after male who was only interested in “having fun.” I would love to tell you that men grow out of this behavior with age. Unfortunately, they don’t. Depending on his upbringing, religious beliefs, and perhaps, life experiences, if an 80 year-old man could get away with behaving sexually, as a 20 year-old male, then he would. Remember, sperm production, a big reason that males pursue females, does not slow down simply

because a man has grown old. The old man simply cannot typically relieve himself as easily as younger men, due to other biological changes that occur with age and interfere with erection and ejaculation. This may be the motivation behind the invention of the little blue pill. But now we've strayed a little off topic, so let's get back to 'ho's.

People often overlook the significant role that a good father plays in the life of his daughter. Instead, especially when children reach a certain age, the focus is on the mother-daughter relationship, and father-son. However, when a good father is present in the home, he effortlessly and often, *unconsciously* teaches his daughter how the man in her adult life should treat her; and until she finds that man, she is often more than content with the love she feels from her father. As a result, she can more easily wait until she's in her twenties, and yes, believe it or not, but for social pressure, even into her thirties, to have sex for the first time. It is much easier for a male to wear down a female sexually, when her father is either absent from the home, or is a poor example of a father in the home. People often refer to this as a girl with "daddy issues."

When males go out into the world and "spread their wild oats" or "have fun," they are typically having their fun and spreading their wild oats, in the form of having sex with women they care nothing about. What they are caring about is the opportunity to relieve themselves of the discomfort of the millions and millions of sperm they produce every day. Again, let's not be angry with them about this, they are merely doing as much as society allows them to do, for their comfort; many of them, unaware of the devastating effect they have on women. Unfortunately, many women are unaware of all this as well, and like the young lady referenced above, fall victim to lies and deceit.

What's possibly worse, is that many of today's women have convinced themselves that they too, are only out for "fun." They have not yet learned that unless

they have been severely damaged from multiple disappointments or by force; they cannot be involved in a sexual relationship without becoming attached on some level. That ability is biologically abnormal in females, due to the effect that estrogen has on the love hormone, oxytocin. If you are a male who is the habit of having sex with women you find attractive, but have no real feelings for, then understand that every time you “hit and run,” you make a large contribution towards turning that female into what many refer to as, a ‘ho’.

But what about all those women found in strip clubs? They look happy up there, don't they? No one is forcing them, right? What about prostitutes who claim to love what they are doing? What about the women at mega parties for the rich or famous? While it is true that there are always exceptions to the rule, and some of these women may indeed be the exception, you must also realize that the sex trade industry is one of the biggest money makers in the world. It falls second only to the drug industry, and is said to generate multi-billions of dollars every year. In the sex trade industry, girls under the age of 30 are often tricked, groomed, or coerced into becoming sex workers. Sometimes, they are lured or even snatched from the streets, and forced into having sex an insane number of times per day, to keep up with the demand. Wherever they are found; parties, strip clubs, on the streets, or in a hotel room, these women are often forced to perform sexual favors and present themselves as happy to do so. Often, in some of the worst cases, outside of “performing” they are kept locked up or even chained in unsanitary conditions; making them more willing to do as they're told, so that they can have clean clothes or get out of the unsanitary environment in which they're kept. Knowing the consequences facing them, if you ask them if they like what they are doing, they will most often respond that yes, they do. Whether you are male or

female, when you go to these clubs where the so-called 'ho's are; when you watch pornography; when you wittingly pay a prostitute for sex, the likelihood that you are supporting modern-day slavery, and the creation of more 'ho's, is very high.

You have now reached the end of this book, however, I have added a final chapter of questions and answers. By now, you should know when the average human becomes an adult, where HPV comes from and how to protect yourself from it without vaccines, how men fall in love, the difference between the way the love hormone oxytocin affects men compared to women, how to tell if a man may be abusive before you get in too deep, how to get over loving someone who's either abusive, or has ended the relationship, why men abuse, and how to know when you have found "the one." All of this information and more is contained within the pages you have just read and moving forward, you should now be able to understand the opposite sex much better. This new understanding should help you to see where you might have gone wrong in the past, and how to avoid the same mistakes in the future. If you missed something, feel free to read it all again, or if you're more of a visual learner, check out the video presentation at [VirtualVillageMom.com](http://VirtualVillageMom.com). If you have any questions that have not been covered in chapter eleven, "Frequently Asked Questions," then email your questions, comments, or concerns, to: [drturner@virtualvillagemom.com](mailto:drturner@virtualvillagemom.com).

# Chapter 11

## Frequently Asked Questions

The following questions are from real people and have not been edited in any way.

### **Q: What Questions should I ask a guy before I sleep with him?**

**A:** Asking a guy questions before you sleep with him is pointless. He is likely to be less than honest. Therefore, you still won't have any answers. It is more important to ask yourself a few questions: How did you meet him? Did he approach you, or vice versa? If he approached you, then; did he stumble when he walked over to you, or stutter when he tried to speak? The answers to these questions help determine how the guy really feels about you. Is he seriously interested in you, or just seriously interested in having sex?

Many women seem to be unaware that guys have a different reason for engaging in sexual activities than women do. Women often engage because they are looking for serious relationships and believe that they must sleep with a guy in order to have it. They often think that they must get to know each other, and that part of getting to know one another is having sex. Most guys engage in sexual activities because having sex is a biological need. It is a bodily function similar to urination.

Women should learn the difference between how oxytocin "the love" hormone affects males vs. females. Having this information will make it a lot easier to decide whether to have sex at any age.

### **Q: I'm one of 30,000. How do I become a person to her, not just a number?**

Ok, I know it isn't love but I'm heavily infatuated with a girl I found on YouTube making covers of songs I like, and she has like 30k subscribers. She has a beautiful voice and also has normal videos of her and I like her as a person. She's in another country and has a "contact me" email. So I tried sending her one but got no feedback. How do I get her to acknowledge me? In

person, I know I can make an impact on her, but on the Internet I'm 1 of 30,000 and I want to stand out.

**A:** Try recording or video yourself singing a song. It doesn't matter if you can sing or not. If you are awful at singing; sing anyway. Just make a joke of it. Have fun with it. Send her the song through YouTube if you can, then ask her to make a cover for you! Now you stand out!

**Q: I'm a single straight woman, and I'm meeting guys via online dating sites. I need advice on whether/how to tell a guy that I'm not attracted to him.**

In general, in life, it usually takes me meeting someone a few times before I know whether I'm attracted to them; it's very rare that this hits me right away.

I've gone out twice with a cool guy I met via OKC. I like him and enjoy his company, but I feel absolutely no chemistry for him. However, I get the impression he's probably attracted to me. I've considered kissing him to see if I feel anything, but I feel absolutely zero desire to even do that. And I don't want to be in the position of having to fend off a kiss attempt and break the news that way. I think that would be awkward for me and embarrassing for him.

What's the most respectful thing to do here? Should I send him a message to tell him if he asks me out again? Should I just dodge his invitations to future dates?

I don't feel a strong enough connection to want to build a friendship, although I'm open to that if it happens naturally.

How can I be respectful, kind and clear here?

**A:** There is so much misinformation out there about sex and relationships that it is no wonder you are at a loss. Here's something that will surprise you to learn about yourself: You can fall in love with just about any man that you do not find absolutely repulsive, just by giving him the opportunity to cause your body to release enough oxytocin ("the love hormone). Whether or not he is willing to do what it takes to stimulate that production in you is another matter. First, just wait and see if he asks you out again. If he does; accept. Talk to him as if he is your friend. Share your likes and dislikes; what you want out of life, etc. Give him the opportunity to show you that he is worthy of your time and attention. By nature, women are a lot

more affected by oxytocin than men. Oxytocin is produced every time we have pleasant conversation; when someone does something kind; when we hold hands; even when we see the most fantastic pair of shoes...if we happen to be into shoes, that is. You will be amazed at how much you can feel for this man if he happens to do just the right things that invoke the natural release of oxytocin from you. If he manages to do that, you won't have to cringe at the thought of kissing him. You will be happy to kiss him; naturally and willingly, once he has a better idea of what it takes to motivate you to do so, naturally. Until you feel compelled to kiss him; don't. If he is unwilling to put forth the effort, or if he has put forth the effort but there is still no change in how you feel (which is highly doubtful); then move on. Be honest with him and tell him with kindness (in a public place), how you feel. In the meantime, do not accept gift offerings from him outside of simple things like inexpensive meals, flowers, and compliments, as you put forth a sincere effort to get to know him. Guys instinctively offer gifts in an effort to win your heart, and can become more hurt and even angry if you accept these gifts, only to reject having the kind of relationship with them they're looking for.

**Q: I met this girl two years ago, she's a close friend of a relative of mine. She's an amazing girl, and I started having feelings for her, problem is, she had a boyfriend of 5 years so I kept my distance. Whenever we met by chance and we start talking, she would stare into my eyes, laugh, flirt, play with her hair, sit beside me, rushes to hang out with me wherever she finds me, sit right next to me in any opportunity she gets. But I still respected the idea that she had a boyfriend.**

Later on she broke-up and got back to him a few times, and every-time I would know, I would start chatting her up, then she would get back to him and I would stop. Then I didn't see her or hear from her for almost a year.

Last month we met at a wedding we started talking to each other, asked her about her bf, told me she left him quite a while back. We started talking for hours, flirting and dancing. She would keep staring at me when I was away, and would smile whenever I catch her looking. She's a very pretty girl and extremely smart. Has a lot of guys chasing her, and she is a nice girl,

and would have a decent conversation with anyone. But that day, she was with me all night, and ignored anyone else.

We stayed in contact, although she called me once, she would almost never initiate a call or txt, but would call back whenever I called her.

Met up with her twice, one of them, she was the one we actually said we should meet up, and went for a long stroll in a large park. We laughed and flirted and talked about almost everything, then I gave her a small box of chocolates she really likes and I asked her to have dinner with me next weekend, and she said yes, and we ended the day happily as I walked her to her house.

Then strange things start to happen. I txt her a day later, she seemed a bit cold, with short answers and not holding the conversation. I call her a day before our date, and she doesn't pick up, nor calls back. I thought something was wrong, but I find out she was with her girl buddies at friend's house having dinner, which simply means she ignored my call.

This week, I took a week's vacation to a beach resort, where I go with all my family and cousins (25 members, we're a big family!) She was there with her family and a few of her friends. We all hung out together the entire week, she was normal with me, but then she started to avoid me strongly when she saw me sitting with a girl buddy of hers and having a good laugh for an hour or two, although it was completely harmless. She stayed constantly around me. She would never sit next to me, even if there is an empty seat, but would sit across me, point her feet at me, but look the other way or play with her phone. She flirted with almost every guy in our group, and it had to be in full view of me. She was nice if I started to talk to her but would end the conversation quickly and run off, but then would be back in a few minutes and sit somewhere close to me. I tried to confront her a few times, but she would pull off the same tactic. She had other friends to hang out with, but she had to stay in very close proximity to my area. She's not going back to her ex bf that's for sure, as I asked my relative who is her best-friend about it. So I have no clue what to do...please help.

**A:** It seems like you are sincere and mean well. But you are wasting your time and energy on someone that not even you truly want; you only think you do right now, because you developed feelings for her over time; and no one that makes you feel more strongly has come along yet. By now, you may have convinced yourself that you are in love with her. Most of you guys just don't seem to know that true love for you does not happen the same way that it does for girls. You need the right amount of oxytocin (the "love hormone") and testosterone to hit you all at once. In other words, it's love at first sight. When that happens, you will have found the girl worth pursuing. Chances are, that girl breaks up and goes back because of her feelings for her boyfriend; which tells me that she has been sexually active with him and therefore strongly affected by the love hormone, oxytocin. Sex affects girls differently than it does boys by making her desire him more. It also makes her more loyal. The more sex she has with him, especially if she thinks she's in love, the more loyal and attached she becomes to him. The opposite is not true. Just because she is no longer with him doesn't mean she has no desire to be with him. She kept going back to a great extent, because of the way sex affects her vs. him. More than likely, she is not with him now because it is more his choice than hers; although you cannot expect her to admit it, just yet. Even if she chose to break up with him, she may still be confused by the way she continues to want him. In this respect, women of all ages can seem "emotionally immature." However, more than immaturity, it is the lack of knowledge about the difference between the sexes.

If, for the sake of the "argument" she truly is finished with him, then it is up to you to pursue a relationship with her. That, believe it or not, is your nature. At the moment, you seem to be going completely "against the grain" of your nature, and are behaving more like a female (no offense), who's nature it is to exactly what this girl is doing...waiting for you to prove your interest, love, etc. for her. In other words, if you want her, go and get her. That's your job!

**Q: I'm a young (21) gay dude that knows what I want from my partners, and I'm really only interested in actual long term relationships. I'm all over the net on dating sites and similar places, I'm in an urban area but don't have irl avenues to pursue the guys I'm into.**

My problem is that I fall extremely hard for guys, extremely fast. I'm genuine, tactful, and pretty transparent, but I'm worried I make the mistake of assuming anyone I meet is the same, and worried because I take any dialogue with a guy overly seriously if it even lasts just over a day or two. Alternatively, some guys I try and initiate something with just aren't that into me, though I can take a hint pretty quickly and don't chase after people. Normally I'm less naive and more shrewd and stoic about how I handle things in life, so it's incredibly disarming and out of character for me to feel like I'm emotionally unprepared for something.

I'm not here to ask for help because I'm bad at flirting or hideous or lack the proper social skills. I'm desperate for any tips on how not to get so emotionally invested in strangers :P

I doubt I'm the only one who's experienced this or something similar. I'm prepared to hear that I'm just super young or that what I'm experiencing is just a part of life and that I need to get used to it. I'd love to know what you think. Thanks.

A: I have studied extensively the effects of the natural "love hormone" oxytocin on males vs females, however you present a unique situation in my studies because you are "gay" as you say. I cannot say for certain, of course, but based on your comments, I would guess that you have much more estrogen in you than the average "straight" male. You speak about love and relationships very similarly to females and with equal confusion. Generally speaking, females have tons more estrogen than males, which when mixed with the "love hormone" oxytocin, causes them to behave very much as you describe yourself. As a result, they are much more likely to fall in love easily; be more trusting (gullible), more loyal; more honest, and bond more easily with others. Females have a natural desire for affection more so than sex. Let me be clear: I respect that you are a male and that I am a little out of my element in offering any advice to you. However, I am inclined to advise you in a similar way that I would a female, based on your description of yourself: Despite the way we are socialized these days, believing that we are adults when we turn 18 and that being sexual equates with adulthood; I suggest that you just slow down and catch your breath. You don't even know who you are yet; so you can't possibly know what to look for in a serious relationship. You only know that you want one; something that

is documented as natural in the female adolescent. Again, as you present yourself as being more feminine, I can only advise you as such. Focus on school, work, friends, family, etc. for now, and get to know you better. Also, don't look for him. Let him find you. When he does, let his actions speak for him rather than his words. Those of us who have an abundance of estrogen have a tendency to believe everything we're told by potential mates, so be aware that as a more feminine gay male, this may be your plight as well.

**Q: There's this girl at work I like that I just started talking to, I'm not sure if she's into me though. When she first started working there I would catch her staring at me a lot and** recently I started talking to her and I think she might like me too. She usually licks her lips when I talk to her and fixes her hair and she's gotten comfortable enough to joke around with me and even playfully insult me. The thing is she told me she likes some other guy. I think she just said that to make me jealous or maybe she likes us both or just him. Any advice?

**A:** A girl at work that you merely "like" is not worth the trouble it will cause if you get together and things don't work out; which at your ages, it most likely won't. The general rule is: don't s8\*t where you live. If you're going to break that rule, break it for someone with whom you are truly in love, and cannot live without.

**Q: So, a few months back I met a guy who caught my interest. We met at the club and numbers. He texted me right away saying it was nice to have met me, and after that we** texted each other, back and forth non-stop for weeks. Eventually we ended up going on a date. The date went really well, we had a really good time and he texted me after telling me how he had a good night. I texted him back and we briefly kept talking, and then I never heard from him again. No texts, calls or anything. So I just kinda left it alone and didn't say anything or talk to him.

The other day me and my friend went out. He decided to show up that night and left his friends to go look for us. When he saw me, he immediately started hugging me and we ended up dancing, and making out all night. Apparently he had pulled my friend aside and told her that he thinks I'm "cool" and likes me. Stupid drunk me though, just HAD to ask him why he didn't

text back. He gave me the "too busy" excuse which, may have been very true as he works super long hours. He told me he had missed me, and by the end of the night I drunkenly told him I liked him. His response? "Awww! Why though?" I didn't know what to say at the time so I just responded with "I..I don't know. I'm sorry!" We then kissed goodbye, I told him to message me sometime or something.

Haven't heard back since. Having super mixed feelings about this, on one hand I feel like he may like me, on the other hand my gut is saying "nope" and I feel like I'm getting played. I already felt disappointed before when we hadn't talked as I was starting to like him and got over it. Two days after getting over it completely it happened all over again. >\_<

I have no luck with relationships at all. Never have and I probably never will. Any advice on this? Thanks!

**A:** It was a very juvenile move; telling your friends he likes you, rather than showing you that he does; which could actually indicate that "he's playing you," if he hadn't come right out and said it by asking: "Why though?" when you told him that you like him. You didn't say, but I'm guess from your continued longing after him, that you had sex with him that first night, and maybe the second time when you were drunk as well (no judgement). Whether it was just the pleasure of your company or what he thought might be available to him later, it is clear that this guy was only in it for the moment. That is, whatever he got from you each night; is all he wanted. If he wants more, then he will be back; and he will keep coming back for what he wants until he finds another source. This is going to sound harsh; so brace yourself, because it is true and it must be said: You will never "have any luck with relationships" until you sober up and learn the difference between the way oxytocin "the love hormone" affects women vs. men, along with a few other basic facts, when it comes to male/female relationships.

**Q:** So I met this girl at a party a few times and we really seemed to hit it off (we're both 18 btw). I want to ask her to the debs (the Irish version of prom/graduation), the problem is I'm having a hard time seeing her and talking to her. She doesn't have snapchat or anything like that, she doesn't really look at her facebook messages and I don't have her phone

number. Last time I spoke to her she told me that she likes running and would come running with me, but I invite her out for a run on facebook and she will see the message like a week later and say "Sorry only saw that now. "I'll come next time, I promise." However, she never sees my messages, so she doesn't come next time.

I'm kinda at a loss of what to do now. Could I ask my friend (who is also her friend) to set up a night out and tell her to come? or would this be strange? I suppose I could send her fb message and she would see it eventually, but I want to ask her out in person. Do you have any ideas about what I should do about this?

**A:** You stated that she gets your Facebook messages, even though she gets them late. Just ask her to give you her phone number via private message on Facebook. If after a week or so she doesn't, then you will know that she's not interested. Be sure your message is private, and not for the public to see.

**Q: We are both 18.**

School is over right now. I have been in a class with this guy for 1 year. I noticed a few months ago that he was looking at me. I looked back in his direction and he looked embarrassed! I remember walking and looking behind me and he was staring right into me, it was weird.

Recently, I noticed him saying 'hey' 'you alright', he occasionally says my name whilst greeting me. I normally just reply 'hey'.

I also noticed when he was being funny he looked my way, but I didn't laugh. The thing is, I'm not his type. I looked at his twitter and his favourites consists of very hot attractive girls with big boobs and curvy bodies. I'm the opposite of this lol, I'm skinny and not conventionally pretty. Anyway, what do you think? Is he just being nice... it's just weird how he's suddenly noticing me.

**A:** Firstly, each of you is much too young for anything right now, other than friendship. Despite what you may think; according the Center for Disease Control and Prevention (CDC), for the sake of your health; you are still too young to become sexually active, if you want to avoid

HPV infection today, that can lead to cervical cancer, years from now. Having said that, whatever his interest in you, he will make it known in time. Either he will approach you or he won't. If he doesn't, then it is in your best interest to stop wondering, and move on. Otherwise, if you lose patience and approach him instead; in his mind, it may just give him the age old excuse to "use" you. He may rationalize that using you will be okay, because after all...you came on to him. Additionally, at his age, his testosterone levels are at their peak, meaning what is most likely on his mind is sex; a not relationship. Is that alright with you? As for not being his "type," you should be aware that more often than not, people's "type," especially people in their teens and twenties; is heavily influenced by society; magazines, television, movies, etc. whether they are males or females. However, there is no substitute for the chemistry that takes place between two people, once they are in each other's company. It is quite possible that you are more his "type" than either of you could have imagined, however, if that is the case, and he is really into you, then be patient. He will let you know when he's ready to do so.

**Q: This might be sort of a weird question but has anyone never been in a relationship (or even on a date) before and they're in their mid-late 20s or even later?**

**Some background** about me, I'll be 23 this Friday and I've never been on a date or in a relationship or anything like that before, and I'm likely going to be out of the country for the next few years to a place where most people don't really come out so I'm not too optimistic about finding anyone when I'm gone. So when I come back, I'll be like in my late 20s without having been in a relationship, and I'm concerned about how, if I eventually do get in a relationship, that would affect the relationship. I think that everyone I know personally has been in relationships before and I'm worried that my lack of experience in relationships and being too "set in my ways" by then would make it difficult for a relationship to work, especially if the other person is more experienced with relationships and might not be interested in being with someone who has never been with someone. I've pretty much accepted that I most likely will never been in a relationship but I'm concerned that if I ever do find someone, my lack of experience and knowledge of how relationships are and how to make them work will hinder it from working out.

Do you know of someone who had never been in a relationship before and they're older than typical for never being in a relationship? Any help would be greatly appreciated. Thank you.

**A:** It's really too bad that we get socialized into thinking that we need to get involved in relationships at a very young age, or something is wrong with us. I had my first date 4 months before I turned 20. Six months later I was married. Four years after that I was getting divorced and raising two babies on my own. My daughter was 23 before she began dating. Had I known then what I know now, I would have encouraged her to wait just a couple more years. Because I cannot tell whether you are male or female, gay or straight, I cannot offer you any specific advice. I can only suggest that you be aware that you are so much younger than you realize, and that time is definitely on your side. Don't let the peer pressure or the pressures of society bully you into believing that you should be involved right now. You're traveling outside the country? Perfect! You are living your life just as God intended. Enjoy it while you can! Get to know yourself better. If you are male, go find her or him after you return. If you are female; relax; enjoy life, and he will find you!

**Q: Taking out a friend this weekend and wanted to know how I can tell if it's a date or just friends hanging out.**

**A:** I am guessing that you are male asking out a female friend. If you tell a girl that you are fine being friends she will believe you; and you will most likely remain friends. That's how girls are. They have a tendency to take you at your word.

Girls who see boys as friends do not want them "making a move" on them. It can really freak them out, and can end the friendship or at least, make it very awkward. If you have romantic feelings for this girl, then the best thing to do is show her; not by groping her, but through your deeds.

In order to do that, you must first know her pretty well. Because you are already friends, you should already be ahead of the game. As friends, she has probably talked to you quite a bit about things she likes and doesn't like. The fact is, the average male can turn any girl "friend"

into a girlfriend by simply paying attention and responding accordingly. This is because of two natural hormones that females have in great abundance, called oxytocin and estrogen. There is a reason that oxytocin is nick-named the “love hormone.” It is what causes people to fall in love; bond; trust. Males have it too, but their testosterone weakens its effect, while estrogen intensifies it. She produces oxytocin automatically, every time you say or do something that she likes. She can't help it; it's the way she is designed. You simply need to decide if she is worth the effort it will take you, in order to stimulate the amount of oxytocin necessary for her to fall in love with you.

When she talks to you about her day; good or bad; she produces oxytocin, which makes her feel good or at least, better. She associates those good feelings with you. Make her laugh; she produces oxytocin, and again associates those good feelings with you. Find out what she likes and give it to her if you can, and again, she will associate those good feelings with you. The amount and frequency of oxytocin you stimulate depends a great deal on how she sees you today. The more attracted to you she is naturally, the less oxytocin she needs to see you as more than a friend. Conversely, the less attracted she is to you, the more oxytocin you need to stimulate. Depending on her age, if she is not already attracted to you, what I just described to you can take years to get the result you are looking for. But if she is important enough to you, then she will be well worth the effort.

Because you are not sure if she has picked up on your hints, it is best that you treat this outing as hanging out with a girl you really want to impress. That is; be a gentleman; treat her exceptionally well; but do not touch her romantically! That is, don't try to hold her hand or try to kiss her. Pay attention to how she is dressed when you pick her up. Is she dressed better than she typically dresses when you see her? Did she style her hair differently? Did she take extra care doing her make-up? In other words, she always looks good; but does she look especially great tonight? If so, then these are signs that she picked up on your hints and is ok with trying to be more than friends. In that case, it's ok if you touch her...a little! When you do, guess what...that's right; she produces even more oxytocin, which makes her like you even more!

If you have more questions, comments or concerns about the contents of this book the video version, email me at: [drturner@virtualvillagemom.com](mailto:drturner@virtualvillagemom.com)

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