UNPOPULAR TRUTHS ABOUT MEN AND WOMEN

Saving The Last Simp

Untangling the Misread Signals Between Men and Women

COLLINS TEUREY

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Most men don't actually know what women want.
Most women don't actually know what men want.
And both are convinced they do.

DEDICATION

This book is for anyone who's ever tried to love honestly but got lost in the silence, the mixed signals, or the timing that never quite lined up. It's for the men who gave with open hands and still felt unseen, and for the women who waited to be chosen while carrying more than they let show. It's for those who've walked away confused, those who stayed too long hoping for change, and those who are still learning how to speak their truth without apology. If you've ever been misunderstood, misread someone else's heart, or questioned your own worth because of it — this is for you.

ACKNOWLEDGMENTS

This book has been a long time in the making, and I couldn't have done it without standing on the work of so many who came before me. Their words, their research, their courage to ask hard questions, all of it gave me the strength to shape my own.

I've to thank Gary Smalley and John Trent, who reminded me that love has its own language, even when we fail to speak it. Michael Kimmel showed me the strange and often troubling world men grow up in, and Carol Gilligan and Deborah Tannen gave me a new respect for the way women's voices and conversations carry truths that men often miss.

David Buss was another constant presence. His work on desire and evolution has been like a backbone running through these pages, grounding me whenever I wandered too far. Brené Brown reminded me that being vulnerable isn't weakness, but a doorway to connection, and that reminder kept me honest, both in my writing and in myself.

Robert Greene doesn't shy away from the darker corners of attraction and power, and Helen Fisher shines light on the biology that pulls us together and sometimes tears us apart. Their very different voices kept this work balanced.

I'm also deeply grateful for the steady hand of institutions like *Cleveland Clinic*, *Mayo Clinic*, *and Norwegian Institute of Public Health*. Their research and data turned what could have been just stories into something real, something measurable, something that matters when we talk about love, loss, and the risks we carry with us.

And finally, to everyone who listened to me wrestle with these ideas, to the friends who argued with me, to the people who challenged me to see what I had missed, thank you. To the readers who will carry these words further than I ever could, this book is as much yours as it's mine.

PROLOGUE

You know, I didn't set out to write this book because I thought I had all the answers. In fact, if anything, I started because I was tired of getting it wrong.

I've watched men, really good men, twist themselves inside out trying to be the "perfect guy," thinking that if they gave enough, texted back fast enough, bought the flowers, paid the bill, said all the right things, she would stay. And then I've watched those same men stand there, hollow-eyed, wondering why she left anyway.

And I've seen women, women who swear they're done with the heartbreakers, the ones who keep them guessing. Yet somehow, they find themselves answering his texts at midnight, laughing at his half-hearted charm, knowing full well he's not the man who's going to hold their hand through life.

I'm not telling you this from some safe academic distance. I've been in these stories. I've been the man on the giving end, thinking I was doing it right, and I've been the man quietly watching from the sidelines as someone else, less "available," less "eager," walked away with the very woman another man thought was perfect for. I've also been the one women confided in, when they tried to explain the attraction they couldn't explain.

What I learned, and what hit me hard, is that men and women, we don't just misunderstand each other. We misread each other's signals. Constantly. Painfully. Sometimes even deliberately. It's not because we're bad people. It's because somewhere between biology, upbringing, culture, and a lifetime of being told "how things should be," we've built this mess.

The kind of mess where a man thinks effort equals attraction, when often it doesn't. The kind where a woman says she wants stability but still gets goosebumps from unpredictability. The kind where both are telling themselves one story while their hearts are quietly chasing another. And no, this book isn't here to tell men to become arrogant or women to become cold. That's not the point. What I'm doing here is holding up a mirror, sometimes a little too close for comfort, so we can see the parts of human attraction we pretend aren't there. The messy truths. The unpopular ones. The ones no one writes on their dating profile but still live under their skin.

We're living in a time where both men and women are exhausted. Men feel like whatever they do, it's never enough or always too much. Women feel like being clear about their needs makes them look demanding or desperate. And somewhere between all that guessing and adjusting, people stop showing up as themselves. They

shrink, they bluff, they overthink, and they settle. What begins as attraction often turns into a silent competition to see who can care less. And when the whole thing collapses, both sides walk away confused. "I thought we had something." "I thought he was different." "I thought she was into me." No one's lying. They're just misreading each other so completely that the reality of the connection gets lost before it even has a chance to take root.

This book is my attempt to put that under a microscope. To trace the moments where signals get crossed and the damage begins. You'll see why so many men end up confused after doing what they were told was right. Why women often feel unchosen despite doing everything "correctly." You'll see the subtle ways men signal interest and commitment that often go unnoticed, and how women express emotion or pull away for reasons men rarely understand. We'll talk about why people mistake attention for intention, why silence doesn't always mean peace, and why emotional honesty has become both the most demanded and most punished trait in modern dating.

By the end of this, you won't just see the other side more clearly. You'll see yourself. And maybe, just maybe, you'll stop playing the role you thought would win love, and start living in a way that actually does.

CHAPTER 1

THE GREAT DISCONNECT

Disconnect in relationships isn't simply the absence of understanding; it is the palpable misalignment between what one person intends to give and what the other truly needs or perceives. It's when two people are speaking in the same language yet hearing entirely different meanings, when what is said and what is received never quite meet in the middle. For some, it feels like the emotional equivalent of two ships sailing under a clear blue sky, close enough to wave, close enough to be seen, yet always moving on parallel routes that never converge at the same harbour. The tragedy lies in the illusion of nearness, for proximity without connection is perhaps the loneliest form of distance.

From a communication coach's standpoint, disconnect is described as the quiet erosion of intimacy when intentions are never translated into the other person's emotional vocabulary. A behavioural psychologist might frame it as the consistent gap between expressed behaviour and perceived meaning, the constant mismatch of signals where one gesture of affection is interpreted as indifference and one attempt at reassurance is felt as pressure. And to an everyday observer, it might be as simple and painful as saying, "I was loving them the best way I knew how, but it turned out to be the wrong way for them." The disconnect is rarely about a lack of effort; it is more often about effort expended in the wrong dialect.

One marriage counsellor I once spoke to shared the story of a man who, for years, believed his wife's love language was gifts. Every anniversary, every birthday, even random Tuesdays, he would come home carrying perfume, jewellery, or something expensive, thinking he was building love brick by brick. And every year, she would smile politely, accept the glittering packages, and still feel a hollowness inside. It took them almost a decade to finally discover that what she truly craved was quality time, uninterrupted hours of simply being together without the constant noise of work, obligations, and distractions. To her, the shimmer of diamonds

could never replace the glow of his undivided presence. In her world, love was measured not by what sparkled in a box, but by how present he was in the quiet moments where nothing needed to be bought, only shared.

Another woman told me how her partner would constantly offer to fix things whenever she shared her struggles. Be it a leaky tap, a slow laptop, or a complicated work project, his instinct was always to find a solution. He thought he was being useful, easing her burden, proving his love through action. Yet what she longed for was not problem-solving but empathy. She wanted him to sit with her in the storm, not rush to clear the clouds before she had even felt the rain. In his mind, love was demonstrated through efficiency and solutions; in her heart, it was about being seen, being heard, and being understood without haste. Their love was lost in the gulf between repair and presence.

These mismatches are rarely born out of malice or indifference. They are born out of difference, differences in upbringing, in personal insecurities, in cultural conditioning, and even in the biological wiring that shapes how men and women often process the world. Men and women are told from childhood that they are learning about the opposite sex, yet what they really absorb are generalisations, stereotypes, and romantic scripts passed down through culture and reinforced by media. These

scripts often crumble when tested against the messy, unpolished reality of daily love, where no two individuals can ever fit neatly into universal categories.

The trouble with these differences is that they rarely announce themselves. No one wakes up on a Thursday morning deciding, "Today, I am going to misunderstand you completely." Disconnect creeps in quietly, like a draft slipping through a window you thought was shut tight. At first, it is almost invisible, a missed cue here, a slightly off reply there. But over time, these moments gather silently, stacking like bricks into a wall neither of you remembers building. One day you look up and realise you are standing on opposite sides of something tall and cold, unable to remember when it was first laid down.

Part of the problem is that we often overestimate our ability to read the people we love. Familiarity breeds a kind of blindness that feels like knowledge. We tell ourselves, "I know them inside out," but in truth, we are only reading from the pages we memorised long ago. We stop checking for updates, for changes in mood, for the little signs that someone has been shaped by a new week, a private struggle, or an unspoken fear. And people do change. They are moulded by the arguments they never mentioned, by the books they just finished, by the anxieties they have yet to name aloud. Love demands paying

attention to the evolving text of a person's heart, not merely rereading the chapter you think you already know.

The late Dr Gary Smalley, a renowned American relationship counsellor, bestselling author of *The Language of Love* and *Love is a Decision*, often reminded couples that one of the greatest mistakes partners make is assuming yesterday's love map will still work today. What once filled your partner's emotional tank a year ago may no longer do so. Yet instead of adjusting, most people repeat gestures that once worked, replaying them like an old song, hoping it will sound new again. The result is a love stuck in reruns, where effort is poured out faithfully but the impact no longer lands as it once did.

There is also the subtle tyranny of good intentions. We cling to the belief that as long as our hearts are in the right place, the other person should feel loved. But love isn't measured by effort alone; it is measured by impact. A man may work sixty hours a week to provide a comfortable home, convinced that his sacrifice is the loudest declaration of love. Meanwhile, his partner may sit alone in that very home, wondering why he never seems to want to be there with her. Both are convinced they are giving their best. Both feel unappreciated. Both believe the other is blind to their sacrifice. And both walk away with the painful certainty that they are misunderstood.

I once interviewed a retired schoolteacher who had been married for forty-two years. She told me that the greatest turning point in her marriage came when she stopped asking, "How much is he doing for me?" and started asking, "How is he trying to love me?" She insisted the two are not always the same. "It is easy to miss the shape of someone's love," she told me, "if you are busy looking for it in the wrong shape entirely." Her words revealed a wisdom often lost in younger relationships, the wisdom of seeing not only the intent behind a gesture but also the uniqueness of its form.

Cultural scripts complicate things even further. From films, to music, to family dinner conversations, we are fed rules about what romance should look like. Men are told to be providers, protectors, and problem-solvers. Women are told to be nurturers, communicators, and emotional anchors. Yet real human beings rarely remain inside those neat borders. There are men whose deepest longing is to be emotionally understood, and women whose primary way of expressing love is through action rather than words. When natural inclinations bump against cultural expectations, misunderstanding is almost inevitable.

There is a quiet tragedy in watching two people who genuinely care for each other live in a state of chronic misinterpretation. They can spend years orbiting the

same emotional needs, circling one another like planets locked in the same system, each convinced the other is withholding something. Yet in truth, both are offering everything they know how to give. The problem is rarely a lack of love. More often, the problem is that the love is spoken in a dialect the other person does not quite understand, and so it is lost in translation before it ever reaches the heart it was meant to touch.

HOW SOCIALISATION SHAPES MEN'S AND WOMEN'S EXPECTATIONS DIFFERENTLY

From the very beginning, the world starts shaping the way boys and girls learn to understand themselves and each other. Even before they speak, before they know what a "man" or a "woman" is, they feel the weight of expectation pressing down on their small shoulders. Boys are handed toys that encourage action and competition, such as cars, building blocks, sports balls, and are cheered when they show bravery or toughness. If a boy falls and cries, adults often try to hush him quickly, sometimes with a well-intentioned "Big boys don't cry." It's in these moments that a quiet lesson is etched deep into a boy's heart, that feelings like sadness or fear are inconvenient and should be hidden.

Psychologist Michael Kimmel, who has spent years studying masculinity, observes that this early training shapes men to prize strength, independence, and emotional control. It's not merely about physical strength but about mastering the art of concealment. Boys learn to carry their pain silently, to bear burdens without complaint, because society rewards men who appear unshaken. This isn't to say men don't feel deeply. On the contrary, the emotions swirl beneath the surface, but expression is discouraged. Vulnerability becomes a dangerous territory, the kind that risks ridicule or rejection.

Meanwhile, girls are introduced to a different world. Their toys often encourage nurturing and appearance. Dolls, dress-up clothes, play kitchens, and their achievements are frequently met with praise centred on their kindness or beauty. The messages they receive are layered and complex. From a young age, girls learn that to be liked and loved, they must be gentle, pleasing, and attentive to others' feelings. Psychologist Carol Gilligan's seminal work reveals how girls develop a sense of self that is closely tied to relationships, empathy, and care. Where boys are taught to be autonomous, girls are socialised to be interconnected.

When men and women meet, these differently shaped expectations often collide. A man's habit of silence, born from years of learning to hide emotions, may be misread

as coldness or lack of interest. A woman's natural inclination toward emotional sharing may feel overwhelming or confusing to a man who has been trained to keep his feelings contained. Deborah Tannen's research on communication styles highlights how these patterns frequently cause misunderstandings, men focus on status and solutions, women on connection and empathy. It's not that one style is better or worse, but they're often mismatched, creating tension where there need be none.

Biologist David Buss offers another layer to this discussion, reminding us that biology and culture interact in complex ways. Evolution has shaped certain tendencies, but culture overlays expectations that can either amplify or restrain them. Men's traditional role as providers and protectors and women's as nurturers and caregivers aren't merely biological imperatives but heavily reinforced social scripts. These scripts set the parameters for what men and women expect from themselves and each other, and from their relationships.

The emotional cost of these socialised expectations is real and profound. Men carry loneliness and pain they often can't name or share, while women wrestle with the exhaustion of constant emotional labour and the suppression of their full ambitions. Yet beneath all this conditioning lies a shared human desire, to be seen, accepted, and loved for who we truly are.

The work of Brené Brown speaks to this universal longing. She argues that vulnerability isn't weakness but the birthplace of connection and courage. When men find the strength to express their true feelings, and women claim their power without apology, the rigid walls constructed by socialisation begin to crumble. The space that opens up allows for authentic connection beyond gendered expectations.

WHY ATTRACTION AND RELATIONSHIP NEEDS ARE OFTEN MISUNDERSTOOD

Attraction and relationship needs are often misunderstood because they sit at the intersection of biology, psychology, culture, and personal history, each layer adding complexity that is rarely fully visible to either partner. People tend to interpret attraction through their own lens, shaped by unconscious biases and social conditioning, which can lead to misreading signals or projecting desires onto the other person.

Biologically, attraction has roots in evolutionary impulses, traits signalling health, fertility, or protection. But these primal signals are overlaid with personal experience and cultural norms. For instance, while evolutionary psychology points to traits like confidence or symmetry as universally appealing, socialisation teaches men

and women to value different qualities or express attraction differently. This can cause confusion; a man's display of stoicism might be read as disinterest, when it is actually a form of self-protection learned since childhood. Meanwhile, a woman's emotional expressiveness might be misunderstood as neediness rather than a genuine call for connection.

Beyond initial attraction, relationship needs bring their own challenges. Humans have fundamental desires for safety, belonging, and autonomy, but how these manifest varies widely. Attachment theory helps explain why people who experienced secure, loving care as children tend to seek closeness and trust openly, while those with anxious or avoidant attachment styles approach intimacy with caution or heightened sensitivity. When partners have mismatched attachment patterns, misunderstandings multiply. One partner's need for space may trigger anxiety in the other; the latter's pursuit of reassurance might feel overwhelming to the former. Without awareness, these interactions spiral into conflict or withdrawal.

Compounding this are cultural myths about love, that it should be effortless, that "true love" means perfect understanding without words. These ideals obscure the fact that relationships require ongoing effort, negotiation, and emotional labour. We are often left assuming that

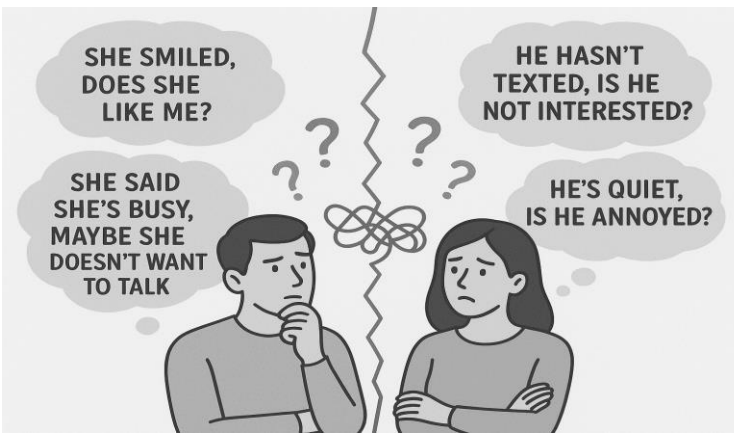
our partner "just knows" what we need, but emotional needs are rarely transparent. People themselves may be unclear or conflicted about their desires, shaped by past wounds or fear of vulnerability.

Moreover, societies frame love and attraction through stories, rituals, and expectations that vary enormously across time and place. These shared narratives shape what qualities we value in a partner, how we express desire, and what we consider normal or acceptable in relationships. For example, in some cultures, arranged marriages focus on family alliances and social stability rather than personal attraction, yet love and intimacy can grow within those frameworks over time. Contrast that with Western individualism, where romantic love is often idealised as the pinnacle of personal fulfilment. These cultural scripts act like lenses, colouring how we interpret both our own needs and those of our partners, sometimes clarifying, often distorting.

Communication styles also differ deeply, often along gendered lines. Research by Deborah Tannen and others reveals that men may approach conversation as problem-solving or status negotiation, while women seek emotional connection and empathy. When these styles collide, partners can talk past each other, interpreting silence as rejection or emotional sharing as overwhelming.

On an existential level, attraction and relationship needs tap into some of the most fundamental human longings such as the need to belong, to be known, and ultimately, to find meaning and security in a world that is often unpredictable and isolating. Philosopher Erich Fromm, in *The Art of Loving*, argued that love is an act of courage and maturity, a way to transcend our inherent aloneness by genuinely connecting with another. However, this very desire for connection is shadowed by fear, fear of rejection, loss, or being misunderstood. These fears can distort how we express our needs or perceive those of others, creating a dance of approach and avoidance that feels baffling from the outside and painful from within.

How misunderstandings play out



Neurologically, attraction and attachment engage powerful systems in the brain linked to reward, fear, and bonding. The neurotransmitter dopamine fuels the excitement and desire often mistaken for love, while oxytocin and vasopressin promote deeper attachment and trust. However, these neurochemical processes are influenced by early life experiences. A person who grew up with inconsistent caregiving may have an overactive fear response to intimacy, triggering fight-or-flight reactions when closeness is sought. Thus, the brain itself can complicate relationship dynamics by instinctively protecting us from perceived threats—even when those threats are illusions created by past pain.

Ultimately, attraction and relationship needs are deeply personal puzzles, wrapped in social and psychological layers. Misunderstanding happens not because people don't care, but because the signals sent and received are filtered through years of socialisation, personal history, and biological wiring. The key to moving beyond this confusion lies in cultivating self-awareness, fostering open and patient communication, and recognising that meeting each other's needs is a dynamic, evolving process, not a fixed state.

CHAPTER 2

WHAT MEN THINK WOMEN WANT

You can tell a lot about a man by what he thinks will impress a woman. Watch him long enough and you'll see it. The little performances, the slight shifts in posture, the sudden lowering of the voice, the way his eyes search for a flicker of approval. All of that. Somewhere in his mind is a blueprint of what women supposedly desire. A mental list, patched together from films, locker-room talk, advice from mates, and the half-serious tips picked up from glossy magazines or self-help gurus. That list, however, is often disastrously wrong.

Men have been told, explicitly and implicitly, that women want grand gestures, sculpted muscles, expensive cars, and a relentless stream of attention. Many believe it without question. The problem is that most of it comes from other men's guesses about women, rather than

from women themselves. It becomes a cultural echo chamber where assumptions bounce around until they harden into gospel. The irony is that evolutionary psychology does show us certain traits are universally appealing, such as strength, resourcefulness, and social status. Charles Darwin noted that sexual selection often favoured individuals who displayed qualities that could secure survival and protection for offspring. But somewhere along the line, these primal signals were mistranslated into shallow, performative displays. Instead of genuine strength, you get bravado. Instead of social competence, you get the forced arrogance of a man who is overcompensating.

Women, on the other hand, are often operating on a quieter frequency. The cues they respond to are not always the loudest or the most obvious. A man can buy her flowers every day, and she might still feel he does not truly see her. He can post shirtless gym selfies and still leave her emotionally cold. That is because attraction, real attraction, is rarely just about the surface. As psychologist Esther Perel often reminds us, desire lives in the space between closeness and mystery. It isn't bought, bargained, or begged for. It is evoked.

Part of the misreading comes from the male need for clarity. Men, by and large, prefer rules, a map, a strategy. If you tell a man to be confident, he will look for a set of

steps to enact confidence, much like he would learn a new skill. But attraction does not follow the neat logic of a manual. It is as much about how a person makes you feel as it is about what they present. Women are responding to layers: the way a man holds himself when nobody is watching, whether his attention feels grounded or needy, whether he can be strong without being domineering.

Behavioural studies consistently show that men tend to overestimate the importance of material wealth and physical appearance in women's preferences. David Buss, in his landmark research on mate selection, found that while status and resources play a role, qualities like kindness, humour, and emotional intelligence consistently rank higher in long-term desirability. The problem is that kindness does not look as flashy on Instagram. Emotional steadiness does not turn heads at the club. And so, many men overlook these in favour of showy, low-return tactics.

There is also the uncomfortable truth that women themselves sometimes contribute to the confusion. Socially, they are trained to be polite, to nod and smile even when they are unimpressed. They might like a man's posts out of courtesy or accept a dinner date they know will not lead anywhere. These little social dances muddy

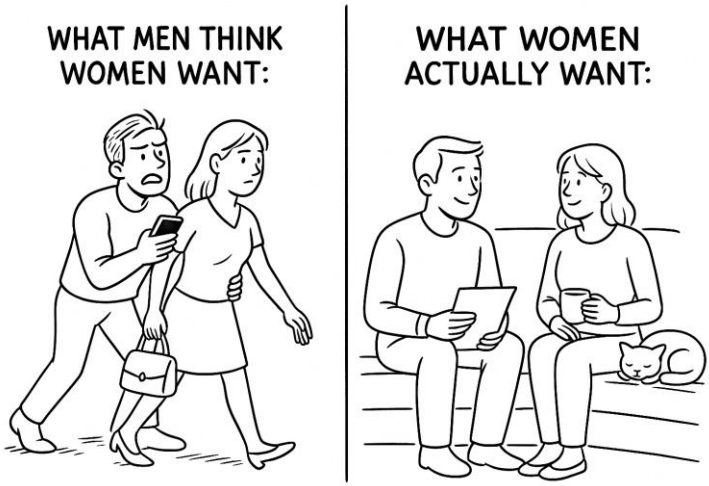
the water. Men take politeness as interest, interest as desire, and the script plays on.

Perhaps the biggest misunderstanding lies in how men misinterpret women's attraction to certain high-status men. A woman might be drawn to a man who has other women interested in him, not because she wants to be part of a competition, but because social proof has always been a powerful indicator of value. Robert Cialdini, in his work on influence, noted that humans instinctively look to others to determine what is worth wanting. When women see a man admired by other women, it triggers the quiet question, "What do they see in him that I might be missing?" This isn't about chasing the unattainable. It is about seeking the qualities that inspire admiration.

Yet the truth is, those qualities are often internal. Calm self-assurance. A sense of purpose that does not orbit around her. A man who is fully himself, whether she walks into his life or walks out. Men who have internalised this tend to attract without trying, and that paradoxically is what makes them most magnetic.

If you strip away the noise, what women actually want often sounds almost simple: authenticity, presence, a man who listens without making her words a prelude to his own. But simplicity does not mean ease. It is far easier to buy a flashy watch than to cultivate deep self-respect.

It is easier to memorise pick-up lines than to develop emotional stability. The former can be done overnight; the latter is a lifelong discipline.



I have watched this play out more times than I can count. A man chases a woman with the tools he thinks will win her over, only to watch her fall for someone who barely seemed to try. The sting of it lingers, because in his mind he did everything right. What he does not see is that the other man may have been playing an entirely different game, one based not on performing for her, but on simply being in his own life so fully that she could not help but be curious.

The gap between what men think women want and what women actually respond to isn't a small crack but a canyon. And unless men learn to bridge it, they will keep falling into it, bewildered at how they ended up at the bottom again.

And perhaps that is the most frustrating thing for men. The fact that no matter how much they study the rules of attraction, the game seems to bend for the man who isn't even consciously playing it. Jane Austen understood this two centuries ago when she wrote in *Pride and Prejudice of Darcy's* easy manner that held the room without any obvious attempt at display. It is the same principle today, the gravitational pull of someone whose sense of self is intact, whose worth isn't up for auction every time a new woman walks by.

Modern dating coaches often preach strategies, but the strategies that actually work tend to be invisible. A woman will rarely say she was won over because a man kept his boundaries, or because he did not leap to fill every silence with chatter. Yet those are precisely the things that leave an imprint. As bell hooks wrote in *All About Love*, when we can see ourselves as we truly are, we are able to love more fully. That truth extends to attraction. You cannot fully invite someone into your world if you are still scrambling to build it in their image.

There is a quiet psychology at play here. Jordan Peterson once observed that the most compelling men are those who are dangerous but disciplined, men who could dominate a room but choose to offer respect instead. This balance speaks to something primal. Evolutionary theory tells us that strength without control can signal threat, but strength in harmony with restraint signals protection and stability. It is the difference between a lion in the wild and a lion tamed enough to walk beside you without breaking its nature.

The trouble is that culture rewards the loud signals. Social media thrives on spectacle. Men see curated images of what seems to attract women. The influencer with the sports car, the six-pack, the beach in Bali, and they take it as literal instruction rather than symbolic shorthand. They do not see the layers underneath, the charisma that isn't in the photo, the way a man carries himself when the camera is off. Behavioural economists would call this an availability heuristic. We assume the most visible traits are the most important simply because they are easiest to see.

But women are often attuned to the subtler cues, the delayed text that signals a man has a life beyond his phone, the unshaken composure in a tense moment, the light in his eyes when he speaks about something that isn't her. In *Mating in Captivity*, Esther Perel speaks

about the erotic charge that comes from witnessing someone in their element, absorbed in something that does not require you. It isn't detachment. It is presence elsewhere, which paradoxically makes their presence with you richer.

Men misread this as disinterest, or worse, as a manipulative hard-to-get strategy. But real magnetism does not operate on such crude levers. It is a deep confidence in one's own trajectory, which cannot be faked without eventually cracking. That is why some men can hold a woman's attention without uttering more than a few words, because the space between those words is filled with a life she can sense but has not yet fully seen.

And perhaps this is why the canyon persists. Men build bridges with gold-plated beams, thinking the shine will dazzle, while the bridge that holds is built from wood, warmer, simpler, but capable of bearing weight.

The irony is that women rarely sit down and draft a conscious checklist that includes half the things men obsess over. If you were to press most women to describe the man who has stayed in their mind for years, you would hear about the way he listened, the steadiness in his gaze, the offhand remark that revealed a quietly held conviction. They will not tell you about his watch brand

or the cubic inches of his engine. This isn't to say appearance does not matter, it does, but it is often the frame rather than the picture.

Robert Greene, in *The Art of Seduction*, points to the enduring power of an aura, something intangible, felt before it is ever seen. Aura cannot be bought or borrowed. It emanates from the way a man inhabits his own skin, from the unforced rhythm of his movements, from the unmistakable sense that he isn't seeking permission to exist in the room. This is why Marlon Brando, casually dressed in a t-shirt and jeans, carried more presence than countless men in bespoke suits. His magnetism was not a performance but an expression of being utterly at home in himself.

Psychologists like Carl Rogers spoke of unconditional positive regard, the capacity to accept others without judgement or expectation. When a man truly embodies this, it disarms. It is rare to meet someone who isn't covertly scoring every interaction in their head, calculating and measuring. Women sense this. They feel the difference between a man who is striving to win and one who is simply engaged, fully there without agenda.

This notion clashes with the bravado scripted into many boys from their earliest years. The belief that romance is won through grand gestures, witty comebacks, and overt displays of dominance is deeply ingrained.

Shakespeare, in *Much Ado About Nothing*, captured the folly of this perfectly when he wrote that man is a giddy thing. The more a man tries to grasp affection with elaborate displays, the more it seems to slip away.

Contemporary voices like Mark Manson, in his widely listened-to podcasts and books, have dissected this paradox. He argues that doing more in pursuit of connection often results in less. Effort born of insecurity feels heavy and clumsy, while effort born of genuine abundance feels effortless and light. The man who already knows his worth rarely feels compelled to embellish or prove it.

Evolutionary psychology offers a framework here. A man who is overly invested too early sends an unconscious signal that his value is uncertain, that he must compensate to secure interest. This isn't mere romantic fatalism but biology layered with culture. Across species, displays are meant to impress, but the healthiest males avoid overexposure that might compromise their survival. Humans, naturally, dress this truth in modern rituals like dinner dates, texts, and direct messages, but the underlying dynamics remain the same.

When women speak of a man having something about him, it is rarely one isolated trait. Rather, it is the cumulative effect of small, consistent impressions that form a picture of someone whose world would still turn without her, but who chooses to make room for her within it.

Zadie Smith once wrote that the very reason she values life is precisely because she cannot convince herself it will last forever. That awareness, that love and connection are gifts, is what glues together attraction.

The danger for men lies in trying to decode and mimic this delicate blend. Authentic self-containment cannot be faked, it is either present or it isn't. Pretence bears seams, and women, especially those experienced in love and loss, possess a sixth sense for spotting the frayed edges. Consequently, the man who isn't obsessing over every word or gesture shines brighter than the one playing a perfect but hollow role.

This also explains why, in quiet conversations late at night, women admit to being drawn to men with other admirers, not from jealousy or rivalry but because admiration breeds curiosity. Anthropologist Helen Fisher, who has spent decades studying romantic love, found that humans are wired to notice what others value. A man who is respected and desired within his social circles sends a social proof that resonates deeply. Yet it isn't the crowd of admirers that attracts, but the fact that his appeal is recognised without him needing to trumpet it loudly.

Understanding this dynamic is crucial. The gulf between perception and reality, between what men think

women want and what truly draws them in, isn't a simple misunderstanding. It is a vast canyon that many stumble into repeatedly. Closing it requires more than tweaking behaviours or adopting superficial tactics. It calls for a fundamental shift in how a man sees himself and how he moves through the world.

This shift isn't about becoming someone new but about uncovering and expressing what is already there. It means embracing vulnerability without fear, cultivating emotional stability, and finding satisfaction in one's own company. As Brené Brown has shown in her work on vulnerability and courage, true connection begins when we dare to be seen as we are, flaws, doubts, and all.

The men who manage this radiate a kind of quiet confidence that is magnetic precisely because it is unforced. They do not need to advertise their worth because it is palpable in their every gesture and glance. This is the paradox of attraction, the more a man is himself, grounded and whole, the less effort he must expend convincing others of his value.

In the end, the real game isn't about tactics or performance but about presence. It is about inhabiting your own life so fully that others are drawn not by what you do, but by who you are. When a man stops chasing the illusion of what he thinks women want and starts living

authentically, the connections he forms are deeper, more genuine, and far more lasting.

Some common assumptions men make in modern dating that often work against them

Common Assumption	Why It Backfires
Women are primarily attracted to financial status	Aggression or control signals insecurity or threat rather than strength
Emotional suppression is masculine and attractive	Lack of emotional openness leads to shallow connections and mistrust
Being always available signals interest and reliability	Constant availability can feel needy and diminish perceived self-worth
Sexual conquest equals personal validation	Reduces relationships to transactions, undermining deeper connection
Confidence means never admitting mistakes or doubts	Perfectionism creates pressure and disconnection; vulnerability fosters trust
The more you chase, the more you prove your worth	Pursuit based on desperation repels rather than attracts

Masculinity is defined by control and dominance	True masculinity includes empathy, patience, and respect
Over-investing early signals low self-worth	According to evolutionary psychology, rushing attachment triggers doubts about a man's value, causing women to pull away instead of feel drawn closer.
Vulnerability is a sign of weakness	According to evolutionary psychology, rushing attachment triggers doubts about a man's value, causing women to pull away instead of feel drawn closer.
Women want men to lead absolutely in all situations	Partnership and shared decision-making build stronger bonds
More effort always equals more attraction	Effort driven by insecurity feels heavy and desperate; genuine confidence is effortless and magnetic. Mark Manson highlights that abundance mentality is more attractive than neediness.

Being overly protective or possessive will make women feel loved and secure	Excessive protectiveness feels controlling and suffocating, undermining trust and autonomy. Healthy attraction requires respect for independence and freedom, as noted by Esther Perel's work on desire and boundaries.
Believing that being mysterious means revealing nothing	Too much withholding can come across as secretive or disinterested, making it harder to form trust and emotional intimacy. As novelist Haruki Murakami notes, "A little mystery invites curiosity, but complete silence is a locked door."

CHAPTER 3

MEN ARE VISUAL CREATURES

Men are often described as visual creatures, and there's more truth in that than many are comfortable admitting. The visual spark is usually the first doorway they walk through in attraction. It's the flash of a smile from across the room, the way sunlight catches in someone's hair, the cut of a dress that somehow feels like it was designed to arrest attention. For a man, that moment isn't just about beauty, it's about a surge of feeling, a kind of silent electricity that tells him, I want to know her.

Of course, science has had its say here. Researchers have often pointed out that, from an evolutionary standpoint, men's brains are wired to respond quickly to visual cues that suggest youth, vitality, and health. Traits that,

in a prehistoric sense, were linked to fertility and survival. This doesn't mean men are walking algorithms scanning for hip to waist ratios, it simply means that their instincts are tuned to pick up visual signals, often before any words are exchanged.

But it's not only biology, it's also culture. From the day a boy begins to notice girls, society teaches him through films, advertisements, and music videos that desire is tied to the image. The glamorous movie star, the perfect photograph on a billboard, the model in the glossy magazine spread, they become templates in the mind. So when he grows up, his eyes are still the first scouts, venturing out to explore a room before his heart or his mind gets involved.

The late fashion photographer Peter Lindbergh once said that a picture doesn't just capture how someone looks, but how they make you feel. Men, in dating, often work the same way. They see, they feel, and only then do they begin to imagine the story. The girl on the subway with headphones, tapping her fingers to an invisible beat, might not be the most conventionally beautiful woman in the carriage. Yet the way she carries herself, the tilt of her head, the easy rhythm in her movements, becomes visually magnetic.

It's not without its flaws, though. A man's reliance on the visual can sometimes cloud his judgment. He might

mistake beauty for compatibility, charm for depth, or style for substance. This is where the good intentions sometimes fall apart. He is drawn in by what he sees, but has not yet had the chance to know what's beneath it. And if that first rush isn't followed by genuine emotional connection, the attraction can fade just as quickly as it appeared.

It's not without its flaws, though. A man's reliance on the visual can sometimes cloud his judgment. He might mistake beauty for compatibility, charm for depth, or style for substance. Steve Harvey once joked that "men

fall in love with what they see, and women fall in love with what they hear, so women wear makeup, and men lie." Behind the humour is a kernel of truth. When the eyes take the lead, they can sometimes lead you into places the heart has no business staying. And if that first rush isn't followed by genuine emotional connection, the attraction can fade just as quickly as it appeared.

While the eyes may start the story, they can't finish it. A man might walk into a room and feel that instant magnetic pull towards the woman in the red dress. But what keeps him there, what holds him in her orbit long after the initial spark, has very little to do with fabric or hair or the way the light falls on her face. It's the way she laughs, not a delicate, rehearsed sound, but the kind that spills out unfiltered, as if she forgot to be self-conscious. It's the warmth in her eyes when she listens, the unspoken grace in how she moves through a conversation, the small details that only reveal themselves once the gaze has softened and curiosity has taken the wheel.

This is where vision gives way to presence. The initial visual flash is a doorway, yes, but a doorway is only as meaningful as what's behind it. And sometimes, men discover that what they thought they wanted, what their eyes had locked onto, was only a sliver of the truth. The woman whose beauty first caught their attention may turn out to be a mirror of their own unspoken desires.

Or she may be a puzzle with pieces that don't quite fit the picture they imagined.

But that is also where the magic hides, in the unfolding. The same man who was captivated by a glance across the room might find himself, weeks later, noticing how she bites her lip when she's reading, or how she talks to strangers like they've been friends for years. Those aren't billboard moments. They're quiet, human moments. And they prove that while men are visual creatures, their vision can evolve. What begins with the shape of her smile can grow into the shape of her soul in his mind.

John Steinbeck once wrote, *"What good is the warmth of summer, without the cold of winter to give it sweetness?"* Attraction works the same way. The warmth of beauty has a kind of instant sweetness. But it's the chill of uncertainty, the long slow learning of each other, that gives it depth. A man might think he has seen a woman on the first meeting, but the truth is he has only seen the surface. Time will strip the gloss from the image. Not to diminish it, but to replace it with something richer, something textured. And if the surface fades but the richness remains, that's when a man knows he has stumbled upon something far greater than looks alone.

One of the most telling things you'll hear from men who have been deeply in love is this: "She's not the most

beautiful woman I've ever seen, but she's the most beautiful to me." That's not a contradiction. That's the slow work of attachment, memory, and affection rewiring the way the eyes interpret the world. Beauty, once filtered through love, no longer obeys public opinion or magazine covers. It becomes deeply private, a personal lens through which one face becomes the measure of all others.

This shift is backed by what psychologists call the *mere exposure effect*, the tendency for people to develop a preference for things simply because they are familiar. In relationships, this effect deepens attraction over time. A woman's quirks, her small habitual gestures, the cadence of her voice, these become the anchors of intimacy. The man doesn't just remember what she looks like. He remembers how she feels in the room. And that memory, repeated daily, grows stronger than the first flash of desire ever was.

Of course, this isn't to say physical attraction disappears. Far from it. It simply changes roles. In the early stage, the visual is the headline, bold and impossible to ignore. But as the days and years pass, the headline becomes part of a much bigger story. One where kindness, shared humour, trust, and emotional safety occupy the centre stage.

There's a famous anecdote about Paul Newman, who was often called the most handsome man in Hollywood. When asked how he managed to stay faithful to his wife, Joanne Woodward, despite being surrounded by beautiful women, he famously said, *"Why go out for a hamburger when you've steak at home?"* It's a cheeky line, but the sentiment behind it is deeply profound. Newman wasn't saying other women weren't attractive. He was saying that attraction had become inseparable from his bond with Joanne. Her beauty wasn't just in her face. It was in the life they had built, the inside jokes, the shared battles, and the private tenderness no camera could capture.

Researchers like Helen Fisher have shown that long term attraction is sustained by three overlapping brain systems, lust, romantic love, and attachment. Lust may be sparked by what the eyes see. Romantic love can be stoked by novelty and mystery. But attachment, the deep, steady warmth that keeps a man choosing the same woman day after day, is built on shared history and emotional trust. Without attachment, beauty is just passing weather. With it, beauty becomes climate.

Most men often realise too late that one can't see presence in a single glance. Presence is felt, not spotted. It's the way a woman makes you feel like you matter when you speak. It's the way her attention doesn't dart to her

phone when you're in the middle of telling her something important. It's the way she can silence a restless mind simply by being still beside you. This is why the woman who turns heads in the street may not be the one who holds a man's heart years later. Looks can catch attention. Presence can keep it.

It's also why the most enduring relationships are often described in terms that have nothing to do with appearance. Ask a man who has loved the same woman for decades what he loves most about her, and you'll hear about her resilience, her humour in hard times, the way she makes coffee in the morning exactly how he likes it. You'll hear about shared adventures, not just shared beds. The visual spark may have started the fire, but everything else, the wood, the oxygen, the tending, came from qualities you can't see in a photograph.

Ernest Hemingway once said, *"The way to make people trust you is to be who you are."* In love, the same is true. The way to keep someone's eyes on you, truly on you, isn't to polish yourself into an image, but to live in such a way that your presence becomes irreplaceable. The woman who understands this doesn't fear the passing of years, because she knows that time, in love, isn't an enemy but an ally. Time makes the ordinary unforgettable.

There's also something to be said about contrast. Men may first notice the extraordinary, the inviting dress, the

perfect smile, but over time, it's often the ordinary moments that stay lodged in memory. The way she wraps a scarf around her neck when it's cold. The way she sings absent mindedly in the kitchen. The way her handwriting tilts slightly to the right. These things aren't staged. They aren't designed to seduce. And yet, they become part of the tapestry of attraction.

The novelist F. Scott Fitzgerald once wrote to his wife Zelda, *"I love her, and that's the beginning and end of everything."* What he meant, in part, was that love reshapes perception. In love, beauty isn't static. It's an ever changing collage of moments. This is why the woman you adore at twenty-five can seem even more beautiful at fifty. Not because time has reversed her ageing, but because your eyes have learned her fully. You no longer see her as the world sees her. You see her as the keeper of your shared life.

In a way, men also are meaning seeking creatures. Vision may open the first page, but meaning writes the book. And meaning is something you build together, over dinners, through arguments, across years of laughter and grief. That's why the most precious beauty isn't the kind that demands attention, but the kind that earns it quietly, over time.

This is the part that rarely makes it into films or novels, because it's harder to dramatise. It's easy to film the

first glance, the first kiss, the glamorous entrance into a party. It's harder to capture the way a man looks at the woman beside him when she's dozing off on the sofa after a long day, and he suddenly feels an almost unbearable tenderness. Yet that moment, unlit, unposed, is as real as love gets.

So perhaps we've been telling the story wrong all along. It's not that men stop being visual. It's that their vision changes. What was once about sharpness of features becomes about softness of moments. What was once about the thrill of the new becomes about the comfort of the known. And while some will always chase the flash, others will discover that the most lasting beauty isn't a thing you find. It's a thing you learn to see.

In the end, a man's eyes may be drawn to many, but his heart learns to belong to one. And when it does, the red dress that once caught his attention becomes just another dress. Until she wears it. Then, suddenly, it's not the colour or the cut that matters, but the fact that she is the one inside it. That's when you know sight has given way to love.

FEAR OF SETTLING DOWN WITH THE MOST BEAUTIFUL OF WOMEN

Even though men are visual creatures, and often chase beauty as if it were a trophy, as if the prettier the woman, the higher the status, time and again, the very sight of someone breathtaking can make a man hesitate, falter, or quietly retreat. The fear isn't of her, not truly. It's of himself, of the invisible weight of inadequacy that sits on his shoulders whenever he steps into her orbit.

When a woman moves through the world with effortless grace, when people naturally turn to her, when the air around her seems lighter, he feels, in the quietest part of his mind, that he might not measure up. He imagines that he must embody a perfection he has never achieved, that every flaw is magnified simply because she exists. It's as though the beauty she carries isn't hers alone but a spotlight, illuminating all the cracks in his own sense of worth. Even a simple smile from her can feel like a spotlight, highlighting the contrast between her seeming perfection and his self-perceived ordinary life.

Most men are often intimidated by the presence of such women. It's not only the beauty that arrests attention, but the way she occupies space without effort, the way others are drawn to her as if she carries an invisible gravity. Some men feel they must become someone extraordinary themselves, to fill the space she commands, while others shrink, sensing their ordinary existence

could somehow diminish what seems untouchable. Steve Harvey, the host of the long-running Steve Harvey *Morning Show* and *Family Feud*, and bestselling author of *Act Like a Lady, Think Like a Man*, mentions that men sometimes "stand on the sidelines of the very thing they desire most," frozen not by her, but by the reflection of their own insecurities in her presence. It's that split-second pause in a coffee shop, the hesitation to speak, the words caught somewhere between desire and fear.

Behavioural psychologists note that this reaction is rooted in social comparison. When a man sees someone whose qualities elicit admiration, the unconscious question arises—can I compete with the standard she represents? The mind answers with hesitation, often before the heart has a chance to act, and sometimes the opportunity passes entirely because he doubts his own readiness.

From an early age, men are taught that worth must be proven. The contrast between perceived ideals and reality is magnified when they encounter women whose allure seems effortless. Every glance from another admirer, every whispered compliment, becomes a mirror showing what he fears he lacks. Novelists such as Ian McEwan, the British author of acclaimed works including *Atonement* and *Enduring Love*, have explored this hesitation in characters who pause before someone radiant, not out of

disinterest, but because the encounter exposes unspoken self-doubt.

Consider the man at a dinner party, nervously adjusting his tie while she laughs easily across the room, unaware of the self-questioning she's triggered. Evolutionary biologists would argue that part of this is ancient. Attractive mates historically signalled genetic fitness and social advantage. The mind, conditioned over millennia to recognise high mate value as both opportunity and threat, reacts with caution, making hesitation feel safer than risking exposure.

Anxiety often follows closely, woven into the very fabric of attraction. The most striking women rarely go unnoticed, and the attention they receive—even if benign—can spark imagined threats. Evolutionary instincts, preserved through millennia, dictate that men guard potential mates. The fear of losing someone to an imagined rival can prompt withdrawal, not from malice, but from an internal calculation aimed at avoiding anticipated pain. It's in the slight stutter of speech, the pause before making a move, the nearly imperceptible step back in posture. A man may smile, joke, gesture confidently, and yet internally calculate the risk of rejection, imagining rivals in every glance and considering whether

he measures up. In some ways, the entire interaction becomes a mental chess game, one he fears losing before it even begins.

The pressure of expectation amplifies these insecurities. Being with someone remarkable in appearance imposes an unspoken scrutiny. Every gesture, every word, every lapse feels magnified. Men anticipate that flaws will be judged harshly, that ordinary traits will be interpreted as failings. The fear of failing this imagined standard often keeps them from attempting at all. Even those confident in most arenas can falter under the weight of silent expectations.

Philosophers such as Alain de Botton, the Swiss-born British author and founder of The School of Life, known for works like *The Course of Love*, suggest that we are often paralysed not by the objective qualities of others, but by the imagined perception of what we "should" be in response to those qualities. It's less about her, and more about the inner dialogue that constantly measures self against ideal. The man hesitates because he is negotiating with his own self-doubt, weighing every imagined misstep against the perfection he assumes she expects.

Physical attraction is only the doorway. Women rarely respond to external markers alone; they feel the energy a man carries, the life he leads, the confidence he inhabits. Matthew Hussey, the British dating coach,

speaker, and author of *Get the Guy*, has pointed out that it's the rhythm of a man's life—the comfort in his own skin, the consistency of his presence—that draws attention more than wealth or status. Men who obsess over impressing with displays often miss signals such as, presence, attentiveness, humour, and consistency.

Evolutionary psychology confirms that long-term attraction is less about superficial display and more about stability, reliability, and the ability to navigate social hierarchies gracefully. What appears effortless to a woman often reflects internal equilibrium; when a man feels unsteady in his own self-assessment, the contrast becomes painfully visible. A man who has spent years chasing recognition in his career may find that it doesn't translate in the presence of someone whose charm is effortless, forcing him to confront gaps he didn't know existed.

Intimacy heightens this dynamic. Men fear they will not be enough emotionally or physically, that the woman's standards, real or perceived, will expose limitations they have long concealed. Society rarely permits men to admit such vulnerabilities without judgement, yet these fears shape behaviour profoundly. Walls are built, not from disinterest, but from self-protection. Hesitation, overcompensation, withdrawal—these are strategies born of the tension between desire and fear, enacted quietly, often unnoticed but deeply felt. Studies

confirm that avoidance and performance behaviours often appear in high-stakes emotional situations, not because of lack of interest, but because the mind overestimates exposure risks. A man might prepare stories, craft jokes, polish gestures, and still retreat inwardly, leaving him longing for connection while simultaneously blocking it.

Overcompensation is one of the most telling responses. Men may attempt to dominate, charm, or impress at unsustainable levels, masking fear with exaggerated confidence. Women, perceptive to relational cues, sense when performance overtakes presence. A too sharp humour, the too precise gestures, the too rehearsed charm —all signal underlying tension. Authenticity, paradoxically, becomes more compelling than perfection, offering a safe space for genuine connection. It's in quiet, unpolished moments, spontaneous laughter, and shared vulnerability that trust is cultivated. Men who fail to recognise this often misread attention as invitation, when in reality, she is waiting for a balance of confidence and genuineness. The man who finally laughs at himself, reveals a small flaw, and shows steadiness in presence often succeeds where grand gestures fail.

The paradox lies in the qualities that make a woman extraordinary: her beauty, confidence, effortless ease. These amplify insecurities a man already carries. Men

who are secure, who have cultivated a stable sense of self, rarely hesitate. Those whose identities are built on performance rather than presence struggle most, seeing her radiance as a mirror of their perceived shortcomings rather than an invitation to step forward. Consciously or unconsciously, they ask: can I meet this standard, or will I crumble under the weight of her brilliance? Hesitation becomes a negotiation between desire and fear, a delicate balance of ego, perception, and longing.

Over time, men learn that the most compelling women aren't barriers, but reflections. The challenge is internal: to confront insecurities, embrace vulnerability, cultivate self-worth independent of external validation. When a man achieves that, beauty ceases to intimidate; it inspires. Attraction becomes a shared presence rather than a performance. The energy exchanged shifts from fear of inadequacy to curiosity, joy, and mutual respect. The most beautiful women are mirrors, not judges. In recognising this, men move from hesitation to presence, from performance to authenticity, from longing to engagement. They learn that the right connection is never about proving oneself, but about being fully present with another equally complex, flawed, and radiant human being.

MODEST WOMEN AS WIVES, HOT ONES AS SIDE PIECES

Men often talk about wanting "the whole package," but the reality of attraction is far messier than that. When it comes to long-term commitment, many men find themselves drawn to modest women—those whose presence feels steady, whose energy is calm, whose ambition doesn't demand constant competition. There is a sense of safety in modesty, an unspoken assurance that the life they build together will not be disrupted by ego clashes or endless comparison. A modest woman's allure is quieter, more enduring. She becomes someone with whom life can be predictable, navigable, bearable, even joyous. She embodies reliability, consistency, and the promise of a partnership that doesn't demand constant vigilance.

Hot women, on the other hand, ignite a different kind of fire. Their appeal is immediate, visceral, and impossible to ignore. The thrill they offer isn't rooted in comfort or companionship but in desire and conquest. Their energy is magnetic, their presence commanding, their very existence a challenge to a man's self-control. Men are wired to notice, to respond, to test their own limits. In evolutionary terms, the excitement and novelty trigger impulses that feel compelling but are difficult to

sustain over a lifetime. Hotness is intoxicating; modesty is enduring.

The tension lies in what men unconsciously fear and desire. A modest woman represents stability without threat, intimacy without ego warfare, love without constant drama. A hot woman represents possibility, fantasy, temptation—but also risk. To commit to the hot woman is to invite the unpredictability that she carries, the attention she receives, the constant pressure to perform, to be more than ordinary. The modest woman allows him to lower his guard; the hot woman keeps him on high alert.

Men are also keenly aware of social signals. Marrying a modest woman signals responsibility, loyalty, and the ability to provide—a choice that others respect, that fits societal expectations. Keeping a hot woman as a side piece allows them to enjoy desire without destabilising the foundation of their home, without threatening the life they have carefully constructed. It's, consciously or not, a strategy of managing risk and reward.

This doesn't mean men are inherently shallow or unfaithful; it's more about instinct and psychological economy. Desire is intense but fleeting if untamed. Commitment demands patience, humility, and a tolerance for imperfection. The modest wife provides a fertile ground for growth, for building a shared life. The hot side piece provides a spark, a reminder of vitality, a release from routine. Men learn, over time, that sustaining passion

and stability simultaneously is rare, and often impossible.

In essence, the choice isn't about the woman's value, but about the role she plays in his life. Modesty invites permanence; hotness invites excitement. Men navigate this balance quietly, sometimes painfully, negotiating between longing and responsibility, fantasy and reality. And in this negotiation, the patterns repeat across cultures and centuries, revealing as much about human desire as they do about human caution.

CHAPTER 4

MEN AND ATTRACTION TO YOUNGER WOMEN

It's no secret, and we might as well admit it without dressing it up. Men have this enduring tendency to be drawn to younger women. You can roll your eyes, call it cliché, even call it shallow, but the truth is older than civilisation itself. The way men's minds are wired, what they see doesn't just stir their attention, it sets the whole chain of attraction into motion. And the cues they pick up on, consciously or not, often have to do with youth. The softness of skin, the brightness in the eyes, the way energy seems to radiate without trying.

Biology, of course, sits smugly at the back of the room here, arms crossed, as if to say, "Well, what did you expect?" Evolutionary psychology has been repeating this

song for decades. Younger women tend to display physical markers associated with fertility and health, and in the primitive part of a man's brain, that still rings like a dinner bell. Anthropologists like David Buss have argued that across cultures, men's attraction patterns show a clear bias towards signs of reproductive potential, and youth just happens to be one of those signs. Not because every man is walking around thinking about babies, far from it, but because millennia of survival instincts have baked those visual preferences into the subconscious.

But biology alone doesn't explain the whole picture. There's also something about the aesthetic of youth, that feeling of freshness, possibility, the unlined optimism

that seems to sit on a young person's face. For a visual creature, it's not just the absence of age, it's the presence of light. An older man might meet a woman in her twenties and, without realising it, be struck not just by her looks, but by the way she seems to move through the world like there's still more ahead than behind. It's not always rational, it's not always fair, but it's very human.

And if we're being brutally honest, society hasn't exactly helped here. Films, music, advertising, they've all amplified the image of the younger woman as the default object of desire. It's there in the way James Bond always gets the girl half his age, in the way pop songs celebrate "forever young" as if it were a currency, in the way brands pair grey-templed men with women who could be their daughters. These images feed the male visual script, reinforcing what's already lurking in the instinctive wiring.

But the part that makes this less about cynicism and more about complexity is that younger women often represent something symbolic for men, beyond the purely physical. She might stand for renewal, a reminder of when he felt that kind of untested energy in himself. Sometimes it's nostalgia disguised as attraction. He's not just looking at her, he's looking back at the boy he used to be, the one who hadn't yet been weighed down by losses, bills, and the quiet ache of time.

That said, we can't ignore that attraction can, and often does, shift once vision gives way to presence, the same way we talked about earlier. A man might be captivated by the smooth surface of youth, but if the substance underneath doesn't match, if there's no spark in conversation, no emotional depth, no shared laughter that feels like it's building something, the initial magnetism fades. In other words, vision might light the match, but it doesn't keep the fire alive.

It's worth noting too that plenty of men, once they've lived enough and lost enough, find themselves just as enchanted by women their own age or older. The beauty they see there is richer, more nuanced, tied not to untouched potential but to the texture of a life well lived. But for the visual-first instinct, younger women often pull focus at the start, because the cues are immediate, uncomplicated, and evolutionarily familiar.

And you know, it even gets interesting that while men's eyes might go first to youth, it's not always about wanting to replace older women or dismiss them. Sometimes it's about the shortcut the brain takes. A younger face, a lighter step, a certain carefree laugh, it just registers faster in that visual part of the male brain. It's like a headline in bold letters: Look here. But headlines aren't the whole article, and a lot of men figure that out once they start reading.

Still, there's no denying the rush it can give them. That spark when a young woman looks at them, really looks, can feel like proof that they've still got it. It's not just about her, it's about what her attention says about him. In some way, it strokes the male ego, dusts off that sense of vitality that might have been sitting in the corner for a while. If we're being real, sometimes men aren't chasing youth, they're chasing the version of themselves that youth seems to recognise.

However, let's not pretend culture isn't fanning that flame. We've built an entire marketing machine around keeping men's attention fixed on young women. From beer commercials to blockbuster movies, the pairing of the "experienced man" with the "fresh-faced beauty" has been sold so relentlessly that it feels normal, even when, deep down, we know it's just a fantasy template. And fantasies are stubborn. They don't fade just because reality makes more sense.

Of course, some men will lean on biology as if it's their lawyer. "Hey, it's just evolution!" But that's only half the story. Evolution might set the stage, sure, but society writes the script, and men rehearse their lines every time they scroll through Instagram or watch a new Netflix drama. That's not nature. That's conditioning.

Now, here's where I think it gets even more layered. For many men, being around a younger woman isn't just

visual stimulation. It's actually more like emotional oxygen. She hasn't been through the same grind yet, hasn't collected the same scars, so her energy feels lighter. She laughs quicker, dreams bigger, complains less, at least at first. That can be intoxicating for a man who's been in the trenches of adult life for a while. It's like slipping into a warm pool after years of trudging through snow.

But, of course, this can also be an illusion. Because youth isn't permanent, and the qualities a man associates with it, openness, optimism, playfulness, aren't actually exclusive to young people. They're traits you can find in someone at 40, 50, even 70, if life has kept their spirit unbroken. It's just that for visual creatures, youth signals those traits before the person even opens their mouth.

Sometimes it's not really about her age at all. Sometimes it's about control, or at least the perception of it. A younger woman might be less set in her ways, more likely to adapt to his lifestyle, less likely to challenge him in certain areas. That's not universal, but it's a dynamic some men, consciously or not, gravitate toward. It makes them feel more competent, more in charge. Whether that's healthy or not is another conversation entirely.

The flip side is this. A lot of men eventually discover that the novelty wears off if the connection is only skin-deep. The same youth that once felt like magic can start

to feel like distance if there's no shared language of experience. A joke that doesn't land, a reference that draws a blank stare, a life problem she's never had to consider, these little gaps add up. Attraction starts on the surface, but if it doesn't find a way to root itself deeper, it drifts.

And yet, even knowing all this, the pull doesn't disappear. Because attraction isn't an equation you solve once and walk away from. It's this restless, looping thing, where instinct and culture and memory all mix together, and sometimes they lead your eyes before your mind has even caught up. That's why you'll still see the older man glance twice when a young woman walks past, not because he's planning his life with her, but because some part of him has been trained, over thousands of years and countless movie scenes, to notice.

HOW AGE WORKS AGAINST WOMEN IN THE DATING SCENE

Men notice age more than women usually admit. There is a quiet, almost invisible signal in the way a woman's body, her energy, and her life experience change over time. Youth carries vitality, physical resilience, and, biologically, fertility. As a woman gets older, those signals slowly shift. Wrinkles appear, metabolism slows, hips and curves change shape, and even posture can carry the

weight of years. Men, often unconsciously, read these changes. Evolution has wired them to be attracted to cues of reproductive potential. It's instinctive, almost reflexive. Age works against women.

They think about these things more than they let on. There are moments when they catch themselves comparing, not in a cruel way, but almost instinctively. They notice how a younger woman moves, how her energy flows freely, how her laughter can spill into the room without hesitation. It hits them differently—like an arrow straight to something primal inside, a spark that feels immediate and urgent. And then they look at an older

woman, and they see wisdom, experience, layers of depth, scars softened into grace. They want to admire it, they do. They might even feel drawn to it. But there's a quiet hesitancy that creeps in, almost like a shadow tugging at the edges of their desire.

The mind goes there, quietly, without announcing itself. What if she's carried heartbreaks too heavy for me to bear? What if her past relationships have left patterns I can't navigate? It's not fear of her being too strong or confident, but a sense that love here is already complicated, that stepping into it requires negotiating with histories that predate them, with the remnants of old hurts, regrets, and disappointments. Men often crave a clean slate, a sense that the story they're writing together is theirs to author, not one already inked with chapters they didn't witness.

And then there's time. Time has a way of marking women in ways men notice, often without a word spoken. As the years pass, the biological clock ticks louder as a reminding reality that shapes attraction and expectations. From the mid-thirties onwards, a woman's fertility begins a slow, steady decline. The number of eggs she carries diminishes, their quality changes, and the chances of conception start to fall. By the time a woman reaches forty, the odds of getting pregnant in a given cycle drop sharply. This isn't an arbitrary fact; it's a pattern

observed, measured, and studied, something that institutions like the *British Fertility Society* and sources such as *Verywell Health* and the *New York Post* report clearly. Men, even if they don't track statistics, feel this in subtle ways—through the pressure of time, the awareness that biology is less forgiving with age.

Fertility is only part of the story. There is vitality, that invisible energy that courses through youth, giving a sense of constant motion, spontaneity, and possibility. With age, this vitality can wane. Older women often carry themselves with experience, poise, and wisdom, but the boundless energy of younger years may be less apparent. Men, instinctively wired to notice signs of vigour and longevity, may read into this, consciously or unconsciously, measuring the ease with which a woman moves through life, her capacity to match their own energy, and the promise of future family life. Youth signals not just fertility, but a kind of durability, a potential for shared experiences that stretch decades into the future. The allure of this energy is magnetic, primal, and persistent in ways that reason can't fully explain.

This isn't to say that older women lack value, charm, or beauty. On the contrary, maturity often brings depth, sophistication, and emotional intelligence that younger women may not yet have developed. But in the subconscious calculus of dating and long-term partnership, the

biological clock and vitality weigh heavily. Men see it not as a moral judgement, but as a practical reality: the physical capacity to conceive, the energy to pursue shared adventures, the subtle signals that whisper of youth, health, and potential. These factors shape desire in ways that are both universal and deeply human, bridging biology and emotion, instinct and societal expectation.

At the same time, the way attraction works can shift almost imperceptibly. The magnetic pull that once felt electric can feel a little quieter as years pass. Skin softens and loses some of the taut glow of youth, the bounce in movement may fade, energy ebbs and flows in rhythms shaped by experience and lifestyle. For men whose instincts are tuned to notice immediate, visual, visceral cues, these subtle changes can register as a shift in excitement. It doesn't mean the woman has lost value, intelligence, or depth; if anything, those qualities often deepen with age.

Though attraction isn't purely a matter of reason or appreciation, it's mostly primal, and wired over countless generations. Youth signals vitality, fertility, adaptability, and the potential for shared adventures stretching decades into the future. Men, even when consciously aware of a partner's remarkable qualities, feel the pull of these ancient instincts. It's less a judgement of worth than a reflection of a deeply human, almost animal awareness

of what the body and life-stage communicate, silently guiding desire and decision-making.

As women age, the body carries risks that often go unspoken, but men can sense them in instinctive ways. One of the most significant is miscarriage. According to the *Cleveland Clinic* (n.d., accessed August 20, 2025), for women aged 25 to 29, the risk of miscarriage is around ten per cent. By forty, that risk climbs to roughly twenty-five percent, and by forty-five, studies suggest it can range from fifty-seven to eighty percent. The *Mayo Clinic and Folkehelseinstituttet* report similar figures, highlighting that this isn't just a statistical curiosity, but a real, measurable biological reality.

For men contemplating long-term relationships and family planning, these numbers matter, whether consciously or not. The possibility of pregnancy complications, of a miscarriage, carries weight. It's not about judging the woman, but about the stakes involved when considering commitment, children, and shared futures. The awareness that biology becomes less forgiving with age creates a quiet tension, shaping attraction and decisions in ways that blend instinct, practicality, and desire. It's a reality that men, even if they don't articulate it, can't entirely ignore.

HOW TIMING SHAPES ATTRACTION

A man at twenties has energy, charm, maybe even looks, but the reality is that he's still learning how to navigate the social and emotional world. Confidence isn't fully formed, social skills are raw, financial stability is limited, and self-awareness is only beginning to take shape. Meanwhile, a woman of the same age is often at her physical and biological peak. Fertility is high, vitality abundant, and her presence naturally draws attention from men who have already built lives, careers, and influence. Older men, seasoned in experience and social finesse, know how to notice her, how to approach, how to signal desirability. The younger man? He's still figuring

it out, often competing with older, more refined contenders without realising it.

This creates a fascinating inverse relationship that a woman's prime in attention, beauty, and fertility often comes early, while a man's prime in social influence, confidence, and ability to attract multiple partners develops later. It's why younger women often find themselves paired with older men who bring stability, resources, and life experience, while younger men struggle to gain traction in the dating scene with women of the same age. Timing becomes everything, silently shaping attraction, selection, and eventual pairing.

The interplay isn't just about attention. Emotional readiness is crucial. Young men are still developing patience, emotional regulation, negotiation, and the ability to compromise—the traits that make long-term relationships possible. Young women, in contrast, often enter the dating world with societal validation already high. They're naturally appealing, and they can be selective, sometimes drawn to men who offer established social status, maturity, or the promise of stability. This inverse proportionality affects not just who notices whom, but how relationships form, how power and choice are distributed, and how desire evolves over time.

In terms of health and fertility, a woman's biological clock begins ticking noticeably in her thirties, bringing a

sense of urgency to form long-term partnerships and plan for children. Men, biologically, don't face the same immediate pressure. Their fertility extends into later decades, giving them a broader window of opportunity. This disparity creates a dynamic where younger women can command attention effortlessly, while men must grow, develop, and position themselves to be seen as suitable partners when women reach the age where long-term commitments and family planning are more urgent.

Vitality plays a role as well. Youth brings energy, spontaneity, and a relentless sense of motion that signals life and potential. Men are wired, instinctively, to respond to these signals—whether they fully understand why or not. But vitality isn't fixed; it fluctuates with lifestyle, health, and age. A woman in her early twenties embodies the full force of energy, movement, and visible health. A man of the same age may not yet have learned how to channel his energy into presence, confidence, or social power. He is at a disadvantage in the raw, instinctual arena of attraction, even if he matches her in looks or charisma.

Experience, emotional complexity, and social savvy also shape this dynamic. Older men have navigated failures, learned resilience, and understand the subtle nego-

tiation of attention, seduction, and relationship dynamics. Younger women, for all their beauty and vitality, are still developing life experience. As men age, their social power often catches up, sometimes surpassing women of the same age in influence and desirability. The dance of age and attraction is an ongoing, shifting negotiation between energy, experience, fertility, and desire.

Society and culture amplify these patterns. Social scripts, media representation, and peer expectations reinforce the perception that youth signals fertility and excitement, while age signals stability and wisdom. Men internalise these cues subconsciously. They understand, often without conscious calculation, that a younger partner brings vitality and reproductive potential, while an older partner may offer experience and emotional intelligence. Women, conversely, feel the pressure of timing more acutely as they age, knowing that the social and biological windows for family planning and peak desirability are narrower.

Even simple factors like lifestyle alignment come into play. Younger women are often at a stage of exploration, freedom, and adaptability. They're discovering their preferences, routines, and priorities. Younger men, still figuring themselves out, may struggle to match or keep pace with the intensity or selectivity of attention that women in their early prime naturally command. This

adds another layer to the inverse relationship. A woman's early advantage in attention and desirability meets a man's delayed growth in social and emotional competence.

Ultimately, age shapes attraction in intertwined ways. It affects desire, attention, reproductive planning, energy levels, emotional readiness, social power, and cultural expectations. It explains why younger women attract older, established men, why younger men may find themselves overlooked at first, and why men's prime unfolds more gradually. Age is a silent architect of romance, crafting patterns of pairing, desire, and relational strategy across generations.

In the end, understanding the age game isn't about cynicism or reducing value, but about recognising a natural rhythm in human relationships. Men and women operate on overlapping, yet offset, timelines of peak attractiveness, fertility, energy, and social power. Recognising these patterns helps illuminate the subtle, unmentioned mechanics that guide who notices whom, who pursues, who waits, and ultimately, who commits. Age is never just a number, it is a force that quietly and persistently shapes the landscape of desire and partnership.

HOW AGE SHAPES COMMITMENT AND CHOICE OF PARTNERS IN WOMEN

The interplay of age doesn't just influence attention or attraction; it shapes the decisions women make just as seriously as it shapes men's choices. Men may be acutely aware, even unconsciously, of the balance between desire, stability, and long-term planning, but women live the reality of age in a far more immediate, visceral way.

A younger woman, full of vitality and at her biological peak, steps into the dating world carrying a kind of magnetism that is hard to replicate later in life. Her youth signals energy, reproductive potential, and the promise of shared adventures, yet it also comes with intensity, strong opinions, and occasionally, volatility. Older

women, rich in experience and wisdom, often carry the legacies of previous relationships—scars from loss, trust shaken by betrayal, and self-protective defences honed by life's lessons.

For women, the clock is never just a background rhythm; but a drumbeat that pulses through every decision. A younger woman often finds herself approached by men with established careers, social influence, and life experience. She attracts not only because of her looks, but because she represents opportunity: a partner who can grow alongside her, bear children with fewer risks, and match the energy she naturally brings to life. This attention is intoxicating, and it opens doors, offering the freedom to be selective. Her choices are guided not only by instinct and desire, but by the awareness that she is in a period of maximum leverage in the dating world.

Older women face a different set of calculations. Life experience has sharpened their discernment, clarity, and understanding of what they need in a partner, but these very qualities can narrow the field of viable options. Men, unconsciously weighing emotional and practical factors, may notice the echoes of past heartbreak, entrenched habits, or expectations shaped by life's lessons. Biological realities press even harder. Fertility declines, miscarriage risks rise, and the window for having children safely grows narrower. Even the most emotionally

mature man can't escape the underlying pressure of these factors; he senses, without necessarily articulating, that family-building has a compressed timeline.

Attraction evolves alongside age. Younger women naturally exude vitality, health, and reproductive fitness—energy in movement, the elasticity of skin, the natural glow of life itself. Older women, while beautiful, magnetic, and emotionally rich, radiate a different energy: sophistication, resilience, and depth. These qualities can ignite desire and admiration, but the instinctive spark tied to youth, fertility, and immediate vitality is harder to detect.

As a result, older women often occupy a more nuanced role in men's romantic calculus (desired, respected, and captivating), yet sometimes considered less suitable as primary partners when childbearing or long-term planning is central. Women themselves navigate this age landscape with careful awareness. Younger women enjoy the advantage of attention and choice, often able to steer the pace and direction of relationships. Older women make decisions weighed against lived experience (lessons learned from heartbreak, biological urgency, and the recognition of their own worth). Choosing a partner becomes a negotiation not merely with desire, but with time itself. Commitment is no longer

solely about emotional connection; it must balance excitement with practicality, passion with long-term planning, and compatibility with the potential for shared family life.

Cultural scripts reinforce this dynamic. Media, peer expectations, and social norms elevate youth as a marker of ideal partnership, silently shaping how women perceive themselves and the choices they make. The younger woman is encouraged to explore, experiment, and enjoy the attention her vitality brings. Older women, consciously or unconsciously, are nudged to prioritise selectivity, stability, and deliberate decision-making. The societal gaze magnifies the pressure of timing, heightening the awareness that certain life paths such as marriage, childbearing, establishing long-term partnerships—have windows that can't be ignored.

The age game shapes women's choices in intense ways. Youth offers leverage, energy, and freedom; older age brings depth, clarity, and self-knowledge. Each stage has advantages and constraints, influencing not just whom women choose, but when and how they choose. Men and women operate on overlapping but offset timelines: a young woman may command peak attention while lacking relational experience, whereas an older woman may offer unmatched insight but faces practical

constraints in romance and family planning. Understanding this rhythm illuminates the silent, unspoken forces that guide commitment, desire, and partnership.

Age acts as a lens through which women constantly filter options, weighing feasibility, passion, and pragmatism. It dictates which doors remain open, which relationships feel possible, and which partnerships offer the right balance of excitement and long-term promise. In this quiet, persistent way, the age game shapes women's romantic lives just as powerfully as it shapes men's, guiding decisions in subtle, inevitable ways that merge biology, emotion, and culture into the choices women make about love, partnership, and family.

CHAPTER 5

WOMEN LOVE CONDITIONALLY

A man can spend his whole life chasing the idea that a woman loves him for who he is. It's a comforting thought, a romantic one, almost poetic. But in reality, what most women fall in love with isn't the man himself, it's the way he makes her feel in a given moment. That's the pulse. That's the real currency. A woman is an emotional recipient. She doesn't hold affection in reserve just because you once did something grand. She responds, in real time, to the emotional climate you create around her. The minute that feeling fades, the minute her heart no longer lurches in your presence, the love, at least the way she expresses it, begins to slip quietly out the door.

This is why a woman can adore you with every breath on Monday and seem distant by Friday. Not for anything, but the fact that her attachment is tied to her emotional weather, and weather changes. It's not a moral flaw, it's biology mixed with instinct. Women evolved to be highly attuned to the emotional and environmental conditions around them. That's how, for centuries, they ensured their survival and the survival of their offspring. Stability in feeling meant safety. Turbulence in feeling meant danger.

A man's mistake is thinking that past investment buys future loyalty. It doesn't. You could have been her hero last year, the man who swept her off her feet, the one she told all her friends about, and still, today, if you no longer awaken that emotional spark, her loyalty to that old version of you fades like perfume in the wind. She loves how you made her feel, not necessarily you in a static, unchanging sense.

This is why a woman's loyalty, for most, lives in the present tense. If you keep making her feel desired, safe, alive, understood, she stays. If you stop, if complacency dulls the edges, if resentment creeps in, if she feels unseen, she leaves, whether physically or just emotionally. A man might hold onto love like an anchor in a storm,

but a woman holds onto love like a kite in the wind, always tethered to how high and free she feels in your hands.

It sounds harsh when spoken plainly, but it's not cynicism. It's a lived reality. A woman responds to motion, to sensation, to presence. She measures love not in years you've known each other, but in moments you've made her feel alive. If those moments keep coming, she's yours in every way that matters. If they stop, she doesn't mourn the man you were, she simply follows her feelings to where they're reignited. And that is the truth most men spend years learning, often too late.

WOMEN CHECK OUT MENTALLY BEFORE PHYSICALLY LEAVING

Women often leave long before they walk out the door. Not in body, but in mind. The first steps of her departure are invisible, marked not by luggage in the hallway but by the quiet withdrawal of her inner world. Her laughter softens, her gaze no longer lingers, and her words become more measured, less coloured by warmth. You can be sharing a bed and still be miles apart because her heart is already rehearsing life without you.

This kind of leaving happens in layers. At first, she notices small disappointments—the missed moments,

the casual dismissals, the unspoken resentments that settle like dust over the days. These things rarely announce themselves loudly; they seep in like water under a door, eroding her sense of closeness. She might still go through the motions, still make dinner, still text you good morning. But beneath those gestures, she is taking quiet stock of what's no longer there.

A woman doesn't always decide to leave in a single moment. It can be a slow retreat, one where she tests the idea of emotional distance before committing to it. She will stop telling you the little details of her day, not out of spite, but because she no longer feels you are her safe place. She will stop seeking your opinion, because somewhere inside, she no longer trusts that you are invested in the answer. It's not always about fights or betrayal. Sometimes it's the absence of connection that becomes the betrayal

When a woman checks out mentally, she begins to preserve her energy. Affection becomes rationed, not because she wishes to punish, but because she can't give fully to a space that feels empty in return. She might smile less, initiate touch less, laugh less—not to hurt you, but because the well she used to draw from no longer refills. This quiet withdrawal is what makes her eventual physical leaving seem sudden to the man, when in truth, it has been unfolding over weeks, months, or even years.

By the time she packs a bag or says the words "I can't do this anymore," she has often already mourned the relationship in silence. She has lived through the separation in her head, rehearsed conversations, imagined her life without you, and, most painfully, accepted that the man she loved no longer exists in the way she needs him to. She might still care about you deeply, but she has shifted from loving you to loving the memory of what you were together.

For the man, this is disorienting. He might believe things are fine because the visible signs of conflict are absent. He might think that the lack of arguments means stability, when in truth, the silence has got nothing to do

with peace, but everything to with emotional distance. A woman who has checked out mentally isn't seeking confrontation. She is seeking escape from the weight of unmet needs. And when she finally goes, she will go without looking back, because she already said goodbye in her heart long before her feet ever carried her away.

For most men, the decision to leave is often made when the breaking point is visible, tangible. A fight, a betrayal, a final straw. Men tend to endure dissatisfaction in silence, thinking they can push through, fix it later, or that things will return to how they were if they just wait it out. But for women, the leaving doesn't start with a door slamming — it starts with something far quieter. It starts the moment she no longer feels emotionally safe in your presence.

When that safety fades, so does her openness. She becomes careful with her words, measuring them so they won't spark a dismissive reaction. She stops sharing her private fears or wild dreams because she no longer feels they will be met with curiosity or care. And that's how love begins to die for her — not with rage, but with caution.

She notices the little things more now. The phone you don't put down when she's speaking. The way you seem distracted when she's telling you about her day. The absence of the small gestures you once gave freely without

being asked — the hand on her back, the glance across the room that told her she was still the only one there in your eyes. These things don't feel small to her; they're the glue. And when the glue dries up, everything else starts to fall apart.

By the time you realise she's been distant, you may try to pull her back with grand gestures — a surprise trip, an expensive dinner, promises to change. But those work best when the cracks are new, not when the walls have already come down in her mind. She may smile and thank you, but deep down she's not coming closer; she's stepping politely aside so you don't notice she's already gone.

It's not that she's heartless. In fact, the opposite is true — she likely spent months hoping to feel that spark again. She replayed your early days together in her mind, trying to work out if it was her expectations that changed or if it was you. She probably even blamed herself for a while, wondering if she was being too demanding, too sensitive, too needy. But women who have loved deeply don't walk away from that love without first exhausting themselves trying to save it.

By the time she physically leaves, she has already done the grieving. She has already cried in the shower so you wouldn't see. She has already lain next to you at night feeling lonely in ways words can't fix. She has already

practised not needing you, quietly, when you weren't looking.

When you finally notice her absence — the lack of calls, the short replies, the coolness in her voice — and try to pull her back, you're often not competing with another man. You're competing with the peace she's found in her own solitude. That's an almost impossible battle to win, because she's no longer deciding between you and loneliness. She's deciding between you and her own exit.

What's more, once she has mentally checked out, her loyalty shifts. Women's loyalty is rarely to the man in isolation — it's to the feelings he brings out in her. When those feelings fade, so does the loyalty. That doesn't mean she will instantly betray you or run into someone else's arms. It means that the tether that bound her to you emotionally has already snapped, and without that tether, your role in her life becomes negotiable.

Men often misinterpret this, thinking, "If she loved me, she'd stay through the hard times." And yes, some women do. But love for women is sustained through emotional nourishment, not just history or obligation. She may have promised forever, but in her mind, "forever" was conditional on her feeling seen, valued, and safe. When that feeling dies, the promise fades with it.

The mental checkout isn't always about a man doing something *wrong*. Sometimes it's about what he stopped doing. Love for many women is an active, ongoing process. It needs gestures, attentiveness, reassurance, presence. And when those are taken away — whether through neglect, complacency, or distraction, the connection begins to wither. Slowly, quietly, without drama. Until one day, she's no longer there in any way that matters.

And then comes the most painful irony: the moment she finally walks away is the moment many men wake up. The silence, the emptiness, the absence hits like a blow. He starts replaying every conversation, every cold glance, every missed chance to hold her. And in those moments, he realises it didn't happen all at once. He just wasn't watching closely enough to see her go.

But by then, she has built a life in her head where you are no longer the centre. She has got used to making decisions without you. She has found other places to pour her emotional energy — maybe into friends, work, family, or simply herself. She has stopped asking you for what she needs, not because she got it somewhere else, but because she stopped believing you could give it

SIGNS SHE IS EMOTIONAL CHECKED OUT

When you speak, she listens. Or at least, she looks like she's listening. But then, you notice there's a difference. Her eyes don't light up like they used to. She doesn't lean in, doesn't ask follow-up questions, doesn't pull you deeper into the conversation. She'll laugh at the right moments, nod when it's expected, but her laughter feels like it's skimming across the surface instead of sinking in.

You still see her every day, still touch her, but it's not the same touch. She doesn't curl into you on the sofa. She doesn't absentmindedly reach for your hand in the car. Even her hugs feel different — they're returned, but with a kind of politeness, as though she's performing the gesture rather than melting into it. And you can feel that difference, even if you pretend you can't. You know when you're holding someone who's truly yours… and when you're holding someone who's already halfway gone.

The way you argue changes too. Once, she would push back, tell you when she thought you were wrong, try to make you see her side. She argued because she cared. Because she still believed the two of you could fix things. But now… now she lets it go. She stops correcting you, stops pointing out the little hurts, stops asking for change. It's not because everything's fine. It's because

she's stopped trying. Indifference is much quieter than anger, but it's far more dangerous.

Her life begins to stretch outwards without you. More evenings with friends, more solo plans, more hobbies that don't involve you. She'll be sitting next to you on the sofa, phone in hand, scrolling through something she doesn't feel the need to share. She's not necessarily with someone else — but she's building a life where you're no longer the centre. And that rehearsal is important, because when she finally leaves, it won't feel like jumping off a cliff. It'll feel like stepping into a space she's been decorating for months.

You'll notice she stops bringing you the soft parts of herself. The fears, the frustrations, the hopes that she used to lay in your hands like fragile glass, and which you were trusted to hold. But now those things are kept locked away. Not because she's secretive, but because she's decided you don't know how to hold them anymore. Vulnerability is always a choice, and she's choosing to stop giving it to you.

Even the past starts to fade from her tongue. She won't bring up that first trip you took together, or the night you stayed up until dawn talking about everything and nothing. And if you bring it up, she might smile, but it's brief. Distracted. Like she's smiling at a photograph of someone she used to know. The future you once

planned — the road trips, the home, the children, the adventures, all dissolve into silence.

And then there's that look. You might catch it once or twice, in a moment when she thinks you're not watching. It's not sharp with anger anymore, not heavy with sadness either. It's calm. Detached. As though she's watching life happen from somewhere just outside of it, weighing her place in it without you.

By the time you can see all of this clearly, she's been gone for a long time in her mind. She may still be wearing your ring, still using your last name, still sitting across from you at the dinner table — but her heart has already been moving, step by step, towards the door. And once it's gone far enough, there's nothing you can promise, nothing you can buy, nothing you can say that will bring it back. You can't rebuild a house when the person who lived in it has already moved out in spirit.

Differences Between Men and Women When Emotionally Checked Out

Aspect	Women	Men
Emotional sharing	Gradually stop telling you about their day, feelings, or little details of life; silence replaces emotional intimacy.	May still talk about daily events but avoid deeper feelings; become emotionally distant in conversations.
Physical affection	Hugs, kisses, and touches feel polite or mechanical; less spontaneous contact.	Often maintain physical intimacy longer but with less tenderness; touch may feel more like habit than connection.
Conflict response	Stops arguing or pushing for change; accepts issues silently, signalling she's given up on improvement.	Might withdraw from arguments entirely or avoid discussions, sometimes to escape confrontation.

Future plans	No longer talks about shared dreams or long-term plans; avoids "we" language.	May avoid commitment-based conversations; speaks more in "I" terms than "we."
Social life	Expands her circle without including you; spends more time with friends or alone.	Might spend more time at work, with friends, or in hobbies that remove him from the relationship.
Vulnerability	Stops sharing fears, hopes, or personal struggles; keeps emotional life private.	May avoid vulnerability altogether, speaking in vague terms if pressed.
Body language	Less eye contact, less leaning in, more physical distance; smiles without warmth.	More closed-off posture, less lingering touch, shorter conversations.
Memories	Stops bringing up the past; reacts distantly if you mention old happy moments.	May reminisce less but can still reference good times without emotional investment.

Decision to leave	Often emotionally gone months before physically leaving; departure feels calm and final.	May leave suddenly after long emotional detachment; sometimes needs a triggering event to act.

CHAPTER 6

WHAT WOMEN THINK MEN WANT

Some women grow up believing men are a single-minded species, that their desires can be summed up by a checklist of physical traits. A certain skin tone. A certain body shape. A certain style of hair. They watch the trends in music videos, adverts, and glossy magazines, and start piecing together an image of what a man supposedly dreams of. The problem is, those images are rarely born from truth. They're born from marketing, pop culture, and the loudest opinions in the room, not the quiet reality of what most men genuinely want.

So a girl who has perfectly healthy brown skin begins to see it as something that needs changing. She notices how the women in the spotlight are often lighter-skinned, how the ones who dominate billboards seem to

have that particular shade that cameras love. And somewhere along the way, she convinces herself that this is what men love too, not understanding that many men barely notice skin tone in the way she's been taught to think they do. The result is bleaching creams tucked away in bathroom cabinets, skin burned and stripped, all for a kind of approval that often exists more in her mind than in his eyes.

Then there's the obsession with curves — not the kind shaped by nature, but the kind sculpted by surgeons. Some women truly believe that the bigger the behind, the more magnetic they'll be to men. Social media feeds fuel the illusion, each photo cropped and angled to make it seem like this is the ultimate prize. And yet, many men aren't chasing exaggerated proportions; in fact, plenty prefer balance, movement, naturalness — things that can't be bought in a clinic. But the message never seems to travel far enough. Women go under the knife, risking health and even life, trying to match a fantasy that men themselves didn't write.

It's not just body shape and skin tone. The same illusion wraps itself around hair, nails, and lashes. Think of the long, elaborate claws worn by someone like Cardi B. They're part of her style, her brand. They work for her because she sells a persona built on flamboyance. But when the everyday woman starts to believe she needs

nails like daggers, lashes thick enough to cast shadows, and brows so sharp they could be drawn by an engineer, not out of personal choice but out of fear of being overlooked, it stops being fun. It becomes armour. And armour is heavy to wear every day.

A lot of this misunderstanding comes from watching what men admire in passing and mistaking it for what they value deeply. Yes, a man might glance at a striking figure walking down the street, double-tap a photo of Megan Fox in a magazine, or mention how Zendaya looked breathtaking at a red-carpet event. That doesn't mean he expects his partner to mirror that exact look. There's a difference between catching a man's attention for a moment and holding his affection for years, but that line is blurred so often that women end up exhausted, always chasing the next "look" to stay relevant in his eyes.

The same goes for hair. When Naomi Campbell ruled the catwalks, her waist-length, glossy straight hair became iconic. But it also planted seeds in women who felt their own natural textures — curls, coils, waves — weren't enough. Expensive weaves, hours in salons, chemical relaxers — all in the hope of mirroring what's been fed as "the standard." Yet many men genuinely couldn't care less whether a woman's hair falls to her waist or sits in a cropped afro; they care more about how she carries herself in it.

Men, for the most part, tend to measure attraction in layers. There's the surface layer, the one that makes them turn their heads, and then there's the deeper layer, the

one that keeps them coming home. And it's in that second layer where qualities like warmth, humour, support, and authenticity live. You can't bleach or buy those. You can't inject them or glue them on. They either grow from within or they don't.

The irony is, the more a woman chases the surface version of desirability, the more she risks losing the deeper one. A man can be bewitched by looks, but if he feels he can't relax around you, if every conversation is filtered through insecurity, if every moment together is about maintaining a performance rather than being real, that dazzle fades. And once it does, all that money spent on perfecting the outer shell suddenly feels like it was for an audience that left early.

These myths about what men want often leave women exhausted. Always adjusting, always comparing, always wondering if someone else out there is ticking more boxes. However, the truth is that most men aren't carrying around a checklist at all. They're looking for something they can't fully explain but know when they feel it. And more often than not, it has very little to do with the exact size of your hips or the tone of your skin.

WHAT MEN RESPOND TO

When it comes to the women men want to share their lives with, the picture looks different from the glossy ideals floating through social media or the dizzying standards pop culture tries to sell. Men might enjoy beauty. Of course, they do. However, beauty alone isn't what roots them. A man might be drawn in by the first spark of attraction, but when he thinks of "life with someone," his mind drifts to qualities that make that life worth living day in, day out.

One of those is peace. And not the cheap kind of peace that comes from avoiding every difficult conversation, but the kind of peace that feels like you can exhale around each other without fear. The world already demands so much from men — bosses breathing down their necks, deadlines looming, money never feeling quite enough, and the quiet pressure to "be strong" all the time. For many, a relationship that mirrors that same chaos is unbearable. They don't want to come home and brace for another battle. They want a woman who understands when to be soft, when to listen, when to let the air settle instead of filling it with noise. This doesn't mean she has no opinions or feelings. It means she knows how to create a space where both can feel safe to exist without being on guard.

Close to that sits respect. Men are constantly measured by the size of their paycheck, the status of their job, the car they drive, the house they live in. Most of the world only claps for the results, not the effort. But the woman he chooses for life is the one who sees him even when there's nothing to show yet. She notices the long hours, the risks taken, the times he pushes himself when no one else is watching. She doesn't speak to him like a child when he stumbles. She doesn't compare him to other men as if love is a competition he could lose at any moment. That kind of respect becomes fuel. It makes him want to build more, give more, become more — not because she demanded it, but because she believed in him before anyone else did.

Then there's loyalty. Sounds simple but runs deep. For men, loyalty isn't just about fidelity, though that's a foundation. It's about knowing she's in his corner even when he's not at his best. It's seeing her defend him when someone speaks poorly of him. It's her shutting down subtle disrespect before it grows. It's her making it clear, without performance or public displays, that her allegiance is to him and the life they're building. Without loyalty, everything feels temporary. Even the smallest cracks — jokes at his expense in front of friends, entertaining attention from other men "for fun," keeping one

foot out the door, slowly erode his trust until the relationship feels more like a fragile arrangement than a partnership.

Trust, for men, works in both directions. They want to be trusted, yes, but they also need to be able to trust her. Not just with secrets, but with their vulnerabilities, their fears, their dreams. They want to know that what they reveal in moments of weakness won't later be used as a weapon in an argument. They want to know she's not keeping a quiet backup plan in the form of a "friend" who would gladly take his place if things went wrong. For men, trust isn't a side feature of love — it's the entire foundation. Without it, every smile and kiss starts to feel staged.

And though it's often unspoken, men want to be desired. Not just physically touched, but looked at like they still matter, like they still spark something in their partner. When that desire disappears, it doesn't just dent their ego. Instead, it shakes their sense of worth in the relationship. For men, intimacy isn't purely about pleasure; it's about connection and reassurance. It tells them they're still chosen, still wanted, still attractive in the eyes that matter most. A simple touch, lingering eye contact, or warmth in the way she responds can do more for his sense of belonging than any grand romantic gesture.

Humour, too, is underestimated. Men aren't robots built to produce and provide — they want joy, they want lightness. They want to be able to laugh together at inside jokes that no one else would get, to tease each other playfully without cutting deep. A woman who can turn a mundane day into something memorable just by being herself has an advantage no amount of beauty trends can replace. When life throws its inevitable difficulties, the ability to laugh together often becomes the glue that keeps them from falling apart.

Support might be the most underrated of all. Real support isn't about clapping for every decision blindly. It's about understanding his goals enough to help him chase them, being honest when he's veering off track, and celebrating him in a way that feels genuine. It's about standing with him when the world doubts him, but also pushing him when he doubts himself. Men remember the women who were there when they had little, who encouraged them when others stayed silent, and who celebrated even small victories. That kind of support turns into deep gratitude, the kind that lasts decades.

The truth is, what men want in the women they choose to do life with rarely lines up with the surface-level image many women think they're chasing. Yes, physical attraction matters, but it's often the smallest,

quietest qualities that make a man stay. Not the nails, not the lashes, not the hourglass silhouette, but the peace that comes from knowing he is respected, trusted, desired, laughed with, supported, and never alone in the battles life brings.

COMMON MISTAKES THAT MAKE WOMEN LOSE ON GREAT MEN

In the context of relationships, a great man is one whose character, actions, and consistency create a foundation of trust, respect, and emotional safety. He is dependable, honest, and supportive, showing love not only in big moments but in everyday gestures. As relationship coach Matthew Hussey writes in *Love Life*, *"A great man doesn't just make you feel loved in the honeymoon phase—he makes you feel chosen every single day."*

1. Taking his consistency for granted: A good man won't shout about everything he does. He'll show up quietly — fixing things before you ask, making sacrifices you don't see, protecting you in ways you might never notice. Over time, if that consistency is met with indifference instead of appreciation, he starts to wonder why he's giving so much when it feels invisible. A woman who stops acknowledging his efforts unknowingly

teaches him that his presence is just "expected," not valued. Eventually, he'll stop offering it — or he'll offer it to someone who notices.

2. Publicly undermining him: You can love a man deeply and still cut him down without meaning to. A snide joke about his income in front of friends, a sarcastic comment about his ideas in public, or comparing him to another man "just to tease" chips away at his pride. A good man might laugh it off in the moment, but deep down, he feels betrayed. He expects the world to challenge him — but the woman he trusts should be his refuge, not another arena where he has to defend himself.

3. Making everything a test: Some women test loyalty, affection, and commitment constantly — withholding warmth to see if he'll chase, creating jealousy to see if he cares, asking loaded questions to catch him out. These games might keep an immature man hooked, but they exhaust a great man. He doesn't want to live in a relationship that feels like a never-ending exam where one wrong answer wipes out all the right ones.

4. Dismissing his struggles because "he's a man": A good man won't always open up easily — society has taught him to carry his burdens quietly. But when he does share his fears, frustrations, or insecurities, brushing them off with "You'll be fine" or "That's not a big deal" tells him you're not a safe place. He'll shut that door, and once it's closed, it's hard to open again. Women often think strength means he doesn't need emotional care — but the truth is, good men need it most, because they give it so freely to others.

5. Forgetting to desire him: Great men walk away quietly when they feel unwanted. They won't always say it outright, but they notice when kisses become routine, when touch disappears unless they initiate, when eye contact fades. They notice when intimacy feels like an obligation rather than a choice. For men, desire isn't just physical, but a sign that they're still chosen, still exciting to you. When that dies, so does a part of the relationship.

6. Constantly threatening to leave: In heated arguments, some women throw out "I'll leave" or "Maybe we should break up" as a way to win the moment. But for a great man, love built on shaky ground isn't worth the fight. If every conflict risks the relationship itself,

he'll eventually believe you're not really in it — and he'll spare himself the instability by walking away for good.

7. Not respecting his boundaries: A great man will set certain lines — not because he's controlling, but because he values respect and peace. Maybe it's about how arguments should be handled, maybe it's about privacy, maybe it's about how family drama should be managed. Ignoring those boundaries sends the message that his needs don't matter. And nothing makes a man feel more unwanted than realizing his voice has no weight in his own relationship.

8. Focusing on "potential upgrades" instead of gratitude: Even when a woman loves a man, she might keep measuring him against an imagined "better" version — a higher-paying job, a nicer car, a more prestigious title. That constant sense of "you're good, but you could be better" slowly kills his motivation. Gratitude doesn't mean settling — it means loving who he is while supporting who he's becoming, instead of loving him only when he becomes your idea of ideal.

9. Making everything about her needs: In the beginning, she may have been attentive and curious about his life, but slowly, the relationship tilts towards her side of the scale. Every conversation centers on her feelings, her stress, her dreams. His needs fade into the background, not because he has none, but because they're never asked about. Over time, he stops volunteering them. And when a man stops sharing, it's not because he's fine — it's because he no longer believes his inner world has a place in the relationship.

10. Bringing competition into the relationship: This isn't about healthy ambition. It's about constantly reminding him of what other men are doing, earning, or achieving. "You know, so-and-so just bought his wife a car" might be harmless in her mind, but in his, it's an unspoken accusation that, "You're not enough." A great man doesn't compete with other men for his woman's approval — he competes with himself to be better. But if that drive is met with constant comparisons instead of encouragement, he'll tire of feeling like he's in a never-ending race he never signed up for.

11. Not standing with him in public: It's easy to support a man in private when no one's watching, but great men notice when their partner sides with outsiders in moments where unity matters. Maybe it's a disagreement with friends, maybe it's a family dispute — but when she doesn't stand beside him, even if they argue about it later, it sends the message that his position isn't worth defending. A man who feels publicly abandoned will begin to guard himself — and when that guard goes up, intimacy fades.

12. Weaponising vulnerability: Some women encourage a man to open up, only to later use that information in moments of anger. She'll throw a past insecurity into an argument, mock a private confession, or bring up something he revealed in trust as a way to win. Once this happens, he learns that openness is dangerous, and he'll never show that side again. Good men value trust over almost everything — lose that, and you lose the man.

13. Treating his passions like distractions: Whether it's a hobby, a sport, a craft, or a quiet personal ritual, a man's passions are part of what make him whole. When those are mocked, belittled, or treated as childish wastes of time, he feels diminished. A great man wants

his woman to see the joy in the things that light him up — and when she doesn't, he begins to feel like he can only be himself away from her. That distance eventually stops being temporary.

14. Unchecked criticism disguised as "helping": There's a fine line between encouragement and control. Constantly pointing out what he could have done better, what he should have said, or how he could "improve" slowly transforms the relationship from a safe place into a performance review. Good men are open to growth, but they grow fastest in soil rich with respect, not in a field of constant judgment.

15. Forgetting that respect is oxygen for men: For many men — especially the good ones — respect isn't a bonus; it's the air they breathe in love. Without it, the relationship suffocates. Respect isn't about blind obedience, but about tone, about trust, about treating his role in your life as valuable. A good man can survive a lack of flattery, but he will not survive a lack of respect.

16. Allowing resentment to rot the foundation: Sometimes the loss isn't because of one mistake but because resentment is allowed to build, unspoken and unaddressed. She holds onto small grudges, he feels them

even if she doesn't voice them, and soon every interaction is coloured by a quiet tension. A great man doesn't need perfection, but he needs peace. And when peace is gone, he'll go find it somewhere else.

CHAPTER 7

MOST BEAUTIFUL WOMEN ARE LONELY

If there are any single and lonely people, then it's these unusually beautiful women. Before you start giving me that side-eye look, let me bring you up to speed. You might assume that a woman who turns heads everywhere she goes has life figured out, that doors open, opportunities pour in, and love arrives effortlessly. The reality is far messier. Men hesitate approaching dangerously beautiful women, not because they aren't interested, but because they talk themselves out of it before they even make a move.

They imagine she's already taken, that she's surrounded by admirers, that approaching her would be foolish or humiliating. And when they do summon courage, the fear of being rejected or seen as insecure makes

them retreat quietly. The ones who dare often melt away when real effort is required. And the ones who could match her. The steady, thoughtful, grounded men, hang back, unsure if they can ever measure up to the expectations that naturally surround someone of her presence and poise.

Some women, shaped by a lifetime of admiration, carry standards that are hard to meet. They've been told their beauty makes them exceptional, and they unconsciously search for someone who can keep up with that perception. Sometimes it's out of arrogance, sometimes it' s not but a survival mechanism developed from years of learning who can be trusted and who can't. But the high bar they hold scares away many of the very men who would treat them with genuine care.

They may not even realise it. Over time, she starts to see that the quality of attention matters more than the quantity. She longs for a man who can see her when the lights are off, who notices her mood before her makeup, who appreciates her thoughts, humour, and quirks. And so, she remains single, not for lack of attention, but for lack of connection that feels authentic and grounding.

Then there's the attention itself. Many men are drawn to them for the wrong reasons—status, bragging rights, a photo op. That kind of attention is noisy, fleeting, and often exhausting. Some men, instead of investing in a

real partnership, prefer to have them as side chicks or casual flings. Someone to show off on social media and social circle, but never to build a life with. That's a reality most beautiful women face quietly. It leaves them feeling admired but unseen, pursued but not chosen, wanted for the eyes of the world but not for the intimacy of the heart.

Dating apps make this loneliness even more visible. Many unusually beautiful women turn to dating apps in search of mates to feel their void. Not because they're looking for attention or playing around, but because finding someone real in the offline world is exhausting. It's a plain proof that, despite constant admiration, the connection they create, hardly amounts to anything genuine. For the most part, they end up alone, high and dry. So they swipe, they scroll, they try to make contact with people who might actually see them beyond the surface. It's ironic, really. You'd wonder. Why would someone so admired try so hard? Studies show that the most attractive women are more active on dating apps than the average woman. And that's loudly telling that, despite all the attention, they're often alone.

Even women who are globally admired have spoken about this struggle. Adunni Ade has shared in interviews how her beauty complicates dating, with people often focused more on appearance than personality. Jennifer

Lopez has openly noted that love hasn't been simple despite adoration worldwide—attention from millions doesn't translate into meaningful intimacy. Angelina Jolie has spoken about being misunderstood, where constant admiration and the aura of perfection don't mean that someone sees her human side. These aren't isolated cases; they're flashes of truth repeated quietly across lives that aren't in the spotlight, where women who look "untouchably beautiful" navigate the same labyrinth of misreads, hesitation, and misjudged intentions.

Social dynamics make it worse. Some men worry about scrutiny, jealousy, or competition, imagining she is "too much" for them to handle. Others react subtly, keeping their distance because they fear being outshone or judged. Women too can complicate the picture. The subliminal envy, quiet competition, or assumptions about her intentions can erode potential friendships and make her feel isolated even in rooms full of people who should be allies. Career demands, travel, public appearances—all the things that make her life exciting, also layer complexity onto what could otherwise be ordinary dating. The men who might genuinely fit into her life feel excluded, overwhelmed, or unsure how to navigate her world without tripping over expectations.

Even when someone sincere shows up, misreads happen. Men see hesitation and assume disinterest; she sees

caution and assumes disconnection. Two people who could belong together miss each other by inches, caught between assumptions, pride, and perception. She becomes private, distant, cautious. Loneliness is misread as aloofness; boundaries are misread as coldness. By the time they both realise where the truth really is, the train has left the station.

WHY MOST MEN ARE HESITANT TO APPROACH SCARINGLY BEAUTIFUL WOMEN

Most men will never say it aloud, but there is a certain kind of beauty that doesn't simply attract them, it freezes them in place. It's the sort of beauty that draws the eye but keeps the feet firmly planted, the kind that is noticed before the mind even registers what it's seeing. When a woman like that walks into a room, it feels as if the air shifts ever so slightly. Conversations quieten just a little, not because she demands silence, but because her presence alters the atmosphere. Men sense it instantly.

They may continue laughing, sipping their drinks, pretending to be engrossed in whatever they were doing, but some part of them is now acutely aware that she is there. The idea of walking over to speak to her becomes something entirely different from the simple act of starting a conversation. It becomes an event in the mind, a

high-risk attempt with no certain outcome, and that awareness alone is often enough to keep a man rooted in place.

Before a single word is spoken, the imagination has already begun working against him. He starts telling himself that she must already belong to someone, and not just anyone but someone exceptional, someone taller, wealthier, sharper, more confident. He imagines her surrounded by a kind of life he could not possibly offer, one that involves fine dinners, far-flung holidays, and a level of excitement his own days rarely touch. He convinces himself she probably expects men who are perfectly groomed, perfectly dressed, perfectly successful. These thoughts happen so quickly and feel so certain that he begins to believe he would be stepping into a contest he has no hope of winning.

There is also the belief, shared quietly among men, that beauty of that magnitude often comes with arrogance. Not always, but often enough that the idea sticks. Some women know the effect they have and lean into it. They grow accustomed to being pursued, entertained, catered to, and they develop a taste for the thrill of being sought after without having to do the seeking. Whether this is fair or not, the suspicion alone is enough to make many men think twice. Why walk towards someone if

you expect that, from the start, you will be measured and found lacking?

Another thought that often takes root is that a woman so beautiful can't possibly be single without there being a hidden reason. If she is alone, men suspect it's by choice and that the choice is tied to impossibly high standards, an unwillingness to settle, or a history of burning through relationships. The beauty becomes something men can't quite trust. It stops being purely attractive and starts feeling like a puzzle with a missing piece. Rather than test their guesses, they simply keep their distance, telling themselves it's better not to get involved.

For many men, the intimidation isn't subtle. It's not merely that she is attractive, but that she feels entirely out of reach. The phrase "out of my league" comes to mind. It's a mix of self-awareness and self-doubt, a quiet acknowledgement that she seems to occupy a higher rung on some invisible ladder. This perception may have nothing to do with her actual personality or lifestyle, but it's powerful enough to shape his behaviour. Once a man begins to believe that he is beneath her in status or desirability, the outcome feels predetermined, and he will usually avoid the risk altogether.

The fear of competition also plays its part. Even if she is standing alone, a man might picture her life as filled

with admirers, both seen and unseen. He imagines men who know exactly what to say, men who are more confident, more charming, men who have already made their moves and secured her attention. The thought of stepping into a race where he assumes the other runners are far ahead, is enough to stop him before he takes the first step.

Then there is the attention she receives from the world around her. Some men find the idea exciting, but many find it exhausting even in theory. They picture every public moment being shadowed by other men glancing, approaching, interrupting. The thought of being with someone who draws constant eyes can feel like an ongoing test of patience and security, and not everyone wants to live in that kind of spotlight.

Rejection is perhaps the simplest and most obvious reason, but it's magnified in this case. Being turned down by someone you are mildly interested in stings for a short while. Being turned down by someone you find almost otherworldly is different. It feels heavier. It's not just a refusal in the present moment, it echoes backwards, confirming old doubts and insecurities. Men will pretend it's nothing, but when beauty is involved, a "no" can feel like a judgement rather than a simple lack of interest.

To some, they view women of striking beauty as the kind who are meant for short bursts of excitement rather than long-term commitment. They imagine them at parties, in bright lights, in fleeting moments, but not in the slow, steady rhythm of building a life together. Whether this belief comes from cultural stereotypes, personal experience, or a fear of instability, it creates a mental barrier that keeps them from even making an attempt.

Some carry an old scar that never healed. It might go all the way back to their school years, their early twenties, or a time when confidence still felt like something that could be shattered with a single sentence. Maybe they once worked up the courage to speak to a woman whose beauty made their hands sweat, and she brushed them off without a second glance. Or worse, maybe she laughed with her friends about it while they were still standing there. Moments like that don't fade. They replay, not in the front of the mind but somewhere deep in the nervous system, like a reflex that fires before the conscious brain even has a say. Years later, another beautiful woman crosses their path and the body remembers — the heat in the face, the knot in the stomach, the quiet humiliation of being made to feel small. And so they step back, not because of the woman in front of them now, but because of the ghost of another woman from long ago.

Other men have been hurt before by someone beautiful and carry that experience with them like a warning sign. They remember the way it ended, the way they felt discarded, and they decide not to risk that again. Some fear that a woman like this will expect constant proof of their worth, a never-ending performance of charm, success, and novelty that would eventually wear them down. Others think of their own lives as safe and predictable,

and worry that bringing someone like her into it would be like introducing fire into a room filled with paper.

I once saw the hesitation play out in a way that was almost cinematic. It was a rooftop bar with the city lights spilling out in every direction. A woman in a black dress stood alone by the railing, looking out over the skyline. She was not checking her phone or scanning the crowd. She seemed entirely in her own thoughts. I noticed at least four men glance in her direction, some adjusting their jackets, others smoothing their hair, each starting to move towards her before slowing, pausing, and eventually turning back. I could not tell if they decided she was waiting for someone, or if they told themselves they weren't interesting enough, or if they simply lost the nerve. Whatever the reason, she left alone, and they stayed where they were, half watching her walk away and half pretending they had not noticed her at all.

Some men never even make it to the point of fearing rejection. They're already trapped in the weight of not knowing what to say. It's not the usual shyness that freezes them. Around most women they can joke without trying, tell stories without stumbling, speak without running every sentence through a filter. But when they find themselves near an unusually beautiful woman, their brain starts demanding perfection in every word. They measure and edit their thoughts as if each one is a

piece of glass that might crack if it's not shaped exactly right.

By the time they decide on what to say, the moment has slipped away quietly, like water through fingers. And it's not because she has done anything to intimidate them. It's the pressure they put on themselves, the belief that beauty on that level is a rare chance they can't afford to waste. That imagined rarity turns into a heavy weight, and the heavier it feels, the harder it becomes to simply speak like a human being.

There are also men who hide behind something they call self-control, though if you look closely it's really pride in disguise. They have built an image of themselves as men who never chase, men who let women notice them first. It's an unspoken rule, a code they live by without ever saying it out loud. But under that code there is a quiet, raw fear. If they step forward and she turns them down, it's not just the man in that moment being rejected — it feels like the entire image they have carefully constructed is being torn apart. Pride becomes the armour they wear, allowing them to walk away telling themselves they were never really interested. The truth is, the idea of her saying no is so sharp it could cut their sense of self in half. So they convince themselves that they're above trying, when deep down they're

simply afraid to be exposed as just another man who wanted her and didn't get her.

For some, the thought of approaching carries another kind of weight. They believe that winning her attention is only the beginning, that from there on they will be locked into an endless performance to keep her interested. They imagine they will have to constantly impress her, make her laugh at the right moments, look their best every time, never let their guard down. The pressure of maintaining that imagined standard wears them out before they even say hello. It's not that they don't want her, it's that they can't bear the idea of living in that state of constant proof, as if every day together is an audition they could fail. The irony is that many women, even the most beautiful, crave the relief of being around someone who doesn't perform for them but simply exists with them.

There are also men who believe beauty demands perfection in return. They look at themselves and see the crooked smile, the career that has not yet reached the level they dream of, the flaws they hope others overlook. They can't picture a woman like her accepting these imperfections without judgment. In their mind she lives in a world where only flawless men are allowed — the wealthy, the chiselled, the endlessly confident. They never consider that what she might actually want is

someone whose flaws make him human, whose honesty makes him trustworthy. This belief is so deep it shapes their every decision, freezing them in place whenever the chance to speak to her appears.

The irony is that men often accuse women of being the selective ones, of filtering out suitors too quickly. Yet with women like this, it's the men who decide against themselves before the woman ever has a chance. They choose to let the stories in their heads replace the possibility of a real conversation. They choose the safety of wondering over the risk of knowing. And in the end, she remains not a person they met, but a presence they once saw across a room, a brief moment that was easier to let pass than to claim.

WHERE THE TRUTH TRULY LIES

You'd be surprised how many of those breathtakingly beautiful women, the ones that can hush a room just by walking into it, spend their nights wondering why no one ever really talks to them. Not in the usual "Hey gorgeous, what's your Instagram?" way, but in the way that feels human, curious, genuine. Men stand there, two steps away, glancing, pretending not to stare, yet silently telling themselves a hundred little stories that keep their feet planted. She must have a boyfriend. She must be

high-maintenance. She must only date the kind of man who flies first class and wears a watch that costs as much as a car. She must be so tired of being hit on that she'd roll her eyes if I even tried. You'd be shocked how often those stories aren't just wrong, but the very reason she's still alone.

What most men don't realise is that beauty often comes with isolation. A woman who turns heads wherever she goes is surrounded by eyes, yes, but rarely by attention that truly connects. Men imagine her life is a constant parade of admiration, yet she might spend hours at home wishing someone would simply ask how her day went, or laugh at a story without trying to impress her. She may be bombarded with comments, likes, and messages, but few of them carry sincerity. It's strange, really, how the very thing that draws everyone to her creates a kind of loneliness that only a brave approach can pierce.

The truth is, the arrogance men assume about some beautiful women isn't always there. What you read as indifference can just as easily be shyness, or a defense she's learned after years of dealing with shallow, grabby attention. Some are guarded because they've been treated like ornaments, not people. Others put up that calm, untouchable front simply because no one ever stays long

enough to see past it. And yes, a few may have unreasonable standards—but so do plenty of men, and it hasn't stopped anyone from chasing what they want. The difference is, when a woman is strikingly beautiful, her standards are assumed before she even opens her mouth. It's as if beauty automatically writes the myth of who she is, and that myth becomes the wall that no one bothers to climb.

This idea that she's "out of your league" is one of the most self-defeating lies a man can tell himself. Leagues are an invention of insecurity. All they do is turn you into your own gatekeeper, shutting you out before she ever gets the chance. If anything, being bold enough to bridge that invisible gap says far more about you than any bank balance or gym routine. Because while other men hover in the background, making up excuses, you're the one who decided to find out for yourself. And you'd be surprised how often confidence, when it's not laced with arrogance, is the most attractive thing in the room.

Yes, competition exists. A woman like that will get approached—badly—a dozen times a week. The mistake men make is thinking that means she's already taken, or that her attention is impossible to win. The reality? Most of those approaches are shallow, transactional, thoughtless. They're attempts to impress rather than connect, and they blur together into the same forgettable noise. If

you walk in with genuine curiosity, a sense of humor, and the courage to see her as a person first, you've already set yourself apart from ninety percent of the field. That's not optimism. It's math.

And about this idea that they're "not marriage material" and only good for fun—honestly, that's not only wrong, it's lazy. Beauty and depth aren't opposites. Some of the most stunning women you'll meet are also the most driven, the most loyal, the most capable of building something real. But because men assume beauty automatically equals shallowness, many of them never even get far enough to find out. It's a strange irony that the women everyone thinks are drowning in options are often starving for something genuine, but the world has convinced itself that they don't need it.

So, if you find yourself in that familiar pause, heart racing, mind flooding with all the reasons not to walk over, remember that the stories you've built about her might only exist in your head. She might not be waiting for someone richer or taller or cooler. She might just be waiting for someone who's brave enough to cut through the fog of assumptions and actually say hello. The real tragedy isn't being rejected, but truly never finding out what would have happened if you'd tried. So, go for it!

CHAPTER 8

NO MAN IS STINGY

Men often get labelled as stingy, as if generosity is a fixed character trait that exists in isolation from context. The truth is far more human and far less judgmental. Generosity in men is rarely about wealth alone. It appears in the way he listens, the way he remembers what matters to you, the time he gives without complaint, the little sacrifices he makes that nobody notices. A man who feels respected and genuinely appreciated will often give far more than people expect, pouring attention, thought, and care into the relationship without counting the cost. But a man who feels unvalued, dismissed, or misunderstood will instinctively pull back. That pullback is often mistaken for stinginess, but it's

really self-preservation. A silent refusal to invest in a space that doesn't welcome or nurture his effort.

The woman he is with determines much of this behaviour. Generosity is relational; it's influenced by how she engages with him, how she receives his attention, and how she responds to the energy he brings. A woman who meets him with warmth, curiosity, and genuine engagement invites him to give without hesitation. She doesn't need to test him, demand proof of affection, or monitor his contributions. Simply acknowledging effort, showing appreciation, or creating a sense of shared adventure can unlock generosity that feels limitless. On the other hand, a woman who constantly criticises, seems indifferent, or challenges his intentions can make even the most willing man cautious, measured, and protective. Generosity isn't lost, it's withheld until the environment feels safe, reciprocal, and meaningful.

It's also important to recognise that generosity isn't only material. Some men show abundance in tangible ways, with gifts or experiences, while others give through time, attention, humour, emotional support, or even protection. A man may appear reserved with money, but he may be investing energy in ways that are invisible yet deeply significant. Remembering birthdays, noticing small changes in mood, being a consistent presence in times of stress — these are forms of generosity that often

mean more than anything purchased. Judging a man's generosity solely by appearances ignores the full spectrum of how human beings care for one another.

Trust is another decisive factor. Men are generous when they feel their efforts are respected and valued. A man who senses that a woman undermines, manipulates, or belittles him will instinctively pull back, not because he lacks desire to give, but because he protects his dignity and emotional well-being. Generosity is a two-way street. It thrives when the energy is mutual, when appreciation flows naturally rather than being demanded, when the man senses that his attention and effort are met with curiosity and warmth. When a woman treats him as a partner, as someone whose contributions matter, he is far more likely to open up, to invest wholeheartedly, and to share in ways that are generous beyond measure.

Past experiences also shape a man's willingness to give. Some men carry the memory of efforts rejected, of kindness taken for granted, or of gestures misread. These experiences leave an imprint that influences future behaviour. A man who has given freely and been dismissed may hesitate the next time, approaching generosity cautiously. But when he meets a woman who recognises effort, values intention over perfection, and meets generosity with gratitude, he is often transformed. The act of

giving becomes effortless and rewarding, not a performance to be calculated or measured. Generosity blossoms when the environment signals safety, trust, and respect.

Men respond deeply to emotional resonance. A man who feels connected, appreciated, and understood will give in ways that seem almost instinctual. He will offer time, attention, energy, humour, affection, and even vulnerability without hesitation. But if the emotional climate feels transactional, competitive, or indifferent, his generosity will contract, often invisibly. It's not stinginess; it's a human mechanism, a way to safeguard emotional and mental resources. Recognising this subtlety helps women understand men differently and allows space for authentic exchange, where generosity is a natural response rather than a forced obligation.

Ultimately, no man is naturally stingy. The capacity to give exists in nearly every man, waiting for the right circumstances, the right partner, and the right emotional climate. What he gives and how freely he gives depends largely on how he is treated, how his efforts are received, and how meaningful the connection feels. Men are relational beings, and their generosity reflects the quality of the relationship, not a fixed character trait. A woman who fosters curiosity, warmth, respect, and reciprocity will often unlock generosity in ways that surprise both

parties. The irony is that those who are accused of being stingy are often capable of extraordinary giving, but only when the energy around them invites it, nurtures it, and rewards it with genuine appreciation.

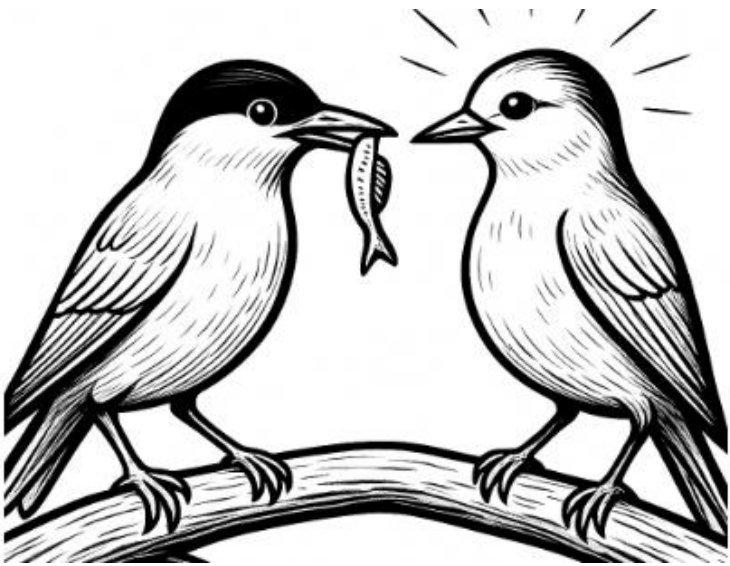
Understanding this transforms the way we see men, generosity, and relationships. It reminds us that what looks like stinginess is often a response to context, not a flaw. It also invites women to engage differently, to notice the cues that inspire giving, and to recognise that men are capable of deep, abundant generosity when they feel safe, seen, and valued. A man's giving is never simply about obligation; it's about connection, trust, and the shared human rhythm that allows both partners to flourish.

MALE GENEROSITY AS A MATING SIGNAL

1. In the context of animal mating

If you watch the animal world carefully, you notice that men were never the first to think of generosity as a way of saying I want you. Long before humans dreamt of roses, rings slipped onto fingers, or candlelit dinners meant to impress, animals were already fluent in this strange but powerful language of giving. Take the male tern for instance, a small seabird with a sharp beak and

endless energy. When he brings back a fish from the ocean, he doesn't keep it for himself, though he's tempted to do so because of ravaging hunger. He turns instead and offers it to a waiting female. To someone who doesn't know better it looks like a simple act of kindness, perhaps even habit. But it's not. That fish is his heart laid bare. It's his way of saying, I can hunt, I can feed you, I can let go of something that could have been mine. That fish is less about food and more about promise, a promise of survival, of safety, of a future.



And the beautiful part is that he female doesn't see a fish alone. She sees the hours hidden inside it. She sees the flight across the grey water, the sudden dive, the cold shock of the sea against feathers, the sharp strike timed perfectly before the prey slipped away. She sees the risks that hung over every dive, the chance of missing, of returning empty, of failing. In that gift she reads his story. She knows whether he is skilled, patient, persistent, and whether he is willing to give something up for her. The fish is food, yes, but it's also proof of effort and promise.

Some species take it even further. A male shrike will often spear his prey, mice, insects, lizards, onto thorns or even barbed wire, building what looks like a gruesome pantry. And when it comes time to impress a female, he chooses carefully, offering the best of his catches. To us it looks macabre, yet in his world it's a gesture of care. He is saying, I don't just hunt for myself, I hunt for you. The female knows what that means. She knows he has the courage to chase, the strength to kill, the foresight to store, and the generosity to give it away. The romance isn't in the blood and feathers, but in the gesture that paints an image of a shared future. Of provision. Of care in a world where the next meal is uncertain.

It doesn't stop there. Male spiders too, have their own way of weaving generosity into romance. In certain species the male will catch an insect and carefully wrap it in

silk, turning it into a neat little package. Imagine it for a moment, a tiny spider dragging a bundle twice his size, shimmering in thread, inching his way towards a female who might very well eat him if he missteps. To us it may look absurd, but in his world that silk wrapped gift is everything. If she is hungry, the offering distracts her, buying him precious minutes to mate without being devoured. If she is impressed, it wins her interest. Either way, the act demands effort and risk. He can't fake it. A weak male can't drag the gift, a careless male can't prepare it, a stingy male can't afford to part with it. The female can tell the difference immediately, because she reads not the package itself but the labour behind it.

The bowerbirds, the eccentric artists of the forest, are no exception. The male doesn't offer food or prey, instead he pours himself into building. He spends weeks gathering sticks and weaving them into a structure, not a nest for living, well, more of a stage, a theatre. He decorates it with whatever he can find, berries, shells, feathers, even bits of plastic or glass stolen from the modern world. He arranges them by colour, by shine, by balance. The bower isn't functional in any way, the female will never live in it, nor will their chicks. It's art for the sake of art, labour meant to nudge her eyes only. What he is really saying is, I am so capable, I am so strong, I am so resourceful, that I can afford to waste effort on beauty.

Only a male who has energy to spare can invest in something so unnecessary, and that unnecessary beauty is precisely what makes it meaningful.

When you take a step back, the pattern becomes clear. Across oceans, forests, deserts, and skies, males are telling the same story in a thousand different dialects. They bring food, or art, or sacrifice, and females respond. Generosity is the hidden language of courtship, the soothing rhythm that beats beneath all the songs and dances. It works not because of the gift itself but because of the cost it carries, the effort it demanded, the risk that came with it. That is why it's honest, why it can't be faked for long. A tern who can't fish will fail eventually, a lazy spider who can't drag a convincing gift, a clumsy bowerbird who can't build beauty. Male generosity serves as a currency that opens the gates of mating without a single word spoken.

2. Human mating

When a young man sees a woman he desires, his first instinct is rarely words. Words come later. The first move is usually some form of giving. It might be something small, a drink placed in front of her at a gathering, or a flower plucked on the way to her house. Sometimes it's bigger, like paying for dinner or helping her family when they're in need. To outsiders it looks like culture,

a custom we have learnt. But if you peel away the clothing of civilisation, you will find the same thing the birds and spiders are doing.

In many societies, both old and new, this pattern is everywhere. In the past, acts like bride price or dowry payment were evident. A man who wished to marry had to prove his worth with cattle, goats, or land. It was not just wealth being displayed, but generosity and commitment. The family of the bride would watch carefully. If the man brought little, they questioned his ability to care. If he brought much, they said, here is someone who can give beyond himself. Even today, in towns and cities where people think such customs are fading, the same spirit still moves quietly. A man brings a gift when he visits a woman's home. He insists on paying the bill when they go out. He spends time, energy, even pride, just to show that he is willing to part with something for her sake.

Women, whether they admit it or not, read these signs as carefully as the female bird looking at the fish in the beak of her suitor. A man may bring roses, and the woman sees not the flowers but the effort of waking early, going to the market, and spending money that could have gone elsewhere. Another may offer his time, fixing something in her home or listening with patience,

and she sees not only the action but the sacrifice of his hours. It's the giving that matters, not the object itself.

Men have always used generosity to speak the language of desire. Long before words carried the weight of love or promise, actions had to do the talking. A man who gave away a prized catch of meat in a hunter-gatherer band was not merely feeding others, he was putting himself on display. In a world where survival was uncertain and food was never guaranteed, the choice to give away something so vital was not just an act of kindness, it was a performance. The very act of sharing what could have been hoarded was a sign of abundance, of confidence, of capability. It told a story louder than speech could manage. He was saying that he had the skill to secure food, the strength to risk the hunt, and the resilience to survive without clutching everything to his chest.

Women saw these gestures not as random goodwill but as evidence. Evidence that this man, unlike others, could shoulder the demands of survival and still have enough left over to invest in someone else. Generosity became, in that sense, a courtship ritual older than speech itself, a kind of silent declaration that spoke across the firelight.

From an evolutionary psychology angle, women were never choosing at random. A poor choice in a mate could mean hunger, vulnerability, and children who might not

live to see adulthood. So attraction was never just about charm, or looks, or even strength in isolation. Instead, it was more about reading signals that revealed deeper truths. Words, even when they arrived much later in human history, were always slippery. They could flatter without substance, they could promise without delivery. Bodies, too, could be misleading, for a strong frame didn't always translate into provision or care. But costly acts—acts that demanded effort, sacrifice, or risk, were harder to fake. If a man hunted, gathered, built, or gave at a cost to himself, it revealed two things at once. That, he had the resources and skill to thrive, and that he was willing to allocate some of those resources to someone else. It was the very cost of generosity that made it reliable. A cheap trinket or a hollow gesture could be dismissed, but a significant sacrifice carried undeniable weight. The man was placing his own survival currency on the table, and in that gesture, he was inviting a woman to imagine a shared future.

Anthropologists have found that even in small hunter-gatherer societies, men who shared widely were often the ones most desired as mates. Among the Hadzabe of Tanzania, for example, men who returned with meat and distributed it freely were seen as more attractive to women. This is because sharing demonstrated

traits that mattered for the long haul such skill, resilience, reliability, and social standing. The hunter who hoarded remained a small man in the eyes of the group, but the one who gave generously became a man whose name was spoken, whose deeds were remembered, and whose tent was not empty for long.

Geoffrey Miller, in his book, *The Mating Mind*, described generosity as part of what he called "courtship displays," human equivalents of the peacock's tail. Just as the peacock's awesome feathers are extravagant and even wasteful in terms of survival, yet powerful in signalling health and genetic quality, men's acts of generosity work in much the same way. To give away food, wealth, or labour is to advertise resilience. It's to say, "I can afford to lose this and still thrive."

Miller argued that such traits survived natural selection precisely because they impressed potential mates and reassured them of long-term viability. Wastefulness, when purposeful, isn't waste at all—it's communication. In other words, the man who gives isn't simply being altruistic; he is broadcasting fitness in a way that words alone never could. His gifts are feathers, not of colour and plume, but of time, effort, and sacrifice.

David Buss, one of the leading voices in evolutionary psychology, reinforces this with his studies on mate pref-

erences. Women consistently rate traits linked to resource acquisition (generosity included), as highly attractive in long-term partners. But it's never just about the ability to gather or acquire, rather about the willingness to part with it.

A man who hoards his gains, who guards every coin or crumb, signals selfishness, which in the intimate space of a relationship could easily translate into neglect. A man who shares, even when the cost is felt, signals commitment, which in the context of family life could translate into long-term investment in children. Across cultures and centuries, generosity has served as a shorthand for both ability and intent, the two pillars upon which trust in a mate has always rested.

MEN KNOW THE ONE TO SPEND ON

A woman can sit back and watch a man she once dated pour himself out for another, and she is left burning with questions. She remembers how she had to beg him for the smallest things, how every little request turned into a negotiation, how he counted every coin and measured every act of kindness like a merchant who feared losing profit. She remembers how his hand always felt heavy when it came to giving, as if generosity was a burden too great to carry for her sake.

Then she sees him with someone new, and suddenly he is all generosity! Taking her on trips, buying gifts without hesitation, paying bills with a smile, showering her with the kind of attention he once denied. To the woman who was denied, it feels like betrayal, almost madness. She wonders, *was I not enough? Was there something wrong with me? Or did he simply choose to love her in a way he refused to love me?* These thoughts can eat away at a woman's confidence, because to witness such a transformation in the same man is like watching two different versions of him: one miserly, the other abundant.

The truth is that a man's generosity isn't fixed. It bends and sways depending on how he feels about the woman he is with. A man isn't a machine with a steady output of giving; he is a creature of feeling, of desire, of instinct. To one woman, his heart opens like a river, flowing freely, almost uncontrollably, as though he can't help himself from pouring out. To another, his heart stays shut like a locked chest, unwilling to release more than a few drops. This difference isn't always about the money in his pocket, because even broke men have been known to stretch themselves beyond reason for a woman who touches them deeply.

What matters is the fire in his chest, the inspiration she gives him, the way she makes him feel about himself and about the future. If he sees in a woman something

that awakens his longing, something that touches his instinct to build and invest, then giving becomes easy, natural, almost joyful. If he doesn't see it. If she drains him, resists him, or makes him feel small instead of inspired—then his hand closes, and he convinces himself that withholding is safer than wasting.

Generosity in men isn't just about resources, it's about meaning. It's a language, a signal, an emotional investment. When a man believes his giving will be received with warmth, respect, and even gratitude, he gives more. Nothing fuels a man's willingness to give like seeing his efforts appreciated, like watching his woman's face light up over what he has done, no matter how small. But when his gestures are met with entitlement, with coldness, with indifference, his desire to give shrinks. Men are quick to withdraw when they feel taken for granted, because at their core they don't want their efforts to feel invisible. So, the same man who looks stingy with one woman may look extravagant with another, not because he suddenly became rich or kind, but because she drew out a side of him that the other could not. She inspired him to give, to stretch, to be generous, while the other unknowingly pushed him towards caution, withdrawal, and holding back.

There is also instinct at work here, the old survival voice that has lived in men since the beginning. Men give

more where they sense a future, where they feel their efforts will bear fruit, where they see loyalty, softness, and a home for their seed. Even if he can't explain it, a man instinctively calculates whether his resources—his time, his money, his energy—will multiply in the hands of a certain woman or vanish into nothing. He gives less where he feels waste, where there is no promise of return, where loyalty is uncertain or where he senses she is already looking over his shoulder for a better option. Even if they never say this aloud, even if they can't put it into words, the instinct is alive and powerful. A man's generosity becomes a reflection of the soil he believes he is planting in—fertile ground makes him risk more, barren ground makes him hold back. This is why some men, even with limited means, will break themselves to build with one woman, while with another, they're calculating every penny as though she were undeserving of the risk.

Women often take this personally, and it's hard not to. To watch a man treat another with abundance after starving you with scarcity feels cruel, almost as though he was punishing you for existing. But it's not always about worth, not in the way one imagines. Sometimes it's chemistry, that invisible spark that awakens a man's softer instincts. Sometimes it's timing—when he was

with you, perhaps he was still lost in his own battles, unwilling to give, but by the time he meets another, he is ready.

Sometimes it's the quiet ways two people fail to inspire each other, a mismatch of needs and expectations. One woman may unlock a man's giving nature simply by the way she makes him feel needed and respected, while another leaves it buried because she never understood how to draw it out. The same man, two different outcomes, depending on the woman before him.

So when a man seems generous with one and stingy with another, it's not proof that one woman is better than the other, but proof that his giving responds to what he feels, what he hopes, and what he believes the future holds. His generosity isn't just a habit, it's a language of desire and intention. To understand it's to see that giving is never random, it's always tied to how a man sees his life unfolding with the woman he chooses. And perhaps the deepest truth here is that generosity isn't only about the man—it's about the space the woman creates around him. In one space, he feels safe to open his hands; in another, he feels compelled to keep them closed. And that, more than anything, explains why the same man can be miserly in one love story and lavish in the next.

CHAPTER 9

CHEATING IN MEN VERSUS WOMEN

Cheating wears different faces depending on whether it's a man or a woman stepping outside the bounds of a relationship. To say men and women cheat for the same reasons would be a comforting lie. The roots are often different, shaped by old instincts, by culture, by unspoken needs that either go unmet or unrecognised. When a man cheats, it often grows from desire for variety, conquest, or simply the thrill of having something new. For many men, loyalty to one woman doesn't silence the restless curiosity that lurks in them.

Culture often feeds this hunger. In many societies, men are quietly excused for wandering. Their infidelities are dressed in words like "boys will be boys," "he is just being a man," or "he was tempted." That leniency

doesn't remove the wound from the betrayed woman, but it shields the man from shame in ways that women can never enjoy. Thus, a man's cheating isn't only a personal act but also a cultural reflection of what he has been told he is allowed to get away with. Some men cheat simply because they believe they can, because the world will not judge them as harshly as it will judge a woman.

With women, the picture bends differently. When a woman strays, it's rarely for the thrill of conquest. She cheats not because she craves another body but because she longs for another heart. For her, betrayal often blooms from emotional hunger, from the ache of feeling unseen, unloved, or unvalued. A woman who feels cherished, who feels her presence matters, rarely looks elsewhere. But a woman who feels invisible may find herself drawn to the man who notices her laugh, who remembers her words, who touches her not with haste but with meaning. She cheats not out of boredom but out of neglect, not out of lust but out of a craving for intimacy that her current partner no longer provides.

This difference reveals something about male and female wiring. Men are often capable of compartmentalising desire. They can pursue another woman without dismantling their attachment at home, claiming that the two are separate, that sex doesn't mean love. Women, more often, entangle desire with affection. For many, to

give their body is to give their heart, and so their infidelity isn't just an act but a shift in loyalty. A man can cheat while still insisting he loves his wife. A woman cheats more often when that love has withered or when her need for closeness outweighs her fear of betrayal.

From an evolutionary lens, men have been shaped to scatter, to spread their seed widely, to maximise chances of passing on their lineage. That primal drive still exists, long after the age of survival has passed, surfacing as temptation, conquest, and novelty-seeking. For women, the instinct tilts differently. Women evolved to be choosier, to protect the quality of the lineage as much as the survival of offspring. When a woman cheats, it's often strategic (knowingly or unknowingly). She might remain married to a man who provides stability, resources, or security, but stray towards another man who carries traits she deems desirable: strength, intelligence, dominance, or even physical vitality. That is why history and even modern gossip often record stories of women stepping outside marriage not for "just anyone," but for men who embody certain traits their husbands seem to lack.

INFIDELITY IN THE VIEW OF GENDER LENS

Why men and women cheat is one of those questions that never really gets an easy answer, because it doesn't live in one place. It lives in biology, in culture, in personal wounds, and in the quiet corners of relationships that stop feeling alive. And the truth is, men and women often step out for different reasons, and if you look closely, you'll see it's less about lust or weakness and more about the very different hungers they carry.

1. MEN

Men cheat for a thousand reasons, and most of them have very little to do with love. The first, and maybe the most obvious, is desire itself. Men are wired to notice variety, to be drawn to novelty, to feel the thrill of conquest. Even a man who loves his partner deeply can find himself pulled towards someone new, just because she exists, just because her smile sparks something that has lain dormant, just because the idea of possession, even fleeting, excites him. There's something primal in the instinctive tug that evolution has carved into male nature over thousands of years, the urge to spread his seed, to ensure the continuity of his line, to explore opportunities wherever they appear. He might tell himself it's just a

moment. Just a harmless fun, but underneath it all, are biological imperatives that can't be entirely silenced by conscience alone.

The pull of a man towards another woman has been shaped by thousands of generations where survival and reproduction mattered more than loyalty as we understand it today. Robin Dunbar and other evolutionary psychologists have explored this pattern, showing that men's desire for novelty and variety in mates isn't a social quirk but a remnant of survival strategy. It's a hunger that sometimes can't be fully satisfied within the boundaries of one relationship

For some men, cheating is tied less to sex and more to ego. To prove they still matter, that they can still attract, that they haven't lost their edge. A compliment given to them or a look of admiration, can badly feed the part of them that worries about relevance, potency, and masculinity. Some men cheat simply to reassure themselves that they're still desirable, still powerful, still capable of being chosen. Others do it to show strength or superiority to their friends, to signal that they're "winning" in a world where status and perception often define self-worth. The true truth is, this rarely is about replacing their partners. On the flip side, it's about boosting own sense of worth, restoring confidence, reclaiming a sense of vitality that feels dulled in the routine of daily life.

Ego-driven cheating is a kind of performance, a private stage on which he seeks validation, sometimes without fully realising the emotional consequences for anyone else.

Sexual frustration drives cheating too. When a partner denies intimacy, whether consciously or through neglect, some men look elsewhere to satisfy a basic need that, for them, can't wait. This doesn't always reflect dissatisfaction with the woman he's with, it's about a biological rhythm, a desire that demands attention. Even men who are deeply in love, invested in family life, committed to long-term goals, may feel pulled by this restless hunger. They might seek someone who's willing, responsive, or simply available in ways that their partner isn't at that moment. For some, it's about timing, impulse, or opportunity, for others, it's about reassurance that they're still sexually potent, still desired, still capable of arousing passion. Sexual cheating, in this sense, isn't about replacing love, but more about reaffirming physical identity, desire, and vitality.

Social and cultural pressures, as mentioned briefly earlier, play a big role too. Men are often surrounded by peers who normalise or even celebrate infidelity. Jokes, advice, shared stories, all make cheating feel like part of male culture, a rite of passage, or a harmless indulgence. In some circles, men are expected to prove their prowess,

to show that they're still "in the game," capable of attraction and conquest outside their committed relationships. The pressure to fit this masculine ideal of conquest, availability, and dominance can override hesitation or moral doubts. Culture doesn't excuse the act for those hurt by it, but it creates an environment where men feel entitled, justified, or at least emboldened to cheat. In professional or social strata from offices to political circles, temptation is amplified by access, opportunity, and a sense of being untouchable, making the behaviour as much about society as it's about personal choice.

It wouldn't be complete without me mentioning personality, which, honestly, matters too. Men who are risk-takers, impulsive, or thrill-seeking are statistically more likely to stray. Those who crave status, recognition, or competition may cheat to assert dominance or maintain a sense of superiority. Personality interacts with environment and circumstance, meaning a man's likelihood to cheat is rarely about just one thing. It's a mix of biology, upbringing, and opportunity. Men who thrive on adrenaline, novelty, or the validation of conquest are more vulnerable to temptation, while those who are introspective, disciplined, or emotionally attuned may resist even when the chance arises. Looking at cheating from this angle shows it's not just moral failure, but rather a complex interplay of impulse, insecurity, and learned behaviour.

Finally, mate selection instincts continue to operate even today. A man committed to one woman may cheat if he meets someone who, consciously or not, signals superior genetic traits, fertility, or compatibility. It's not always conscious reasoning, but a reflection of ancestral pressures to maximise reproductive success, encoded in the brain as desire and attraction. Men may find themselves drawn to youth, vitality, fitness, or traits that suggest strength and health, sometimes without realising that these instincts are steering them. The drive to spread his seed, to test desirability, to assert masculinity, combines with modern opportunity and desire, producing patterns of infidelity that are both old and instinctual yet shaped by today's social conditions.

So when a man cheats, it's rarely about lacking love. It's about desire, ego, instinct, opportunity, and culture all pulling him towards someone else. His heart may remain with his partner, his home may remain intact, but another part of him seeks proof, variety, and affirmation outside the relationship. Understanding this doesn't excuse it, but it explains why male infidelity is persistent, complex, and deeply rooted in biology and society.

2. WOMEN

Unlike men, women cheat with emotional attachment. While a man can pursue another woman and compartmentalise it from the love he feels for his partner, women rarely do it that way. Most women only step outside a relationship after checking out emotionally, after long stretches of feeling invisible, undervalued, or disconnected. For them, sex is never just physical; it's entwined with desire, longing, and emotional fulfilment. That's why it's so hard for a woman to love two men at once. Her body doesn't separate from her feelings in the way many men's do. When she cheats, it's a sign that her primary emotional needs aren't being met, that she has found someone who awakens a part of her that has been dormant or neglected, someone who sees her in a way her partner no longer does.

Sometimes it's not about longing alone. Sometimes women cheat for revenge, as a way of reclaiming power or settling scores. Maybe she's hurt, ignored, or betrayed, and stepping outside feels like a way to balance the scales. Sometimes it's curiosity, the thrill of being desired, the excitement of attention she doesn't get at home. Even women who are otherwise content may feel a pull toward someone new if that person notices them in ways that

spark attention, desire, or validation. It's rarely a calculated plan; often, it's impulsive, a sudden meeting of opportunity, temptation, and the unresolved need for recognition.

In terms of evolution and mate selection, even as a woman remains committed to her partner, she may unconsciously seek traits in another man that her current partner lacks. It could be strength, attentiveness, vitality, or qualities that signal good genes or compatibility. It doesn't mean she's dissatisfied in a simplistic way; often it's an instinctual drive to optimise survival, security, and emotional satisfaction. High-profile women, say politicians, executives, celebrities, may gravitate toward men of lower social status, like drivers, security guards, or gardeners, because these men offer undivided attention, simplicity, and emotional presence that is missing in relationships where status, power, or routine create distance.

Sometimes, women cheat because of personality and lifestyle. There are women who thrive on excitement, novelty, or emotional highs, who are naturally curious, restless, or thrill-seeking. For them, staying in one predictable emotional orbit can feel suffocating, almost like living life in slow motion, and they may find themselves drawn to someone who shakes up their routine, sparks new feelings, or gives them a rush of attention they don't

get at home. It's not always about dissatisfaction with a partner, it can be a reflection of their temperament, the way they process life, desire, and attention. These women often don't cheat casually—they're exploring, testing themselves, trying to reclaim a part of life or personality that feels dormant. Sometimes it's about novelty, sometimes about feeling alive again, sometimes it's about proving to themselves that they're still capable of desire and passion. Even when their home life is secure, their hearts and curiosity can push them toward emotional experiences that feel forbidden, intoxicating, or simply thrilling.

Social circles also play a huge role. Friends can influence behaviour more than we like to admit. A woman surrounded by peers who talk casually about affairs, who joke about "deserving attention" outside a relationship, or who share stories of their own flings, can start seeing infidelity as normal, or even glamorous. Parties, work events, or casual gatherings can create moments where curiosity meets opportunity, and suddenly the "why not" question feels natural, almost inevitable. Advice or subtle hints from friends, especially when framed as empowering or validating, can nudge a woman toward testing boundaries she might otherwise never touch. Sometimes it's about wanting to belong, to feel understood, or to live up to the idea that life should be exciting and

spontaneous, and when that social reinforcement is strong, the emotional walls around her choices start to weaken.

Curiosity is another powerful motivator. Women, particularly those in long-term relationships, often wonder whether they're still desired, attractive, or capable of turning someone's head. It's a natural question, and one that can be surprisingly intense when self-esteem has taken a hit, or when ageing and life responsibilities start to make her feel invisible. Cheating, in this sense, can be about self-validation. Proving to herself that she still has appeal, that sexual desire still exists for her, that she can be wanted. It's not always about replacing a partner, but about reconnecting with a sense of vitality, sensuality, and confidence that can fade in a routine life. This curiosity can be like a small act of a fling at first that, in the end, grows sometimes enough to tip the scales, especially when the other person notices her in ways her partner no longer does.

Sometimes infidelity, on the part of women, stems from personality and past experiences. Women who have felt neglected, emotionally abandoned, or invisible in past relationships may have a lower threshold for seeking attention elsewhere. Those with adventurous, impulsive, or extroverted tendencies might act quickly when opportunity arises, while more introspective or cautious

women may linger, thinking through the consequences, yet still give in when the emotional pull becomes too strong. Life experiences, emotional wounds, and temperament all shape the "how" and "why" of female infidelity. Sometimes it's about exploration, sometimes connection, sometimes revenge, and other times, self-discovery or reclaiming a sense of personal power. The reasons are layered, complex, and rarely singular.

In essence, female infidelity is multi-layered and deeply human. Emotional needs, personality, social influence, curiosity, and self-worth all weave together to create choices that are rarely random, impulsive, or purely physical. Unlike men, where desire, ego, and opportunity often drive cheating, women's infidelity usually reflects emotional gaps, psychological drives, and the push and pull of social and personal influences. Each affair tells a story about what's missing, what's craved, and what the woman is searching for: attention, intimacy, recognition, or proof that she still matters. It's rarely casual, hardly detached, and often carries a weight of emotion, reflection, and longing that can't be ignored.

CHAPTER 10

SIGNALS OF ATTRACTION

One of the biggest misunderstandings between men and women lies in how gestures are read. Many men have grown up believing that when a woman is kind to them, laughs at their jokes, or offers help, it must be a signal of romantic or sexual interest. They take the smile, the friendly tone, or even a simple check-in as a greenlight. But from a woman's perspective, kindness isn't always tied to romance. A woman can be nurturing, warm, and attentive because that is her nature, because she values empathy and connection. She may be genuinely kind simply because she respects you as a person, not because she is interested in you as a partner. This

misunderstanding creates a lot of confusion, and sometimes disappointment, because what men interpret as an open door may simply be a gesture of humanity.

When men want to show interest in women, the story is often different. Men tend to communicate affection through acts of service or material gestures. They buy gifts, pay the bill, compliment a woman's beauty, or offer to fix something around her house. These are tangible signs that a man isn't just being friendly but is trying to show he values her in a deeper way. For men, these gestures are loaded with meaning, often louder than words, and when these actions aren't reciprocated, men can feel overlooked or taken for granted. It's important, however, to realise that not every woman interprets these actions the same way. Some may appreciate the attention but see it as friendliness, others may feel overwhelmed if they sense it's too much too soon.

Now, men often misinterpret certain actions from women as sexual interest, when in reality, those actions may be rooted in friendliness, comfort, or just shared energy. A woman laughing at your jokes, touching your arm during conversation, or dancing freely at a party isn't always an invitation for intimacy. Sometimes it's just expression, sometimes it's a natural extension of her social nature. The key for men is to handle these situations with patience and awareness, rather than assuming

every touch or laugh is an open door. Men who can distinguish between genuine sexual interest and social warmth save themselves from embarrassment and broken expectations.

At the same time, women who are genuinely interested in a man will often go out of their way to create opportunities to be noticed. She might place herself in his line of sight, make excuses to start small conversations, or find reasons to ask for his help. She may laugh at his jokes even when they'ren't the funniest, linger in his presence longer than necessary, or remember small details about his life that most others forget. Women love attention and validation, and when they're drawn to a man, they brazenly position themselves to receive it. It may not be direct, it may not be loud, but it's intentional. She wants him to see her, to notice her effort, and to respond in kind.

MALE CUES IN ROMATIC PURSUITS

When men make gestures towards women, they're rarely without intent. A man buying a woman lunch, driving her across town, or walking her home after an event may look like casual kindness on the surface, but most of the time there is a deeper layer. Men hardly give their time, resources, or energy without expecting some form of

emotional or romantic return. This doesn't always mean sex immediately, but it often means loyalty, appreciation, respect, and eventually, intimacy. For men, generosity is an investment, a quiet but deliberate way of saying, *I value you and I want to be closer to you.* When this goes unnoticed or brushed aside as "just friendship", frustration brews, because the man knows his intention was never neutral. His gestures weren't mere actions of a-God-bless-you, but part of an unspoken courtship language.

This is why the idea that men and women can be strictly "just friends" often rings hollow, especially when looked at honestly. Most men, no matter how disciplined, aren't wired to completely shut down the possibility of something more with a woman they find attractive. If the opportunity presented itself, even the men who swear they see a woman as only a friend would struggle to walk away. That isn't necessarily because they're dishonest or predatory, but because male attraction is rarely fully dormant. It's often quietly simmering, waiting for an opening. A woman might believe the bond is purely platonic, yet the man may be quietly holding space for something more, should she ever signal that she is open. In his mind, friendship with an attractive woman isn't a neutral state, it's an extended waiting room.

Take small gestures for example. A man offering to pay school fees for a girl, to drive her to class, or to buy her books isn't just being a supportive buddy. These are gestures of romance disguised as friendship, rooted in the hope of loyalty and deeper connection. When men do these things, they're essentially declaring value, staking a claim, and placing trust in the hope that the woman recognises what's being offered. If she later dismisses him or treats it as though it carried no weight, the man feels used, because he never gave from a place of neutrality. He gave with heart and with intention. To him, money, time, and effort aren't gifts in a vacuum. They're signs of commitment, a down-payment of sorts on the possibility of a relationship.

Resentment often grows in this gap of misunderstanding. Many women assume a man's kindness comes without strings, that he is simply being "nice" because he is a friend. Yet men themselves know that "niceness" is seldom neutral. It's a form of attraction dressed in generosity. When a woman continues to receive these gestures without clarifying her stance, and later turns him down, the man feels deceived, as though all his effort has been wasted. What she thought was harmless attention was, to him, a steady declaration of interest. It's this misalignment of perception, her believing in friendship

while he is quietly banking on romance, that breeds bitterness.

This is where women need to pay closer attention. They must learn to interrogate intention early on, to separate casual friendliness from deliberate investment. If a man is consistently offering to pay bills, buying gifts, or investing in her personal life, it's not a random act of goodwill. It's almost always laced with the desire for romance or intimacy. Accepting such gestures without addressing what lies beneath is a dangerous game, because men rarely give without emotional weight behind it. A woman should only receive certain kinds of sweetness from a man if she too harbours romantic interest. Otherwise she risks planting the seeds of disappointment and bitterness. Clarity in the beginning saves far more pain later on.

SIGNALS OF A WOMAN'S DESIRE

When a woman is truly drawn to a man, it's never as hidden as many men imagine. Her signals aren't always loud or flamboyant, but they carry intention, they carry a certain quiet weight that separates them from the casual friendliness she shows the rest of the world. Men often miss these cues, and many times they go in the op-

posite direction, mistaking ordinary politeness for attraction. Yet when genuine interest is present, it has a consistency and a deliberate warmth that can't be faked for long. To notice these signs, a man needs to slow down, to pay attention, and to trust patterns more than isolated gestures.

One of the clearest indicators is proximity. Women who like a man will find reasons to draw near, even when there is no obvious necessity. In a room full of people, she may choose the seat closest to him, or during a walk she may adjust her pace so that their steps align. It's rarely announced, yet it's felt, as though the space between them is shortened without effort. Psychologists have long emphasised the importance of personal distance in communication, and Albert Mehrabian's work on non-verbal behaviour shows that closeness, leaning in, and reduced physical space are among the most powerful unspoken signals of interest. A woman may not even calculate this consciously, but her body betrays the attraction. She might find herself moving towards him with a magnetic pull that she herself might not put into words.

Attention is another sign that reveals itself in ways men often overlook. When a woman is genuinely attracted, she remembers details others forget easily. This isn't because she tries to, but because her mind naturally

holds onto the pieces of his life. She will recall the kind of tea he prefers, the story he once told about his childhood, or the challenges he mentioned at work. This level of attentiveness is never casual, it's investment. It shows she wants to be woven into his world, to make him feel understood. Her laughter follows a similar path. Even when his jokes fall short, she rewards them with warmth, and that laugh becomes less about the joke and more about him. It's affirmation, a way of saying, I see you.

The eyes are often the clearest window of attraction. A woman who's drawn to a man doesn't merely glance, she lingers. Her gaze holds longer than courtesy requires, and even when she looks away quickly after being caught, it's not avoidance but the sudden rush of being exposed. Eye contact of this kind carries an intimacy that words can't create. A silent dialogue that says more than conversation. Evolutionary psychology has long suggested that sustained eye contact is a primal cue of desire, because it locks two people into a private current, a mutual acknowledgement that transcends the surface of social interaction. Indifference, by contrast, scatters the eyes, sends them roaming around the room, or fixes them elsewhere. But interest, true interest, keeps circling back.

Touch is another area where attraction speaks quietly but unmistakably. A friendly touch is usually brief, situational, and often disappears as quickly as it comes. Yet when attraction is in play, touch becomes both more frequent and more intentional. She may rest her hand on his arm when she laughs, allow her shoulder to brush his as she passes, or adjust something on his clothing with an ease that is far more intimate than helpful. The difference lies in the repetition and the softness. It's not a single moment. Rather, a pattern, a consistent search for connection. Research in social psychology has shown that even the lightest touch can spark physiological changes that enhance closeness, and women who feel drawn to a man often lean into this, using touch as a bridge to test and deepen the connection.

A woman who's interested also creates openings, small but deliberate, to keep herself present in his life. She may send a message first, disguised as a casual question or a harmless joke, yet it's her way of maintaining a line between them. She might share something funny she found online, or ask for his opinion on something she already knows the answer to, because what matters isn't the question but the opportunity to engage. More tellingly, she makes time. In a world where everyone claims to be busy, genuine interest carves out exceptions. If she likes him, she will shuffle her schedule, rearrange

her errands, or sacrifice convenience simply to be in his company, because her presence near him feels rewarding in itself.

Mirroring, equally, can't be underestimated. When a woman likes a man, she often reflects his posture, his tone, or even his rhythm of speaking without being aware of it. If he leans forward, she may find herself leaning too, if he gestures with his hands, hers may begin to echo the same movement. This isn't mimicry, it's rapport, the body's way of harmonising with someone it feels connected to. Psychologists such as Elaine Hatfield have written about this phenomenon, noting that nonverbal synchrony is a strong indicator of liking and attraction. It's the body quietly saying, I am in tune with you, even before the mind puts it into words.

Perhaps the most intimate sign of all is the way a woman allows herself to be vulnerable with a man she is drawn to. She lowers the walls that she normally keeps high, she shares stories that reveal her fears or insecurities, and she seeks comfort in him when she is unsettled. This kind of openness isn't granted easily, and it's almost never given to someone she doesn't want close. Vulnerability in attraction is trust, and trust is the clearest sign that she is offering him a place not only in her presence but in her inner world.

When all these signals gather together, they form a chorus that is hard to mistake. One sign alone may deceive, but when these patterns align, they speak with a clarity that words often fail to match. A man who can read these layers carefully saves himself from false assumptions, and more importantly, he learns to recognise when a woman isn't merely being kind but is quietly opening a door for him to step through.

HOW MEN BLOW THEIR CHANCES WITH INTERESTED WOMEN

One of the clearest ways men lose their chance is by coming across as desperate. Desperation is a heavy energy, and women feel it even when a man believes he is only being attentive. When he floods her with compliments, when he answers every message instantly regardless of what he is doing, or when he shows signs that her approval is the only thing keeping him steady, the attraction begins to shift. What may have started as a spark suddenly feels like a burden she is expected to carry. The reason desperation is so damaging is that it makes her feel responsible for his happiness, and that is a responsibility she never asked for. True attraction grows when a man has balance, when his interest in her feels like a

choice rather than a need. The moment he tips into desperation, she stops seeing him as desirable and starts seeing him as dependent, and dependence is rarely romantic.

Then there is the issue of being too nice too soon. Niceness in itself is a virtue, but when it's performed at an exaggerated level before a true bond exists, it feels hollow. A man who insists on paying for everything, who showers a woman with constant gifts, or who bends his back at every opportunity, doesn't come across as generous but as calculating, even if that isn't his intention. It gives the impression that he is trying to purchase affection or approval. Women notice when kindness is sincere, and they also notice when it's inflated to create obligation. The tragedy is that men who fall into this trap often mean well, yet in trying too hard to prove they're good men, they strip away the authenticity that would have made them attractive in the first place. A woman wants to see his kindness unfold naturally, not as a rehearsed performance in the opening act.

A common and often fatal mistake is asking for sex too soon. The moment a man tries to push intimacy before the emotional groundwork has been set, the woman begins to feel reduced, as though her entire value in his eyes lies in the physical. Many women want to feel desired, but they want that desire to be accompanied by

respect and patience. When a man leaps too quickly, she feels he isn't interested in her but only in what she can provide physically, and that kills attraction at its root. Studies in psychology have long shown that for many women, sexual connection is deepened when emotional safety and trust have already been built. When this process is rushed, what might have become passion and closeness is replaced with suspicion and withdrawal.

Another way men often sabotage themselves is by over-explaining or rushing into serious declarations too soon. At the very beginning of attraction, she doesn't want to feel boxed into grand promises about the future or forced into confessions she isn't ready to make. A man who spills all his feelings within days, who speaks of love before it has even had the time to grow, puts her in a position where she feels trapped rather than cherished. Women prefer to feel that attraction is blossoming at its own pace, that she has space to feel her emotions without being cornered into matching his intensity. The irony is that his desire to reassure her ends up having the opposite effect, making her question whether he is experiencing genuine attraction or simply clinging to the idea of love.

Over-texting and constant checking in is another behaviour that turns interest into suffocation. In the early stages, when attraction is still forming, a woman doesn't

want to feel as though every moment of her day is being monitored. A text to check in is sweet, but multiple messages when she has not responded, constant questions about where she is or what she is doing, or the inability to wait patiently for her reply, all create pressure. What he sees as attentiveness, she reads as anxiety, and anxiety isn't attractive. A woman who once enjoyed his messages may start feeling watched instead of wanted, and that shift is enough to cool her interest.

Possessiveness and jealousy appearing too early is another quick way men undo themselves. When a man reacts with suspicion because she spoke to another man, or when he shows signs of possessiveness before they have even defined their relationship, she interprets it as insecurity. Confidence is magnetic, it draws her closer, but insecurity makes her feel unsafe. If he can't trust her when there is little at stake, she imagines what it would be like later, when the relationship deepens, and the picture is rarely attractive. A woman wants to feel chosen, not caged, and early jealousy makes her feel the opposite.

Equally destructive is when a man loses his individuality too quickly. At first, she is drawn to his passions, his friends, his ambitions, and the rhythm of his life. These are the things that make him interesting to her, because they show he is complete on his own. But if he begins to drop these things in favour of being constantly

available, if he starts neglecting his own identity to revolve entirely around her, then she starts to feel suffocated and even bored. What once seemed magnetic—the sense that he had his own world—suddenly disappears, and with it her admiration. Women want to be a part of a man's life, not the entirety of it, and when he hands over all of himself too soon, she often loses respect.

In the end, most men blow their chances not because the woman was never interested, but because they failed to trust that attraction was already there. They rush to secure it, to speed it up, or to wrap it too tightly, not realising that in doing so, they suffocate the very spark that drew her to them. A woman's interest needs space to breathe, and when she feels that space has been taken away, she retreats, not because she never cared but because the pace and pressure became too much. The greatest mistake a man can make in those fragile early moments isn't believing that what was unfolding could have blossomed on its own.

CHAPTER 11

WINNING A MAN'S HEART

Many men experience love as respect. They listen less to grand declarations and more to everyday signals of admiration. Respect shows up in tone of voice, in not cutting him off mid-sentence, in asking rather than ordering, in disagreeing without contempt, in keeping private corrections private. John Gottman's work on couples, highlights contempt as one of the strongest predictors of relationship breakdown, which is another way of saying that a respectful atmosphere isn't a luxury. It's a glue. When a man feels consistently respected, he relaxes, he gives more, and he opens his heart without armour.

In most cases, men grow under a woman's belief in them. Seeing his effort, naming his strengths, and letting him feel like his wins are noticed. Research on perceived

partner responsiveness shows that when someone feels understood and valued, commitment deepens for both partners. As, his woman, you can feed this by celebrating progress, not just outcomes, by saying thank you for the ordinary, by letting him know that his presence makes your life better, not just easier. Admiration is to men what reassurance often is to women, it steadies the bond.

Acts of service go a long way because they speak in a language many men instinctively understand. This isn't about servitude, but is about being a teammate. Small things carry weight, packing his lunch on a tight morning, sending a quick reminder before a big meeting, handling a chore he dreads without making a song about it, guarding his focus when he needs a quiet hour. Be an asset to his goals, offer ideas that sharpen his plans, share contacts, proofread a proposal, brainstorm a stuck problem. That is practical love. The same applies to emotional and spiritual life if faith or inner growth matter to you both. Check in on his head and heart, suggest a walk when he is wound up. Pray together if that is your path, sit in silence when that is what he needs. Men remember who brought peace and who brought storms.

Emotional safety draws men even closer. Many men long for a home that feels calm and fair, where disagreements stay clean and solutions are the point. Gentle start-ups to hard conversations, fewer accusations and

more curiosity, clear requests instead of mind reading. These habits keep a relationship light on drama and heavy on trust. When conflicts are handled without insults and point scoring, a man's nervous system stops bracing. He stops looking for exits because he knows there is a path back to connection after a fight.

Sex matters to most men, not just as pleasure but as bonding. Plenty of studies link sexual satisfaction with relationship satisfaction for both men and women, and daily-diary work on sexual communal strength shows that being responsive to each other's needs, within comfort and consent, predicts greater intimacy and less resentment. If desire has drifted, treat it as a shared project, talk about pace, frequency and variety. Add affection that isn't always a prelude, deal with stress and health issues that dampen desire. Schedule time if life is busy, flirt more, laugh more, kiss longer. None of this makes sex an obligation, it makes it a conversation. Cheating is never justified by a dry spell, but neglecting the erotic friendship between you does make distance more likely.

Warmth and femininity are often attractive to men, yet that isn't the same as submission. Warmth is openness, playfulness, softness in tone, a willingness to be receptive sometimes and decisive at other times. Many men are drawn to women who bring ease rather than

constant competition at home. A career and high standards can live happily alongside grace and kindness. The problem isn't ambition, it's contempt. If a man consistently hears that he is inadequate, slow, or in the way, attraction thins. If he feels respected while you both lead in different lanes, attraction deepens.

There is a hard conversation here about men who drift towards women who feel more receptive. Sometimes it's framed as choosing the shy over the assertive, the gentle over the fiery, the housemaid over the feisty wife. Power differences and workplace boundaries matter, and crossing them can be exploitative and wrong. Still, the pull often begins with something simple, the other woman is reliably kind, consistently appreciative, and emotionally available. If a man feels chronically criticised at home and admired elsewhere, he is vulnerable to foolish choices. The answer isn't to turn a wife into a servant, it's to bring back mutual appreciation, clear roles you both agree on, and everyday courtesy. If acts of service matter to him, say so, split domestic labour in a way that feels fair to both, and let gratitude be loud again. If leadership matters to you both, define what that means in decisions, money, parenting and faith, then live it together.

What pushes men away is usually a pattern, not a single event. Chronic criticism, public shaming, constant

comparison to other men, emotional stonewalling, weaponising affection or sex, never saying thank you, keeping score, unpredictability that turns every small issue into a crisis. These erode a man's sense of safety and worth. Over time he stops bringing ideas home because home has become a hostile audience. Reversing this is possible, set a truce on contempt, replace global attacks with specific requests, praise what you want more of, apologise cleanly when you miss the mark, and make repair your habit rather than your exception.

On sex and responsibility, it's fair to say many men feel loved through physical intimacy, and a long period without touch or sex can leave them lonely and irritable. It's also fair to say that cheating remains a decision, not an inevitability. If desire is mismatched, face it together. See a GP if hormones, sleep or pain are factors, speak to a therapist if resentment or trauma is sitting in the middle. Use sensate-focus exercises to reconnect without pressure, create rituals that build arousal outside the bedroom, like slower evenings, kinder mornings, and more playful texting in between. When both partners protect the sexual connection, the whole relationship softens.

If you want to be an asset in the broadest sense, think money, mind and meaning. With money, plan together, live within agreed limits, reduce avoidable chaos, help him say no to expenses that drain the mission, and bring

your own earning or saving power to the table in whatever way you can. With mind, be his reality check and his cheerleader, help him refine ideas, challenge him respectfully when he is off course, and celebrate loudly when he lands a win. With meaning, share a purpose bigger than both of you, raising children well if you've them, serving your community, building something you would be proud to leave behind. Couples who pull in the same direction feel like a team, and teams are hard to break.

There is also the question of leadership. Plenty of men want to feel they can lead sometimes, and plenty of women want to feel they're gladly led sometimes, while still leading in their own strengths. You can have both. Agree on domains where each has the final call, keep the other consulted and respected, and avoid power struggles that turn every decision into a turf war. The win is the shared life you are building, not the argument you are winning.

Finally, remember that no set of actions guarantees loyalty. Choose a man of character, because character doesn't cheat when seasons get hard. Choose each other daily, keep your manners at home, protect each other's dignity in public. Be generous in spirit and steady in effort. When a man feels respected, admired, helped, desired and at peace, he tends to love loudly and for a long

time. When a woman feels cherished, safe, chosen and seen, she tends to give back even more. That is the circle you want to build, two people feeding the fire rather than starving it. Two people choosing partnership over pride, and service over score-keeping.

CHAPTER 12

WOMEN ARE RESPONDERS

It has long been observed that men and women are wired differently when it comes to the initiation of romance. Men, by nature and design, tend to be the ones who take the first step, whether that means approaching, confessing feelings, or making the bold move to set things in motion. This tendency isn't merely cultural but deeply rooted in biology and psychology. Men are driven by testosterone, a hormone associated with assertiveness, risk-taking, and the drive to pursue. Women, on the other hand, are more attuned to signals, responses, and emotional reciprocity. They operate less on assertive pursuit and more on evaluation and receptivity. Studies by evolutionary psychologists such as David Buss, have shown that men consistently rank higher in initiating

courtship behaviours across cultures, while women tend to invest more in filtering and responding to the advances made. This doesn't mean women lack desire, rather that, their strength lies in their discernment and responsiveness.

Men have always carried the natural burden of initiation. It's written in their very wiring. From the earliest days of humanity, men were the hunters, the seekers, the ones who risked stepping into the wilderness in search of prey to feed their families. That instinct has never left them. It simply transformed with civilisation. The modern man no longer hunts antelope, but he still chases opportunities. He still takes risks. He still pursues women when attraction strikes. It's an instinct as old as time.

In *Men Are from Mars, Women Are from Venus*, John Gray makes it clear that men feel most alive when they're allowed to chase, to conquer, to win. When that natural order is disrupted, the rhythm of attraction becomes strained. A man who's not allowed to initiate feels robbed of a role that defines his masculinity, and such a situation leaves the relationship with a weak foundation.

Women, on the other hand, are responders by design. Their beauty, charm, and presence naturally draw men to them, just as flowers attract bees. They aren't meant to go hunting, but to position themselves in a way that the right man can notice them, approach them, and

prove his worth. Even in the animal kingdom, this truth plays out without confusion. The peahen doesn't chase the peacock; instead, she observes his dance, she notices the spread of his feathers, and she decides whether he is worthy of her attention. Likewise, a lioness doesn't roam the savannah to seek out a mate; she responds to the advances of the lion that proves himself as strong enough to lead the pride. It's a principle echoed in evolutionary psychology: women select, they respond, but they don't initiate the chase.

When a woman takes up the role of initiator, awkwardness often follows. Picture a woman proposing to a man with a ring in hand. The very image unsettles most people because it runs against the current of human wiring. The man in that moment may love her, he may even have had thoughts of marrying her, but the gesture strips him of a role that is supposed to be his to play. It dents his pride, it leaves him with a quiet resentment, and often such unions lack longevity. The same applies when a woman boldly demands romance from a man. Even if he is interested, he may recoil, not because of the woman herself, but because of the way the invitation was delivered. The chase is his, the yes is hers. That is the rhythm of attraction. As Jordan Peterson once remarked, *"Order isn't imposed, it's discovered,"* and in the same way, when

a woman imposes the chase, she disrupts the natural order that attraction thrives on.

Part of this truth also lies in social conditioning. From childhood, boys are encouraged to take risks, to climb higher, to pursue goals, while girls are encouraged to nurture, to receive, to wait for good things to come. These cultural imprints reinforce what biology already laid down. Society frowns upon women who make the first move, not necessarily because it's immoral, but because it feels unnatural, as if something has been reversed. Such women are often mislabelled as desperate, even when they' aren't, which further shows how deeply the initiator role belongs to men.

However, to strike a balance, women aren't expected to sit still like statues, hoping for miracles. They're expected to show signals, to create openings, to allow men to decode their romantic invitations. A smile across the room, a longer than necessary glance, a soft laugh at his jokes, or brushing her hair back when speaking with him. All these are ways she signals interest without abandoning her role as a responder. If the man doesn't act upon such signs, it's often a sign he isn't interested, for when a man truly feels attraction, he rarely delays. Men are quick to move when they sense a genuine chance.

This is why women must allow the process to unfold naturally, giving men the space to step forward and claim the moment.

BREAKING THE SOCIAL ORDER

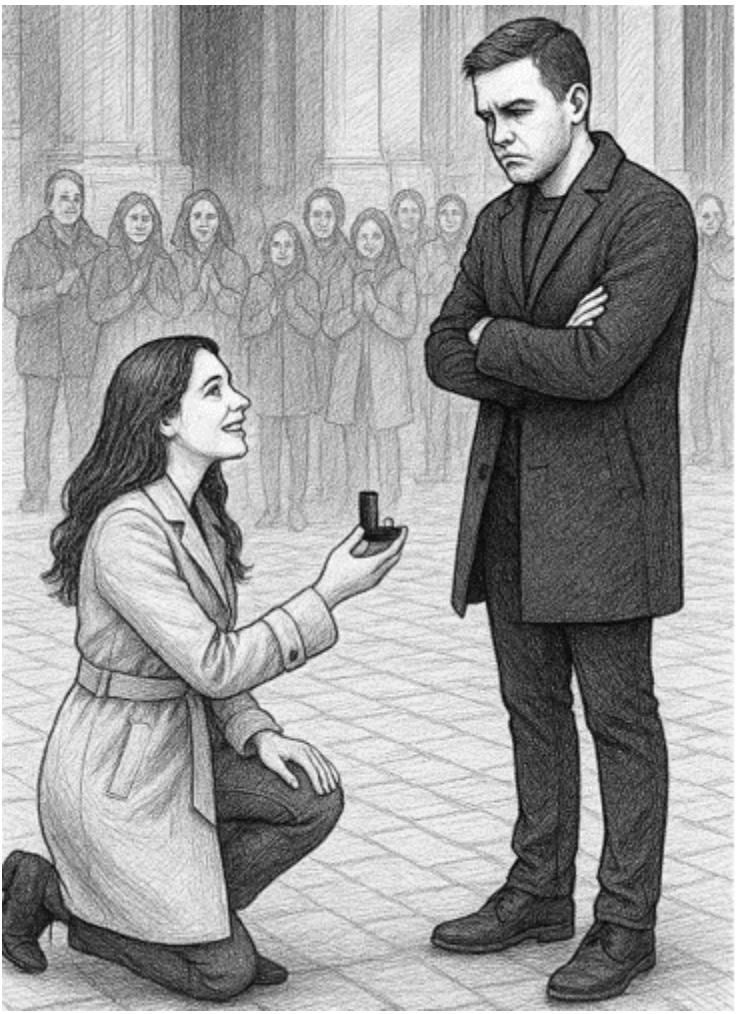
There are moments when silence feels heavier than words, when waiting becomes a kind of torment that eats at the heart more than the sting of rejection ever could. A woman may watch a man closely, studying his eyes, the way his laughter is infectious, the small pauses that seem to say more than words, and she convinces herself that he feels it too. Yet he doesn't step forward, he never crosses that invisible line, and so she gathers her courage and decides to say what he will not. There's nothing unnatural about this impulse, for desire doesn't like to hide, affection longs to be seen, and no one wishes to live forever in shadows. Still, when a woman makes this move, she is entering a place not shaped for her by nature or tradition, and what follows is rarely straightforward.

If she does take the chance, she must learn to lower her expectations. She can't expect a sudden sweep of romance like the scenes painted in films, where the man realises in a moment that he was in love all along. More often, her boldness doesn't feel like a gift to him, it feels like a disruption. Men are conditioned, both by nature

and by centuries of rhythm, to pursue, to chase, to earn what they desire. When this is overturned, even men who liked her may find themselves unsettled. What she thought of as bravery, he may interpret as pressure. That is when she may hear words like, "I didn't expect this," or worse, "I don't see you that way." And it's not always because she was wrong about his feelings, but because the story broke its natural flow, and his response was shaped more by instinct than by conscious choice.

There are, however, rare cases where a woman's first move may be the only way forward. There are men who live trapped in shyness, men who fear rejection so much that they would rather bury their feelings than risk humiliation. In such cases, a small spark from her side can give him the courage to rise. There are also situations clouded by rules, where professional settings make men tread carefully, afraid of being misread, and in such spaces her initiative can open a safe path. And then there are moments that exist only once. Brief encounters with strangers she may never see again, when hesitation means losing what might have been forever. In these rare times, her choice to act can unlock a door that would otherwise stay closed. Even then, wisdom cautions to tread lightly. A simple coffee invitation, a playful question, or a gesture that leaves him space to respond keeps balance intact. Grand confessions, dramatic proposals, or public

declarations often do the opposite, pushing him further away instead of drawing him closer.



Expectations must be handled with care. If he accepts her invitation, she needs to understand that the pursuit may never fully return to its natural order. She may find herself always leading, always initiating, always pulling the weight of momentum in the relationship, which is a tiring place to live. If he rejects her, she should remember it's not proof of her inadequacy, but most likely a sign of timing that was wrong, or rhythm that was broken. Men who are deeply drawn rarely stay silent when a woman's signals are clear. If he didn't make a move despite seeing her warmth, then his silence was already an answer, and her declaration only sped up the truth.

This doesn't mean women must sit quietly in patience, hiding every flame of desire. Love isn't built on silence alone. There is an art to signaling. An art to creating spaces where he feels invited to step forward. She can smile longer, she can make herself present, she can ask for shared time that offers him the opening he needs. These gestures are powerful because they awaken his courage without stealing it from him. When she goes beyond this into direct pursuit, she must accept the risks with open eyes, knowing that rejection is more likely, and even acceptance may bring with it burdens she didn't anticipate.

In his book, *The Four Loves*, C. S. Lewis once wrote, *"To love is to be vulnerable."* For men, that vulnerability

lies in pursuit, in putting themselves at the mercy of rejection. For women, it lies in the dreadful risk of signaling. In opening the door wide enough for him to enter but never dragging him through. When each embraces their part, love unfolds with a natural flow. Smooth and lasting, like a dance where both know their steps. When the roles are reversed, the rhythm falters, and though love may still appear, it often struggles to keep its harmony.

CHAPTER 13

WOMEN ARE THE GATEKEEPERS OF SEX

When I say that women are the gatekeepers of sex, I mean that, in the grand scheme of attraction and mate selection, it's women who decide when sex happens and with whom. A man can chase, he can signal interest, he can even offer everything he thinks might tip the scales in his favour, but until a woman opens that gate, the act doesn't move forward. This isn't just a cultural observation, it's grounded in biology, because in terms of reproduction, women are the ones who bear the heavier cost. A man can plant seeds endlessly, but a woman invests her body, her health, and her future in every sexual encounter. That biological reality, paired with the social power it grants, makes women the natural selectors,

the filters through which men must pass if they want intimacy and partnership.

In the early stages of a woman's life, particularly in her prime years, usually her late teens to mid-twenties, she is at the very peak of her sexual market value. This is the time when she is most desired, most pursued, and most courted by men of all calibres. She doesn't have to chase, because attention comes pouring in from every corner. And in that flood of attention, she holds the ultimate power to choose. She is the one who filters, who tests, who decides. At this point, men can only hope to be chosen, and the competition is fierce.

The gatekeeping role means that women don't just take what comes, they filter ruthlessly. They choose men who appear strong, men who carry good genes, men who show signs of wealth or ambition, men who have social status that shines above the rest. These qualities act like magnets, and women in their prime instinctively gravitate towards them, because from an evolutionary standpoint, these men represent safety, provision, and the best chance of producing strong and healthy children. Men who don't measure up, often their own age mates, are pushed aside. These younger men, though perhaps full of potential, have not yet proved themselves, they're broke, they're still climbing, they're still dusting themselves off from the struggles of early adulthood. To a

woman at her prime, they seem like unfinished projects, and most women at this stage aren't in the mood to build from scratch when so many finished options are knocking at their door.

What happens to these men in the shadows, the ones rejected in their youth, is that they end up settling for what's available rather than what's desirable. They might sleep with women outside the prime, or with those willing to compromise, but in most cases they're simply out of the game when it comes to the most attractive women of their generation. Unless they're lucky enough to meet one of the rare women who's willing to invest in potential, they remain excluded. And even in those rare cases, it's a gamble, because most women in their prime aren't looking to take risks when luxury, beauty, and status are so easily within reach.

Some women, however, do manage to secure marriages during this prime stage. These are usually the women who, after their filtering, are chosen by men who are ready to commit. They settle while the market is still hot, they marry at the height of their desirability, and in many cases, they secure stability for themselves. But this is becoming less common in the current dating landscape, because a new cultural current has emerged, one where many women in their prime prefer not to settle early. They look at their overflowing options and convince themselves that a better man will always appear, that there is no need to lock anything down just yet.

This illusion of endless offers often leads them down a path of delay. They keep buying time, they spend years

sampling different men, chasing thrills, tasting what the nightlife has to offer, entertaining men who flash money, flex muscles, or drive cars that light up the night. Liquor is poured, music plays, and for a while, it feels like an endless banquet. They enjoy the luxury of choice, but what they don't notice is that time is moving, silently, like a thief in the night, and their years of prime attention are slipping through their fingers.

Meanwhile, their male peers, the very ones they rejected, are struggling through the hard part of life. They're building careers, fighting for stability, scraping together businesses, shaping themselves into men of value. At this time, they're still invisible to the women who once dismissed them, but the story doesn't end there. Because as years pass, something shifts.

When the younger generation of women comes of age, fresh with youth, health, and the natural vitality that men instinctively seek, the market tilts. The demand for the older women begins to decline. Suddenly, the gatekeepers who once had all the power feel the grip slipping. Men who once begged for their attention now turn to the younger ones, because biology and attraction don't pause for anyone. And this is when many women start to panic. They begin searching desperately for someone to settle with, someone stable who can anchor them, but often it's too late.

At that moment, many of these women make a U-turn. They turn back to the very peers they rejected in their youth, the men who were once broke, tired, and figuring themselves out. But by now, those men have transformed. They have built themselves up, they have dusted off the struggles, they have gained wealth, confidence, and social status. They're no longer begging for attention, they're being sought after. And ironically, they now hold the power, because they're in demand not only by the women who once ignored them, but also by the younger women at their peak.

This reversal leaves many women stranded, carrying regrets and bitterness. Some come with the scars of their choices, children from casual relationships, or even the emotional toll of abortions. They look back at the years of freedom and thrill-seeking and wonder if it was worth it. The harsh truth is that the sexual market doesn't wait, it rewards those who understand its rules, and it punishes those who assume that prime years will last forever.

MEN AS GATEKEEPERS OF MARRIAGE

When it comes to marriage, nobody can really deny that men are the ones who ask. They go down on one knee, they pull out the ring, they make that trembling speech of a lifetime, and it's women who say yes or no. But even with that being true, the real weight of filtering, of deciding who becomes a wife, rests on the man. Women, as much as modern voices try to deny it, are wired as responders. They wait for men to make the move. They can hint, they can hope, they can long for it, but if no man comes forward to ask for their hand, then the chances of marriage quietly wither away, no matter how much they desire it.

At their sexual prime, women hold all the power. They decide who touches them, who sleeps with them, who's let through the gates of intimacy. Men, in those years, scramble with what's left, often not their first choice, but what they can manage. Yet time, with all its quiet cruelty, doesn't allow women to keep that power forever. As the biological clock begins ticking louder, stripping away the years of youth and vitality, something dramatic happens. The crown slips from their hands, and the choice shifts. At this point, men become the gatekeepers, not of sex, but of marriage, and women find

themselves waiting in line with their fingers crossed, hoping one of the men they desire will pick them.

That is why you hear women, sometimes with panic hidden in their voice, ask men the same burning questions: "Where are we heading with this?" "Who am I to you?" These aren't idle questions. They're the cries of someone who feels the clock pushing, who feels options shrinking, who knows deep down that if this man doesn't propose, another may not appear in time. It's in these moments that the power play between men and women reveals its other face. She who once decided who touched her body now waits to be chosen for life.

Some women, when the pressure becomes unbearable, take matters into their own hands. They pull out their wallets, buy a ring, kneel before a man and ask him to marry them. And every time, it backfires. Your guess is as good as mine—most men recoil, they don't say yes, because this upends the natural order of pursuit. What follows is shame, bitterness, endless nights of regret for the woman who crossed a line she should never have crossed. Society whispers behind her back, her pride eats her alive, and she is left wishing she had waited, or at the very least walked away. The truth is simple: if you've to ask a man to marry you, you aren't the one. Men always know who the one is.

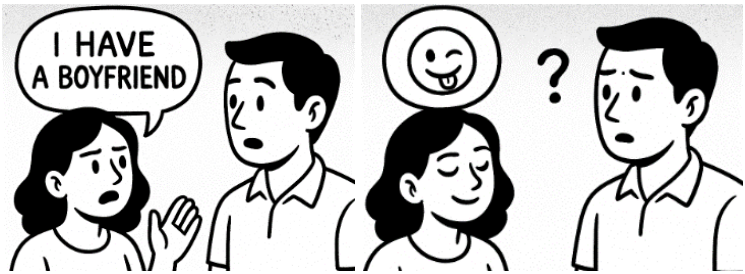
You can see this truth play out in the strangest, and sometimes the most painful, ways. A man can date a woman for six long years, drain her energy, share her bed, introduce her to family, and still not propose. Then, as if waking from a dream, he breaks up with her, meets another woman, and in weeks throws a wedding so grand it leaves the first woman in shock. Why? Because she was never the one. He knew it deep down. He was just waiting, sometimes out of fear, sometimes out of selfishness, for the one who would stir his soul differently.

This is why men too must be challenged. If you know in your heart that you will never marry the woman you are with, don't waste her time. Don't string her along, don't drain her years, don't make her wait for a proposal you've no intention of giving. Free her. Let her find the man who can see her with different eyes, the one who will not hesitate to claim her. Every woman deserves that chance, and every man should have the courage to walk away if he knows she isn't his forever.

But here is where the tragedy lies. When women finally turn around after wasting their prime years, they find themselves stranded. They remember the good men they once overlooked, the men who were genuine, steady, and serious about them. They remember how they ignored them because they weren't flashy, not unpredictable, not the type to keep them on their toes.

Those men have long since moved on, built their lives, found peace in other arms. What's left is regret, deep and unrelenting, because time doesn't circle back. It only marches forward, leaving behind the ones who thought they had endless choices.

WOMEN AS GATEKEEPERS OF SEX POTENTIALLY CHEAT THE MOST



In the realm of attraction and mating, it's usually the man who spots attraction first, who feels the stirring of desire and takes the bold step to initiate. That has been the rhythm of things since time immemorial, just as we had seen in the previous discussions. Yet, as much as men make the move, the real power rests with the woman because she is the one who decides whether to allow the pursuit or to shut it down completely. She is the gatekeeper, the one who either opens the door to intimacy

or bolts it with silence. Most men, after making their interest known, are left stranded in the corridors of silent admiration, often carrying feelings that will never be reciprocated. It's a helpless position, because unlike men, women don't easily shift their attraction overnight. If she doesn't truly like a man from the start, save for moments when she is only playing hard to get, no amount of persistence will turn that "no" into a genuine "yes."

Men aren't gatekeepers in the dating arena the same way women are. While a man may admire countless women, unless he is given permission, his admiration remains locked inside his chest. Women, on the other hand, can easily find themselves with ten different admirers on a bad day, and many more when they're dressed well, feeling good, and the world notices. This abundance of choice leaves many women conflicted. They're drawn to different traits in different men. One may have charm, another may have financial stability, another may have the sense of humour that keeps her heart light, and yet another may have raw magnetism. All of these together create confusion and sometimes temptation. Because women are wired to respond, they often find themselves sampling attention, juggling affections, or simply leaving options open until one proves more consistent. That is where vulnerability to cheating creeps in.

A woman doesn't always know a man's true intentions immediately. Unlike men who tend to be direct about their pursuit, women have to sift through layers of charm, gestures, and sometimes manipulation, all while trying to guess whether his interest is real or fleeting. Because of this uncertainty, many women gamble, giving little pieces of themselves to different men, not always in physical intimacy but often in emotional investment. When a woman isn't grounded in her values or disciplined in her choices, this trial-and-error approach can open a doorway to infidelity. A simple "yes" is all it takes for her to cross that line. This is unlike men who may have many desires but still remain outside the gate until invited in. The man must be allowed in, but for the woman, her willingness alone is enough to commit the act.

This is why, when it comes to the statistics and realities of cheating, women often cheat more than men, though the world rarely admits it. The truth is, men are poor actors when it comes to hiding affairs. They get carried away, they slip, they leave traces. A man who shifts his affection to another woman reveals it without knowing, because he will inevitably give more time, more energy, and more resources to his new conquest. That shift is almost always noticeable to the woman at home, who's gifted in reading subtle changes in behaviour and energy.

Women are natural investigators in matters of the heart, able to piece together small details and confirm suspicions quickly. A man cheating is like a wound that oozes — you can see it, smell it, and feel it even from a distance.

On the other hand, a woman's cheating is often buried under layers of performance. Women are masters of emotional disguise, able to act madly in love while their hearts are secretly occupied elsewhere. A woman can live under the same roof with a man for years, cook for him, sleep next to him, bear his children, and still harbour feelings for someone else entirely. Some even go as far as keeping lovers for years, waiting for the right moment to leave once their hidden goals are met. By the time she decides to walk away, she may tell the man words that cut like knives — that she never truly loved him from the very beginning, and that everything he thought was real was only an act. That is the kind of performance that men, by nature, can't sustain.

The secrecy of women's infidelity is also fueled by the fact that the people they cheat with are often bound by silence. In most cases, the lover will protect the affair because of fear of exposure, or because he benefits in one way or another. Men, however, are more reckless. The women they cheat with, in many cases, don't know how to hold their tongues. Some will boldly call the wife or

girlfriend, boasting that they're the ones truly enjoying the man, even going as far as exposing hidden children born out of the affair. Men also dig their own graves by badmouthing their wives or girlfriends to the side woman, who then tries to play the role of a better alternative. This kind of drama rarely accompanies women's infidelity, which is why theirs remains silent, undetected, and far more dangerous.

There are even more chilling examples of how well women can keep secrets. Some have gone as far as bearing children outside of wedlock, raising them under the roof of their unsuspecting husbands, and keeping the truth buried for decades. Many men only discover, years later, sometimes through a casual medical test or through whispers in the family, that the child they loved and raised as their own shares no blood with them. That is the extent to which some women can bury their affairs. If you doubt this, try suggesting that every married woman undergo a compulsory paternity test for her children. Watch the outrage, the trembling, and the defensive phrase that will follow immediately: "Don't you trust me?" That response itself reveals the hidden fears.

Reminds me of the story about James. For seven years, he believed his wife, Maria, was the very picture of loyalty. She never missed a family dinner, she laughed at his jokes, she remembered small details, she even called him

"my king" in front of friends. What James didn't know was that Maria had been seeing another man quietly, a co-worker she met during late office hours. She kept it flawless. Her phone had no suspicious messages—she deleted everything instantly. When she went out, she disguised her trips as errands or quick visits to her sister. James never doubted. It wasn't until much later, when Maria slipped one night and her lover sent a message at the wrong time, that James's world cracked. Seven years of loyalty, he thought, gone in a second. Yet the truth was, Maria had been living in two worlds all along, and had it not been for that one careless mistake, James might have died never knowing.

And this isn't even counting the women who aren't married yet. In fact, unmarried women are often more reckless in this game of divided loyalty. With no binding vows and no social structure of marriage to hold them accountable, many indulge in multiple relationships, testing waters with one man's money, another man's time, another man's emotional support, and another man's physical intimacy. It's in this unstructured space that women cheat most boldly, while still smiling innocently before the one man who thinks he has her heart. The truth that many avoid admitting is this—women as

gatekeepers cheat the most, but they're rarely caught, because their art of deception is perfected and their ability to perform love is unmatched.

CHAPTER 14

WE MARRY WHO'S AVAILABLE

When it comes to marriage, the hard truth most people rarely want to admit is that we often don't marry the people we once dreamed of spending our lives with. We marry who's available. For many men and women, marriage isn't a fairytale union with the one they always desired most, but rather a compromise that circumstances demand. Behind almost every marriage lies a trail of past relationships, and within those failed romances there is usually one person who remains unforgettable. That one lover who lingers in the mind, no matter how much time has passed, no matter how hard one tries to move on. This reality cuts across cultures and classes, because human memory is stubborn, especially when it comes to love. We may forget the faces of

friends, we may lose count of old colleagues, but the heart keeps an unshakable record of that one person who stirred something deeper than anyone else ever did.

For some, this unforgettable partner is the first person they were truly intimate with, the one who left an imprint on their body and soul. With them, they imagined a future, gave names to children not yet born, painted dreams of growing old together. This person becomes "the love of their life," and even if fate scatters them apart, the emotional attachment never really dissolves. By the time most people finally settle into marriage, that figure still sits somewhere deep in the heart, hidden but alive. And so, while couples stand at the altar smiling, promising forever, many quietly know that if life had bent differently, if fate had tilted in their favour, they would have chosen someone else. The vows they take are real, the love they feel for their spouse is often genuine, yet beneath it runs an undercurrent of memory, a quiet ache for what might have been.

This is why we say people marry who's available. Not necessarily who they truly wanted, but who life allowed. The reality is, except for the rare cases where two people meet for the first time, fall in love, and walk straight into marriage, most unions are built on compromise, shaped by circumstance, and shadowed by ghosts of lovers past. Availability becomes the deciding factor, not desire. A

woman may have dreamed of marrying her childhood love, but he drifted away to another city. A man may have yearned for the girl who turned him down when he was broke, but when success came, she was already gone. In the end, people settle into the arms of those who are present at the right time — the ones willing to build, the ones who can offer stability when life demands it.

Now, why does this happen so often? Sometimes it's a matter of survival instincts. Take the case of a woman who falls deeply in love with a man who's charming, magnetic, the centre of her world, yet he carries traits that can't sustain life in the long run. Perhaps he is an addict, perhaps he is violent, perhaps he can't hold a stable job, or perhaps he simply lacks the drive and resources that women, on a deep biological level, seek for security. No matter how much her heart beats for him, she knows that tying her future to his would be risky. So, she chooses someone else. She marries the man who's stable, dependable, financially ready. She picks the option that makes sense for survival. Yet, her heart isn't always fully in it. In her private moments, she may long for the one she left behind, the one she never really stopped loving. And if their paths cross again, the spark can reignite instantly, and that flame she buried out of necessity flares back to life. This isn't just weakness, but rather the collision of biology and memory.

This is why many affairs and betrayals trace back to old lovers. Women especially, being deeply emotional, often carry these imprints longer than men admit. If she was in love with a man during her youth, especially a neighbour, a schoolmate, or someone she shared her formative years with, she carries that history within her. When circumstances change, when that man improves his life and becomes everything he wasn't back then, she may find it hard to resist. The man she married may have been the safer choice, but the man she loved remains the one who haunts her dreams. This explains why women sometimes return to their past lovers, even while still in marriage, or worse, give birth to children that belong not to the man in her home but to the man in her heart. Her marriage may provide her with structure and respectability, but her passion belongs elsewhere, tucked away in a chapter that never truly closed.

Men, too, aren't immune. The same way women carry that one unforgettable man, men carry the memory of a woman they once adored but lost. A woman they would have married if only circumstances had been right. If she rejected him back then because he lacked money, or stability, or ambition, and later he rises to success, his instinct is often to go back and reclaim her. Many men can't resist pursuing the woman who once made them feel alive. Even if she is married, even if she

has children, he will feel that pull. And if the woman was never over him either, it can unravel everything she built with the man she settled for. What seems like reckless pursuit's, in reality, the unfinished story gnawing at him — the need to rewrite the past with the resources he now has.

The stories are countless. A woman leaves her baby's father, saying it can't work, then marries another man who steps in out of love, raising children that aren't his own. Years later, she wakes up one morning and says she is leaving to go back to her first love, using the excuse that she wants to raise the children with their biological father. The man who made the sacrifice, who carried her baggage out of love, is left heartbroken, realising that her heart had never truly been his. The history she shared with her first choice was too strong to erase. His effort, his tears, his devotion, could not compete with the memory of the man who had always been in her heart. Stories like these show us that time and sacrifice alone don't always conquer the shadow of lost love.

Women often say that the first man to touch them leaves a mark that never fades. If he was kind, gentle, and desirable, she will always hold a soft spot for him, even decades later. If he was unkind but she loved him deeply, she may still cling to the hope that one day he will change for her. In either case, her door is never completely

closed. If he returns, saying he has changed, she may give him another chance, even if it means destroying the life she built with someone else. This isn't about logic, it's about emotions, and emotions don't follow rules. They don't obey marriage contracts, they don't respect vows, they follow the deep grooves carved by experience and memory.

Men experience this too. The one woman who made them dream, the one woman they could not hold onto, lingers in their minds long after marriage. They may love their wives, they may build families and live responsibly, but when that one woman resurfaces, the struggle is real. He may fight the temptation, or he may fail, but the presence of that woman in his heart is undeniable. His wife may have been the woman he chose, but the other was the woman he wanted, and that tension never fully disappears.

All of this makes one point clear — marriage is often less about ideal choices and more about timing, circumstance, and availability. People marry when they're ready, or when they feel they must, and at that moment, they choose from the options life presents. The heart, however, doesn't always cooperate. It keeps its secrets, it keeps its ghosts, it keeps its attachments to the ones who got away. And so, for marriages built not on first-choice love but on available circumstances, it takes enormous

discipline, sacrifice, and maturity to hold them together. Both partners must commit to drowning out the whispers of the past, because if they don't, the shadows of those lost loves can creep back in and undo everything.

As much as society likes to romanticise marriage as destiny, the truth is that most people don't marry the one they truly wanted. They marry the one who was there, the one who was ready, the one who made sense at the time. The rest, they carry in silence, sometimes for life. And in that silence lives both the strength and the fragility of human love.

ATTACHMENT TO PAST LOVERS

Old loves stay alive in us, almost in an unsettling way. A man or a woman may be long into a marriage, they may have built a life with someone new, yet in quiet moments they still find their mind returning to one particular person from the past. They could have dated three or four people before, perhaps even more, and most of those names fade easily. They can look back at some of those relationships without a spark of emotion, the feelings extinguished completely. But there is usually one, sometimes only one, whose memory refuses to loosen its grip.

The soft spot remains, sometimes buried, sometimes surfacing suddenly, as if time has done nothing to weaken it.

Researchers have long noted that not all attachments weigh the same. Some bonds are formed at pivotal points in our lives. Moments when our sense of self was still being shaped, and because of that they leave behind an imprint that others can't erase. Psychologists have described this through the lens of *attachment theory*, showing that emotional ties formed in periods of vulnerability or great personal change tend to feel more permanent. Even after years of separation, the brain can replay them as though they belong to the present. A landmark study by Nancy Kalish, a psychology professor at *California State University, Sacramento*, looked into "lost love reunions" and found that a significant number of people who reconnected with old flames reported that their feelings never fully went away, even after decades apart. Another study published in *Personal Relationships* journal found that first loves tend to hold a privileged place in memory, partly because they coincide with intense neurochemical changes in the brain. These findings help explain why one particular lover lingers long after others have faded, because they were tied not only to desire, but to identity itself.

It's not only theory that reveals this truth. Public confessions make it vivid. The poet T. S. Eliot, for instance, admitted in his letters to Emily Hale that despite his marriage and all the acclaim his life would gather, she

remained central in his heart. He wrote that his bond with her shaped his work and his vision of love, even though circumstances had driven them apart. Decades later, his words still carried the weight of unresolved longing. And he was not alone. Ava Gardner, the Hollywood actress, once confessed about Frank Sinatra that no matter how stormy their relationship had been, and no matter how many years had gone by, he remained the love she could never truly let go of. These admissions make clear what research only underlines—some loves burrow so deep into the self that they can't be dislodged, not even by the passing of time, not even by finding happiness elsewhere.

There is also the matter of how memory works. The mind has a way of softening the pain of the past while polishing the sweetness of it. Psychologists call this "rosy retrospection", where the brain dulls the sharp edges of hurt and leaves behind an idealised glow. A love that once ended in heartbreak can be remembered with a strange tenderness, as though it was still the safest place one ever knew. This is why a woman may look back at the man who left her and, instead of feeling bitterness, she feels warmth, almost gratitude for having felt so alive. A man may recall the woman who broke his heart and yet feel that if she walked back into his life tomorrow,

part of him would still want to hold her. This isn't weakness, it's a reflection of how human memory works to preserve what once gave meaning, even if it was also painful.

Another angle comes from the psychology of identity. Past lovers aren't just people we once kissed, they're mirrors of who we were at that time. They remind us of versions of ourselves that may feel lost, younger, freer, more reckless, more daring. To forget them would feel like erasing that chapter of the self, and so the attachment survives. Social psychologists have found that people often conflate their sense of self with their romantic bonds, a process sometimes called "self-expansion". When that bond is broken, the self feels incomplete, and a lingering connection to the old lover persists because it's tied to a lost part of one's identity. That is why even when someone is married to a partner who's kind, devoted, and perhaps objectively better for them, they may still feel conflicted if that old lover reappears. The conflict doesn't necessarily mean they want to leave what they have, but it reveals that love isn't always logical, and memory isn't bound by fairness.

This phenomenon isn't restricted to ordinary people. Even renowned figures have confessed to it openly. Elizabeth Taylor, despite her many marriages, admitted that

Richard Burton was the man she could never quite release from her soul. Their relationship was volatile, often destructive, yet even after divorcing twice she said, "After Richard, the rest of men just seemed like they weren't enough." That single confession captures what countless ordinary men and women experience quietly—this stubborn loyalty of the heart to one figure, even when life has carried them far away.

And so it becomes clear that the reason people sustain feelings for one past lover, while moving easily on from others, is layered. Part of it is attachment formed at formative moments, part of it's the way memory distorts and preserves, part of it's the self that was tied up in the relationship, and part of it's the way emotional bonds leave behind neurological and psychological traces that time can't fully dissolve. Above all, it's because the human heart isn't designed to cleanly erase its history. It holds on, often against our will, and sometimes in defiance of the very life we have chosen since.

CHAPTER 15

MEN DIE IN SILENCE

Men carry an unbearable weight, and one of the heaviest burdens is silence. Unlike women, who are generally encouraged to confide in friends, family, or even strangers about their struggles, men are taught to lock everything within. It's almost like society placed a gag order on their hearts, instructing them that vulnerability is shameful and that to seek help is to betray their masculinity. When life crushes them, whether it's through loss, betrayal, or failure, the majority of men would rather bite their tongues until they bleed than be seen asking for comfort. The fear isn't baseless, for history has taught them that their cries are more likely to be

mocked than embraced, ridiculed rather than understood. Silence, therefore, becomes their shield, but it's also their prison, and many don't survive it.

From childhood, boys are conditioned to believe that tears are weakness, that confiding is feminine, and that real strength means bearing storms alone. This conditioning becomes their compass, even when it's broken and points only to destruction. Imagine a man going through a divorce, carrying the weight of losing the person he once built his dreams around, yet he is told to "man up" and move on without flinching. No one tells him how to piece back his life, how to confront the loneliness, or how to grieve without shame. Instead, the world expects him to push forward with his chest out and his head high, even when inside he is crumbling. And if he dares to speak of his pain, the label of weakness hangs over him like a permanent shadow.

Nowhere is the bias against men clearer than in divorce courts. When separation strikes, men often find themselves stripped bare, their years of grinding and building reduced to settlements that favour their ex-partners almost without question. The world's wealthiest women, as statistics show, gained their fortunes not from innovation or enterprise but from divorce settlements. Think of Melinda Gates or Jeff Bezos' ex-wife, who emerged billionaires overnight while the men who spent

decades building those empires had to part with fortunes without the world batting an eye. But reverse the roles and you will see a man walking away empty-handed, clutching only his dignity because society would crucify him for taking from a woman, no matter how justified it may be. Even when the law might allow him a share, his own pride and fear of public ridicule often choke him into refusing it, for the world would never let him forget.

This silent suffering pushes men into dark corners where depression lurks, and many never return. When a man loses not only his partner but also his wealth, his children, and his identity, where does he run? Society offers him no safe ground, no compassion, only cold reminders that he must endure quietly.

Unable to open up, many men sink into addictions, gambling away their sorrows or numbing them with drugs and alcohol, hoping the haze can dull the sting of reality. But that haze often leads them further into despair, and when it clears, the pain remains, heavier than before. The statistics on suicide aren't abstract figures, they're stories of men whose silence became unbearable, who chose death over ridicule, who left behind families that never understood the quiet torment eating them alive.

It doesn't end with divorce and loss. Men also endure abuse in ways that society refuses to acknowledge. Domestic violence against men is a subject spoken of only in whispers, often met with laughter or scepticism. A man beaten by his wife isn't seen as a victim but as a failure, and so he chooses silence over humiliation. Even when he is attacked, slapped, or stabbed, he swallows his pain because to retaliate would brand him a brute and to report would brand him a coward. The courts rarely take his pleas seriously, and the public ridicules him further. I once watched a clip where a woman terrorised her husband with a knife in front of their children, kicking and slapping him like a toy. Instead of outrage at the abuse, the comments celebrated the man's calmness, calling him a gentleman for enduring it. That is how men are silenced, damned if they fight back, damned if they stay.

This expectation to play hero, to die rather than bend, is wired deeply into men, shaped both by culture and evolutionary inheritance. A man is celebrated for risking his life, even for strangers, but scorned for admitting he is broken. Society would rather have him dead and praised as a hero than alive and branded weak. This silent war within men is brutal, and many lose it. Suicide statistics show a grim reality—men take their lives at higher rates than women, not because they're weaker, but because they're never given permission to be vulnerable.

They're heroes forced into silence, until silence consumes them.

Even in marriages, men find themselves in a never-ending balancing act that no one truly appreciates. If he spends long hours working, sacrificing time with his family to provide comfort and stability, he is accused of neglect. If he scales back to be present, the bills pile up, and soon enough, he is labelled lazy, incapable, or worse. When infidelity occurs, blame often lands on his shoulders—that he was absent, that he was inattentive, that he drove her away. Rarely is the man given the same grace or understanding that women receive. He is either overworking or underperforming, but never just enough. The cycle leaves him torn, unable to win no matter what choice he makes, and silence becomes his only refuge.

Men are also haunted by betrayal from the very women they build up. Many men have stood by women through hardship, investing their time, resources, and energy into uplifting them—paying school fees, opening businesses, creating opportunities. Yet, once women rise to a place of independence, respect often erodes. What was once love becomes competition, and the man who once gave becomes the man belittled. Many men have found themselves abandoned by the very partners they elevated, left high and dry, with nothing but the sting of

irony to keep them company. The heartbreak is magnified by the silence they must maintain, for to complain would again make them appear bitter or weak.

The pain of fatherhood after divorce is another graveyard where many men bury their emotions. Women, especially when custody favours them, often weaponise children against their fathers. Men are denied access to their own blood, accused falsely, or portrayed as villains in stories whispered into the ears of impressionable children. A child who grows closer to the mother, especially if she is the one constantly present, often swallows these lies whole, and the father is left to fight shadows he can't defeat. Even when he wishes to strike a balance, the obstacles are endless. He carries the ache of absence, watching from a distance as his children grow up estranged, sometimes hating him for reasons that aren't his making. And through it all, silence remains his only companion.

As men age, the silence grows colder and heavier. Many spend their final years alone, abandoned by the very children they sacrificed for. It's not uncommon to see elderly men dying neglected in villages, while their children carry their mothers abroad or lavish them with financial support. The seeds of hatred planted in their youth bear fruit, and the fathers pay for crimes they never committed. To make it worse, some men even find

themselves falsely accused, framed through manipulation by bitter partners. Stories abound of women coaching their daughters into false testimonies of molestation or abuse, destroying men's lives irreparably. And while the truth may emerge years later, sometimes decades, the damage is permanent. Their reputations are buried long before they're.

Unlike women, who build friendships on emotional exchange, men's friendships are often activity-based. They bond over football, politics, work, or hobbies, but rarely do they open their wounds before each other. A man can have friends he has known for thirty years and still they don't know the depth of his struggles. He might go to the pub with them every Friday, laughing, cheering, watching games, but none of them may ever suspect that he cries into his pillow at night. The tragedy is that many men die surrounded by friends who never knew them at all, because vulnerability in male friendships is almost taboo. Silence isn't just individual, it's collective, a pact that men unconsciously keep with one another to avoid ever appearing weak.

Generational silence is even insane! Many men are shaped by fathers who themselves were silent, who never taught them how to express their emotions, who never hugged them, never said "I love you", and never apologised when wrong. These fathers, products of their own

harsh times, handed down silence like an heirloom, convincing their sons that to be a man is to endure without complaint. And so the cycle continues. A man grows up without ever learning how to put his feelings into words, then raises his children in the same way, repeating the curse. Sometimes even when he wants to change, the words choke him, stuck behind years of conditioning. It's only when he loses those children later in life that regret gnaws at him, that he realises silence cost him intimacy he could have had.

It's fair to blame this on cruel cultures, too. In African societies, for example, men are the pillars of the extended family. Relatives look to them for school fees, medical bills, rent, and emergencies of every kind. If he fails, he is insulted and labelled stingy or irresponsible, no matter how much he has already given. If he succeeds, he is quickly forgotten until the next crisis. The man lives in a state of permanent obligation, knowing that his silence is safer than his confession, for if he dares to admit he is drowning, the same family that depends on him will mock him for weakness. It's not only an African problem though. In the West, men are silently crushed by the demand to maintain appearances, to keep the mortgage paid, to keep up with social standards, to never slip even when their souls are weary. Silence becomes universal,

painted in different cultural colours, but the weight is the same.

Silence is also heavy in the way men experience health. Many men ignore medical check-ups, not because they don't care, but because to admit illness is to admit fragility. Prostate cancer, depression, heart conditions—these take men early, because of silence. By the time they finally speak, it's often too late. The quiet neglect of their own health is another grave society rarely talks about. They will take care of their wives and children, rush them to hospital at the first sign of trouble, yet when it's their own body breaking down, they bury the pain until the day it buries them.

What's striking is the double standard of care. The same man who will drive his wife to the hospital at the first sign of discomfort, who will not rest until his child's fever is brought down, will ignore his own chest pains, will laugh away the lump he found last month, will dismiss the exhaustion that drapes itself heavier across his days. He will pay for medical cover, he will sacrifice his own comfort to ensure his family's health, yet he denies himself the very compassion he so freely gives. It's as if he believes his role is to carry the sickness of others, but never to show that he too is mortal.

And society rewards this kind of quiet neglect. Men who never complain, who never take sick days, who

"push through" the pain, are often praised as strong, dependable, unbreakable. Yet what's celebrated on the outside is a slow erosion on the inside. By the time the hospital bed claims them, people shake their heads and say, "But he never said a word, he looked fine just last week." The silence makes martyrs of men, and martyrs always leave behind grieving families who would rather have had them alive, fragile and flawed, than buried as symbols of endurance.

The digital world has worsened the silence. In the age of social media, men are constantly bombarded with images of wealth, luxury, and success. They scroll past posts of peers flaunting expensive cars, exotic trips, and flawless families, while silently measuring their own inadequacies. Even when they know most of it is curated and exaggerated, the silent comparison eats at them. But unlike women, who often find solace in venting online or forming support groups, men retreat further into isolation. They scroll, they compare, they ache, and they shut down. The pressure of never measuring up isn't new, but technology has amplified it, and silence remains the default coping mechanism.

The fact that men's failures are remembered far more than their sacrifices, has also contributed to early men's struggles. A man can provide faithfully for twenty years, but if in year twenty-one he stumbles, he is defined by

that stumble. His sacrifices fade, his mistakes shine. Men know this, and so they remain silent about their fears and uncertainties, because to confess them is to give ammunition to those who will remember their weaknesses long after their strengths are forgotten. Silence here becomes a strategy of survival, though it's slowly killing them inside.

The truth is, men deserve space to be human, to grieve, to fail, to be vulnerable without ridicule. They're not machines, nor superheroes who must always save others at the expense of themselves. The world needs to cut men some slack, to let them unburden without fear of judgment, to remind them that silence should not be their only answer. If we can encourage women to break free from toxic expectations, then we must equally challenge men to step away from the cage of silence that has cost them too much already. In the end, both men and women are human, and humanity should be the compass that guides how we treat one another.

CHAPTER 16

WOMEN MOVE ON FASTER THAN MEN

The truth is, women move on faster than men after a break up. The reason isn't always because they feel less, nor that they were less invested in the relationship, but because the world responds to their presence differently. Women, unlike men, enjoy a kind of attention that cushions them even in moments of heartbreak. There's always an endless stream of suitors appearing at their doorstep, eager to offer comfort, eager to prove themselves, eager to replace what was lost. For a woman, especially one who carries beauty with her as naturally as her own shadow, it becomes almost impossible to stay hidden in sorrow for long.

The more attractive a woman is, the greater her options, the faster her recovery, the easier her transition. A beautiful woman doesn't need to search for opportunities to heal, they find her, they come in form of new men

competing for her smile, for her laughter, for her heart. Some want her sincerely, others want her as a prize to boast about, but whatever the motives, the result is the same. She is never left without choice. Her beauty shields her from loneliness, her appeal cushions her from despair, and though she may still carry scars within, the outer world never lets her rest in her pain.

Men, on the other hand, don't enjoy this luxury. A man without looks and without wealth is like a tree in a desert, standing tall perhaps, but unnoticed and untouched. Men, by nature, aren't adorned with beauty in the same way women are, unless fortune grants them rare handsomeness or unless wealth steps in to elevate their position. Most men are invisible in the attraction game, struggling to draw even a passing glance. The queue of desire is long, and unless a man is equipped with resources that bend the order, he finds himself at the tail end, waiting endlessly for recognition that never comes.

Men are judged twice, and this is the weight they carry. If a man is handsome, then yes, he may earn the first qualification. His face may open doors, his body may command attention. But women ask the next question, and it's never far behind. What good is handsomeness without provision? Can charm be eaten when hunger bites? Can broad shoulders pay rent, or can a smile keep the lights on? No, and so his looks become only half

the story, an incomplete chapter. Women will admire, yes, but they will not build their lives on admiration alone. They turn instead to the second vetting, the measure of his resources, and only when that box is ticked does his handsomeness truly matter.

Handsome men, however, are given a strange grace. They're like trophies women parade, and because of this, they enjoy a window of romance where they're indulged. A generous woman, caught up in the spell of his beauty, may even go so far as to cover his small bills. She may slip a few coins to help with rent, she may clear his electricity bill, she may soften the rough edges of his life simply to keep him close. But in this indulgence lies a trap, for many of these men grow lazy, depending not on their hands or their vision but on the admiration of women. They learn to survive by leaning on looks, and slowly, they lose the ambition to strive for more.

These pretty men, especially the light-skinned and the smooth-faced one, often become prey to older women who are divorced or single. Women who spent years chasing graduation gowns, climbing ladders of career, conquering offices and boardrooms, only to look back one day and find that the men who once sought them have long settled with women who were ready in their prime. These women, realising time has slipped by, turn their gaze towards the young, handsome men who have

little but their charm. They take them in as trophies, as companions to soften the sharp edges of loneliness, sometimes even as toys to satisfy hungers they daren't confess aloud.

For these women, it's not simply about romance, but about image, about silencing the whispers of the society. To parade a handsome young man is to show the world they've not been left behind, that life has not closed its doors on them. They may even go as far as marrying these men, tying them down as husbands not because they need a provider, but because they need a symbol. The world may laugh, may mock them for it, yet they hold on, convinced that this, at least, gives them ground to stand on in the cruel theatre of public opinion.

The men themselves aren't blind to the arrangement. They know they're being kept, and many of them accept it gladly. They receive a payslip without work, favours without effort, comfort without struggle. It's easy, it's tempting, it's sweet. But like all sweet things, it spoils quickly. The women tire. They grow weary of carrying a man who offers nothing but his body, nothing but the shallow charm of youth. And so the day comes when the pretty man is greeted with his three clothes at the door, a silent reminder that his usefulness has expired, that his season has ended, that he is no longer needed.

In *Saving the Last Simp, Book 1*, I pointed out that every woman, no matter how she portrays herself, usually has three men in her orbit. To refresh our memory,

these men aren't random figures but carefully positioned players in the unspoken dynamics of her romantic world. The first man is the main one, the one she truly desires and feels the strongest attraction towards. However, it's not always the case that this man represents what is best for her in the long term. More often than not, he comes with the baggage of being abusive, manipulative, or a serial womaniser.

Women, however, by their very reversed psychology, are often drawn not to what brings them comfort, but to what unsettles them, excites them, and keeps them emotionally restless. Predictability, as many women confess in moments of honesty, is boring to death. The main man, with all his chaos and unpredictability, becomes like an emotional fuel, feeding her need for thrill and intensity. As I once remarked, many women thrive on emotional rollercoaster, and without that turbulence, they begin to feel lifeless, as though something is missing.

The second man, who completes the circle, is the good guy, the dependable one, the one always within reach yet never truly chosen. He is the friend, the emotional crutch, the one she runs to when the main man betrays her or leaves her wounded. He is always available, offering a shoulder to lean on, a heart that listens without judgement, and advice that is often ignored until her

pain forces her to reconsider. Sometimes, his role extends beyond comfort. When a woman seeks revenge on her main man, the one she truly desires, she may offer this second man a taste of romance, not because she is moved by genuine attraction, but because she wants to use him as a pawn in her larger game of retaliation. This is why many good men end up frustrated, unable to comprehend why their kindness never elevates them to the place of being chosen. They fail to see that in her world, kindness alone isn't currency enough to purchase her heart, because it lacks the chaos and danger that fuel her deeper impulses.

The third man, often the most pitiful in this orbit, is the simp. He is the man with no real chance, the one she entertains only in moments of convenience or amusement, the one she would rather not even mention, for his presence embarrasses her even as it flatters her ego. Still, he isn't completely useless. At the very least, he serves as a living cautionary tale, the bad example of what desperation looks like. He is the type to send her five thousand shillings when she only asked for two, hoping that the excess will somehow prove his worthiness, yet he remains ignored in the end. His generosity and blind devotion, instead of elevating him, become the very things that rob him of dignity and render him invisible. Even

she, whom he pursues, can't respect him, and that silence speaks louder than rejection.

It's within this orbit that we understand why women are able to move on from breakups faster than men. The simple truth is that women never lack suitors. Even when she is in a serious relationship, the kind the world acknowledges and celebrates, she often entertains men on the side. Some of these she keeps in silence, waiting for the day her main man falters. She may notice red flags and quietly begin preparing her exit strategy. The man on the side will be the one she tells, "Let us give it time and see where it goes," and in saying so, she has already decided that he will be the one to step in should her main man lose his grip. She is always preparing for what comes next. In contrast, men rarely know who comes after the woman they're with. Save for the *Brayos* of this world, the bad boys who never lack women circling them, most men enter a relationship without the safety net of knowing who their next partner will be.

This contrast reveals itself starkly in the aftermath of a breakup. A woman who has been grooming her next man in silence can transition seamlessly, sometimes within days, into a new relationship. For her, the ground has already been prepared, the soil tilled, the seeds planted. By the time she informs her new man that she is now free, he has already been prepared for the takeover, sometimes for months or even years. The man she leaves behind is often caught unaware. He is blindsided by the swiftness with which she moves on, still clinging to the illusion that the smiles she gave him were genuine, not the masks she wore to hide her emotional withdrawal. As I noted in Chapter Five, women often check

out emotionally long before they physically leave. This makes it possible for them to leave with a smile and move on with astonishing speed, leaving the man stunned and broken.

The man, on the other hand, begins a long and lonely journey of recovery. A heartbreak that hits him deeply isn't something he shrugs off lightly. He mourns, he suffers, he questions, and he lingers in the shadows of the past. For many men, it takes years before they trust again, before they open themselves to love again.

Women, however, move differently. They're not bound by the same weight of attachment. This isn't to say that women don't love, but rather that their love is conditional, rooted in their emotional responses to what a man provides in the moment. Women are emotional responders. Just like a chameleon that adjusts to its surroundings, they mirror the energy and impulses of the men they're with. When a man is sweet, attentive, and adoring, she reflects that sweetness. When he brings gifts, praises her beauty, and makes her feel cherished, she responds in kind. But when he introduces sadness, neglect, or betrayal, she redirects her energy elsewhere, plotting to find a new source of joy and comfort.

This fluidity of emotion is what makes their transition so rapid. Since emotions can change in the blink of an eye, the love that once seemed deep can quickly turn into

indifference or even disgust. The speed of her departure depends on the intensity of the impact the man had on her emotional weather. The less significant his effect on her, the quicker she can forget him and turn to another. For men, the reverse holds true. Because they often attach through effort, investment, and the pride of pursuit. The loss of a woman they truly loved feels like losing a kingdom they worked hard to build.

Lastly, it can't be ignored that women hold an undeniable advantage in the sexual marketplace. Beauty is a currency they can always cash in. A woman can secure a new suitor within days, sometimes hours, after a breakup, simply by opening herself to the constant stream of admirers already waiting for a chance. For men, especially those without looks or wealth to compensate, the story is much harsher. A man must chase, must prove himself, must endure rejection after rejection, until finally, someone gives him a chance. For this reason alone, women move on with greater ease and speed, while men often endure prolonged droughts of loneliness, nursing wounds that take far longer to heal.

CHAPTER 17

BROKE-UGLY MAN SUFFERS THE MOST

It's one thing to be good-looking and broke, but being ugly and broke at the same time as a man is a tragedy of its own. While society might forgive a handsome man for lacking financial resources, because at least his outward appeal buys him some time, an ugly man without money hardly gets that privilege. Like anyone would imagine, a broke but handsome man has certain incentives in the dating marketplace, for he can leverage his smooth face, well-carved abs, and that outward glow that makes a woman bite her lower lip in desire. He may have nothing in his pockets, but his physical appearance acts as a buffer, an initial pass that allows him to step onto the stage of attraction.

As I briefly shared in the previous chapter, the handsome man enjoys what we might call a *pretty-face privi-*

lege. This is the same kind of privilege that most beautiful women enjoy in circumstances dictated by looks. Think of beauty-based careers—modelling shows, news presenting, air hostesses—fields where being visually appealing is itself a currency. For the good-looking man, this privilege means he can sometimes be excused for his financial failings, especially if he has mastered the art of selling hope. He may package grand tales of soon-to-mature deals, investments about to yield millions, or imaginary businesses about to break even. If he understands the psychology of women, and knows how to spin the language of promise, he can live comfortably under that illusion for a while. Until, of course, his time expires, the lies collapse, and he is kicked out for being nothing more than a pretty problem.

The reason this works, and it's important to remember this, is because first impressions matter. In the dating pool, what matters first is the look. Human beings, just like bees drawn to colourful petals and sweet-smelling nectar, are wired to respond to beauty before they ever taste its depth. I've often told you that men are visually triggered creatures, while women are stirred by words, often carefully wrapped lies. But the truth is, women too are drawn by what they see, and it's only after that initial sight has softened them that the words begin to settle in. This is why women are so keen to scan a man quickly,

almost instinctively. They check his belt, the shoes on his feet, the condition of his hair, even the way his clothes sit on him. And yes, I would be unfair not to mention the foot size, because this one seems to matter in quiet corners of conversation. Women have been said to use it as a rough measure, a way of calculating what kind of romantic danger or thrill they might be preparing themselves for. You can connect the dots for yourself.

So yes, a good-looking man without money has a kind of pass that an ugly man without resources doesn't enjoy. A man who is both financially broke and physically unblessed suffers the most, for he lacks both of the tickets that grant access to the table of modern dating. If you've been keen, you must have noticed that the majority of single men struggling to get a foothold in dating are men who neither have financial breakthroughs nor carry the gift of physical magnetism. These men often desire a particular type of woman, women they would choose if the circumstances were different, but they hardly ever end up with them.

Instead, they settle for women they wouldn't have considered otherwise. This is the painful reality of desiring but lacking the will and means to acquire. The struggle for these men is that they end up dating outside of their type, and to stay afloat in the scene, many overcompensate for what they lack. This overcompensation often

breeds insecurity, because they're constantly reminded of what they don't have. Some of them, pushed by circumstance, end up toxic, overly controlling, or suffocatingly possessive. Since their pool of options is narrow, they guard whatever they manage to get with sweat and blood, even to the extremes.

They might come across as emotionally volatile or even physically confrontational, sometimes emotionally abusing the woman, sometimes clashing with rival men who, armed with good looks and fat wallets, circle like vultures. It's not always their fault, for they're simply responding to nature, and as Charles Darwin explained, it's survival of the fittest.

It can't go unnoticed that, within these struggles, these men carry qualities that make them treasures in disguise. Ugly and broke men often possess virtues that women who look deeper might consider golden. They tend to be gentle, especially if they meet loyal and nurturing women. They become providers in a way that puts many wealthy men to shame. Picture a low-income earner at a construction site. His pay is little, hardly enough to sustain him. However, if he loves a woman, he places her above his needs. Women who fall for such men rarely understand the full depth of the struggles they endure to bring home a small coin, because these men know how to hide their struggles. They show up

strong, worthy, and reliable, proving themselves in an age where traditional virtues have been swapped for the size of a wallet.

Broke-ugly men are also among the most hardworking people alive. They're the typical jacks of all trades, and many indeed bear that name. They juggle jobs with a resilience that surprises the world. They're the unskilled labourers by day, security guards by night, loaders, cleaners, mechanics, whatever can bring honest pay. They don't shy from work, unlike the pretty boys who often look for shortcuts. And it's not that they necessarily love the long road to success, but that life has offered them no shortcuts. Even the shortcuts of life avoid them. Think about it, how would a man with no physical appeal pose as a scammer on a dating site, or sell a pyramid scheme, when in this world beauty is wrongly but powerfully associated with credibility? The handsome scammer can lure investors with a smile. The broke-ugly man can't. For him, even dishonesty requires an attractiveness he doesn't possess.

And yet, these men excel where it matters most. They're the most faithful and loyal species of men. They know rejection, ridicule, and the cruelty of being overlooked. They know the pain of being second choice, of being the one who is ignored in favour of the glittering and the pretty. Out of that furnace of pain, they learn

the rare wisdom of cherishing what they finally get. For anyone who knows the pain of acquiring something, the instinct to guard it comes naturally. Women loved by such men often find themselves deeply protected, valued, and appreciated in ways that men with privilege can't replicate.

It's no secret that most men who are pigeonholed as living above the poverty line aren't the most attractive of them all. Through rejection, through ridicule, through endless moments of being overlooked, ugly men have learned to forge their value in the furnace of the hottest of fires. They're the kind of men who don't receive shortcuts handed to them on a silver platter, they don't have the luck of walking into a room and commanding admiration with a jawline or a perfect set of abs, and they don't find their lives softened by the privileges of aesthetics. They're, instead, forced to chisel themselves in pain, to build their reputation in silence, to prove their worth in a world that would rather look past them. The unattractive man who is also broke doesn't have the soft cushion of excuses or indulgence from women. He is judged harshly, he is dismissed quickly, and the world doesn't offer him a second look unless he forces it. And so, out of necessity, he is reborn in the crucible of resilience.

Because of this hard journey, many ugly-broke men have gladly, though painfully, accepted that the only way

to compensate for their inadequacies is to work relentlessly, to dig their value out of the soil of hardship, and to conquer the world of gold and riches with their bare hands. They aren't competing in the soft game of first impressions, they're fighting in the harder game of survival. They have had to understand that attraction is currency, and since they don't own it, they must mint another form of currency that holds its weight in the same market—resources. Money, property, influence, these become the alternative charms that open doors which looks alone can't. Their success isn't born of natural favour, but of brute effort, blood, sweat, and often years of hidden tears. And when they finally arrive at the table of wealth, they don't arrive casually, they arrive with scars, and they arrive with an edge that the pretty boys will never understand.

This is why, in the stubborn dating space, ugly men who have broken through the walls of poverty tend to find themselves surprisingly advantaged. Women, given their survival instincts and their innate ability to read security where it lies, can easily overlook a face that doesn't inspire desire at first glance, provided that the man attached to it represents stability, provision, and long-term safety. A woman who weighs her options may look at a broke, handsome man and see fleeting beauty, an adventure perhaps, but not a home. The same woman, when

confronted with an unattractive man who is materially capable, suddenly finds herself drawn to a different kind of magnetism. It's not the kind of attraction that makes her bite her lip in lust, but it's the kind that softens her instincts, reassures her fears, and appeals to her deeper survival wiring. It's here that we begin to see why so many women who parade some of the most dangerous beauty often walk hand in hand with men who are anything but visually stunning.

The irony, of course, is that the unattractive man who is broke doesn't even exist in this equation. He is invisible, at least until he makes himself visible through conquest, through acquisition, through the solid evidence of his capacity to provide. And this truth explains a brutal reality. In the cruel hierarchy of the dating market, a man can't afford to have nothing. He can't afford to be without both looks and money. A man with neither isn't just disadvantaged, he is erased. He suffers the most, not because he lacks humanity or depth, but because in the economy of attraction, his value is written in faint ink. To rise from that position requires not just effort, but extraordinary persistence, a persistence that often takes years to bear fruit. And yet, when it does, it transforms him into one of the most loyal, most grounded, and most dependable partners a woman can ever find.

For anyone who has known the pain of being overlooked, who has endured the constant "No" that life hands out when you aren't in possession of society's valued tokens, there grows a wisdom that the pretty boys will never grasp. It's the wisdom of protecting what you've once you finally get it. The ugly-broke man who claws his way up into stability becomes fiercely protective of his relationships, not out of blind insecurity alone, but out of lived experience.

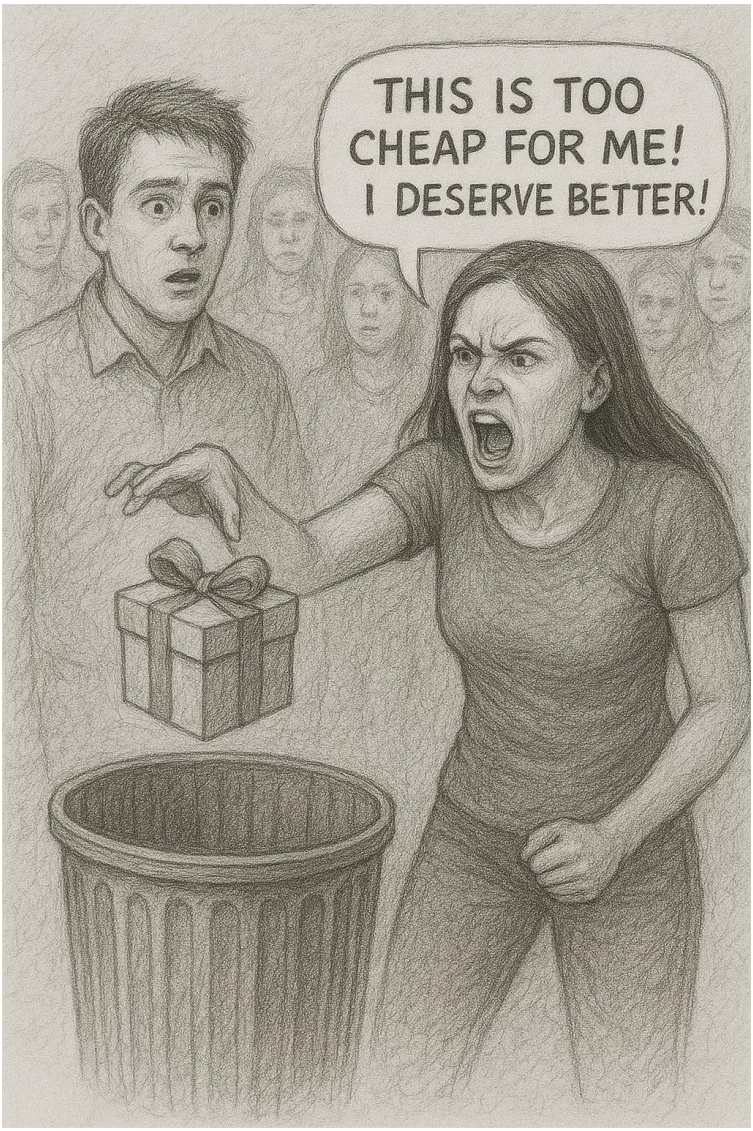
He knows that to acquire something valuable in this life is never guaranteed. He knows the difference between illusion and reality. He knows the difference between temporary infatuation and hard-earned loyalty. And so, when he finds a woman who sees him, who chooses him despite the years of being invisible, he holds onto her with a conviction that can seem extreme. Sometimes it manifests as overprotectiveness, sometimes as jealousy, sometimes as intensity that borders on controlling, but beneath it lies the raw memory of a man who remembers too clearly the years when he had nothing to guard.

This is the rare wisdom, forged in hardship, that conspicuously misses in the world of men with pretty-face privileges. While beauty buys indulgence, and wealth buys options, struggle buys perspective. It's a perspective

rooted in the brutal honesty of life, in the lessons of scarcity, and in the realisation that what is valuable must be preserved with care. And so, paradoxically, the very men who suffer the most in the dating scene, the broke-ugly men, are also the ones who, once they overcome, become the strongest pillars in love, or at least, the illusion of it.

BROKE WOMEN ARE THE MOST ENTITLED

Dating a broke woman can be a heavy load to bear, but dating a broke woman who's also entitled is a nightmare that often feels like walking barefoot on shattered glass. It bruises a man's spirit and leaves scars that last far longer than the relationship itself. Many men today find themselves with little choice in the matter because the majority of women available in the dating market are either broke or both broke and entitled. The women who're genuinely grounded, well-meaning, and ready to build alongside a man are increasingly rare, and when they do emerge, they're quickly taken. What is left behind in the dating pool is a growing crop of women who offer little beyond looks, believing that beauty is the only asset worth presenting in exchange for a man's resources.


THIS IS TOO CHEAP FOR ME!
I DESERVE BETTER!

The irony, however, is that modern times have witnessed an exponential rise in top-earning women. Employment statistics confirm this. Women now command increasing visibility in fields that were once considered exclusive male preserves. From engineering to medicine, from finance to leadership, women have entered the corporate world with remarkable speed, and many of them earn salaries that rival or even surpass those of men. This rise in women's earnings has shattered old stereotypes of dependency, yet strangely, in matters of dating, many of these same women have perfected the art of "acting broke."

They cling stubbornly to the motto, "my money is mine and his money is ours," living it out as though it were scripture. They won't spend a penny on basic personal upkeep, whether wardrobe, hair, or nails, yet demand men to step in and cover the costs. These women, despite their fat pay checks, push men into the role of financial caretaker as if money spent by a man validates his worth, while their own remains untouchable.

At the extreme end of entitlement are the jobless women with expensive taste. Unlike their working counterparts, who at least have the ability to fend for themselves when a man can't meet their demands, these jobless women are something else entirely. They don't merely expect; they demand. They don't politely ask;

they command as if issuing orders to a servant. Even when a man stretches himself to provide, his efforts are often ridiculed and dismissed. A wig he buys is declared too cheap to be worn in the neighbourhood, a handbag he gifts is sneered at for not being designer, and any attempt at generosity is trashed as inadequate. It's the height of ingratitude. These women live off their youth and beauty, attaching outrageous price tags to themselves, as though their mere existence warrants royal treatment. In truth, they're not only burdensome but destructive to the men who fall for them.

Worse still, their entitlement rarely stops at personal maintenance. These women extend their demands into the lives of their families, insisting that a man pay school fees for siblings he's never met. Cover medical bills for distant relatives, or cater to extended family obligations. Think of digging into his savings to step in at the first sign of a cough from a step-grandmother. It's not just financial abuse, but something more, that extrapolates to emotional manipulation. They guilt-trip men into believing that love requires limitless sacrifice.

In reality, these women weaponise their relationships, turning them into personal fundraising schemes. They confront men, insult them, and demean them when expectations aren't met, breaking the very foundation of respect on which healthy relationships must stand. Their

loud presence on social media amplifies this entitlement, where they preach endlessly about how they "can't date a broke man," all while they themselves have nothing to show except counterfeit eyelashes and hired wigs.

The most tragic part is that entitlement often leaves these women incapable of sustaining stable, long-term relationships. Their histories are littered with flings, brief entanglements and transactional encounters with desperate men who were used to turn fortunes around. They're always on the lookout for the next better offer, discarding men as soon as a new suitor appears with deeper pockets.

It's astonishing how bold these women are in their entitlement when they offer no real value to any man, family, or community. They contribute nothing of substance, yet demand everything. And this is why men must learn to adopt the same boundaries women have set. Just as women boldly state that they can't put up with a broke man, men too should learn that they can't and shouldn't tolerate an entitled broke woman. It's about balance. It's about fairness. When men empower women who offer nothing in return, they only feed the cycle of abuse and disrespect. These women take the help, spit on the very hands that lifted them, and move on without remorse.

The way forward isn't to abandon women altogether, but to filter carefully. Men should only invest their resources, their time, and their emotional energy into women who offer genuine value. That value doesn't have to be material. It can be found in dreams, in virtues, in ideas, and in femininity that complements masculinity rather than fights against it. A woman who brings these things into a relationship is worth every sacrifice. Any woman who doesn't must be sifted out with the smallest sieve possible. Leaving no room for pretenders to slip through. Only then can society correct its current imbalance, where predatory habits are celebrated, and entitlement is mistaken for a compensation of a nonexistent value.

CHAPTER 18

COMMON LIES MEN TELL WOMEN

The quickest way to lose a woman is to tell her the truth. I know how conflicted that sounds. I do. The truth however is, most women will tell you they love being told the truth, while they plainly can't stomach the same truth they're asking for. If you want to find out, try telling a woman that you are broke, that you've no money, that you just got fired from a job you genuinely loved, but that you love her and want to build with her. Especially, in nascent stages of the chase. Watch how fast her face changes, how quickly the air between you thickens, how her words, polite at first, start to retreat. The thing is, most of the men who crack the code in dating scenes, who know how to navigate women's hearts, they often tell lies, but lies that are well-packaged. And believe

me, even being a liar requires skill. It's not a crude, careless thing; it's an art. You need to be rehearsed, deliberate, clever, because women aren't only intuitive, they're gifted. To me, it sometimes feels like men were given five senses, but women were given a sixth, maybe even a seventh. Curious? Well, an experience will give you the picture clearer than any theory ever could.

Most men who lie well, lie with everything lined up. They have their ducks in a row. They have perfected a way to tell true lies without a woman noticing, or even if she notices, some strange magic happens, and she finds herself falling for it without even knowing why. The first rule of the game is, if you want to win a woman, you've to tell a bit of a lie. Even the most honest men lie about something. You might say to a woman, "You are the most beautiful woman I've ever seen," while silently thinking, no, actually, she is no match to Rihanna who has a better forehead, or Ariana Grande's features strike me more. That's a lie, but it's a lie that melts her heart because women are drawn to what they hear, unlike men who are drawn to what they see. Words, chosen carefully, can give a man some easy wins with women.

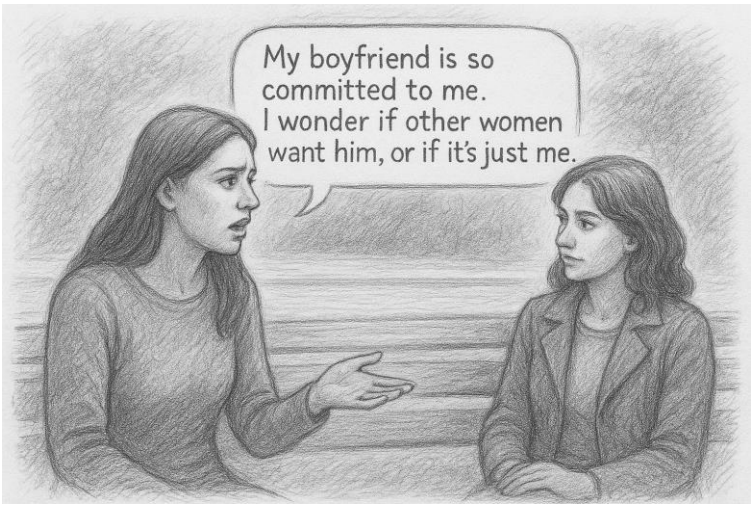
Before any woman can object, because I know women probably would, they should know that, even the smartest, most well-read women melt at the most stupid of all lies when it comes to seduction. Every woman has a

breaking point. No matter how beautiful she is, no matter how smart and well-read she is, some words, some little sweet nothings, cut through her heart like a hot knife through butter and leave her melting like fat held close to a bonfire. She can be brilliant, strategic, strong-minded, but an average man, if he tells lies well enough, can have his way with her. Trust me, men who post as brutally honest are single and living a very boring life. Women walk on them every day. You may not believe it.

Women say they want a man who's faithful, but if you come off as too faithful, majority, if not all, get upset and start questioning themselves and your credibility. You may think as a man that you are doing something she requested, but deep down, she is wondering if you really are the prize and why other women aren't scrambling for a piece of your cake. Instinctively, women get drawn to what other women want. If she sees you attracting other women, she will fall harder because she feels she has the prize that everyone wants. She can confront other women to tell them, "Leave my man alone, bitch!" abuse them or get physical with them for your sake, and the idea that at the end of it all, she gets you all to herself at night gives her satisfaction enough to fall dead asleep.

That is why playboys get away with their lies. He can cheat on her, physically or emotionally, yet when he sits

her down, telling her she is the one, the only one, she softens. Almost like magic. The thrill of being chosen among the rest gives her an ego a boost. Unlike men, women can forgive cheating partners more easily, not out of weakness or desperation, but because of psychology, because of instinct. Women love competition and the result of winning. If she can scare off a woman who's after her man, feel victorious in some sense, it gives her a breath of fresh air. That explains why women who are cheated on often see the other woman as the enemy more than the man who's leading a double life.



She can curse, attack, do harm to her rival, but the cheating man remains largely spared. Men, on the other hand, rarely forgive infidelity. A man's trust is fragile, his ego like glass. When a man is cheated on, he interprets it as a weakness in himself, as a lack of desirability, and recovering is nearly impossible. Whereas for women, cheating can signal desirability. Some women actually chase the man afterward, because she wants what others want. It's reversed and twisted, and no matter how many people disagree, it happens, and everyone who's honest knows it.

Allow me to echo what we discussed in the previous chapter about women as being gatekeepers of sex. What men should understand is that it's utterly useless to attack a fellow man when your woman cheats on you with him. If anything, you should strive to be the man she is willing to cheat with, not on. Women as sex gatekeepers choose who to give themselves to, and for her to reach a point when she rips off her undergarments and gives herself to him, it's something she has taken her time to process, consult from her circles and decided to do. The man she cheats on you with has no crime; the woman is the one giving him entry, so leave the man alone and deal with your cheating partner. That is important to say.

The same thing extends to women. A woman should leave her fellow woman alone and handle her cheating

man. Most of them won't believe if I told them that some of these men earn affection, and trust from other women because they probably lied to the them that their wives were long dead. Something, they would only find out if they remained patient enough with their incoming co-wives, and listened to the lies used to win them over. Men do anything to earn that access into any woman's little *Eden*. Remember, he must also have lied to you differently to win you. I've cases of men using the death lie to win the hearts of other women because most women love to know if the man who's approaching them is single or not. Some men don't say they're single, but that you, as his partner, are dead and long buried and forgotten. Don't look at me like that. It happens. All. The. Time.

Now, my friend. He was not cooking with his wife from the same pot like a goat and a hyena. Well, it was true—they weren't having conjugal encounters, at least not as often as when the love was brand new. A wall had been built, just like it happens most of the time. So he sought a mate outside. For him, he lied that he was not seeing anyone, leaving out that he was married with a kid. That omission, my friend, is something men do a lot when they need that little garden women crave. And this woman, with the art of reading people, gave him a greenlight. They started dating. Most times, they would

meet in hotels. Like my friend told me, he would spend a few nights at the woman's place. They pushed on until it reached a point when she was begging hard enough to visit him at his place. You know how a man with a woman back home and a kid would respond? He usually cut corners and dodged the issue for long. But women are persistent, and she began reading into his adamancy, sensing something off, and decided to give the relationship a break.

Later, my friend decided to confess. In his confession, he said he was truly married and with a kid, and that he only stayed married because of the child. Yes, another lie men tell to win women. Sometimes it's true—it's for the kid—but what about co-parenting? Oh, I almost forgot, not all women are wired to accept that. You still remember what we discussed about men dying from silence and after separation, being denied access to their kids by bitter partners. There, we might give him some breathing space, no? To cut the story short, upon mentioning having a wife and kids, the woman ghosted him forever. I knew that was coming, and the good thing is I told him to come clean and expect that as the outcome. Now, that is how lies operate—they open doors, they allow access to men, and strangely, it works like a magic stroke to women.

You see, a man will sit across from a woman, lean in with that look of feigned pain in his eyes, and tell her that if only he had met her earlier, before he married his wife, everything would have been different. He says she is the love of his life, the woman he had been searching for without knowing it, and those words fall heavy because they don't sound like flattery, they sound like grief. He makes it seem as though life played a cruel joke on him, as though destiny showed up too late, and now here they're, two souls who found each other in the wrong chapter of the book. And a woman, when she hears this, she feels the tragedy of it, she feels chosen, she feels that she isn't just another woman but the one who would have carried his heart if the world had given them a fair start.

It's not just a lie. It's more of a theatre, and the stage is her heart. He knows what he is doing, he knows he has no plans of abandoning his marriage, no real intention of turning his life upside down, but the story he tells makes her see herself as part of something bigger, almost like a love that is cursed but still burning. She begins to believe she has stumbled into the middle of a film. The kind where the lovers can't be together but can't let go either, and that belief is powerful, it binds her in ways she doesn't notice at first.

The brilliance of this lie is that it plays on sacrifice. The man makes it seem like he is holding back only because of duty, only because of children, only because of commitments he can't break, and so the woman begins to respect him for his loyalty even as she is caught in the web of his disloyalty. She tells herself he is a good man trapped in a bad situation, she convinces herself that the love they share is pure because it fights against circumstance, not because it's tainted with deception. And that is where the danger lies, because once a woman begins to see herself as the exception, as the one who came too late but still managed to touch him in ways no one else ever did, she will forgive him anything, she will stay even when the waiting eats her alive.

The truth is, he keeps both lives intact. His wife gives him the security, the home, the anchor, and the woman outside gives him the thrill, the adoration, the escape. And both women believe they're special, one because she is the chosen wife, the other because she is the love that came too late. What he has really done is feed them different stories, each one wrapped in just enough sadness to make it believable, each one crafted to keep them from questioning the foundation of his words.

And the bitter irony here is, most women who fall for this line know deep down that it's not entirely true, but

it feels so flattering, so intoxicating, that they let themselves believe it anyway. It's easier to accept the role of the great love who arrived too late than to face the truth of being simply another chapter in a man's double life. And by the time that realisation lands, she has already invested too much of herself, already tied her heart to the lie, already convinced herself she is irreplaceable.

Then, there is the lie men tell their side women. The one where he says he will leave his wife and make her the centre of his world. He says it softly, like a confession, almost with tears in his voice, as if he is weighed down by duty and not desire. He will tell her that the marriage is dead, that he only stays because of the children or because it's complicated, that he is waiting for the right time. He makes her feel like she is the only light in his dark house, the one thing that keeps him alive. And she believes, because every word comes wrapped in exhaustion and longing, and because he gives her just enough pieces of his life to make the story sound true.

But honestly, when things get heavy, when she starts to ask for more, when she tells him it's time to prove it, he almost always turns back to his family. A man may talk about leaving, he may paint pictures of new beginnings, but when it comes to stepping out of his door for good, he can't. The wife, even if she no longer excites him, still represents his home, his children, his name, the

respect he carries in society. To leave her is to set fire to the life he built brick by brick, and most men aren't willing to watch themselves burn. So he will stay, and the side woman, who thought she was climbing into a future, realises she was only resting in a waiting room that has no exit.

The power of this lie is that it flatters her. It makes her feel like she is the chosen one, the reason he still wakes up, the escape from a marriage he calls a prison. She feels needed, she feels essential, she feels like she has won him in a way his wife never could. And that feeling, that sense of being the one who truly understands him, keeps her waiting, patient, forgiving of all his delays. She convinces herself the clock is ticking toward her day, only to discover that the clock never moves.

And when the moment finally comes, when he has to decide, he almost always chooses the wife. Not because of love, not because of passion, but because of safety. He would rather stay with a marriage that is dull but stable, than risk losing his standing, his comfort, his children's smiles. The side woman becomes the shadow in the story, the secret that dissolves when the light hits too hard.

I'LL LEAVE MY WIFE FOR YOU. I'LL MARRY YOU.

It happens more times than anyone admits. Different men, different women, but the same ending, over and over. A man feeding hope he has no intention of fulfilling, a woman waiting for a door that never opens. And the cruel part is, he knows from the beginning that he is never going to walk away, but the lie is too sweet, too convenient, and it keeps her exactly where he wants her—close enough to enjoy, far enough not to disrupt his real home.

Elsewhere, a man will look at a woman and say, *"my mum says hi, she really loves you, I showed her your pictures and she says you're like the daughter she never had."* When it falls on her ears, it feels like gold. Many women melt at the thought of being embraced not only by him but by the people closest to him. It gives her the sense that she has already passed through an invisible gate, that she is no longer standing at the edge of his life but has already stepped into the circle that matters most.

But the truth is, in most cases, especially when the relationship is still fresh, no such conversation has taken place. He hasn't shown her pictures to anyone, he hasn't even mentioned her name at the dinner table. At home, life continues as usual, his mother is probably more concerned about her garden, her church meetings, or her back pain than about the new woman in his life. Yet he

knows that telling her this little story will trigger something powerful. Because every woman craves not only the love of a man but also the approval of the people who raised him. It reassures her that what they have isn't just a fling, but something his family would one day proudly embrace.

That's why this lie works so perfectly. It's not about truth, it's about planting an image in her head. She sees his mother smiling at her picture, she imagines a warm voice on the other end of the phone saying *"take care of my son,"* and suddenly she feels secure, she feels chosen. It quiets the doubts she might have been wrestling with about whether he is serious or not. It makes her believe she has already won a kind of silent approval, even though none of it's real.

The twist comes when reality enters the room. Maybe months later she finally meets the family, and instead of a mother who already "loves her like a daughter," she finds someone who greets her with polite curiosity, asking the simplest of questions, *"so what do you do?"* It hits her then, that the story she had been holding onto all this time was never shared with anyone but her. It was just words meant to make her feel safe, to keep her tethered to him, to lift her ego just enough so she wouldn't drift away.

You need to know as well, that, most times, when a man says *I am waiting for a deal "iivaane"* to mature, it's often an escape route, especially when he is dealing with a woman who asks for money more than beggars on the street with bowls. Some women can really be a nuisance with their endless requests for financial help. It never stops at her hair or nails. Tomorrow it becomes "my grandma swallowed a stove, I need money for her operation." The demands pile up in a way that drains a man's spirit, because it's no longer about love, it turns into maintenance.

What women should know is that sometimes men use this line to buy breathing space. It's not always that a deal is truly waiting to mature, most times it's a way of saying, "stop asking me for money." The phrase is meant to stall her, to make her hold on to hope that money will eventually come, until she gets tired of waiting and gives up. Men, just like anyone else, can grow weary of being treated like an ATM machine, a bottomless provider for every whim or emergency story. So this lie, as simple as it sounds, becomes a tool of survival, a way of managing expectations without confrontation.

If we are being honest, it works because hope is powerful. A woman who believes there is a big deal about to land will silence her complaints, she will wait quietly, imagining the day he comes with his pockets full. And

in that waiting, the man buys himself relief, even if temporarily.

There is also this lie men tell women, that *"my friends love you, they say you are the best of all the women I've ever dated."* Sometimes it's not even him who says it, the friends themselves will play along, calling her *shemeji,* the in-law, even when the relationship is still young, still on its shaky legs. And for the woman, this feels like more than just compliments, it feels like approval stamped from the whole council of men around him, as if she has already been welcomed into the circle and endorsed as the chosen one. She begins to think she has passed through the secret filter of his people, and that alone gives her a sense of belonging, like she is already part of the family.

But most times, it's not true. In fact, if you pay attention, the more the friends go overboard with praises, the more you should suspect it. Because men, by nature, don't like their friends drooling over the woman they truly love. A man who has found the one, who sees her as his jewel, will appreciate a light compliment here and there — a casual "she's lovely" or "you're lucky bro" — but he will not sit comfortably if his friends are flooding her with praises, exaggerating, or calling her names that hint at possession. That kind of behaviour touches a

nerve in men, because it poses a quiet threat to his territory. No man in love likes to feel that his woman is being admired too much by the men closest to him. He guards her, even with silence, even with a small frown when someone says too much.

So when you see a man smiling, laughing along, letting his friends shower you with rehearsed admiration, you need to ask yourself why he is so at ease with it. Most likely, it's not because they all love you and secretly think you are the best thing to happen to him. It's because he has allowed it, maybe even staged it. He knows how much women value validation from the people around him, how much weight women put on "being liked" by his inner circle. So he lets it run, because it makes you feel secure, it makes you drop your guard, and it makes you think this love is already approved and permanent.

But the truth is bitter. When things get serious, and the real test comes, those same friends will not even remember half of the words they threw around. They will not stand as witnesses to what they once made the woman believe. And if she looks back, she'll realise the flattery was too smooth, too coordinated, and rehearsed almost like a song in the background. And in most cases, when a man is fine with that kind of display, when he doesn't flinch at his boys laying it thick, the woman can be sure of one thing — she is far from being the queen

she thought she was. Instead, she was only being polished into shape, like a triangular peg being forced into a square hole. Intentionally, to make her believe she fit, when in reality, the place was never meant for her. Sad? I know. But, it's part of the modern dating game.

In conclusion, the lies men tell women aren't pulled from the sky, they're tailored to the weaknesses of the listener. A man will not waste breath on a story he knows will not land. He studies, he observes, he senses what she craves, then he serves it up in words that sound sweet but carry little truth. Some of these lies are about survival, some about seduction, and some are simply about keeping the peace without endless explanations. But whether it's *my mum loves you already,* or *I'll never love another if you leave me,* or *I'm waiting for a deal to mature,* they all feed one truth that, a lie is a tool men use to survive in the seduction game and have an edge over the men who stick to the truth, which as I had mentioned earlier, have left them single and miserable in the end.

CONCLUSION

If you've made it this far, thank you. Writing this book was never about pretending I had all the answers, it was about opening a conversation that too many people are afraid to have. Men and women, love and attraction, marriage and heartbreak — these aren't abstract ideas, they're the stuff of our everyday lives, and they shape who we become.

What I've tried to do here is pull back the curtain. To show what men often think women want, and what women actually need. To dig into the truths, we don't always say out loud — that age matters, that timing matters, that desire doesn't always play fair. These things are uncomfortable, but ignoring them doesn't make them go away.

If there's one thing I hope you carry with you, it's this: honesty is the only way forward. Not the kind of honesty that hurts for the sake of it, but the kind that sets people free. Men need to know the weight they carry, women need to know the power they hold, and both need to step into relationships with their eyes wide open.

I also know this book isn't perfect. I might not have acknowledged everyone who has been central to shaping

these ideas, adequately enough. I might have made mistakes in interpretation, somehow. Some of the sources I leaned on, though, some of them are as old as time, still are relevant today. I acknowledge that new researches will emerge that will probably challenge the thoughts and arguments in this book. But all the same, they were important in forming the foundation of this work, and without them the arguments here wouldn't stand.

This book isn't the end of the story. It's a piece of it, one voice among many, but if it's sparked something in you — a question, a challenge, maybe even a shift in how you see yourself or others — then it's done its job.

So take what you've read here, argue with it, wrestle with it, share it with someone who needs to hear it. And more than anything, live it. Because at the end of the day, no study, no theory, no book can replace the choices you make, the love you give, and the life you build.

NOTES

CHAPTER 1

1. Gary Smalley, *The Language of Love* (New York: Pocket Books, 1991); Gary Smalley, *Love Is a Decision* (Dallas: Word Publishing, 1989). Smalley stressed that yesterday's "love map" cannot always serve today's relationship. The chapter illustrates this with the man who gave gifts while his wife longed for time. Love must evolve, not repeat itself on autopilot.
2. Michael Kimmel, *Guyland: The Perilous World Where Boys Become Men* (New York: Harper, 2008). Kimmel's work on masculinity explains how boys are taught early to suppress emotion. Later, partners often mistake this silence for coldness rather than social conditioning.
3. Carol Gilligan, *In a Different Voice* (Cambridge, MA: Harvard University Press, 1982). Gilligan's research shows that girls form identities tied to empathy and connection. This cultural training makes women's

relational orientation clash with men's independence when signals are misread.

4. Deborah Tannen, *You Just Don't Understand: Women and Men in Conversation* (New York: William Morrow, 1990). Tannen observed that men approach conversation as problem-solving, women as connection. This chapter's example of "fixing the laptop" versus "just listen" is a classic enactment of her findings.
5. David M. Buss, *The Evolution of Desire: Strategies of Human Mating* (New York: Basic Books, 1994). Buss highlights that biology and culture interact. Evolution provides tendencies, but culture scripts how those tendencies appear, often heightening misunderstandings between men and women.
6. Brené Brown, *Daring Greatly* (New York: Gotham Books, 2012). Brown reframes vulnerability as courage. The chapter reflects this: men may work sixty hours to "prove" love, but genuine presence and openness bridge the disconnect more effectively.

CHAPTER 2

1. Charles Darwin, *The Descent of Man, and Selection in Relation to Sex* (London: John Murray, 1871). Darwin outlined how sexual selection operates, showing that traits signalling survival advantage become attractive to mates. The chapter applies this by showing how men confuse evolutionary signals such as confidence and competence with shallow displays like cars and bravado.
2. David M. Buss, *The Evolution of Desire: Strategies of Human Mating* (New York: Basic Books, 1994). Buss's research demonstrates that while status and resources matter, women consistently value kindness, humour, and emotional intelligence more highly in long-term partners. The chapter contrasts this with men's overemphasis on wealth and appearance.
3. Robert B. Cialdini, *Influence: The Psychology of Persuasion* (New York: HarperCollins, 1984). Cialdini described "social proof" as a powerful driver of human behaviour. The chapter connects this to why

women may be curious about a man admired by others, not for competition's sake, but because admiration signals hidden qualities.

4. Esther Perel, *Mating in Captivity: Unlocking Erotic Intelligence* (New York: HarperCollins, 2006). Perel notes that desire thrives in the space between closeness and mystery. The chapter uses this to explain why authenticity and purpose often matter more than gym selfies or grand gestures.
5. Jane Austen, *Pride and Prejudice* (London: T. Egerton, 1813). Austen's character Darcy is cited as an example of quiet magnetism, presence without performance. The chapter draws a parallel with modern men who attract effortlessly by being grounded in themselves.
6. William Shakespeare, *Much Ado About Nothing* (London: 1600). Shakespeare's line "man is a giddy thing" illustrates the folly of overperformance in romance. The chapter applies this to men who try too hard with bravado, only to repel rather than attract.

7. bell hooks, *All About Love: New Visions* (New York: William Morrow, 2000). hooks emphasises the importance of self-awareness in love. The chapter ties this to attraction by showing that men who accept themselves fully are more capable of authentic connection.
8. Jordan B. Peterson, *12 Rules for Life: An Antidote to Chaos* (Toronto: Random House Canada, 2018). Peterson has argued that the most compelling men embody disciplined strength, "dangerous but restrained." The chapter reflects this in its discussion of strength balanced with respect.
9. *Mark Manson, The Subtle Art of Not Giving a Fck (New York: HarperOne, 2016).** Manson points out that effort driven by insecurity feels heavy, while abundance creates ease. The chapter mirrors this by warning that desperate pursuit often backfires in dating.
10. Robert Greene, *The Art of Seduction* (New York: Viking, 2001). Greene emphasises the intangible power of aura. The chapter draws on this to explain why

some men are magnetic without effort, as their presence rather than performance creates attraction.

11. Haruki Murakami, *Norwegian Wood* (Tokyo: Kodansha, 1987; English trans. London: Vintage, 2000). Murakami's line about mystery being an invitation but silence a locked door is echoed here. The chapter uses this to warn that withholding too much makes men seem detached rather than intriguing.
12. Helen Fisher, *Why We Love: The Nature and Chemistry of Romantic Love* (New York: Henry Holt, 2004). Fisher's work shows that humans are wired to notice what others value. The chapter applies this by explaining how women interpret admiration of men by other women as social proof.

CHAPTER 3

1. Peter Lindbergh, *A Different Vision on Fashion Photography* (Cologne: Taschen, 2016). Lindbergh observed that a photograph does not merely capture appearance but also feeling. The chapter uses this to show how men's visual attraction is about more than

beauty, it is about the emotion evoked in a single glance.

2. Steve Harvey, *Act Like a Lady, Think Like a Man* (New York: Amistad, 2009). Harvey joked that men fall in love with what they see, women with what they hear. Behind the humour lies the truth that men's visual reliance can distort judgment and mistake appearance for compatibility.
3. John Steinbeck, *Travels with Charley: In Search of America* (New York: Viking, 1962). Steinbeck wrote that the warmth of summer requires the cold of winter for contrast. The chapter applies this metaphor to attraction, showing how surface beauty only gains meaning when paired with deeper connection.
4. Paul Newman, quoted in *The New York Times*, 1982. Newman explained his fidelity to Joanne Woodward with the line about preferring steak at home to hamburgers outside. The chapter uses this to show how beauty, reframed through intimacy and history, becomes inseparable from love.
5. Helen Fisher, *Why We Love: The Nature and Chemistry of Romantic Love* (New York: Henry Holt,

2004). Fisher identified three brain systems sustaining long-term attraction, lust, romantic love, and attachment. The chapter draws on this to explain how visual sparks ignite lust but shared history sustains attachment.

6. F. Scott Fitzgerald, letter to Zelda Fitzgerald, 1939. Fitzgerald's declaration that his love was the beginning and end of everything illustrates how affection reshapes perception. The chapter uses this to argue that beauty becomes subjective once filtered through love.

CHAPTER 4

1. David M. Buss, *The Evolution of Desire: Strategies of Human Mating* (New York: Basic Books, 1994). Buss explains that across cultures men show a bias toward cues of fertility such as youth. The chapter applies this to argue that attraction to younger women is less about conscious preference and more about evolutionary wiring.
2. James Bond films, beginning with *Dr. No* (dir. Terence Young, 1962, Eon Productions). The repeated

pairing of older male leads with much younger female characters has normalised youth as the default standard of male desire. The chapter uses this cinematic trope to show how culture reinforces biological tendencies.

3. Verywell Health, *"How Age Affects Fertility in Women,"* 2020. The article explains how egg count and quality decrease with age, making conception more difficult. The chapter uses this research to underline the biological realities behind men's sensitivity to age in dating.

CHAPTER 8

1. David M. Buss, *The Evolution of Desire: Strategies of Human Mating* (New York: Basic Books, 1994). Buss highlights how generosity in men often functions as a mating signal. The chapter applies this by showing that what women may interpret as stinginess is usually a question of selective investment tied to attraction and long-term strategy.

CHAPTER 9

1. David M. Buss, *The Evolution of Desire: Strategies of Human Mating* (New York: Basic Books, 1994). Buss documents how men and women differ in their evolutionary motivations for infidelity. The chapter uses this to explain why men are often driven by sexual variety, while women's cheating tends to relate more to unmet emotional needs.

CHAPTER 10

1. Robert Greene, *The Art of Seduction* (New York: Viking, 2001). Greene describes the subtlety of attraction cues and the importance of aura in drawing others in. The chapter applies this by showing how signals such as eye contact, posture, and attention communicate interest more powerfully than words.

CHAPTER 11

1. Steve Harvey, *Act Like a Lady, Think Like a Man* (New York: Amistad, 2009). Harvey argues that men seek respect as much as love. The chapter reflects this by showing that admiration, trust, and partnership are what truly win a man's heart beyond surface attraction.
2. Gary Smalley, *Love Is a Decision* (Dallas: Word Publishing, 1989). Smalley emphasises that love is an active choice rather than a passing feeling. The chapter draws on this to underline that sustaining a man's heart requires daily commitment and intentional acts of care.

CHAPTER 12

1. David M. Buss, *The Evolution of Desire: Strategies of Human Mating* (New York: Basic Books, 1994). Buss documents that men across cultures tend to initiate courtship more frequently, while women more often act as responders. The chapter applies this to

show that women's relational stance is frequently one of choosing among those who pursue them.

2. John Gray, *Men Are from Mars, Women Are from Venus* (New York: HarperCollins, 1992). Gray explains that men feel energised and alive when they initiate and pursue. The chapter connects this to the idea that women's natural position is often responsive, shaping the dynamic between genders.

AUTHOR'S NOTE

When I finished writing the first *Saving the Last Simp*, I thought I was simply putting my thoughts into a book, closing a chapter of my own life, and maybe leaving a breadcrumb trail for anyone who cared to follow. What I did not expect was the flood of voices that came back to me. Men from different corners of the world, men I will never meet, reaching out to say, "Brother, you just wrote my story." Some wrote me long messages, some just said thank you, but all of them carried the same heartbeat—silent pain finally given words.

That response shook me. It showed me how deep this problem runs, how many men are walking around pretending they are fine when deep inside they are breaking. It showed me that the weight we carry in silence is not just personal, it is universal, and it is eating us alive. And it reminded me that our stories, however messy, are not just ours. They belong to every man who has walked through rejection, through heartbreak, through the shame of giving too much and still being told it was never enough.

So here I am again. Book two. Not because I love the sound of my own voice, but because I know the conversation cannot end where it started. The first book was

like holding up a mirror. It forced you to look, maybe uncomfortably, at who you were and what you had become. But this book, this one is about stepping away from that mirror and choosing something better. It is about saying, I will not stay stuck in that role, I will not beg, I will not apologize for wanting love, but I will not lower myself to be tolerated either.

Let me be honest with you. Everyone has lived this life. Of sending desperate texts, staying awake staring at a screen, buying the gifts that went unappreciated, I explained themselves over and over, hoping one more paragraph might convince someone to stay. I have been there, and I have hated myself after, wondering how I, a man with dreams and strength and intelligence, ended up crawling for affection like it was oxygen. If that sounds familiar, if that feels like looking into your own past or even your present, then I wrote this book for you.

I am not here to preach at you. I am not here to act like I have all the answers. I am here to talk, openly, directly, the way I wish someone had spoken to me when I needed it most. You will find pages that challenge you, pages that may sting, and maybe even pages that make you angry. That is good. That means it is working. Growth has never been gentle, truth has never been soft, and healing has never been easy. But if you lean into it,

if you sit with the discomfort instead of running from it,
I promise you will rise from these words stronger.

I hope to see you on the next one.