



How to Talk to a Man and Feel Heard

9 Mistakes Women Need to Avoid

by Sue Shepard MFT



Non-Fiction - Relationships

191 Pages

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Book Review

Reviewed by Joe Wisinski for Readers' Favorite

How to Talk to a Man and Feel Heard: 9 Mistakes Women Need to Avoid by Sue Shepard is written to help couples improve their relationships by showing women how men think. Shepard wants to assist couples in reducing conflict, aid in repairing damaged marriages and provide ways to create a healthy relationship. Shepard says that even though couples may love each other, sometimes a lack of understanding of what the other person means when they talk may prevent the best possible relationship from developing. She says that sometimes women sabotage what could be a potential relationship without realizing it. Shepard helps them to break long-held patterns and change the way they communicate with men. She wrote the book for women who are just starting a relationship, have been married for a long time, or want some helpful information for their next relationship. Shepard is a Licensed Marriage and Family Therapist.

Every woman who wants to improve her romantic relationship should read How to Talk to a Man and Feel Heard: 9 Mistakes Women Need to Avoid. Although there are an endless number of “how to improve your romantic relationship” books, this one is unique. This is because author Sue Shepard shows amazing insight into a man’s thinking, and how much it differs from a woman’s. She recognizes that men and women practically speak two different languages. Even though this book is written for women, men would also gain by reading it. As a man, I learned some excellent information to pass on to my significant other and encouraged her to read the book as well. Best of all, Shepard reaches her goal and more of helping women feel heard and understood by men. I highly recommend this superb book.