



# For Young Men Only: A Guy's Guide to the Alien Gender

By Jeff Feldhahn, Eric Rice



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**Just for guys...the inside scoop on girls from the girls themselves.**

Okay, the authors aren't girls. But to bring you the facts they surveyed more than 1,000 of them. Every teen guy wants to know how girls are wired, what they want, and how they really think...

Or at least how to talk to a girl without feeling like an idiot.

Here's your chance to find out.

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**For Young Men Only: A Guy's Guide to the Alien Gender** By Jeff Feldhahn, Eric Rice **Bibliography**

- Sales Rank: #91319 in Books
- Brand: Multnomah Books
- Published on: 2008-09-16
- Released on: 2008-09-16
- Original language: English
- Number of items: 1
- Dimensions: 7.54" h x .71" w x 5.19" l, .53 pounds
- Binding: Hardcover
- 192 pages

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### Editorial Review

#### Review

“Guys, in your hands you hold a treasure—a book where young women honestly tell you what they want, need, and desire. I learned a lot, even after nearly fifty years of trying to figure women out. If you listen to what they’re telling you, you’ll avoid a mountain of confusion, anger, and heartache. If you don’t...you might be a fool.”

—Jeff Foxworthy

“Turn off your iPod and cell phone, grab this book, and delve into the secret thoughts of hundreds of young women boiled down into eight simple, fresh chapters. Trust me, you won’t be disappointed.”

—Colin Creel, author of *Crossroads: Navigating your Calling and Career and Perspectives: A Spiritual Life Guide for Twentysomethings*

“*For Young Men Only* is for any guy who has thought *Is it just me?* when it comes to relating to girls. Jeff and Eric slice through the beautiful and elaborate female mind and lay down a path that is clear and direct.”

—Dr. Joe White, president of Kanakuk Kamps

“When you buy something electronic, it always includes a user’s guide. Sometimes you read it, sometimes you don’t. This book is a user’s guide for teen guys as they learn how to relate to girls. Jeff and Eric have covered almost everything you need to know. And they’ve done it in a way that’s really easy to follow. I think you ought to read it.”

—Dr. Robert Wolgemuth, best-selling author of *The Most Important Year in a Man’s Life and Dad’s Bible*

“Two thumbs up for *FYMO*! It’s a great read for *every* young man—including the ones who are certain they already know everything about women. Maybe it should be required reading. Good job, Jeff and Eric.”

—Kendra Smiley, conference speaker and author of *Do Your Kids a Favor...Love Your Spouse*

“Funny, helpful, simple—just the way guys like it.”

—Chad Eastham, author of *The Truth About Guys*

“Finally a book for guys about all things girl! Jeff and Eric have revealed the truth about what those ‘aliens’ really want and need from us guys. And they do so by giving young men a unique glimpse into the minds and hearts of girls. Get ready, guys. On the following pages you’ll learn more than you could imagine about what girls really think—and why.”

—Jeffrey Dean, founder of Jeffrey Dean Ministries and author of *Watch This and This is Me*

“Jeff and Eric’s hilarious sense of humor makes this book a fast and entertaining read. Even though *FYMO* is based on a huge survey, it’s not just facts and percentages. The authors get to the real heartbeat of who we are as girls and what makes us tick.”

—Liz, high-school girl

“I am so glad you’re telling guys this stuff. That means maybe I won’t have to! Could you give a copy to every guy at my high school?”

—Cami, high-school girl

## About the Author

**Jeff Feldhahn** is an attorney and the owner of the tech company, World2One. With his wife, Shaunti, he wrote the best selling *For Men Only*.

**Eric Rice** is the owner/director/producer of 44 Films. Eric lives in Atlanta area with his wife, Lisa, and their four teenage children.

**Shaunti Feldhahn** is a nationally syndicated newspaper columnist, public speaker, and best-selling author whose books include *For Women Only*, *For Young Women Only* (with Lisa Rice) and *For Parents Only*.

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### **Chapter One: What Most Guys Never Know**

*To find the truth, we take you to the ultimate source—more than one thousand of them*

There are so many reasons why you don't need this book. You don't need it to know how to text a girl in the middle of a rollercoaster ride. Or to build a computer on your bedroom floor. Or to belch the alphabet in tune, or kill a city full of zombies with just your thumbs, or sink your famous no-look jump shot.

All that you can already do.

And for all those reasons you are already...legend.

On the other hand, like most young males you live among aliens who don't know or appreciate your achievements. The aliens, of course, are girls. Some of them, especially the cute ones, have the power to make you stutter, shake, and fall on your behind right when you want to look your coolest.

You know it's true. Girls drive us crazy. They can turn a famous jump shot into nothing but air. They can make us so confused we want to scream.

So we have to ask, will you—male legend—survive girls with your coolness intact?

Plenty of guys don't. We know. Well, at least I (Eric) know. When I was a teen, I drove all the way from Texas to Tennessee on a hot day just to hear a girl say, "Bye, Eric." Very hot, very bad day.

All that stuff about stutter, shake, and fall down? That was me. Most of what I learned about girls was from urban legends or in locker rooms or by guesswork. And most of what I learned was dead wrong. That's why we decided to write *FYMO*, which is code for *For Young Men Only: A Guy's Guide to the Alien Gender*.

Now that we're post-cool but also post-stuttering grownups, we want to help teen guys understand, talk to, listen to, get to know, learn from, care for, enjoy...maybe even *impress* a girl. Sure, it's not quite as lofty a goal as stopping terrorism or bringing back the glaciers. But it's something smart guys care about—and smart girls too. Understanding how girls think can make a huge difference in your happiness now and in the future. Even better, a crash course in Girl 101 can put you way ahead of most other guys, who will spend the rest of their lives being totally confused.

In the book you're holding, enlightenment starts with you. You bring your legendary genius. We bring our shocking data. Pretty soon you can get inside her head.

## **“No Way!”**

Yes, *FYMO* takes you inside a teen girl’s head (scary but fascinating, you have to admit). We help you accomplish that feat by listening to hundreds of smart, attractive girls who were willing to talk about themselves—and keep it honest. (And if you think we hunted down only boring, shallow, or unappealing girls for this project, jump to [foryoungmenonlybook.com](http://foryoungmenonlybook.com). You’ll get a different picture.)

How are we able to deliver insights that will get you shouting “No way!” and change how you think forever?

Let me (Jeff) explain. Shaunti, my wife, just happens to be a Harvard-trained policy analyst who unexpectedly became a social researcher. One day she woke up to the fact that men really do think differently than women. (Okay, sometimes we don’t think at all, but let’s not go there.) Shaunti realized that even though she loved someone as smooth as me, she simply didn’t get a lot about me. Not just didn’t get. More like had no clue.

And here’s the weirdest part: I had no clue that she had no clue.

When Shaunti asked around, she discovered that our problem was a common one. In fact, she talked to men and women from all over who had simply given up on thinking that you *could* understand someone of the opposite sex, even one you loved very much. That realization prompted her to launch a research project that asked men how they really felt about certain topics. Especially about some of the more hidden, difficult, and important aspects of being a man. Their answers led Shaunti to write *For Women Only: What You Need to know about the inner lives of men*.

It became a national bestseller. Men everywhere breathed a sigh of relief because suddenly they weren’t treated like freaks. And women everywhere realized they could know and love their man for who he really was, not for who they thought he was. We’re still amazed at how often just one new insight about the opposite sex can turn a light bulb on over our heads—and turn a relationship completely around.

Other bestsellers in the series followed, including *For Men Only* and *For Young Women Only*. Each of them uses a carefully designed, nationally representative scientific survey to help one gender understand what goes on inside the heads of the other.

Which brings us to *FYMO*.

Honestly, we delayed bringing out this installment in the series as long as possible. Would your average teen guy read a book about how girls think? Watch a YouTube clip maybe. Or wait for the manga version. But actually read a carefully researched book about how to figure out and relate to girls? We weren’t sure.

At first it was just worried parents and about a million teen girls who asked us to write this book. Parents said things like, “Our darling son seems somewhat, oh, challenged around the opposite, you know, s-s-sex.” Girls said things like, “Boys are just stupid.”

Then teen guys themselves started asking. After the hundredth high schooler told us he wished there were a “chick manual” for ordinary guys, we decided to go for it.

## **Our No-Rehash Promise**

Shaunti and I (Jeff) enlisted my best buddy, Eric Rice (the husband of Lisa, Shaunti’s coauthor on *For Young*

*Women Only*), to help me write this book. Being a talented screenwriter and director, Eric makes the perfect coauthor. Also, he's father to three of the smartest, most attractive teen girls we know. Also, he's insane. (Maybe it's the teenage daughters.)

To make sure we were asking the right questions, Eric and I started with some things we never understood about girls when we were in high school. Then we set up focus groups with dozens of Atlanta-area teenage girls. With Lisa and Shaunti helping to host the groups (so the girls felt they could talk safely and candidly), we started to identify important problem areas to cover.

Interesting questions came naturally to our team. Lisa is a journalist, Shaunti is a relationship analyst, I'm a lawyer, and Eric is crazy.

To every potential topic we applied one important test: would it be a big surprise for today's teenage guys? If not, we weren't interested. We didn't want to rehash the obvious stuff. We didn't want to preach. We just wanted to go for those shockers that most guys wouldn't believe—but that were true...and were true for most girls, no matter their ethnic or religious backgrounds, no matter where they live or what kind of cars their families drive.

Next, Shaunti and Lisa hit the malls around Atlanta to ask questions of hundreds of teens. And since they regularly travel and speak around the country, they also randomly interviewed any teenage girls they came across ("So, Courtney, what would you be thinking if a guy said *this...?*").

Finally, we took what we were hearing informally and tested it with an expensive, scientific, nationally representative survey of more than four hundred girls, conducted by the highly regarded firm Decision Analyst. If we were going to claim that girls really did think a certain way, then an official, expensive national survey had to confirm it. (Did we mention it was expensive?)

After we analyzed the survey results, we boiled down all the subjects on which most girls agreed and came up with these six lightbulb-over-the-head insights.

And that's how this journey into the adolescent female brain came to be. In the end, more than one thousand girls provided input for this book. What we're bringing you, therefore, is not our opinion. (In some cases the research directly contradicted our opinion!) Instead, what we're bringing you are the heartfelt thoughts of the girls themselves.

### **Read This or You'll Explode**

Before you begin your quest through the rest of the book, note these important points:

- *FYMO* was written weird but well. Eric and I wrote it, with a lot of help from Shaunti and Lisa and some more help from our impossible-to-please editor, David Kopp. When you read "we" in this book, usually it means Jeff and Eric. But sometimes it means all long-suffering males (that would include you). When you read "I (Eric)" or "I (Jeff)," don't get alarmed. You don't have an author with multiple personality disorder. It just means one of us doesn't want the other guy to get credit for the amazing insight or funny story that follows.
- We're focusing only on what you need to know about girls but probably don't. We don't deal at all with what girls should know about you or other young male humanoids. If you want to find that out, sneak off with your girlfriend's copy of *For Young Women Only*.

- We present our survey results with confidence. But when we report that “most girls” think a certain way, remember that *most* means “most,” not “all.” There are exceptions to every rule, and you probably know one. To read the entire survey, go to [foryoungmenonlybook.com](http://foryoungmenonlybook.com).
- Our survey describes what girls *say* they think or want when it comes to guys, not what we believe they *should* think or want. We sometimes found ourselves wishing the truth were different. But that’s the point of this book: the truth about how girls really think. Even when it’s surprising or hard to hear.
- We approach life as Christians. This book describes what is going on inside teenage girls regardless of race, culture, or religion, and it outlines *their* advice for what guys can do to best relate to them. But in the parts of the book where *we* give advice, our convictions (like “the Bible is right”) are just going to leak out. We hope you understand.
- If you’re looking for a book that pulls together biblical “rules” for dating, there are plenty of good ones out there. But *FYMO* isn’t one of them. This is a short book, and in our limited space, our only focus is the honest truth about how girls are wired and how you can apply that to your relationships. (You can find pointers to other great resources at [www.foryoungmenonly.com](http://www.foryoungmenonly.com). You might start with *Boy Meets Girl* and other Joshua Harris books.)
- To help you and your friends get even more out of the book, we’ve included a short small-group discussion guide at the back of this book.

### **Confidence: The New Superpower**

You may not realize it yet, but for the price of this book, we are handing you a silver platter of wisdom that will help you navigate the challenges of the alien gender with confidence—the confidence that comes from realizing that you actually understand what is going on around you. You will come away with a whole arsenal of new insights. You will move from the average “I don’t really get girls” guy to someone with superpowers. You will basically have a master’s degree in Girl.

We challenge you to use these powers wisely and not for your own selfish purposes. If we hear that you haven’t used your new knowledge well, we will hunt you down and force you to sit through our twelve-hour two-on-one seminar. And we’ll charge you for it.

You ready for the adventure? Sit back for a fun ride and plenty of big—and amazingly helpful—surprises about how girls think. When you’re done, be sure to let us know what happened.

—Jeff and Eric (Shaunti and Lisa too)  
[www.foryoungmenonlybook.com](http://www.foryoungmenonlybook.com)

### **Users Review**

#### **From reader reviews:**

##### **James Baker:**

Now a day people who Living in the era where everything reachable by connect with the internet and the resources in it can be true or not need people to be aware of each facts they get. How many people to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Looking at a book can help individuals out of this uncertainty Information mainly this For Young Men Only: A Guy's

Guide to the Alien Gender book since this book offers you rich details and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it everybody knows.

### **David Gonzales:**

This For Young Men Only: A Guy's Guide to the Alien Gender tend to be reliable for you who want to be considered a successful person, why. The main reason of this For Young Men Only: A Guy's Guide to the Alien Gender can be one of several great books you must have will be giving you more than just simple studying food but feed an individual with information that possibly will shock your earlier knowledge. This book will be handy, you can bring it all over the place and whenever your conditions at e-book and printed ones. Beside that this For Young Men Only: A Guy's Guide to the Alien Gender forcing you to have an enormous of experience such as rich vocabulary, giving you trial run of critical thinking that we all know it useful in your day action. So , let's have it appreciate reading.

### **John Wiser:**

Does one one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Try and pick one book that you just dont know the inside because don't evaluate book by its cover may doesn't work is difficult job because you are afraid that the inside maybe not because fantastic as in the outside search likes. Maybe you answer could be For Young Men Only: A Guy's Guide to the Alien Gender why because the amazing cover that make you consider concerning the content will not disappoint you. The inside or content is definitely fantastic as the outside as well as cover. Your reading 6th sense will directly show you to pick up this book.

### **Kurt Bohnert:**

What is your hobby? Have you heard which question when you got learners? We believe that that issue was given by teacher for their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person just like reading or as studying become their hobby. You must know that reading is very important along with book as to be the point. Book is important thing to include you knowledge, except your own teacher or lecturer. You find good news or update concerning something by book. Many kinds of books that can you choose to adopt be your object. One of them is this For Young Men Only: A Guy's Guide to the Alien Gender.

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