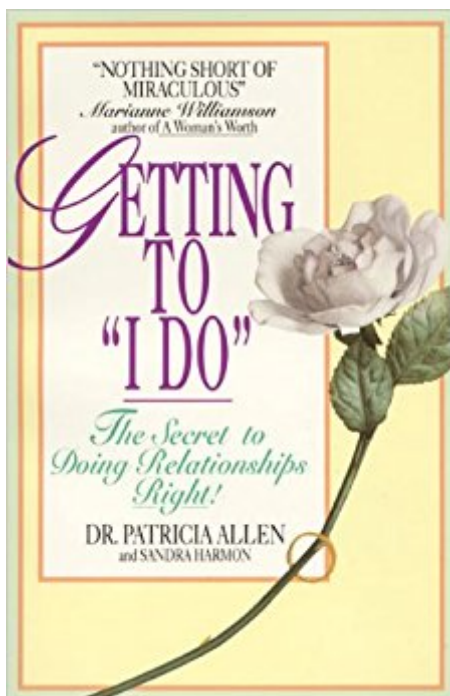


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# Getting To 'I Do': The Secret To Doing Relationships Right!



## Synopsis

Dr. Patricia Allen's jam-packed seminars in Los Angeles have resulted in over two thousand marriages. Now you too can take advantage of this proven step-by-step program. Here's what you'll learn: How to attract the right man When you should make the first move...and when you should not Why equality in a relationship may not be what you're looking for Why sex before commitment is a bad deal How to have sensational sex What makes a man run away from a relationship How to know when you're giving too much How to get what you want without asking What makes a man want to commit How to BE ENGAGED TO THE RIGHT MAN WITHIN A YEAR!

## Book Information

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## Customer Reviews

Psychotherapist Allen offers advice on ways to cultivate long-term relationships. Copyright 1995 Reed Business Information, Inc.

"Move over, Dr. Ruth!"-- "Los Angeles Magazine" Just what cupid ordered!"-- "Beverly Hills Today" "The woman's movement brought us independence, but it did not bring us love."-- Dr. Patricia Allen

This book has been the 'magic key' I had been desperately searching for in a pile of self-help books and hours of therapy. For the past 2 years I had been obsessively trying to figure out 'what was wrong with me' (and him) that caused our really wonderful, fulfilling relationship to deteriorate into a devastating mess and failure. Our relationship failure didn't look, sound or feel like any of our

friends' relationship failures. Theirs were obvious: cheating, alcoholism and marrying for reasons other than love in the first place were some of the 'normal' and understandable reasons to end a marriage or relationship. Ours was not like that. We had all the right elements: incredible physical chemistry, humor, affection, mental compatibility, emotional compatibility, similar values spiritually and socially, you name it, we had it. We enjoyed doing many of the same things, we enjoyed one another's company and there was no cheating of any sort. So what on earth happened to us? Losing that relationship when it had so many wonderful elements was absolutely the worst pain I have ever experienced, and I knew I had to dig deep and figure out how it happened because if I didn't, I wouldn't survive the pain again. Since I am not the type to turn bitter and just buy a cat, I delved into the bottomless pit of the 'why's...until I finally found the answer in this book. The basic premise is really simple: There MUST be a 'masculine energy' person (who gives, protects, and is RESPECTED) and a 'feminine energy person' (who 'gives back', receives joyously and is CHERISHED) in order for the relationship to work. If you both want to be in charge, you will fight for the masculine position. If you both want to have your feelings cherished as your top priority, you will fight for the feminine position. If you must be BOTH respected for your mind and want to lead AND insist on having your feelings cherished--that is the epitome of NARCISSISM, and Dr. Allen believes you will be UNABLE TO MATE SUCCESSFULLY. I agree with her. You must ultimately choose between the two energies or live alone. So many reviewers seem to have missed the point of the book by having their feathers ruffled by the concept of submission to the male that they also missed the hundreds of times she reiterates that you can CHOOSE which energy to be, and you can also NEGOTIATE with your mate after the relationship is established for role reversals in areas that both of you agree to. She is NOT in any way suggesting that we as women should suppress our minds or needs or feelings in deference to the male. We can and should express our FEELINGS to our masculine mate. As the man, he should express his THOUGHTS to his feminine woman, and ASK HER HOW SHE FEELS ABOUT THEM. Dr. Allen teaches us how to do this so as to actually get our needs met. The male MUST cherish the female's feelings above his own, and HE MUST DO THIS FIRST because a woman will be UNABLE to feel safe submitting to him and UNABLE to show respect for a man who has not FIRST shown her she is safe to do so. If a woman loves her man more than she loves herself (my problem) he will use and abuse her because she allows it. Of course, the more frustrated and 'uncherished' I felt, the more resentful and angry I became, not understanding that I would never be able to give him enough love, generosity, effort or sacrifice to get him to meet my needs. What I was doing SEEMED to me to be feminine and loving, but it turns out those things were actually the masculine trait of selflessly giving. No wonder I didn't like being in

that role! A successful relationship is like a battery: there needs to be a positive giver (male) and a negative receiver (female) in order for there to be a 'charge' or connection. It won't matter how hard you try, because without both ends of the battery, you will never get a darn thing from it. This was the problem in my relationship. My boyfriend, who appeared very cherishing, giving and protecting at first, gradually slipped into his more feminine self and revealed what he was to me: a narcissist who would not give OR give back. He needed to have BOTH energies (my respect and also my cherishing) being given to him. I did it as long as I could, but despite the fact that we had all this 'wonderfulness' and commonality, he simply couldn't take the full masculine role I needed him to, and he left. Of course this left me absolutely AGONIZING over what more I could have done (actually, as Dr. Allen points out, I needed to do much LESS) to save our relationship. I really must express my deep relief and gratitude for this book. I am naturally a feminine energy person, and instinctively behave in feminine ways so I got a lot of it 'right'. But when it came to asking for things I wanted or needed, I did it completely WRONG and was totally baffled as to why my asking was met with such resistance. Men take requests as attempts at control, even when they aren't. Dr. Allen shows us a better way. I needed HONEST ANSWERS about what causes relationships to fail or succeed, and how to get my needs met by my man, and also meet his. She also showed me that what I thought a man wanted was not the case at all. I am so glad I now know this information. Thank you Dr. Allen. I am certain you have saved me from another round of hideous pain.

I can't say enough good things about this book, I found it extremely informative and life changing. If you think the book is good, then I highly rec. you listen to all her podcasts on iTunes. Once you hear how she helps her clients implement the ideas she introduces in her book, you'll never go back to the way you were before. I use her scripts on all the men in my life and what a difference it has made. Also right now I'm reading one of the books she rec. on her podcasts called Why Men Don't Listen and Women Can't Read Maps, the information re the born differences between men and female brains is truly eye opening and astounding. The feminist movement, let's put it this way, has a LOOOOOong way to go, this is coming from me, a Nazi Feminist in my twenties. Equality at work does not add up to romance at home. DOH! GET THIS BOOK FOR EVERY UNHAPPY AND OR SINGLE WOMAN IN YOUR LIFE PRONTO. ãfÂçÃ â,,çÃ Â¥

Got engaged and married because of Dr Pat's method!! I have also met her in person a few times and I am so grateful for her work and fun/real personality. VERY happily married! Learned a lot about myself and how I was in my own way. Highly recommend to ALL women! (And men)

Oddly, despite this book's title being a bit kookie and slightly deterring, this read gave me some interesting practices to take into my dating relationships. This read may seem to have some "out-dated" philosophies but they still - albeit unconsciously - exist in our society. My main take away was not to have sex with a man until he gave me a commitment and I even went as far to tell one man that I could not see him unless we had a commitment to one another. This was my own personal choice in boundaries and he did end up committing. This was one of Getting To I Do's gold nuggets that I got and really helped me rethink how to restructure my boundaries in dating to get to the relationship I want.

This book was recommended to me by a friend who said it was what helped her ultimately land her wonderful husband. Now I recommend it to all of you. Great perspective, and info to help the reader grow and understand what works and what doesn't.

I have a huge bookshelf stocked with spiritual books focusing on masculine-feminine energy polarity, and when my elder Russian bikini-waxer recommended this one, I was quick to pass judgment on the source of the recommendation, assuming that she didn't know what it was like to be a single woman in her 30's, and that this would just be yet another book stating the same things I already knew. I had just been broken up with, and she claimed that a former client had come in one day to tell her how she read this book and met her fiance 5 months later, and from then on, she had begun recommending it to all her single clients seeking a mate. Allegedly all of them had fallen in love soon afterward. Well, the book was only \$10, and I justified ordering it by claiming it was for research purposes. It was a good read, and framed things I had read before, in books by people like David Deida and Rori Raye, in new and practical ways. Also, Pat Allen likely inspired many of the authors whose books on the topic fill my shelves, as she was one of the first to begin writing about the practical applications of working with masculine-feminine energy. But the clincher is that within a few weeks I met my significant other. I can't say for sure if it was the book, but who knows? It certainly didn't hurt, and much of the advice it provides is worth taking. Worth a read!

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