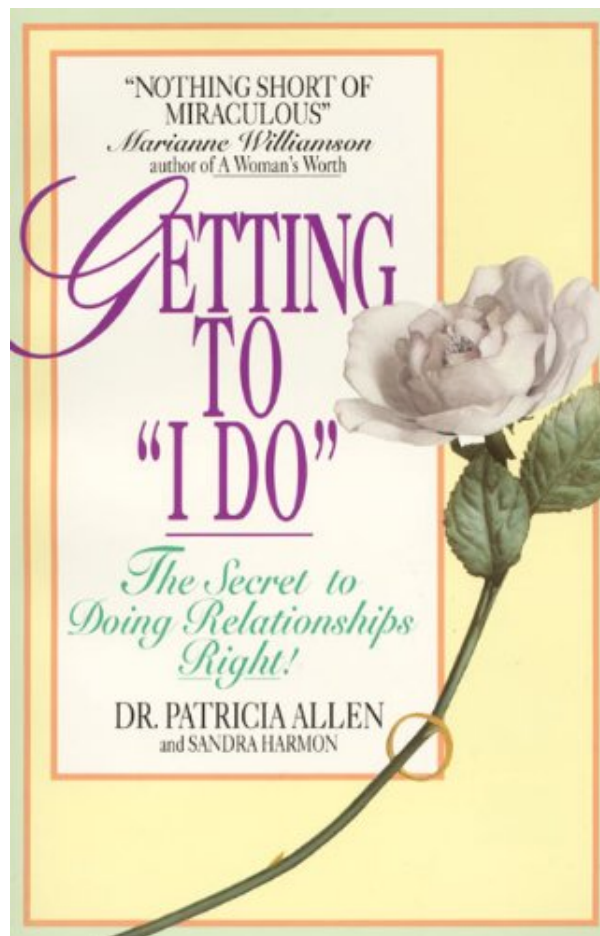
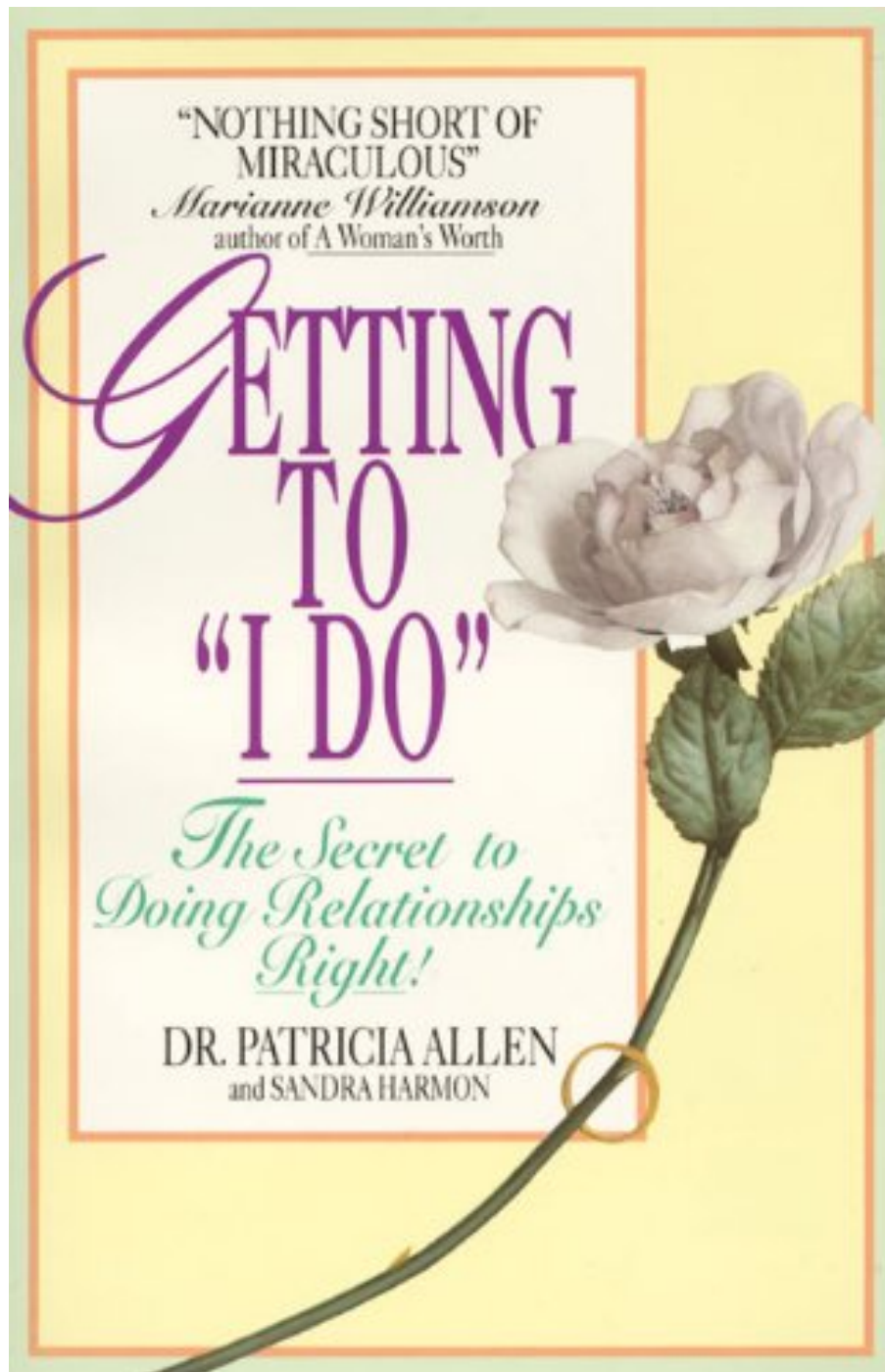


**GETTING TO 'I DO': THE SECRET TO
DOING RELATIONSHIPS RIGHT! BY
PATRICIA ALLEN, SANDRA HARMON**



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From Publishers Weekly

Psychotherapist Allen offers advice on ways to cultivate long-term relationships.

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Review

"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

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Most helpful customer reviews

79 of 79 people found the following review helpful.

Love it or hate it, it's the plain truth is you want to get married and actually BE happy!

By suzereviews

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.

156 of 168 people found the following review helpful.

Life Changing

By Shannon

I'm what you call a serial monogamist. I have always had boyfriends. Some for a year, two years, etc. I have a great social life, I am successful and very attractive. I have never had a problem meeting, dating or having long and honest relationships with men. But, something happened in my late 20's. There I was, 27, single (for a minute), living in New York, working in the fashion industry and my clock went off-I wanted to find a partner for life, I wanted to find my husband. Now, this was very different than having a boyfriend, this was the big leagues. I didn't have any clue how I needed to go about this.

"Getting to I Do" catalogued various relationship scenarios, where the authors pointed out what worked and what didn't. I have to be honest, being a self-supportive "modern woman", I at first thought that the simplistic illustrations of male/female dynamics were really old-fashioned and that I might as well just talk it out with my grandmother. But, the book went way beyond just designating roles. For me it helped me to embrace the woman I was and to understand the relationship dynamic I wanted to have.

The book is terrific. I read it and applied it to my next relationship-someone I fell in love with and wanted to marry. I went through the "phases" as stated in the book and when it got down to the "negotiation" phase, my boyfriend wanted to move to France, with me. Great! But, not without an engagement. Turns out he was not ready to be married. It was a very painful to think about being without him. To have my dreams of being married to him dissolve. Fortunately, I had learned that I would be putting myself through so much more pain and anguish if I had up-rooted my life without any commitment other than being a great boyfriend. So, I let him go.

Thanks to "Getting to I Do", painful decisions became easy to navigate because I knew I wanted to find the person who wanted to commit to me, who would not stand to see me go without the emotional commitment I needed. Two years, and couple of boyfriends later, at age 34, I have found the man of my dreams and we are getting married in Septmeber.

"Getting to I Do" has taught me to never compromise my feelings and that you don't have to argue in order to communicate. I am really thankful and grateful that I recieved this book, it has been a blessing!!!

89 of 100 people found the following review helpful.

Not completely idiotic

By L O'connor

I usually totally despise self-help books of the 'how to get a man and keep him' type, but this one, although like most self-help books pretty silly, does contain some quite sensible advice.

Dr. Allen's theory is that everyone is either a 'feminine energy' person or a 'masculine energy' person. The masculine energy person is the leader who cherishes his mate, the feminine energy person is the follower who respects her leader. Dr. Allen doesn't think it matters whether the man or the woman is the leader or the follower (this makes her more flexible than the authors of most such books), but she maintains that you must have one of each, she doesn't think 'equal' relationships can work.

If you decided to be the 'feminine energy' woman (as she thinks most women will probably want to be) you let the man make the running, make the decisions (so long as they are not unethical, immoral, or something that can harm you or your children), and accept what he gives you graciously (that includes accepting things you might not particularly care for, like unwanted advice). You always give back less than you take, because a feminine energy woman must love herself more than her man.

One of her theories is that men want to marry virtuous women, so you must not sleep with a man until he has 'committed' to you, if you want to marry him. I don't know how true this is generally, but it certainly wasn't true in my own case, I slept with all the men I went out with before they'd 'committed' to me, but nevertheless some of them did want to marry me.

The part of this book I enjoyed the most is the chapter called 'Finding the Toad in every Prince' in which she describes how you cope when you discover the things about your prospective mate that you don't like. She says "There is a prince in every toad and a toad in every prince. But does someone fall in love with the prince part of a person? No way. They fall in love with the toad part. It's the idiosyncracies and weirdness that really endears someone to you, the part that makes you say "Oh, that's just him" and you love him anyway.

I tell women if they are still waiting for the perfect man - mentally, physically and emotionally he's not coming.

I feel that if you get someone who is 51 percent or better, keep him. That is to say, if you like more about the person than you don't, then go for it. Because odds are that if you don't, and you go out looking for a better deal elsewhere, you could end up with someone who is only 49% or worse."

I thought this was very sensible advice. One of the things I like about this book, is that Pat Allen does not recommend a woman making herself into a doormat, or behaving as if only what the man wants matters, she believes that a naturally 'masculine energy' man will want to keep his wife happy and give her what she wants.

Not everything in this book made sense to me, but I did think some of the advice was quite sensible, and you might find it helpful. It certainly didn't induce in me the feelings of nausea that other books of this kind have done.

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