

— A PRACTICAL GUIDE —

THE WOMAN MEN MARRY

How to choose the right man for life,
build a strong relationship,
and create a marriage you'll want to stay in



PRACTICAL
ADVICE
REAL-LIFE
SITUATIONS
EXERCISES



— NAOMI SHERMAN —

18+

Naomi Sherman

The Woman Men Marry

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Why are some women chosen for serious relationships while others repeatedly face uncertainty and feel they have to fight for a mans attention? This practical guide will help you understand relationships, recognize a mans true intentions through his actions, and distinguish genuine commitment from empty promises. Youll discover why personal boundaries, self-confidence, and a fulfilling life of your own are essential to building a strong relationship. Practical advice, real-life situations, and exercises will help you identify the partner youre looking for, recognize red flags, and stop settling for relationships in which you have to earn love. This book is for women who want to meet a reliable man, build a happy family, and create a relationship based on mutual respect, trust, reciprocity, and shared plans for the future. You dont have to prove your worth. Learn to choose a love in which you are chosen, too.

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Naomi Sherman

The Woman Men Marry

PRACTICAL WORKBOOK

THE WOMAN MEN MARRY

How to choose a life partner, build a strong relationship, and create a marriage you want to stay in

Naomi Sherman

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INTRODUCTION. YOU DON'T NEED TO BECOME SOMEONE ELSE

CHAPTER 1. WHY SOME WOMEN GET MARRIED WHILE OTHERS DATE FOR YEARS

The phrase “the woman men marry” can make it sound as though there is a universal set of qualities that leads to a wedding. But people get married for different reasons. There is no single personality type or appearance that guarantees marriage.

There is a difference between a relationship that is moving forward and one in which one person is constantly waiting for the other to make a decision. In the first, the couple gets to know each other, discusses expectations, and makes decisions together. In the second, the future keeps getting pushed back: first one problem must be solved, then the right moment must arrive. Circumstances can be complicated, but endless uncertainty is information, too.

Anna and Ilya have been together for almost three years. He is affectionate, supportive, and says he loves her. Whenever Anna brings up marriage, he replies, “Of course, someday. It’s just not the right time.” He gives no reasons and names no conditions that would have to change. Anna waits because everything else seems good.

Ilya has the right not to be ready. Anna has the right to want clarity. She does not need to force a promise out of him; she needs to understand whether their plans match. She can say, “I want a family. It’s important for me to understand whether you see marriage with me and what needs to happen before we make that decision.” The answer may be difficult, but it will give her more to rely on than another “later.”

Don’t measure your attractiveness by one man’s decision. A relationship may not lead to marriage because plans differ or the partners are not compatible enough. That does not prove there is something wrong with the woman. What matters more is understanding whether the situation as it really is works for her.

The Difference Between Love and Readiness for Marriage

A person can have genuine feelings and still not want to get married, may not be ready for the responsibility, or may not see a shared future. These things can be painful to acknowledge because love can feel like a sufficient reason to take the next step. But feelings and life decisions are connected without being identical. You can love someone and still want different things. You can want a wedding without being ready for the everyday work a family requires.

A Conversation Without Blame

Instead of asking, “Why haven’t you proposed yet?” you can begin by explaining what marriage means to you and why you want it with this particular person. Then ask how he sees the future and what is keeping him from deciding. Don’t feed him the “right” answer, and don’t accept just any answer because you are afraid of losing the relationship. Listen to what he says, ask for specifics, and compare his words with what he does afterward.

Practice

Write down the signs of forward movement you see in your relationship: planning together, discussing important topics, sharing responsibility, meeting each other's loved ones, and being able to resolve conflicts. Then make a separate list of what remains uncertain. This will help you discuss the actual situation instead of arguing about whether you are good enough.

A Situation to Examine

There is a question women ask themselves far more often than they admit out loud: “What is wrong with me if men want to date me but don’t want to marry me?”

Conflicting Rules

Perhaps your friends have told you to be softer. Your mother may have said that good men get snapped up quickly. Social media may tell you that a woman must be independent, gentle, sexy, wise, mysterious, and never demanding—all at once. At some point, a relationship starts to feel like a complicated exam you are still not prepared for.

Return to Your Own Choice

You have to respond to messages the right way. Don't rush things, but don't waste time either. Be independent, but let a man feel needed. Don't show too much interest, but don't seem cold. While you try to sort through these contradictory rules, it is easy to lose sight of what matters most: knowing what kind of man you want.

Understanding, Not Control

This book does not promise to teach you how to control another person's feelings. No set of tricks can guarantee a marriage proposal. But you can learn to understand people better, notice incompatibilities, talk openly about the future, and avoid spending years in a relationship that is heading somewhere you do not want to go.

A Woman Who Chooses, Too

The woman men marry is not necessarily the most beautiful woman in the room. She is not necessarily the calmest, wealthiest, or most accommodating. She does not belong to a special category of women who know a secret about male psychology. She is a woman who makes choices, too. She can fall head over heels, make a mistake, and eventually discover that the man she thought would be her future husband imagines family life very differently.

The Main Question

Over time, she learns to distinguish desire from compatibility, beautiful words from real actions, and temporary excitement from a willingness to build a shared future. Most importantly, she understands that marriage itself is not proof of her worth. The goal is not to make every man want to marry you. The goal is to be able to say yes to a man with whom you genuinely want to share your life. Start by asking: Is he right for me—or am I already too busy trying to be right for him?

After he sends a rare, affectionate message, you start waiting again, even though nothing about your agreement has changed. Write down the facts and decide what direct question could help clarify the situation.

CHAPTER 2. ARE YOU IN LOVE WITH HIM —OR WITH YOUR FUTURE WITH HIM?

At the beginning of a relationship, imagination moves quickly. One good date can be enough to make you picture trips together, a home, and children. We barely know the person, yet we are already emotionally attached to a version of the future we have created ourselves.

The problem begins when we protect that imagined picture from the facts. He rarely calls—he must be busy. He avoids serious conversations—he must be afraid of his strong feelings. Any behavior can be explained away when it is frightening to admit that someone may not be ready to give us what we want.

Lena called a new acquaintance “very family-oriented” because he once said, “Someday I want kids.” But he showed little interest in her views on family, did not plan dates in advance, and disappeared for days at a time. Lena was in love less with their actual relationship than with the possibility it represented.

Divide your impressions into three lists: what you know about him from his actions; what he has told you about himself; and what you assume or hope to see. The first list should contain observable facts: Does he keep his word? Can he discuss disagreements? Does he show interest in your life? Potential is a possibility, not a promise.

How Hope Turns into Proof

Sometimes we take rare good moments as evidence that the relationship will eventually become what we want. After a long silence, a man sends a tender message, and the anxiety fades. We feel relieved and think everything is getting better. But relief does not mean the cause of the problem has disappeared. Look at the overall pattern across weeks and months, not only at the emotional high after making up.

A Reality Check

Ask yourself which sides of his character you have seen in different situations. How does he behave when he is tired? Can he tolerate disagreement? Is he attentive only at the beginning of a romance, or consistently? How does he react to your independence? These observations cannot predict the future with complete certainty, but they help you see a fuller person rather than an idealized image.

Practice

Divide a page into three columns: “Facts,” “My Explanations,” and “My Hopes.” Write five items in each. If a “fact” is actually a guess, move it to another column. This simple exercise helps separate what really happened from what you fear or hope is happening.

A Situation to Examine

Your partner suggests meeting at the last minute, but you already have plans. You can calmly say no and suggest another time without turning your own plans into a test of his feelings.

How to Recognize an Emotionally Unavailable Man

Emotional unavailability does not always look like coldness. Sometimes a man shows intense interest, gets close quickly, and talks about powerful feelings, but backs away when the conversation turns to clarity, vulnerability, or responsibility. He may appear when it suits him and disappear precisely when the relationship needs definition. Don't judge by one incident; look for a repeating cycle: closeness, distance, and a return without any discussion of what happened. You do not need to diagnose him or try to "thaw him out." Ask what he wants and what he is prepared to offer, then decide whether his behavior meets your needs.

Don't Confuse Mystery with Uncertainty

Not knowing can intensify attraction: you want to figure him out and finally receive confirmation that you matter. But constantly waiting for a message, trying to read his mood, and fearing a direct question gradually drain your energy. Healthy closeness does not require knowing every thought your partner has, but it does include basic predictability: he communicates changes in plans, does not use disappearance as punishment, and can discuss what is happening between you.

CHAPTER 3. STOP AUDITIONING FOR THE ROLE OF THE PERFECT WOMAN

When a woman is afraid of losing a relationship, she may begin editing herself. She does not say what hurt her, agrees to inconvenient dates, and pretends she does not want clarity. A deal gradually takes shape: “I’ll be easy to be with, and you won’t leave.” But this does not guarantee love. It only teaches both people to accept a relationship in which one person’s needs remain invisible.

Being considerate and flexible is not the same as abandoning yourself. In a healthy relationship, both people sometimes compromise, but compromise does not become a one-sided rule. Plans can change because of circumstances, but no one should have to prove love through constant self-denial.

Notice the moments when you say “I don’t mind” even though you do. Instead of “Whatever you want,” say, “Saturday works better for me.” Instead of staying silent, say, “I felt disappointed because I was counting on our plans.” Instead of pretending to agree, say, “I understand your point of view, but this matters to me.”

You do not have to be flawless to deserve respect. Learn to speak honestly about yourself, and choose someone willing to get to know the real you—with your tastes, boundaries, doubts, and strengths.

Being Easygoing Is Not the Same as Being Close

If you always agree, your partner may never learn where your real boundaries are. The relationship may look peaceful on the surface while resentment builds underneath. Then a small incident triggers a strong reaction, and both of you wonder where the conflict came from. In reality, it may have been growing for months because expectations were never discussed.

Learn to Tolerate Someone Else's Disappointment

Speaking up about your wishes can be difficult, especially if you were criticized or rejected for disagreeing in the past. Remember: your partner may be disappointed by your decision, and that does not necessarily mean you did something wrong. A respectful person can tolerate discomfort and discuss a compromise. Your job is not to eliminate every negative emotion the other person experiences; it is to communicate honestly and thoughtfully.

Practice

Think of a recent situation in which you agreed to something against your wishes. Write down what you feared, what you wanted to say, and how you could have expressed it respectfully. Prepare one short sentence for the next similar situation.

A Situation to Examine

You love each other but see an important life decision differently. Instead of trying to convince one another, find out whether the difference is fundamental and whether an honest compromise is possible.

CHAPTER 4. ATTRACTION IS NOT THE SAME AS COMPATIBILITY

Strong chemistry can arise between people who struggle to agree on important things. You may laugh at the same jokes and feel intense attraction while having completely different views on fidelity, money, children, or lifestyle.

Compatibility does not mean being identical. Partners can have different hobbies and temperaments. The question is whether they can respect their differences and make decisions that do not diminish either person. If one person wants a large family and the other definitely does not want children, love will not automatically resolve that contradiction.

Before making a serious commitment, discuss everyday life. How do you imagine dividing household chores? What counts as cheating? How do you feel about debt and savings? How often do you want to see relatives? What happens when one of you gets angry? These topics should come up before you decide to marry.

Attraction gives you a reason to get to know each other. Compatibility helps you determine whether you can build a life together. One does not replace the other.

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