

HOW TO BE A



WIFE

7 Secret Steps
to a **Peaceful**
and **Passionate**
Relationship
with Your Man

By Suzanne Venker

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Peaceful and **Passionate** Relationship with Your Man

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Your perspective becomes your prison or your passport.

— Steven Furtick

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About the Author

Suzanne Venker is [the author of five books](#) on marriage and the family and a certified relationship coach. She's also [a columnist at the Washington Examiner](#), as well as host of [The Suzanne Venker Show](#).

For over 15 years, Suzanne has taught women how to succeed with men in life and in love. She's a leading voice for millions of women and men who know that a partnership with the opposite sex is superior to constant competition.

Suzanne's extensive research, combined with her sound and compelling arguments, dispel cultural myths that have infiltrated society and undermined women's most important relationships. She has helped women:

- embrace the way men and women are naturally wired
- prioritize marriage and relationships over career
- enjoy the power of their femininity in sex and relationships
- build a lasting, satisfying relationship with a man
- build a flexible career that accommodates the needs of children and family life



Suzanne's work has appeared in publications such as *Time*, *USA Today*, *Parents* and the *New York Post* and has been featured in *The Wall Street Journal*, *Newsweek*, *The Atlantic*, *Forbes*, *The Huffington Post* and London's *Daily Mail*. Her TV credits include *Fox & Friends*, *STOSSEL*, *The View*, *CNN*, *ABC* and more. She has appeared on hundreds of radio programs throughout the country, and her work has been featured on "The Dr. Laura Program," "The Late Show with Stephen Colbert" and "The Rush Limbaugh Show."

A former high school English teacher, Suzanne was born in St. Louis, MO, and graduated from Boston University in 1990. After ten years on the East Coast, where after college she made the unfortunate decision to marry the wrong man and subsequently learned what *not* to do in love, Suzanne returned to the Midwest, where she now lives with her husband of 22 years and their two teenagers, one of whom is in college.

For details about Suzanne's resources and coaching services, visit www.suzannevenker.com.

Endorsements

“Ms. Venker’s contribution to humanity, to families, to marriages, to women is huge.”

Dr. Laura Schlessinger

Author of twelve *New York Times* bestsellers, including *The Proper Care & Feeding of Husbands*, host of one of the most popular talk show hosts in radio history

“Suzanne Venker presents a refreshing guide to a happy marriage. She’s lived it. She’s studied it. And the insights and advice she gives will save many marriages.”

Dr. Scott Haltzman

Distinguished Fellow, American Psychiatric Association, author of *The Secrets of Happily Married Women*

“Without being preachy or prim, Suzanne Venker extols femininity , domesticity, and—get ready—a considerate and solicitous wife to a good man.”

Christina Hoff Sommers

Resident scholar at AEI and author of a *New York Times* Notable Book of the Year, *The War on Boys*, and the groundbreaking book *Who Stole Feminism?*

“Lively and sensible. A fun read!”

John M. Townsend, Ph.D.

Professor of Anthropology, author of *What Women Want—What Men Want*

“Suzanne Venker shows how a simple shift in attitude is all women need to find peace with the men in their lives. If you’re a woman who feels successful in life but unsuccessful in love, look no further.”

Susan Page

Relationship expert and author of *How One of You Can Bring the Two of You Together*

Introduction

Dear Wife,

I don't know how you found me, but I'm so glad you did! I can't wait to share with you the 7 secret steps to a peaceful and passionate relationship with your man. I know they work because I've been exactly where you are right now. I remember being frustrated with my husband for being too this or too that, and I would read self-help book after self-help book and subsequently "diagnose" my husband when I thought I knew for sure what was wrong with him.

Whether or not I was right in my assessment of my husband's personality and behavior, it was the wrong way to go about fixing our problems. It was only when I turned inward, to face my own personality and behaviors, that I discovered the path to a peaceful and passionate relationship with a man. When I did *that*, the husband I had pegged as a this or a that disappeared—and in his place was the man I knew I had married all those years ago.

And this isn't just about my story. As a marriage and relationship coach, I've helped countless women follow the 7 steps and get dramatic results. As one woman named Kimberly wrote to me recently, "I'm on Day 2 of your theory, and you're absolutely right: the problem vanishes overnight."

But a quick word of warning: While the 7 steps work beautifully, they represent the exact opposite of everything the culture (and perhaps your own mother) taught you when it comes to men and marriage. Therefore, upon first read you may feel as if you've entered a strange land and subsequently tell yourself you can't possibly follow these steps.

But what you're really saying is, "I *won't* follow these steps." Because, truly, any woman can follow them. It's a matter of your willingness to do so. Getting in the right head space, or adopting the right mindset, will be your first hurdle. So if you're not ready yet, if you're not at the point where you'll literally try anything to have peace and passion with your man, stop reading now and come back to these pages when you are.

Believe me, I know how hard it will seem at first to follow these steps—they go completely counter to the model I had growing up, too. My mother, who died five years ago, wouldn't have known how to follow the 7 steps if someone walked her through them and held her hand. My mother was many wonderful things, but a great wife was not one of them.

Like so many others, I wanted a different kind of marriage than my parents had. It took me years to figure it out, and there were many fits and starts. I don't want that for you. Marriage is just so much easier if you know how to be a wife from the get-go. And by *how* to be a wife, I mean if you know how to bring out the best in a man. Once you have that down, marriage is smooth sailing.

I should also warn you that the younger you are, the more of a challenge it will be to follow these steps. Millennials, who at the time of this writing are between 25 and 40 years of age, have been raised on a steady diet of female empowerment. That narrative may work well in the marketplace, but at home with your man it's a disaster. A "You Go, Girl!" attitude has no place in marriage.

In fact, wife skills and career skills can (and often do) work against one another. [The data indicate](#), and my experience as a coach confirms, that the smarter and more successful a woman is, the less likely she is to be happily hitched.

But here's the rub: ***It's not a woman's smarts and/or success in the marketplace that seal her fate. It's her attitude.*** It's her refusal to adopt a respectful and sympathetic view of men and to let go of the resentment she's been groomed to harbor that keeps lasting love at bay.

It is unbelievably easy to make marriage work once you know how to bring out the best in a man. Men are just a thousand times simpler than we women are. It is generally we, not they, who make marriage difficult. That may sound unfair, but keep in mind the opposite is true: We also have the power to make marriage easy! Sadly, the vast majority (70-90%) of divorce is filed by women. Some think this proves men make terrible husbands. In fact, all it proves is that most women don't know how to be wives.

I want you to be one of the rare women who brings out the best in her man. So be open. I'm going to show you a whole new way to relate to your husband that requires accessing something you have in spades but that's been lying dormant inside you for years: your feminine nature. **Your femininity is the key to a peaceful and passionate marriage.**

It's time to let it out of its cage.

A handwritten signature in cursive script that reads "Suzanne".

Quiz: What Kind of Wife Are You?

Answer the questions below.

1. Do you feel nervous or uneasy when you're not the one in charge?
2. Are you a perfectionist or an overachiever?
3. Do you sometimes feel superior to your husband, as though he needs you to show him how to do things? (How to dress, what to say, how to grocery shop, how to parent, and so forth.)
4. Do you take your everyday frustrations out on your husband, as though he's the cause of those frustrations?
5. Do you generally expect your husband to go along with your plans, as opposed to the other way around?
6. Do you listen to your husband and validate his thoughts without formulating a response in your head?
7. Do you roll your eyes when your husband says something with which you disagree or disapprove?
8. Do you frequently contradict your husband? (If your answer is no, would your husband agree?)
9. Would your husband (and children, if you have them) describe you as a drill sergeant?
10. Do you tease your husband in front of others in a manner that could be construed as disrespect?
11. Do you like to be right?
12. Are you a micromanager? In other words, do you give excessive supervision to other people's tasks (incl. your husband's) and provide "constructive" criticism along the way?
13. Do you frequently interrupt your husband or talk over him, even in public?
14. Does your marriage feel like a giant power struggle? (If your answer is no, would your husband agree?)

NOTE: If you answered "yes" to three or more questions, the struggles you're having in your marriage are almost certainly a result of the energy you're bringing to the table. Unless you made a poor choice of husband—he's actively addicted to drugs or alcohol; he's mentally ill; he's physically abusive—these 7 steps will transform your marriage overnight. So what are you waiting for? Let's get started!

5 Ways to Get the Most Out of This Book

1. Read each chapter first to get the gist of it, and then again to make it stick, before moving on to the next one.
2. Keep this book on your desktop or your phone and refer to it often. It isn't meant to be read once and put away. Think of it as your own personal handbook to create the marriage you crave.
3. Consider printing the book out—it's worth the small cost of ink and paper—and marking it up with a highlighter or pen.
4. Keep in mind that a complete mind shift is necessary in order to absorb this book's content. You're training your brain to think very differently about men and marriage than the way you currently do, and this will take time and patience. So keep your expectations reasonable, don't be too hard on yourself, and never give up.
5. If you're still having trouble following the steps herein, despite a deep desire to do so, [click here to sign up for long-term coaching with me](#). I will help walk you through the entire process.

| STEP 1 |

DON'T DIRECT HIS TRAFFIC

HERE'S SOMETHING I bet no one told you: Men, as a rule, have a deep-seated need to be right and to be in control.

Now when I say “to be in control,” I don't mean your husband wants to control *you* (or anyone else for that matter). I mean he needs to feel in command of whatever situation he encounters. He wants to arrive at the base of a mountain and figure out the best way to the top. He doesn't want you (or anyone else) to tell him how to get up there. He wants to land there himself, using his own resources and his own mind.

Perhaps you're thinking, “Well, that's nice. But I like to be right and to be in control, too!” But it isn't the same for women as it is for men. (More on that in a moment.) Moreover, two people in a relationship cannot drive the same car; it won't move. A good marriage requires a pilot and a co-pilot. And for many sound reasons, all of which I hope will be clear by the time you finish this book, I'm suggesting the co-pilot be you.

There are sound reasons why your husband needs to drive the car, and it benefits you just as much as it does him. In fact, I'm willing to bet you don't really want to drive the car at all. I think you secretly wish you could rely on your husband to be in command, but you jump in and take over because, well, you're not sure he's up to the task.

Perhaps the last time you relied on a man it didn't work out so well. Perhaps your dad was an alcoholic or couldn't hold a job. Maybe your ex loved his work (or someone else) more than he loved you. Whatever the reason, I can almost guarantee that *your* desire to be right and to be in control is not the same as your husband's. Yours is fear based; his is not.

A man's need to be right and in control stems from his deep desire to provide and protect. In order for your husband to take of you and the kids, he needs to know what he's doing. He must prove to himself and to you that he's dependable. That he's competent. When you doubt this about him—or worse, undermine his efforts—he will fail to live up to the task. Your husband needs your trust and your support to be the man both of you want him to be.

That is why, all too often, a man's reaction to being told what to do by his wife is to do the exact opposite. He's not trying to be difficult; he's protecting himself from being reduced to a

child. Your husband already grew up, and he already had a mother. He doesn't want or need another one.

But I'm just "helping" my husband!

Perhaps you don't think you direct your husband's traffic. Perhaps you think you're just being "helpful" when you tell him what to do and how to do it. Maybe you assume his ego is what drives his refusal to take direction from you, but it's actually deeper than that. It's biology.

A man's desire to provide and to protect—and that includes, first and foremost, being the main breadwinner—drives his every action. Your husband prides himself on knowing what to do and doing it well in order to take care of you. Ergo, what you consider "helping" he considers instruction—because people only give instruction to those they believe can't figure things out on their own.

If you have a teenage son, you may have noticed that as he got older, he became less and less receptive to your discipline. That's normal. Your son is supposed to be less receptive because he's growing into a man. And being a man requires the ability to think for himself and to make his own decisions—not have his mother tell him how it's done.

It may be annoying that your husband won't take direction from you, but it actually works in your favor. Because, in all honesty, do you really want to be in charge of your husband? Or do you want to rely on him to get the job done so you can stop having to orchestrate everything and just sit down and relax?

Directing your husband's traffic undermines this goal by setting up a mother/son relationship rather than a husband/wife relationship. That's why the sex wanes. What kind of man wants to have sex with his mother?

So what does it mean, *exactly*, to not direct your husband's traffic? It means not making any comments—ever—about what you think your husband should be doing or how you think something should or shouldn't be done.

If you find this difficult to do, keep in mind that every time you refrain from telling your husband what to do or how to do it you're getting closer and closer to being loved and adored rather than being avoided or ignored. When a wife takes on the husband's role by demanding to be the one who's right and who's in control, the natural synergy between them dies.

Men and women are not interchangeable; sex roles exist for a reason. You've been raised to believe these roles are bad, but they're not. They're good. What's more, *they work*. Swimming with the biological tide is so much easier than swimming against it. That's where the magic happens.

Sadly, in too many marriages today the roles are completely reversed. The wife insists on being the provider and protector, and all too often the husband steps back and lets her. Why do husbands do this? Because another truism of male nature is that men live to please their wives and want to see them happy.

Ergo, if a man's wife insists, either verbally or via her behavior, that she wants to be the one to drive the car, he's stuck between a rock and a hard place: his need to be right and in control, and his desire for his wife to be happy. He'll be in a constant battle with himself—and more often than not, the wife wins. Because the alternative is for him to fight with her, and there's nothing men hate more than fighting with their wives.

Unfortunately, once this backward dynamic sets in, unless the couple reverses course it's almost always the beginning of the end. I don't mean they'll get divorced necessarily (though that often happens); I mean that having a peaceful and passionate relationship will be impossible.

On the chance you think you *don't* direct your husband's traffic, here are some examples in which you might be unknowingly doing so:

- You refrain from making comments but give him "that look" instead
- You suggest an alternative way of doing something than the one he suggested
- You say to him, "Is that what you're going to wear?"
- You tell him how he should handle a boss or a colleague at work
- You tell him how he should spend the money he earns

Basically, to direct your husband's traffic means offering him *any kind of instruction whatsoever*. This holds true even when you're convinced you offer said instruction nicely! There's no way to nicely tell someone what to do and how to do it. Besides, your husband sees right through it.

I don't mean you can never make a suggestion—that you *can* do nicely. But think about what you want to say and how you're going to say it first. And choose a good time to do so—which would not be, for example, when your husband's frustrated or upset.

Think of directing your husband's traffic this way: If you had a roommate, a girlfriend you lived with, would it even dawn on you to tell her what to do or how to do it? Never! Why should your husband get *less* respect than you'd give a friend

Get Expert Help for Your Marriage or Relationship

Do you feel overwhelmed by the material in this book? I don't want you to. Learning the 7 secret steps to a peaceful and passionate relationship with your man is one thing—mastering them is another. Your journey to hitting the marriage jackpot has only just begun, and I can help guide you along the way if you want.

Don't make another move if:

- You can't figure out why your husband seems distant or motivated
- Money is a serious source of tension in your marriage
- Your sex life sucks
- You're the primary breadwinner, but you secretly wish your husband were
- You've sought the help of a marriage counselor, but it didn't help
- You dream about divorcing your husband

Marriage & Relationship Coaching

If you want IMMEDIATE results in your marriage or relationship, I can help using live video screen share. For details, visit: www.suzannevenker.com/coaching.

“Working with Suzanne is the equivalent of having a seasoned straight shooter in your back pocket. Marriage never feels hard with her there.” – Jayne