

A PRACTICAL GUIDE

RELATIONSHIPS FOR MEN THE COMPLETE GUIDE

28 CHAPTERS

*Below is a book about the psychology of relationships with women,
which I prepared together with a neural network.*

Table of Contents

FOUNDATION	4
Introduction: Why This Book	5
Male Self-Sufficiency	6
How Female Psychology Works	7
Choosing a Partner: Criteria and Traps	8
The Most Common Relationship Problems	9
Conflict and Dominance	10
Manipulation: Recognize and Neutralize	11
Money and Resources in Relationships	12
 ATTRACTION AND BEGINNINGS	 13
Building Sexual Attraction	14
Reading Signals of Interest	15
How Not to Ruin Intimacy at the Start	16
 PSYCHOLOGY AND MINDSET	 17
The Winner's Mindset	18
A Man's Emotional Intelligence	19
How to Stop Depending on Approval	20
 COMMUNICATION	 21
How to Talk to a Woman	22
Body Language and Charisma	23
How to Give Compliments the Right Way	24
 RELATIONSHIP DYNAMICS	 25
First Dates: Strategy and Tactics	26
How to Avoid the Friend Zone	27
Long-Term Relationships vs. Freedom	28
Jealousy: Tool or Poison	29
 PERSONAL POWER	 30
Goals, Money, Status	31
Physical Fitness as a Foundation	32
Social Circle and Environment	33

CRISES AND EXIT	34
Fatherhood and Male Identity	35
Health, Stress and Lifestyle	36
Breakup, Divorce, and Moving On	37
THE MAN'S CODE	38
The Man's Code: 28 Final Rules	39

Part I

FOUNDATION

Introduction: Why This Book

Most men have never received honest, practical guidance about relationships. We were taught to be kind, patient, and self-sacrificing, but no one ever explained why that approach so often backfires.

This book is not about manipulating women. It is about becoming a man who is respected and wanted. It is about building relationships from a position of strength rather than need.

There is no room here for misogyny or resentment toward women. What you will find instead is a sober look at psychology, an honest analysis of common mistakes, and concrete tools for anyone who wants to live life on his own terms.

Read carefully. Apply gradually. The results will not keep you waiting.

Male Self-Sufficiency

Self-sufficiency is not the same as loneliness, and it is not arrogance either. It is a state in which your happiness does not depend on one person, one job, or a single source of approval.

A man who has goals, friends, hobbies, and an inner sense of direction becomes attractive almost automatically. Not because he is “playing a game,” but because he is genuinely interesting to be around.

Key Principles of Self-Sufficiency

- **Your goals come first.** Relationships should complete your life, not replace it.
- Learn to be alone. A man who fears solitude ends up clinging to whatever relationship he can find.
- Develop several sources of pleasure and meaning, not just one.
- Do not ask for permission to live the way you think is right.

Exercise. Write down five things you do purely for yourself, not to earn anyone's approval. If the list comes up empty, start building it today.

How Female Psychology Works

Women are not the enemy, and they are not some unsolvable riddle either. They are simply different. Understanding those differences removes about 80 percent of the conflict and misunderstanding that shows up in relationships.

Key Traits to Understand

- **Emotion comes first.** A woman feels before she thinks. Do not argue with feelings - acknowledge them first, and only then talk about the facts.
- A constant reliability test. Women are frequently, and often unconsciously, checking whether they can rely on you. Will you hold up under pressure, or will you break?
- Words versus actions. A woman trusts actions, not words. “I love you” means nothing without behavior to back it up.
- Emotional swings are normal. Mood shifts are not manipulation - they are physiology. Do not take them personally.
- Safety matters deeply. A woman wants to feel protected next to a man, both physically and emotionally.

The biggest mistake men make is trying to solve an emotional problem with logical arguments. **Empathy comes first, solutions come second.**