



The Empowered Wife: Six Surprising Secrets for Attracting Your Husband's Time, Attention, and Affection

Laura Doyle

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Can a wife single-handedly bring a boring or broken marriage back to life? This improved and expanded edition of Laura Doyle's acclaimed *First, Kill All the Marriage Counselors* features real-life success stories from empowered wives who have done just that--and provides a step-by-step guide to revitalizing your own marriage.

Laura Doyle's marriage was in trouble, and couples counseling wasn't helping. On the brink of divorce, she decided to talk to women who'd been happily married for over a decade, and their advice stunned her. From it, she distilled Six Intimacy Skills--woman-centric practices that ended her overwhelm and resentment, restoring the playfulness and passion in her marriage.

Now an internationally-recognized relationship expert, Doyle has shared her secrets with women around the globe, saving thousands of marriages with her fresh, revolutionary approach.

Practical and counter-intuitive, the Six Intimacy Skills are about focusing on your own desires and transforming your own life--not bending over backwards to transform your husband.

Incorporating these skills will empower you to:

Attract his attention like a magnet when you relax more and do less

Receive affection not because you told him to make more of an effort, but because he naturally seeks you out

Feel more like yourself--and *like* yourself more

If you've been trying to "fix" your relationship and it's not working, maybe the problem was never you, or your husband, or even the two of you as a couple. Maybe the problem is that nobody ever taught you the skills you need to foster respect, tenderness, and consideration.

With humor and heart, *The Empowered Wife* shows you how to improve your relationship in ways you hadn't thought possible. You'll join a worldwide community of over 150,000 empowered wives who finally have the marriages they dreamed of when they said "I do."

The Empowered Wife: Six Surprising Secrets for Attracting Your Husband's Time, Attention, and Affection Details

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Vivian says

This was my favorite of Laura Doyle's books. She just keep fine tuning it and making it better.

Women hold all the power because we are the gatekeeper for sex and men have such a strong desire to see us women happy and smiling (this is their purpose). If you give them the information they need - they will use it to make your dreams come true. They really do thrive on your satisfaction and happiness. All you have to do is be nice and respect them and use their language. Men are beautiful.

Loved this book. Changed my marriage.

Bj says

THIS IS A SEXIST PIECE OF CRAP!!!

She puts the responsibility of the relationship on women:

"True: Women are the keepers of the relationship and have much more power over the culture in the home."

This is CRAP!! and the SEXIST RETHORIC my father tried to sell me on! men should be an EQUAL contributor to the success of the marriage and STOP BLAMING WOMEN for the man's lack of participation, and even interest enough to talk to their kids, or wife.

And the author says, if i'm not in the mood for sex, too bad! Do it anyway, and i'll GET in the mood. also CRAP! How many times do I have to be hurt during sex, and tell the man he is hurting me because I'm in menopause before I simply say NO MORE?

This author is ugly. Her messaging is ugly, SEXIST CRAP and counter to the marriage I want with anyone.

She promotes everything wrong with marriages today--blaming women for the man's very poor behavior!!!

Nena says

Excellent

So powerful to know we as women hold the key to the marriage we want; no matter how broken it may be currently we are the key to making it great!

Faheem Lea says

Laura Doyle gets it!

Excerpt from the book:

"You have a lot of influence over the culture of your marriage, and when you change the way you talk to your husband, he will respond to you differently. If you go out of your way to be as respectful to him as possible, you're going to get a much better response. He's going to be a lot less hostile because he has so much less to prove and so much less to defend against."

Valerie says

I like and agree with the 6 skills listed in this book. I had an issue with the tone used by the writer. At times I felt like if a marriage is in distress, it must be because the wife isn't doing the 6 skills and as soon as she does everything will be better. There's even a 2 weeks to a better husband.. Seriously?! It's not always so simple.

All in all , it was an alright book.

Jenn says

My feelings about this book are complicated. Did it bring up some things that I need to address in my own actions as a wife currently in a marriage in crisis? Yes. Do I think some of the suggestions in the book have the potential to help heal my relationship with my husband? Yes. Have I recommended the book to other women who feel their relationship could use some healing? Yes...with a few notes.

The issues and techniques covered seem pretty common sense, but obviously if they are issues creating distance and tension in a marriage they need some attention. That being said, the tone of the book can feel a bit sexist at times. While there are obviously some differences in how men and women approach relationships, it's hard for me to feel comfortable plugging men and women into the simple stereotypes the author seems to create. I also strongly disliked how much reading this book felt like reading a 200 page infomercial. I understand the desire to market related services, but as a wife in a marriage in crisis, I almost put the book down when the suggestion to check out the program to become a relationship coach came in the first 50 pages of the book. Really? My marriage is in crisis. The last thing I feel like I need to be doing is coaching others on how to have a strong relationship.

Over all, there are parts of this book that already hav and will continue to influence how I communicate with my spouse to help check my control tendencies that don't always show the great respect I have for the man that I married. But given the infomercial/multilevel marketing feel of some of the promotion of the related workshops/trainings/online communities, I rather doubt I will ever chose to explore deeper into this author's other books and services.

Deborah says

Ok, I was half enjoying this book. I did a big eye roll when she uses the phrase Six Intimacy Skills with a TM the first time it's mentioned. No surprise b/c half the book is pitching the book and her retreats.

Reading along, I am enjoying the advice just not the style at all. But there are some major bones to pick here.

She is dismissive of major issues like mental health issues or learning challenges in your partner. I'm bristling at the part of her saying your hubby will magically take over paying bills and on time, because you know maybe if I talk nicely to my hubby his dyslexic self with stop transposing numbers and his ADD tendencies will remember to pay the bills. I'm fine with being the one to do this and so is he. I'm talking about paying the bills, not earning the money to pay them.

She is sexist in a way that is subtle and not so subtle: "It's actually more enjoyable to be the Goddess of Fun and Light than it is to be the woman who knows everything." Ok so be a Manic Pixie Dream Girl, got it. Her point here is to not nag and cut him down, but please mind the language. Same goes for the advice keep your helpfulness to a minimum. Ummm, it's ok to be smarter in somethings than your husband and you can express this in a way that's beyond phrasing it in the form of a desire you wish he'd fulfill.

The main thing I got from reading this far is the reminder that men crave being respected and women like to be admired, so think before you speak. It took a lot of filtering out of junk to get there.

Y'all these things were going to knock it down to a 3 rating but then I came across the chapter called **The Myth of Verbal Abuse**.

Because if he's not one of the author's Three Type of Mean Men (TM) - addict, cheater and physical abuser - then guess what? Drumroll please....it's your fault!

Yup, that's right, a woman can nag her husband into being a verbal abuser. B/c you know verbal abuse never is a red flag for future physical abuse! (sarcasm if you didn't pick up on it)

She says on her own website:

"I'm not saying it's okay if your spouse is putting you down a lot, but I am saying I wouldn't endorse a divorce because of it. That's because in my 15 years as a relationship coach I've never met a married couple that didn't match. Water seeks its own level; verbal abuse in marriage is always a two-way street. "

Always? Please run from this toxic advice.

One problem is she never defines these limits. What's "putting down"? shouldn't you explicitly define what is and isn't verbal abuse??

This is where I was done. I am reading on Hoopla and didn't even see the Chapter Index right away. It was only when 50% and just tired of her sales pitch that I decided to check to see where I can skim. If I had seen this chapter heading in the beginning, I would not have wasted my time. Hope you don't either.

Stephanie Wade says

If you can get past her constant self affirming that her way works and try the skills out for yourself, and find them to work, then this book is for you. I am a scientist at heart and love trying new things for my own data. This one had plenty to take or leave. Not really an all-or-nothing strategy, but the nuts and bolts stuff really did work for me. Reading from Laura's old and new perspectives of an empowered wife makes the ideas feel more doable and looking critically at ourselves from a different perspective is key. I wish I could meet other wives to help keep me in check with my new skills or that my husband knew as much about Laura's skills and training as her husband does. That would really help me when I fall back into old patterns. Good Read

Shannon says

Life Changing

If you only read ONE book on marriage, read this one. I mean it. It would have saved my first marriage. It has made all the difference in my current (and last) marriage.

Mimi says

Before you read this review you need to know that she is selling a product. Her writing/editing/ presentation of her approach is not my style. She plasters you with phrases like : "Fire your marriage counselor" and "This will change your marriage RIGHT NOW"...etc

When you can see past the glorious stories and her YOU NEED TO BELIEVE ME writing you will find some wonderful advice. I have really understood her "speaking the truth and speak your wish" concept. For that insight I am so grateful. If you read this forgive her the little annoying anecdotes and invites to her retreats so you can become a better wife and follow and practice her marriage advice. You'll not regret it.

Katie W says

This is an encouraging read with lots of helpful advice for making a marriage the best it can be. I appreciated reading this book and would highly recommend it :)

Jasmine says

Overall I really enjoyed this book. I found it to be very helpful and realistic. There are definitely principles and themes in here that I will use for all of my life.

The only drawback is that at times, it seems a little sexist. There seems to be little room for examining masculine and feminine gender roles, which I am very interested in.

I am not a traditional person in most regards, but in the realm of relationships, I find that surprisingly, I lean more towards traditional roles, so most of the advice in this books fits with those roles nicely.

I did find it lacking a bit of depth and left me wanting more to the discussion.

I have the author's previous book 'The Surrendered Wife' that I plan to read soon as well.

Mrs. Europaea says

In **The Empowered Wife**, Doyle provides very realistic martial advice using what she calls the **Six Intimacy Skills**. The Six core skills are: *Replenish, Respect, Relinquish, Receive, Reveal and Refocus*. These skills sound simple because they are, it's changing your behavior and attitudes that present the real challenge as Doyle discusses in her case studies of real women that are using the Six Intimacy Skills in their own marriages.

What I liked about this is that Doyle explains the skills in an easy to understand and employ way. She even provides real experience on how women have incorporated these skills in their relationships and how this has benefited their marriages.

What I disliked about this book was that I find Doyle's tone to be a bit sexist both toward men and toward women. I understand that Doyle is writing for a general audience and may feel inclined to write according to normative gender roles, but I don't believe in a "*boys will be boys*" mentality which is the tone I get from reading The Empowered Wife. While this doesn't make the advice any less relevant, it did make me frown and cringe in some areas of the text which is not really a pleasant experience for me or readers that may feel similarly.

Kristen says

I thought after having a baby this book might provide some insight into reconnecting with my husband, but it was actually the most sexist garbage I've ever read!

There is a chapter about verbal abuse titled "The Myth of Verbal Abuse", with a section called "Chances Are You Either Started It or Piled It On". WOW No. Just no.

There is also a chapter that discourages women from having their own separate money from their husbands, claiming that there is no way to reach a certain level of intimacy if money isn't completely tied to your husband AND that you give him all of the financial control. What horseshit!

There are parts that are useful, such as maintaining respect in a marriage (duh), and practicing self-care. This was the only part that I found relevant. It was a good reminder to take care of myself again.

But overall, this book made me feel like women's opinions and thoughts do not matter in a marriage. That problems should never be discussed, that you should walk on eggshells around your husband, and if he verbally abuses you it's your fault. This "modern" alternative to marriage counseling seems pretty backwards to me. Also, many parts read like an infomercial for the author's "weekends" for women to learn her techniques. I'm glad I got this from the library and didn't spend a dime on this book.

Jade King says

Incredible

I must say that everything she said minimized intimacy I do it. I have started to change my attitude towards my fiance, and he is responding accordingly. Love this book and I highly recommend it. I'm probably going to read it again. ?
