

TIPS FOR CELEBRATING YOUR MAN

by Dr. Jennifer Degler

Enthusiastically
initiate sex.

1

Pursue your man in the bedroom, and he'll slay dragons for you in the world.

Thank him for
what he does.

2

Men are encouraged when women appreciate their work.

Let him be
your hero.

3

Men enjoy being asked to perform tasks that show strength, like opening jars.

Speak highly of
him to family
and friends.

4

Your admiring words of affirmation make him feel like he measures up.

Be his
recreational
companion.

5

Men connect through shared activities so join him on an adventure.

Show physical
affection and
smile at him.

6

Your hug, back scratch, or butt pat says "You matter in this world."

Ask for and
value his advice.

7

A man feels respected when you consult with him before anyone else.

Support his need
for man time &
alone time.

8

Men appreciate time to recharge in their own way.