

dr laura the proper care and feeding of husbands

Dr. Laura: The Proper Care and Feeding of Husbands

In a world where relationships are often complicated by busy schedules and societal expectations, Dr. Laura: The Proper Care and Feeding of Husbands serves as a unique guide for women seeking to foster stronger connections with their spouses. Dr. Laura Schlessinger, a renowned radio host and author, provides strategies that emphasize the importance of nurturing the emotional and psychological needs of husbands. This article delves into the key insights from Dr. Laura's teachings and how they can be effectively implemented in everyday life.

Understanding the Concept of Care and Feeding

At the heart of Dr. Laura's book is the metaphor of "care and feeding," which draws parallels between the way we nurture pets or children and how we can approach our relationships with husbands. This concept is not about treating a partner like a child or pet but rather understanding the fundamental needs of men and recognizing that they thrive in an environment where they feel appreciated, respected, and cared for.

The Importance of Respect

One of the core tenets of Dr. Laura's philosophy is that men need to feel respected in their relationships. This respect is not only vital for their self-esteem but also for the overall health of the marriage.

- **Listen Actively:** When your husband speaks, show genuine interest in what he has to say. A simple nod or verbal acknowledgment can go a long way.
- **Avoid Criticism:** Constructive feedback is important, but harsh criticism can be damaging. Frame suggestions positively.
- **Appreciate His Efforts:** Regularly express gratitude for the things your husband does, big or small.

Emotional Support: The Key to Connection

Men often feel pressure to be strong and stoic, which can sometimes lead them to conceal their emotions. Dr. Laura emphasizes the need for wives to provide a safe space for their husbands to express their feelings.

1. **Create an Open Dialogue:** Encourage your husband to share his thoughts and

feelings without fear of judgment.

2. Be Patient: Understand that some men may take longer to open up. Give him time and space.

3. Show Empathy: Validate his feelings, even if you don't necessarily agree. Acknowledgment can be incredibly comforting.

The Role of Intimacy in Relationships

Dr. Laura discusses the importance of intimacy in maintaining a healthy marriage. Intimacy is not just about physical connections but also emotional closeness.

Physical Intimacy

Physical affection can significantly enhance the bond between spouses. Here are some ways to foster physical intimacy:

- Regular Touch: Simple gestures like holding hands, hugs, or cuddling can strengthen your connection.
- Plan Date Nights: Make time for each other away from daily distractions. This can reignite the spark in your relationship.
- Open Communication About Needs: Discuss each other's preferences and desires when it comes to physical intimacy.

Emotional Intimacy

Emotional intimacy is equally essential and can be nurtured through various practices:

- Share Your Day: Spend time each day discussing what happened, your thoughts, and feelings.
- Be Vulnerable: Share your own fears and insecurities. This can encourage your husband to do the same.
- Build Trust: Keep promises and be reliable. Trust is the foundation of emotional intimacy.

Encouraging Personal Growth

Dr. Laura advocates for the importance of personal growth within marriage. A healthy relationship allows both partners to thrive individually while supporting each other.

Support His Interests

Encouraging your husband to pursue his passions can be beneficial for both of you.

- Be His Cheerleader: Attend events or activities that he enjoys.
- Encourage New Hobbies: If he has an interest he's been wanting to explore, support him in taking the leap.
- Respect His Time: Allow him time to engage in activities that he loves without guilt.

Self-Improvement for Both Partners

Marriage is a partnership that can flourish when both individuals strive for self-improvement.

- Set Goals Together: Discuss personal and couple goals. This can include financial aspirations, fitness goals, or family planning.
- Attend Workshops Together: Consider relationship-enhancing workshops or classes that can help you grow together.
- Provide Constructive Feedback: Share insights with each other about personal growth areas while maintaining respect and love.

Managing Conflict Effectively

Disagreements are natural in any relationship, but how couples handle conflict can significantly impact the health of their marriage. Dr. Laura provides valuable strategies for conflict resolution.

Establish Ground Rules for Arguments

Having a set of guidelines can help keep disagreements constructive rather than destructive:

1. Stay Focused: Address one issue at a time, rather than bringing up past grievances.
2. Avoid Name-Calling: Focus on the behavior rather than attacking each other's character.
3. Take Breaks if Necessary: If emotions run high, take a moment to cool down before continuing the discussion.

Seek Solutions Together

Instead of assigning blame, work together to find a resolution.

- Compromise: Be willing to give and take.
- Brainstorm Solutions: Discuss potential solutions together and evaluate their pros and cons.
- End on a Positive Note: Try to conclude disagreements with a reaffirmation of love and commitment.

The Impact of Gratitude and Appreciation

Dr. Laura emphasizes that expressing gratitude can profoundly affect a marriage.

Daily Practices of Gratitude

Incorporating gratitude into your daily routine can strengthen your bond:

- Start a Gratitude Journal: Write down things you appreciate about each other regularly.
- Verbal Affirmations: Make it a habit to tell your husband what you love about him.
- Celebrate Small Wins: Acknowledge each other's efforts and achievements, no matter how small.

Creating a Positive Environment

Fostering a positive atmosphere can enhance your relationship:

- Limit Negativity: Avoid dwelling on complaints or negative experiences.
- Share Joyful Moments: Focus on the positive aspects of your life together and celebrate them.
- Encourage Laughter: Share jokes, watch comedies, or engage in playful activities that bring joy to your relationship.

Conclusion

Dr. Laura's *The Proper Care and Feeding of Husbands* offers insightful guidance for women looking to nurture their marriages. By focusing on respect, emotional support, intimacy, personal growth, conflict management, and gratitude, couples can create a fulfilling relationship that withstands

the test of time. Implementing these principles may require effort and dedication, but the rewards—a stronger, more loving marriage—are undoubtedly worth it. Embrace the journey of caring for your husband, and in turn, you may find that your relationship flourishes in ways you never imagined.

Frequently Asked Questions

What is the main premise of Dr. Laura's book 'The Proper Care and Feeding of Husbands'?

The main premise of the book is that by understanding and meeting the emotional and practical needs of their husbands, women can create a more fulfilling and harmonious marriage.

How does Dr. Laura suggest women should communicate with their husbands?

Dr. Laura emphasizes the importance of open, honest, and respectful communication, encouraging women to express their needs while also being attentive to their husband's feelings and perspectives.

What role does respect play in Dr. Laura's advice on marriage?

Respect is a central theme in Dr. Laura's advice; she argues that showing respect to one's husband fosters a stronger bond and encourages him to reciprocate with love and support.

Does Dr. Laura address the concept of sacrifice in marriage?

Yes, Dr. Laura discusses the importance of sacrifice in marriage, suggesting that both partners should be willing to make sacrifices for each other's happiness and the overall health of the relationship.

What practical tips does Dr. Laura offer for nurturing a husband's needs?

Dr. Laura provides various practical tips such as expressing gratitude, engaging in meaningful conversations, and maintaining physical intimacy to nurture a husband's emotional needs.

How has 'The Proper Care and Feeding of Husbands'

been received by readers?

The book has received mixed reviews; many appreciate its straightforward advice and practical tips, while some criticize it for being traditional in its views on gender roles.

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