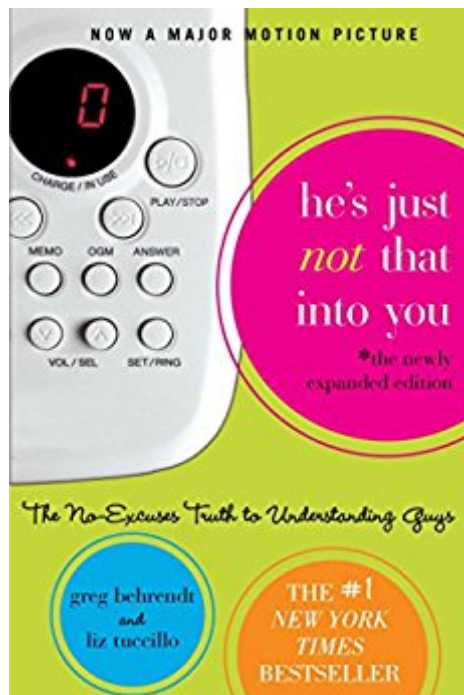




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# He's Just Not That Into You: The No-Excuses Truth To Understanding Guys



## Synopsis

He's Just Not That Into You is based on a popular episode of Sex and the City is tough love advice for otherwise smart women on how to tell when a guy just doesn't like them enough, so they can stop wasting time making excuses for a dead-end relationship. It's the best relationship advice you'll ever receive. For ages, women have come together over coffee, cocktails, or late-night phone chats to analyze the puzzling behavior of men. He's afraid to get hurt again. Maybe he doesn't want to ruin the friendship. Maybe he's intimidated by me. He just got out of a relationship. Greg Behrendt and Liz Tuccillo are here to say that despite good intentions you're wasting your time. Men are not complicated, although they'd like you to think they are. And there are no mixed messages. The truth may be, He's just not that into you. Unfortunately, guys are too terrified to ever directly tell a woman, "You're not the one." But their actions absolutely show how they feel. Reexamining familiar scenarios and classic mindsets that keep us in unsatisfying relationships, Behrendt and Tuccillo's wise and wry understanding of the sexes spares women hours of waiting by the phone, obsessing over the details with sympathetic girlfriends, and hoping his mixed messages really mean, "I'm in love with you and want to be with you." He's Just Not That Into You is provocative, hilarious, and, above all, intoxicatingly liberating. It deserves a place on every woman's night table. It knows you're a beautiful, smart, funny woman who deserves better. The next time you feel the need to start "figuring him out," consider the glorious thought that maybe, He's just not that into you. And then set yourself loose to go find the one who is.

## Book Information

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## Customer Reviews

I was referenced this book by an ex-coworker who is also a psychologist. I was eager to get my hands on this book but after reading some of the reviews I started questioning whether I should read this or not. I will start with the fact that I feel that this book is not for or about everyone. In the book it even states that they are not describing all men. It does say that the men that this book is NOT about are in short supply. Whether that's true or not I don't see the point of getting upset if you're a man and you read this book and find that it's not about you. Be glad. I don't feel like the book is making women think that if the men that want them they are going to aggressively push to be with them. The example stories are based on fictional people but the scenarios are still very real. The book is not saying that you, the non-aggressive man, are not really interested in any woman if you're not automatically making the move. It's telling women that if they are in that situation, the guy is not the one and isn't going to magically morph into the man that she needs or wants him to be. It's not about every woman either. I feel the same as above. If you're a woman and read this book and didn't find your chapter and thought this was stupid and common sense, that's wonderful and I'm happy for you (seriously). Everyone has their dating issues but at least you're not going after guys that aren't really interested in you. That does not mean that those of us that have found our chapter(s) are stupid and lack common sense. There are many reasons women and men love the way and the people they do. We already feel bad when we read this because we're in this book and it confirms the fears we already had/have about our relationships but it also lifts us up because now we can't (or shouldn't) use the excuses that we did before. We can see ourselves walking into the traps that we've so willingly fallen before. Before going on I'd like to mention that there are a few comments about the recently divorced man and how he would naturally need time to deal with his issues before being with someone new. I agree that in such a situation that is true. The situation in the book isn't simply the man got divorced and is trying to work through things. Scenario broken down in my own words: He knows you have feelings for him and he knows that he's not ready to be

with someone new. Instead of explaining to you that he needs time and space, he treats you like the rebound that you are and sleeps with you. Repeatedly. The book is not saying that he doesn't need to work things out. It's saying that when a man recognizes your feelings (if he's sleeping with you, he knows that you're into him) and is really into you, he's going to respect you by telling you he's not ready and definitely not using you as way to cure his lonely nights until he's healed and can move onto someone he's really into and won't want to put into a position that may end up leaving her hurt. The further I read into the book I began to feel a bit smug because I saw both men and women I recognized and was happy that I'm not like them. I began to think that I was not the audience that this book is for and then I found it. If you're interested, my chapter is chapter 11. I trapped myself by making the excuse, "If you really love him, you will accept him as he is. Not how you want him to be." Maybe they did love me but they weren't in-love with me. Everyone is different but love is not selfish. If you really love someone you should not think or feel it's ok to hurt the other person. That goes both ways. This book really helped me because I find that when I have fallen for a guy and he's treating me like a chapter 11 guy would and tells me that my concerns are in my head and that I'm being too sensitive and being a baby, I would question myself. I'd let it mess with my head. He'd tell me he loves me and that he's not like other guys and I'm selfish to want him to act like someone else. I'd cave and become more compliant. You may not care about my history but I'm going to share anyway. Recently I found myself in a three month Chapter 11 relationship. Because this relationship felt so similar to a relationship I had before I was always on the verge of breaking up with him. I hated it but I loved him and I kept telling myself that I would get him to listen to me and care that I was hurting. I ended up breaking up with him. Yes I wanted him to magically get a clue and tell me that he's in love with me and that he will change. The punch to the gut was that he asked me if I'd go out with him again. I never said I did but I allowed him to FaceTime me and he said that he wasn't really asking me to be with him again, he was just curious if I did want to. He said he knew that I wanted him to say that he would change but he knew that he wasn't going to and we'd just keep fighting about the same stuff. He still wanted me though and he felt so bad and would feel torn if he was in my position. If he was in my position he would beg for him back. Yeah he's a real winner. I didn't beg or ask him to be with me again but that didn't stop me from loving him. I still felt that if he really loved me that he wouldn't be doing this but I also kept thinking that he was probably right and I was being selfish. That's where this book comes into play. It's helped me take big strides toward moving on. Instead of confirming that previous relationship fears were right, it confirmed that my choice to end things and not beg him was the right thing for me. Every scenario in this book the man knows the woman likes/wants him. This isn't a book about shy/non aggressive

men wondering if the woman is into him before he makes his move. The women described in the book also know that the man they like/want knows they feel that way. My ex-coworker said that no matter the relationship, whether romantic or platonic you must spoil each other. Both people should feel loved and respected and show love and respect to those they love. I have this book five stars because it reminded me that I deserve to be loved the way that I love. It's not selfish to want that for myself. I wasn't into the "Liz" sections but not enough to mark it down any stars and there were times when I thought the author's words regarding what men will do if they're really into you, were a bit extravagant but took it with a grain of salt. A man may go after you if he wants you but it's still important that he at least knows you like him too.

Every teen or woman who is single and interested in a relationship with a male should read this. Woman can be too forgiving of bad-boy behavior, and make excuses for it. I wish I'd had this book when I was dating between my first and current marriage. I love it that the author isn't a psychologist, but rather one who simply tells it like it is from the male perspective. Enlightening. Would help single women know when to cut their losses in relationships without a true future.

A few girl friends recommended this book to me as I began to venture back into the dating world. I have not seen the movie that is based upon this book so I started this book with no expectation. It is funny, helpful and a quick read! I am very grateful for the suggestions and I too highly recommend women who are dating read this book! I felt it was very helpful to not only better understand men (as much as we can lol) but also calm my nerves and anxieties and built confidence in myself. I received the book only a couple of days from when I ordered the product and it came in perfect condition- no wear or tear, no ripped, missing or damaged pages, and the binding was solid.

oh my gosh, girls! after being divorced 10 years and confused about men, and confused as to why i was still single, this book was a HUGE wakeup call for me, it just hit me. i now knew what to do and how to react/behave in certain situations. and not to wonder over and over again "should i make some sort of gesture to let him know i'm interested," "is he interested in me?" "should i call him?" yeah.....no! i read this book and liked it so much i listened to the CDs and TOOK NOTES. i hadn't intended to take notes. i was cleaning the house one day and listening to it and some things just hit me. so much so that i paused the CD several times to take notes. and at the risk of sounding dramatic or naive, with the exception of the Bible, this is THE MOST HELPFUL and practical book i've ever read! greg made it so clear and obvious when to know a guy is into you. so much so that i

felt an enormous amount of peace and felt so differently about "finding" someone, about constantly searching, literally looking for, scoping out men after that. i just didn't care anymore. i would know when the right one came along and whether or not he was interested in me, instead of pushing for a relationship. i was not going to waste my time wondering about someone's feelings for me. if you've been single for a long time, i really think you will find this book useful. i think it can save women a LOT of time and also from making fools of ourselves like i did MANY times. don't waste your time on him: if he is interested he will let you know and you will have little doubt. i don't necessarily believe in the adage/cliche "when you stop looking you will find someone," even though i recently got married, after not caring anymore about men. i stopped guessing whether or not they liked me. because of this book i was able to have that peace, an overwhelming sense of peace, actually. in hindsight, when my husband and i were dating, there was no doubt in my mind that he was "into me." he let me know all the time by his words and actions. and he wasn't afraid to talk about commitment. that didn't scare him at all b/c he was crazy about me. best wishes and peace.

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