

The Good Husband

Content table and the ten chapters in a nutshell

Why you should read this book.....	8
A positive new roadmap.....	11
My story.....	15

Part One Understanding The Good Husband Model

Chapter One: The Challenge.....	18
The attack on masculinity.....	20
The cultural bug	22
The cultural anti-bug	27
Meeting the challenge	30
Chapter Two: Masculine Strengths.....	32
Gender roles in the family context	33
Gender differences.....	34
Your masculine strengths.....	39
Masculine strengths and the Model of The Good Husband.....	43
Chapter Three: The Good Husband Model.....	45
The four masculine roles	46
The King	49
The Lover	53
The Magician	57
The Warrior.....	61

Your strengths and her vulnerabilities	66
The masculine roles and your dysfunctional patterns	69
Your power redefined.....	72

Part Two The Practice

Practice principles.....	75
Chapter Four: Activate your King to Create Order.....	78
The King of your family	80
Feminine chaos and masculine order.....	82
The King’s word	83
The King in action.....	88
Develop and maintain family values	89
Create and enforce family rules.....	94
Clarify family roles and tasks.....	98
Ensure accountability	100
Manage financial matters in an orderly manner	103
Create rituals	105
Accept influence.....	107
Takeaway messages to activate your King.....	110
Chapter Five: Activate your Lover to Cultivate Connection	111
Brain for love.....	116
Enemies of connection.....	120
The Lover in action.....	121
Connect by doing.....	121
Talk your way to her heart.....	124
Communicate authentically	126
Adopting the Soft-Start tool	128

Use the magic of touching.....	130
Get unstuck with sex.....	132
Nourish 'being'	141
Takeaway messages to activate your Lover.....	145
Chapter Six: Activate your Magician to Transform Reactivity	147
The Magician husband.....	152
Why are we so reactive?.....	152
Becoming a Magician.....	157
The three Magician levels	165
The Magician in action.....	173
Mindful tools.....	174
Externalize your filter.....	177
Heal your shame.....	179
Transform your emotional flooding	186
Empathize with your wife.....	189
Coach her to start softly	190
Prime for positivity.....	193
Deal effectively with victimhood.....	194
Influence with written messages.....	196
Takeaway messages to activate your Magician.....	198
Chapter Seven: Activate Your Warrior to Command Respect	200
Commanding respect.....	204
How men lose respect.....	207
Barriers to commanding respect.....	214
The Warrior way.....	215
The Warrior in Action.....	220

Fulfill your mission as a provider	221
Take care of yourself.....	222
Slay the 'D' (divorce) dragon	224
Slay the 'S' (shame) dragon.....	229
Protect your realm.....	232
Swiftly end any aggressive episodes.....	234
Prepare for the battle over your children.....	245
Takeaway messages to activate your Warrior	246
Chapter Eight: Managing Conflicts – a Case Study	248
Do men respond differently to conflicts than women?.....	251
Managing conflicts using your masculine roles.....	252
The King's speech.....	252
The Lover's speech.....	254
The Magician's speech.....	255
The Warrior's speech.....	256
Your takeaway messages	257
Chapter Nine: Fatherhood	259
Changes in how the role of fatherhood is perceived	261
Fatherhood and motherhood.....	262
The father effect.....	263
Parenting by using your masculine strengths	265
Case study – the father of Serena and Venus Williams	274
My father.....	275
The 'bad cop' story.....	276
The dark side of parenting.....	279
Your takeaway messages	281

Chapter Ten: The Good Enough Husband	283
The Good Husband recap	284
The learning mindset of the ‘good enough’.....	285
What about couples therapy?.....	292
Takeaway messages	293
My parting words.....	294
Acknowledgements	295
Endnotes.....	296

The ten chapters in a nutshell

In Chapter One, I explain a unique cultural challenge that husbands in modern families are facing. It reads more like a social commentary and advocacy for men against the background of ongoing attacks on masculinity.

In Chapter Two, I explore gender differences and elaborate on your masculine strengths. Obviously, it is desirable for men and women to express both their feminine and masculine strengths, but the premise of The Good Husband Project is that the arrival of a baby is an event like no other in terms of its impact on gender differences. Children unleash the forces of Mother Nature upon their parents- as if she is telling you—“relax, now I’m in charge”—and you both follow the script of evolution. Now, your wife’s needs and vulnerabilities need to be matched by your ancient masculine capacities.

In Chapter Three, I introduce to you the model of The Good Husband that is based on the four ancient masculine roles, also known as archetypes: King, Lover, Magician, and Warrior. Not only are these masculine roles forces for good, but they also match the needs of your wife and children. The rest of the book will guide you on how to act on these roles.

Chapters Four to Seven are like a bootcamp that trains you to operate these roles like a skilled actor. Each chapter consists of a description of the character and a series of practices that illustrate how that role helps you with relationship issues. As King, your mission is to create order—which is essential to your family’s need for security and direction. As Lover, your mission is to cultivate connection that cements your relationship. As Magician, your mission is to

transform reactivity so that you all cope better with intense emotions. As Warrior, your mission is to command respect, which guarantees everyone in the family is safe and treated with kindness.

Chapter eight

Conflicts are a sore issue in most marriages, which men and women cope with in a dramatically different way. In Chapter Eight, I use conflicts as a case study to illustrate how the four roles help you manage conflicts effectively.

Chapter nine

Writing the chapter on Fatherhood was an emotional experience for me. Sadly, the project of fatherhood is often at risk if relationships don't work well. Here you will learn about your super important role in your children's life and see how the four roles boost your fatherhood.

Being a good husband naturally results in being a good father as well, because a good relationship means a secure home with both mother and father.

Chapter ten

As a young husband and father 30 years ago, I myself did not act on many of the ideas I share in this book because I didn't have the wisdom at the time. In this final chapter, I tried to normalize any expectations you may have after reading my lofty ideas. Having too high standards may lead to guilt or shame, which we want to avoid. Rather than consider the maximum, let's consider the minimum you can do to be a good enough husband. Spoiler alert—much of this has to do with how you respond to feedback from your wife.