



Ten Stupid Things Couples Do to Mess Up Their Relationships

By Laura C. Schlessinger

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Ten Stupid Things Couples Do to Mess Up Their Relationships By Laura C. Schlessinger

1. Stupid Secrets

Withholding important information for fear of rejection

2. Stupid Egotism

Asking not what you can do for the relationship but only what the relationship can do for you

3. Stupid Pettiness

Making a big deal out of the small stuff

4. Stupid Power

Always trying to be in control

5. Stupid Priorities

Consuming all your time and energies with work, hobbies, errands, and chores instead of focusing on your relationship

6. Stupid Happiness

Seeking stimulation and assurance from all the wrong places to satisfy the immature need to feel good

7. Stupid Excuses

Not being accountable for bad behavior

8. Stupid Liaisons

Not letting go of negative attachments to friends and relatives who are damaging to your relationship

9. Stupid Mismatch

Not knowing when to leave and cut your losses

10. Stupid Breakups

Disconnection for all the wrong reasons

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Editorial Review

Amazon.com Review

Her broad statements like "the feminist movement has become hostile to heterosexual relationships in general" and her tendency to react to callers in anger may offend, but if you can put aside her ratings-boosting fits of temper, you'll find some solid advice in *10 Stupid Things Couples Do to Mess Up Their Relationships*. While Dr. Laura Schlessinger excels at placing blame, her bluntness can be refreshing, and with chapter titles like "stupid priorities," "stupid egotism," and "stupid liaisons," you know right where she stands on issues like career commitment, perceived selfishness, and extramarital relationships.

Much of the book has been created from letters written by listeners of her show. These personal anecdotes are used to illustrate points and provide examples we can all relate to; given their tremendous variety, you're sure to find some that click with you. They make the book an easily absorbed read and provide a welcome break from Schlessinger's angry tirades on premarital sex, addiction, and the general "stupidity" of the human race. Behind her anger, you'll find suggestions on taking time to really listen to each other, ways to respect each other's needs without catering to selfishness, and a firm belief that relationships are nearly always worth saving. --*Jill Lightner*

From Publishers Weekly

Schlessinger once again pontificates on the values, behaviors and flaws that ruin lives and society. Dr. Laura is well-known for her caustic advice on her syndicated radio show and in previous *Stupid Things* books. Never a believer in the proverbial spoonful of sugar, she pummels readers with judgments and instructions for dating and marriage. With many quotations from listeners, Schlessinger gives a tongue-lashing to "stupid" secrets, egotism, pettiness, power, excuses, etc. She offers rational (if familiar) counsel to honor commitments, treat partners and relationships respectfully, communicate, accept differences and make some compromises, but she exhibits not a trace of empathy or humility. She never substantiates broad generalizations that "feminist propaganda" and "ultraliberal... norms" have yielded an "amoral" and "ego-loving society," neglecting to cite sources for vague "studies." She writes, "I get very angry when spouses call feeling guilty for wanting to get out of bad relationships," forgetting that, as a counselor, her feelings don't much matter. Frozen in some pre-Feminine Mystique time, she advocates chivalry, alleging, "it's getting more and more difficult for a man to find a woman he can respect." Although not a medical doctor or addiction counselor, Schlessinger rejects the concept of addiction as disease, blaming it on poor "character." People seeking a self-help alternative to touchy-feely or moral-relativist philosophies should avoid this harsh, self-indulgent tirade. (Oct.) Forecast: Schlessinger's high profile will spur interest. But outrage at her recent antigay campaign caused many advertisers to boycott her television show and will affect sales.

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From Library Journal

This follow-up to Schlessinger's best sellers *10 Stupid Things Women Do To Mess Up Their Lives* and *10 Stupid Things Men Do To Mess Up Their Lives* is meant to help heterosexual couples iron out the wrinkles in their relationships. Dr. Laura is again telling it as she sees it, pointing out ten behaviors that prevent intimacy and commitment (e.g., Stupid Secrets, Stupid Egotism, Stupid Pettiness, etc.). Devotees, beware: she quotes liberally from letters that she has received and calls that she has taken on her radio show. Throughout, she calls for more God-centered relationships, spelling it G-d so as not to be sacrilegious.

Feminists and the "predominantly liberal press" two groups she blames for current societal woes will not embrace her ideas. Despite Schlessinger's conservative politics, her book deserves a chance because she has something for couples and singles alike to think and argue about. She is frank, compelling, and easy to read. This work will be popular with her fans, sell well in bookstores, and be in demand in public libraries.

- *Susan E. Burdick, Plymouth Meeting, PA*

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