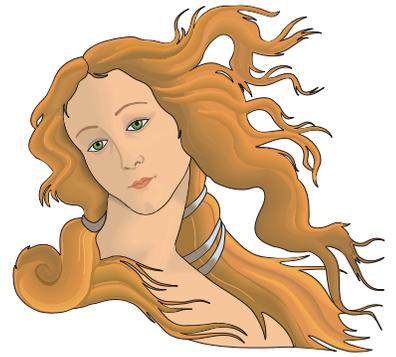


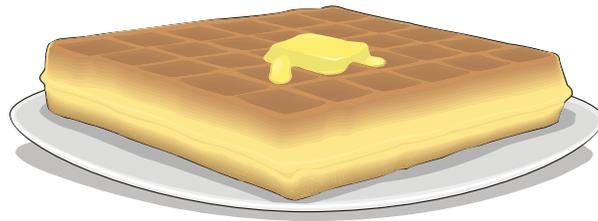
## How are Men and Women Different?

### A Summary of Two Popular Theories

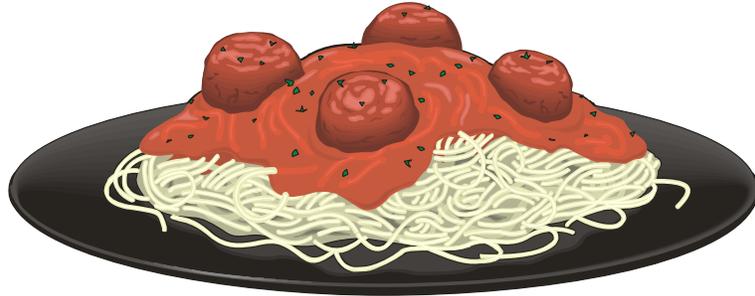
*By Laura Nolette*



Men Are From Mars, Women Are From Venus, a book by John Gray, PhD released in 1992 got everybody talking about the differences between men and women. According to this book men and women are so fundamentally different that it is as if they are from different planets. Using these planets' namesakes, he endeavored to portray men as warlike, conquerors and women as loving caretakers. Men tend to get to the point. They want to take every conversation as a battle, with tactics, assaults, and measurable victories. Women tend to explore topics. They prefer to linger and savor moments.



Men Are Like Waffles – Women Are Like Spaghetti, a book by Bill and Pam Farrel release in 2001 made another attempt at explaining the keys to “Understanding and Delighting in Your Differences.” The premise is that men, like waffles, are divided into small compartments. Every aspect of their life has a box. These boxes are all separate and should never be opened simultaneously. The box is opened. If it contains an “issue” it is dealt with and the box is closed before moving on to the next box. Women, on the other hand, are like spaghetti. Every aspect of their lives is intertwined. They all touch. There is now definite beginning or end.



These theories both try to help men and women relate and communicate. A woman who is lingering and savoring a topic is not dealing with it and conquering it. This gives frustration to the one who wants to conquer and the one who is being told to get to the point. A man who is sitting quietly in his silent “blank” box cannot understand the woman who insists he must be thinking about something. He’s frustrated because he has nothing in the “blank” box to explain and she is frustrated because her “blank” strand is always crossing all the other thought-filled strands. Both theories are simple explanations of very complex situations. Not all men and women fit into these descriptions, but enough of them do to make them both very helpful.