

WOMEN ARE SUPERIOR TO MEN

The REAL Secret to a Fantastic Marriage,
Joyful Parenting & Better Sex!

by Ricky Arenson, MD

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Medical Doctor Proclaims Women Are Superior to Men

(Los Angeles, CA) — September 2022 — Roughly half of all marriages end in divorce or separation, and many couples experience significant problems getting along. Why is that? Dr. Ricky Arenson, MD, who has been studying relationships for two decades, says couples are missing an important truth about relationships. “Women are superior to men,” admits Dr. Arenson, “and the sooner men acknowledge that they are inferior to their spouse or partner, the better their relationship will be.”

Dr. Arenson points out that evidence-based science stands behind this view. Men possess similar emotional complexity and needs as women, but there are subtle physiological differences in the structure and function of male and female brains. These differences derive from millions of years of evolution to ensure human survival.

The gender differences generate the excitement that creates love, passion, and the desire for sex in relationships. But these brain differences explain why women are often more skilled than men at parenting, make better managers of the household, and are more oriented towards collaboration and communication.

In his new book, *Women are Superior to Men*, Dr. Arenson explains with seriousness and humour how couples can improve their relationship once the man fully appreciates the capabilities of his spouse or partner. This hilarious marriage guide goes into detail to show how both men and women can improve their partnership, work through disagreements (such as the #1 conflict-- how frequently to have sex), improve their co-parenting, and become a happier, stronger couple that can tackle the pressures of modern life.

I joke a lot about men needing to listen to their wives, but I am also serious and try to bring gravitas from my medical and management experience to explain why so many couples argue, hurt each other's feelings, fail to overcome their differences, and often end up in divorce. I explore evidence-based strategies and management models that can help achieve better outcomes for couples, no matter how long they have been together.

He proposes that couples view their relationship like a company needing good management. Life management improves with a good manager, and in most marriages, that role is best delegated to wives. But this doesn't mean that men should take a back seat to being a full partner in the relationship. He calls for men to admire their wife and aspire to become better parents, team players when it comes to housework, and attentive to the many contributions their wife makes to the household.

Dr. Arenson recognises the irony of his writing this book. There are probably not many books discussing the superiority of women written by men!

Praise for the Book

“As he highlights gender differences in a manner that is enlightening and humorous, Dr. Arenson makes accessible and understandable the actions and reactions of both sexes. The result may have begun as an emphasis of women’s superiority, but it ultimately demonstrates how both sexes can interact more positively and effectively. Readers will find *Women Are Superior to Men* an absorbing, revealing, and downright fun to read.

—D. Donovan, Sr. Reviewer, Midwest Book Reviews

“This book is for women who want to feel more appreciated, and it’s also for men who want to get a better understanding of women to improve their relationships. Given the importance of creating a happy love relationship, this is a book worth checking out.” —Marsha JJ, Online Book Club Reviewer

“One of the funniest, most insightful books ever. I highly recommend it for anyone in a relationship.”

—Dr George Eskander, Family Physician, and father of two.

“This book should be prescribed education for all couples. It’s so much fun. I’ve been reading it to my husband as part of his daily therapy!”

—Dr Caroline Rhodes, Physician, and mother of three

“Breath of fresh air. This is the funniest and most helpful book I have read in a long time. I applaud Dr Arenson for highlighting the differences between men and women and for teaching us to embrace and celebrate these differences, so that we can lead more successful relationships with our children, colleagues, and spouses. The book also teaches us that we should laugh at ourselves more. The world is such a serious place these days and this book is certainly a breath of fresh air.”

—EllaBella, Amazon Customer, 5.0 out of 5 stars

“I shared the first page with my wife after I stopped laughing. I love the smart insights and sense of humour. Some ‘self help’ books are just so boring one wonders whether the author has ever lived a day fully. Clearly Dr Arenson has lived a full life—just based on page one of his amazing book. Thank you for the simple, wise words of wisdom. Thanks for letting me laugh at myself. More importantly, thanks for sharing with my wife that all men are equally useless husbands. Such a relief.”

—Amazon Customer, 5.0 out of 5 stars

“A must buy for not only men, but also the women in their lives! Thank you Dr Arenson for a hugely insightful read! Peppered with humour, but also science, psychology, and ultimately just good common sense. This is a must have for all those who value their relationships. And whilst I’ve always had an inkling that this was true, you’ve definitely sold me on the concept—women are most certainly superior to men!”

—Tony, Amazon Customer, 5.0 out of 5 stars

“Brilliant! Very well written book, mixing medical science psychology and life all into one amusing yet highly relevant read for all. A must have book.”

—Mr. Eskander, Amazon Customer, 5.0 out of 5 stars

The Author



DR RICKY ARENSON is a dual trained Endocrinologist and Geriatrician who lives in Perth, Western Australia with his loving wife of twenty years and four children. He is the Head of the Department of Geriatric Medicine at Royal Perth Hospital and the Head of the Murdoch Endocrinology and Diabetes Centre. He lectures widely on his medical specialties and won the Western Australian Clinical Educator of the Year award in 2015. He is the Director of Consultant Leadership and mentoring for the Royal Perth Bentley Group and runs training courses for doctors on life and personnel management science. He was awarded a lifetime Outstanding Service Award by Royal Perth Hospital in recognition of his medical leadership and service to patients and colleagues. He freelances as an MC and stand-up comedian. His favourite hobbies are spending time with his wife and family, playing tennis, keeping fit, and finding creative ways to avoid excessive housework.

Author Statement

My primary purpose in writing this book was to celebrate women and help them make their relationships better. Most wives, mothers, and girlfriends are kind and caring. They are the world's greatest creation. Men can be uncommunicative, slovenly, a bit unhygienic, and irritating, but many women still adore their boyfriends and husbands regardless. The goal of this book is to focus on the magic of love, romance, and sex that are the primary sources of happiness for so many couples.

On behalf of myself and all men, I sought to provide advice that could help make men better partners in their relationship. This begins by learning to express respect, appreciation, and sympathy for what many women tolerate in their attempts to civilise a man into a "hu-man". That's what I was aiming for: to create a book that is relatable, warm, funny, but serious enough to prove useful to both partners in providing relationship management guidance.

It has always fascinated me that so many couples have the same arguments about how often to have sex, how will they share chores like doing the dishes, how men don't notice or pick up the mess they leave lying around, and how men communicate in grunts or jokes when their wives are looking for a serious conversation. My book explores both the funny and serious sides of how to make relationships work, especially in suggesting to men how certain changes in their behaviour and attitude can go a long way to pleasing their wife. I set out to provide an easy guide to creating and maintaining a magical relationship filled with love, joy, and better (and more frequent) sex.

20 Questions for Dr Ricky Arenson

1. You say that women are superior to men for 8 reasons. What are some of those reasons?
2. Are there really differences in the way male and female brains function?
3. What is the #1 item that couples fight about and what can they do to stop fighting about it?
4. Do men and women differ sexually? How does this impact relationships?
5. What do you suggest couples do to share housekeeping chores?
6. Why do men seem to be insensitive to their spouse or partner?
7. What is this “empty box” that you say men retreat to? What do you mean by this?
8. What does it mean when one spouse constantly nags the other one?
9. What should the wife do if her husband is always looking at other women?
10. Does the size of the male organ (penis) really matter for the woman’s sexual pleasure?
11. How often should couples have sex? How can they negotiate it if they disagree?
12. One of your chapters says that a relationship needs more than love. What do you mean by this?
13. Why do you think it is better for the woman to be the “manager” of the household?
14. What is the comparison you make between a marriage or relationship and a business? How are they similar?
15. In what ways does your book help couples become better parents?
16. How can couples remain sexually active after having children?
17. Can sex or money help couples resolve their disputes?
18. What is this “Stop Rule” that you propose to avoid conflict?
19. What is the “one fight instead of two” idea you propose in your book? Is this serious?
20. Why do men dump mess around the house and why can’t they find things in cupboards?

Book Excerpt

Introduction

As a busy medical doctor, I get to experience a lot of interesting things while I make my hospital rounds. On one recent ward check-in, I was interrupted by an animated conversation going on in the background among a group of women nurses:

“Why do we all have to spend our meal breaks on the phone to our husbands giving them instructions?”

“And why do they need reminding that children have to be bathed and fed every night?”

“Having a husband is exhausting — it’s like having an extra child!”

Noticing my eavesdropping, they turned to me in exasperation and asked, “Why are all you men so useless?” I replied, half-jokingly, “Well, you’re just expecting too much. Women are superior to men.” They were delighted. “It’s such a relief to hear you say that — you should write a book.”

In that moment, the idea for this book was born.

In my life experience, I have always had an inkling that there was truth to this statement. When I was in grade school, the girls always seemed smarter and more sensible, while the boys were obsessed with toilet humour, bodily functions, and genitals — preoccupations that tend to persist well beyond their adulthood. In adolescence, any cognitive progress in males was offset by their brains turning to slush every time a pretty girl walked by. Teenage girls, shaking their heads sadly at the boys’ immaturity, constantly questioned why they condescended to date men at all — a lifelong conundrum that marriage often serves only to intensify.

Writing this book became my chance to explore this captivating debate about who really is superior — men or women. And after about a year of thinking and researching, my conclusion is that, hands down, women are superior to men. I am proclaiming this based on various pieces of scientific evidence I’ve collected, my personal experiences at work, and as a man married to a woman far superior to me. Marriage has forced me to the realisation that I am inept at so many things, while my wife always seems to have such a high “PQ” (Pragmatic Quotient). Whenever our family needs a practical solution to a problem, I am completely lost, while something always pops out of my wife’s bag of tricks, and everything ends up OK.

Like me, I heartily suggest that the sooner men everywhere admit they are inferior to women, the better their lives will be.

If you are a man reading this book, I hope you will
take my advice to heart and not think I am
a traitor to our gender. I am trying to help you!

I sincerely ask that you read my arguments in these chapters and reflect on their validity in your life. If you come to your senses, you will soon realise that following someone around who knows what is going on will lead you to a better place. Life management improves with a good manager, and in most marriages, that role is best delegated to wives.

Treating women with due adoration will release the considerable benefits of their loving, caring natures. Marriage should be a “friendship with benefits” — I think most men will agree that this is “living the dream.”

If you are a woman reading this book,
I hope you will take my arguments seriously.

I may joke about your superiority here and there, and make fun of myself, but my overall purpose is to appeal to women to stop allowing men to continue to overshadow you for false reasons.

You will learn in the coming chapters why
you are truly superior and what you can do to assume
your rightful sovereignty.

I am ready to surrender — take me! I hope millions of other men will join me . . . for their own good, so share this book with your partner.

One of my intentions in this book is to acknowledge the miraculous contribution of women to maintaining human survival and happiness despite often receiving the “short end of the stick.” Women contend with periods, pregnancy, breastfeeding, and worst of all, men. For this, they are compensated with greater life expectancy, but given that many spend the better part of their lives married to men, I question whether this is a reward or a punishment. If I may be so bold, I would like to express my gratitude on behalf of all husbands that you wives continue to be so generous and positive despite what you are asked to put up with (and put out for).

For all couples reading this book, once you accept the
incontrovertible idea that women are superior to men, the
benefits to your relationship will be staggering!

As you will see, I devote most of the chapters in this book to explaining how men and women can improve their partnership, work through their disagreements, improve their parenting, and in general become a happier, stronger couple. My jokes and generalities on the differences between men and women may provide a kind of entertainment value, but I also seek to bring gravitas from my medical and management experience to explain why so many couples argue, fail to overcome their differences, and often divorce. I will explore evidence-based strategies and management models that can help achieve better outcomes for couples in conflict

or emotional turmoil. I've tried to make this easier by compressing my advice in each chapter into a series of easily understandable "simple rules" and principles.

Aside from providing marriage or relationship advice, this book also aspires to capture the fun and mischievous spirit of marriage that brightens so many homes. According to many husbands, their job description requires a full-time commitment to being irritating, sexually demanding, and incompetent, all the while retaining an unshakeable sense of heroism — not an easy assignment. Despite this, many women adore men and grudgingly find them entertaining. In effect, this book is basically a metaphor for marriage: there are chapters that are fun and humorous, and others that require serious engagement. Some hard work is necessary to acquire lessons that are helpful for building a relationship environment that keeps the sun shining constantly (and the sex happening often).

Who am I to write this book?

I started life as a child with attention deficit. Try as I might, I could not study or concentrate in class like "normal" kids. From an early age, I was cognitively on my own and branded as "lazy." Watching everyone else learning and connecting at school and university always made me feel locked out, trying to figure out things in my own head that others were learning from classes and textbooks. If I had a dollar for every time someone informed me of all the ways I would fail because of my "attitude," I could have retired while younger and better looking.

The one positive side effect was that I developed my own problem-solving skills. Despite my limitations, I have completed two specialist medical doctor training programs, one in endocrinology (hormone specialist) and the other in gerontology (aged care physician). I am the head of a large public hospital department, hold numerous medical awards and leadership portfolios, have founded several businesses, run personnel management courses for doctors, and own my own group private medical practice. One important lesson I have learned along the way is that everyone saying the same thing does not make it true — each of us has the life challenge of finding a positive path to make the most of our unique talents and circumstances.

It has taken me twenty years to figure out how to create a successful life approach, often having to battle myself and "the system." I hope to make your life easier by sharing what I've learned, but I attribute most of my achievements to one simple factor: my ability to get along with other people. It is difficult to achieve anything without building relationships — this is the most important life habit anyone can develop.

However, attributing my life's successes to relationship-building is only half the story — the other half I owe to the strong female leads who have profoundly influenced my destiny. It was my mother who ingrained in me the moral courage, self-esteem, and resolve to stand up for what I believe. After her, my happiness and success in my later adult life have been a consequence of having an amazing wife, who has taken on the difficult challenge of civilising me, teaching me how to be a better person, and taking care of our family. This book is a celebration of the superiority of women like her and the magic of all mothers and wives, the two most important architects of happiness for so many of us.

As an endocrinologist, I have gained insights from counselling couples in difficulty due to hormonal abnormalities, which impact on behaviour, mood, and sexuality, often putting a serious strain on relationships. Drawing also from my experience as the head of a large public hospital Gerontology department, I will pass on some of the lessons I've learned about the male/female dynamic among couples as they age. I have had the privilege of working with patients who have reached 100 years of age. I ask each of them the secret of their longevity, hoping they will reply something simple like, "I eat a lot of açai berries." But whilst I have not found any easy answers to long life other than choosing the right parents (good genes), my elderly patients who are happy all reply with one thing in common: long-term positive relationships.

Who this book is for?

This is a book for women who would love to receive the appreciation they deserve, a husband who adores her, a partnership filled with joy and humour, and a more fulfilling sex life. It is for any wife who comes home from work, discovers a pile of dishes waiting to be washed or a hamper basket full of dirty clothes and gets no complaints when she asks her husband, "Honey, can you give me a hand with this?" It is for the mother who gets woken up in the middle of the night to attend to a crying child, sees her husband snoring loudly, and shakes him until he awakens, "It's your turn, honey," and he replies, "Sure, my love, you can go back to sleep." Or better still, perhaps she could sometimes come home to a tidy house and warm dinner or wake up and realise her husband is up feeding the baby while she sleeps.

But it is also a book for men who aspire to better husbands, and to inspire those that don't. It is for the man whose wife tells them to read this book . . . or else! It is even the right book to assist men who just want to learn how to have better (and more frequent) sex with their spouse or partner.

In short, I write this book for every man and woman who is interested in creating better relationships with the opposite-gender people in their life. Most of the book focuses on M/F couples in marriage, only because that is the type of relationship I have the experience to speak from. I do not intend to neglect marriage or couple relationships between two men or two women by not discussing them in this book. It's just that my focus is on the differences between men and women, with an eye to specifically discussing the superiority of women. Nevertheless, I think many same sex couples could still benefit from reading this book as it carries some universal truths about all relationships, enshrined in a series of simple rules and principles that should have resonance for everyone aspiring to improve their relationships.

I have been married for twenty years and the lighter-hearted spirit in this book is the "real me" — a typically clueless man who likes to joke and follows his wife around, hoping for clearer instructions. Despite the significant amount of time in our marriage, and my two medical degrees, when I come home from work at night, I am still "just a boy, standing in front of a girl, asking her to love him," to reverse a popular line from film. My most important roles in life are husband and father. I'm just another human being, like you, with emotional vulnerabilities, limitations, and sensitivities. I'm lucky enough to have an extraordinary wife, but like most couples, we too must manage the trials and tribulations that come with raising a family in the intense union of marriage.

Women should never demand equality with men:
why would they degrade themselves by aiming so low?
It is men who should aspire to be more like women.

If men find this truly above their abilities, they should settle for just being obedient subjects and listen to their wives. It's a medical fact that men who get married live longer than those who stay single. Unfortunately, the reverse is true for women who marry; they live shorter lives than those who remain single. Perhaps all the care that wives give their husbands improves the health of the men while wearing down the women!

Yet, marriage between two people is an institution that has been nearly universally embraced. With the right ingredients, it has been the most successful and fruitful of human partnerships. Romantic love and sexual chemistry have inspired many of the greatest artworks, inventions, and musical compositions. Happy marriages have been the foundation for successful families, the most important building block of a civilised society.

We are living through difficult and divisive times with many confused philosophies. Admitting that there are biological and emotional gender differences in the "average" male / female relationship does not preclude love and tolerance of those who fall outside typical stereotypes. Men and women possess different skillsets evolved to enable the survival of marriage, babies, families, and society. Our DNA dictates that our collective strength lies in our diversity. I find it ironic that so many should attempt to destroy the glue that binds us and then mislabel their non-acceptance of gender diversity as "tolerance." By learning from someone with different needs and abilities to our own, our relationships remain alive and dynamic. Embracing diversity is all about loving others despite and because of their differences, which happens to be an excellent definition for true love.

The intention of this book is to assist everyday couples with "common" gender and relationship issues. Some of my advice may therefore not apply to your relationship. For example, I have a male friend who is a fanatical housekeeper, and his wife complains about his preference for vacuuming and dusting over having sex. Some husbands are more emotional, better kempt, and prettier than their wives. There are women who are cruel and uncaring. Nevertheless, most people will find resonance in what I discuss as the "typical" relationship challenges.

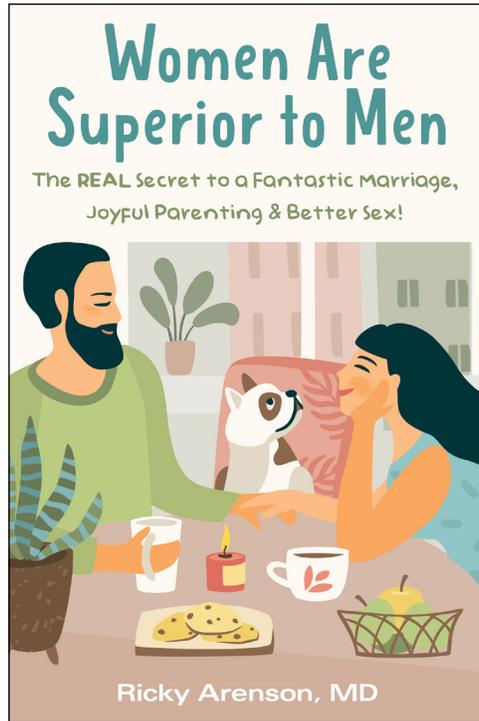
For most heterosexual people, our gender differences generate an excitement that drives romance, passion, and love. Many men find femininity magical, just as many women admire the masculine in men. Sexual attraction is the basis of human procreation and survival, so in principle, men being attracted to beautiful women and women attracted to handsome men is a natural, healthy expression of being human, not "objectification."

I hope that the humour and humanity of this book will make it relatable for everyone. Many of the life lessons I discuss will also apply to improving all your relationships, regardless of gender, sexual identity, or partnership style. Most of all, I hope to inspire you to become a better spouse and partner to whomever you love, because this is the true key to long-term happiness and fulfilment.

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