

CAN THIS BE LOVE?

LITERARY FANTASIES
Summer reading that could really wise him up

Summer is traditionally the time that a lot of us catch up on our reading. This is true for me and my partner, and on these lazy summer weekends we can often be found with our heads in books. Rarely, however, does either of us approve of the other's choice of literature. I wonder aloud what my mate hopes to learn by reading the memoirs of a retired general, unless it's to discover how to become even more combative than he already is. And my partner snickers at the unfounded optimism I exhibit by my absorption in yet another book that promises to

change my eating habits for life.

These literary skirmishes have caused me to fantasize about an idealized summer reading list for men, one that would be entertaining, enlightening, instructive—and thoroughly approved of by me. Perhaps by next summer a few of these imagined books might actually be written.

HEALTH & FITNESS

Giving Compliments Is Good for Your Heart, by Dr. Michael DeBakey. The noted cardiac surgeon here reports on research showing how sentences such as "Darling, you look lovely" bring down stress levels in his male patients, and how men who regularly give compliments appear to have fewer heart attacks than men who don't.

Vacuuming To Increase Longevity, by George Burns. The ninety-three-year-old comedian here reveals how, early in life, he rejected sports and other common routes to physical fitness in favor of rigorous housekeeping. Believing that women live longer than men because they clean more, the author attributes his own extraordinary vitality to a long-standing house-cleaning regimen

that includes the daily vacuuming, dusting and scrubbing of his twenty-room Beverly Hills home. (The book includes a suggested weekly housekeeping workout for every man over thirty.)

AUTOBIOGRAPHY

Why I'm Sorry I Left, by Rhett Butler, in which the former husband of Scarlett O'Hara recounts his misery after his divorce and cautions other men against storming out of the house.

How Sexual Fidelity Made Me a Success, by Donald Trump. In this fascinating memoir, the flamboyant builder tells how learning not to squander his energies on sexual conquests enabled him to gobble up real estate and become a multimillionaire.

FICTION

Mother Wore Red, by Ron Reagan, Jr. Sufused with illuminating psychological truths, this tumultuous novel recounts how an emotional coward finally works up the courage to stop his mother from intruding on his relationship and drowning his partner in unsolicited advice.

Her, by Stephen King. In this chilling tale of horror, a man's innocent extramarital flirtation leads to a confrontation with hideous demons who drag him into a morass of terror and insanity.

SELF-HELP

Appreciating Your Partner, by Ferdinand Marcos. In his first instructional book, the deposed ruler cautions his readers against alienating their partners, whose loyalty, companionship, and packing abilities they may someday need. The author gives specific suggestions as to how readers might express appreciation for their partners, from naming streets after them to buying them a lot of expensive shoes.

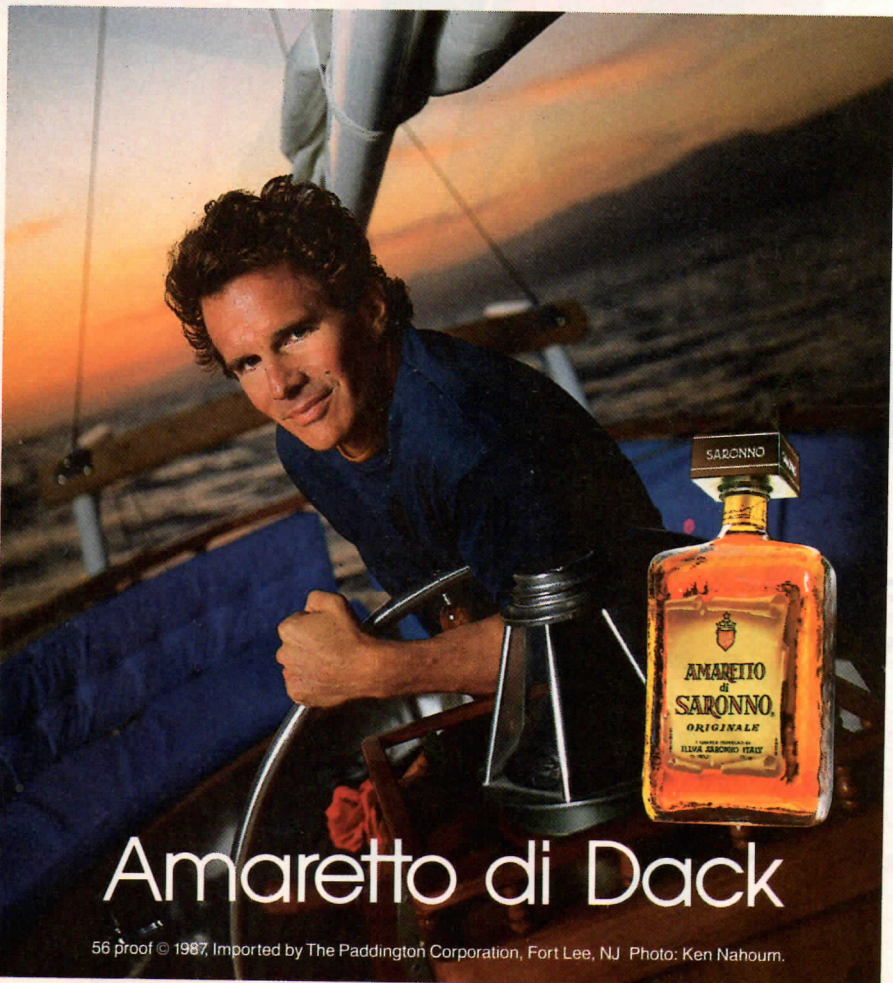
How To Express Your Emotions, by Dr. Arthur Janov. In this important new work, the author of *The Primal Scream* outlines a detailed program for making emotionally expressive individuals out of near stones. The book is chock-full of practical exercises that cover everything from unlearning frozen facial expressions to overcoming the common male fear that expressing emotion might lead to hysteria.

BUSINESS

The One-Minute Manager at Home, by Kenneth Blanchard. In this small (seven pages) but indispensable book, the author modifies for home use his advice on office management, suggesting various ways the reader can shift his managerial skills to the home front. Readers are told of the advisability of giving their partners the same instant approval for a job well done that they give their subordinates, and the inadvisability of trying to get their partners to do something via the tactic of standing around and nagging them to death.

PSYCHOLOGY

What Women Want, by Sigmund Freud. In this long-awaited tome, the father of psychoanalysis finally answers his own question and determines not only what women want—i.e., love, respect and appreciation—but also that they invariably get less of it than they deserve from their mates.



Amaretto di Dack

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