



["Catch Him And Keep Him" Review](#)



By [Roger Keays](#), 4 July 2012

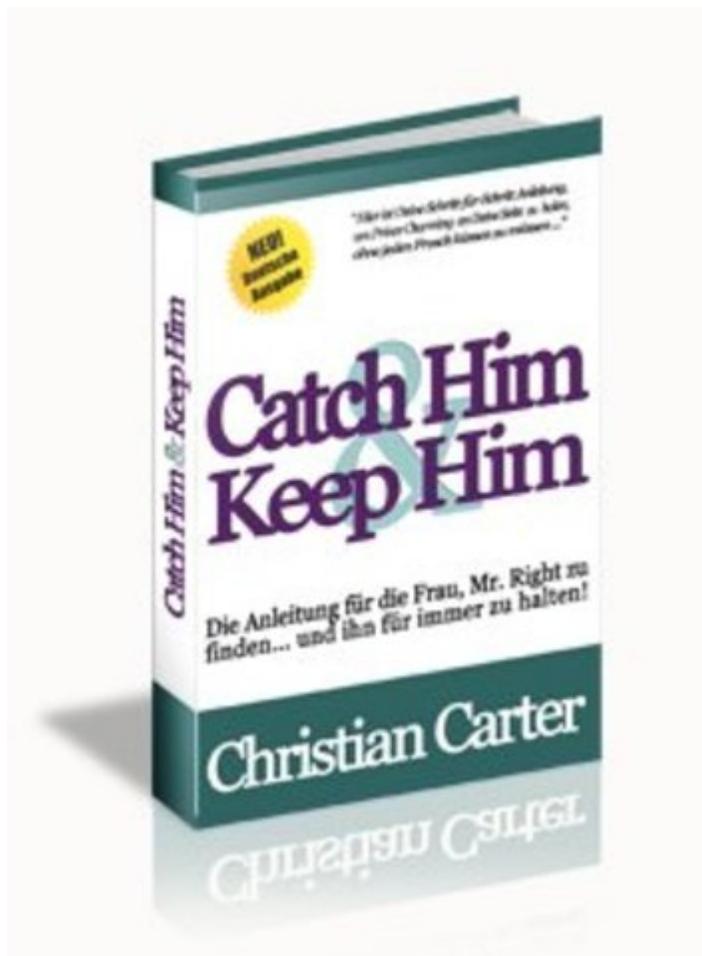
As part of my long running effort to answer the frequently asked question "**How do you keep a man?**" I have started going through the popular self help books for women. Today I finished reading "**Catch Him And Keep Him**" by Christian Carter.

There is one thing I'm sure of - the author knows **what women want to hear**. If this guy isn't a white knight, I don't know who is.

Here are some of my favourite extracts.

- Most **men are idiots** when it comes to dating and relationships, so **dont expect him to get it** the way you do.
- Im not saying that all the men out there are incapable, but **most of us are handicapped**.
- When it comes to figuring out what we want with women and when we want it **were hopeless**.
- For the woman, who is **more in touch with her feelings** and comfortable with emotional intimacy [blah blah blah]
- Successful long-term relationships have the dynamic that **the woman is in control** of what happens.
- **Women and mothers often have the final word** as the matriarch in a family setting.
- Some men view picking up women as a sort of game. **(Sad, but true)**
- Men who are into picking up women do it because the challenge of **picking up a woman validates their intense need** to feel important, powerful, and attractive.
- Man approaches woman. Woman tests man for specific qualities. Man passes or fails tests through demonstrations. **Woman accepts or rejects man**.
- The simple fact is that men, unlike most women, are not naturally well equipped and ready for relationships.
- Dont ask me why men are this way. They just are.

It's a great feel-good book for women.



About Roger Keays



Roger Keays is an artist, an engineer, and a student of life. Since he left Australia in 2009, he has been living as a digital nomad in over 40 different countries around the world. Roger is addicted to surfing. His other interests are music, psychology, languages, and finding good food.

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