

# CONTENTS

*Acknowledgments* vii

## INTRODUCTION

*About Hold On to Your N.U.T.s* 3

*How to Use Hold On to Your N.U.T.s* 15

## PART I YOUR N.U.T.s

*What Are N.U.T.s?* 19

*Sample N.U.T.s* 20

*Finding Your N.U.T.s* 23

*Maintaining a Firm Grasp of Your N.U.T.s* 27

*Applying Your N.U.T.s* 45

Copyrighted Material

Copyrighted Material

## PART II THE 8 BETTERMEN<sup>®</sup> TOOLS

**TOOL N<sup>o</sup>.1** *Silence the Little Boy* 57

**TOOL N<sup>o</sup>.2** *Express but Don't Defend Your Feelings* 73

**TOOL N<sup>o</sup>.3** *Cooperate Without Compromising Your N.U.T.s* 95

**TOOL N<sup>o</sup>.4** *Run the Sex and Romance Departments* 109

**TOOL N<sup>o</sup>.5** *Be the Rock* 129

**TOOL N<sup>o</sup>.6** *Don't Argue* 149

**TOOL N<sup>o</sup>.7** *Listen* 169

**TOOL N<sup>o</sup>.8** *Develop Trusting Relationships with Men* 185

## AFTERWORD

*A Few Final Thoughts on Becoming a Better Man* 203

*About BetterMen* 207

*About the Author* 213

Copyrighted Material