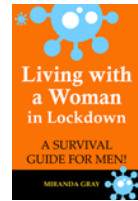


From the book:

## Living with a Woman in Lockdown) isolation A SURVIVAL GUIDE FOR MEN!



### Tailoring your approach for the unique woman in your life

What are her physical energies and stamina like? How can you help – and enjoy them together?

Physical energies	
Pre-ovulation Dynamic Woman	
Ovulation Loving Woman	
Pre-menstrual Wild Woman	
Menstrual Wise Woman	

What are her emotions like? How can you support and engage?

Emotions	
Pre-ovulation Dynamic Woman	
Ovulation Loving Woman	
Pre-menstrual Wild Woman	
Menstrual Wise Woman	

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What are her perception abilities and skills? How can you together use the benefits these bring?

Perception abilities and skills	
Pre-ovulation Dynamic Woman	
Ovulation Loving Woman	
Pre-menstrual Wild Woman	
Menstrual Wise Woman	

What motivates her and makes her feel happy? How can you both do more of this?

Motivation and 'happy' activities	
Pre-ovulation Dynamic Woman	
Ovulation Loving Woman	
Pre-menstrual Wild Woman	
Menstrual Wise Woman	

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What does she need from you and not need from you? How can you both create a loving balance?

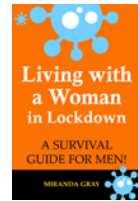
Her needs	
Pre-ovulation Dynamic Woman	
Ovulation Loving Woman	
Pre-menstrual Wild Woman	
Menstrual Wise Woman	

What are her sexual energies, the sexual approach that she likes best - and what are her sexual activity preferences? How can you approach her and give each other pleasure?

Sexual energies, sexual approach and sexual activities preferences	
Pre-ovulation Dynamic Woman	
Ovulation Loving Woman	
Pre-menstrual Wild Woman	
Menstrual Wise Woman	

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What else is happening in her life at the moment that may be causing her stress or changing her behaviour?

Life situation	
How may it affect the phase?	
<b>Pre-ovulation Dynamic Woman phase</b>	
<b>Ovulation Loving Woman phase</b>	
<b>Pre-menstrual Wild Woman phase</b>	
<b>Menstrual Wise Woman phase</b>	

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