

a Manly
Perspective

a Lady's Guide to Guys
a Micro Book by Kyle Heimann

A Manly Perspective: A Lady's Guide to Guys

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Preface

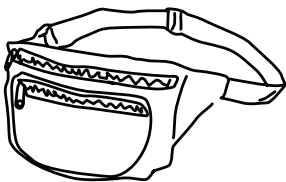
A while back, I was speaking to a group of men. The talk involved urinals and was very manly. They joked that I should write a book called, “*Choosing the Right Urinal*.” Eventually, I wrote some ideas down — mostly just for fun.

People liked it, I printed copies, and sold out twice. Even girls read it (sometimes reluctantly, sometimes with incredible curiosity, as if they were peering into the mind of the male species) and commented that they enjoyed it. Then people started asking, “When are you going to write something like this for women?”

My response was always the same, “That’s not my job.” I write about what I know: men. I write about beards and urinals. I write about changing the oil in my car and discerning the priesthood.

Even though I am married, I don’t claim to understand ladies. We are different. I go to the bathroom alone, I only need a couple pairs of shoes, and no one asks to borrow my clothes. Then, while sitting alone in a bathroom wearing my only pair of sandals, I thought, “Maybe I could write a book for women explaining men.”

So ladies, allow me to give you *a manly perspective*.



Here, you have big pockets

Ladies always want to give guys things to hold because our pockets are bigger. So then, I have these pockets bulging with snacks, sunglasses, a camera, and who knows what else. Maybe they can make girl jeans with bigger pockets, or maybe girls can stop carrying so much stuff? Or just wear a fanny pack. No guy can resist a girl wearing this fashion accessory.

Chapter One

I WAS BORN WITH A FOOT IN MY MOUTH

Just out of college, I met this girl. She was amazing. She was beautiful, loved her faith, and volunteered at both the homeless shelter and youth group... pretty much perfect. To top all this off, for some reason, she liked me!

I thought she was great, but I wasn't quite ready to date.

Looking back, I can say I was a confused person. After a couple of serious relationships I was trying to figure out God's plan for me. I had done what I wanted, and I had finally realized that what I needed to do was seek God's will.

As much as I wanted to date, there was a part of me that had to figure out my life. This internal struggle eventually took me to Honduras for a year with some Franciscans, where I was able to serve, pray a ton, and discern my vocation. My life had become very hectic, and I needed to take a step back and listen to God.

Before leaving for Honduras, I remember having

a chat with this same girl. I explained I wasn't ready to date at that point and had to sort out some stuff. To be honest, I probably didn't word it very well. I was known for being unintentionally insensitive.

I didn't think much of it. I wouldn't find out how much that hurt her until years later. That "rejection" started a downward spiral for her that eventually led to depression. It really bothers me today to think about that.

Timeout

If you struggle with depression, an eating disorder, or thoughts of hurting yourself... get help. Talk to an adult, youth minister, or counselor that can help you.

I was clueless.

She took it very personally.

When I came back from Honduras, I was a completely different person. Ask any of my family or friends and they will be able to describe the "old Kyle" and the "new Kyle." That time away was exactly what I needed to grow spiritually. In discerning the priesthood I actually was preparing myself for marriage.

Eventually, I bumped into that girl a few more times — having no idea the pain she was enduring. After many long talks, we went from being friends to dating. Now, Kate and I are married.

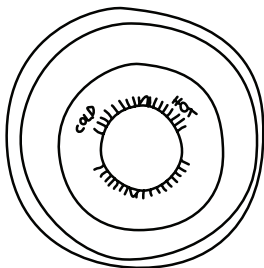
Looking back, I can see God's plan. My time away made me a better person, husband, and father. But the way I handled things and the way it was received were far from ideal.

The moral? Men can be clueless. Even the best-intentioned guy can say things that hurt. Even if out of ignorance, it is still the guy's fault.

I realize this might be difficult, but your identity should not be based on the opinion of any guy, but based on the opinion of God who loves you very much and thinks you are worth everything.

*Question: What insensitive things have **you** said to or about another person? Where is your identity? In the Lord, or in the way others treat or view you?*

Challenge: Think of a time when an insensitive guy said something rude to you. Write it down, rip it up, and throw it away. Give it to God. You don't need to waste time thinking about it anymore. Repeat as needed.



Is it cold in here?

When my wife asks, "Are you cold?" it isn't a question. She's telling me to turn up the heat.

Chapter Two

WE CAN BARELY READ OUR OWN MINDS, LET ALONE YOURS

My wife, Kate, is a great cook. Usually, the best way I can help with dinner is to just get out of the way. One evening, we were missing a few ingredients, so I ran to the store like a superhero — off to save the day.

It was like killing two birds with one stone (I don't usually endorse bird-stoning, unless you are hungry and don't mind plucking feathers). I got out of the kitchen, but I was still helping. Win-win.

While at the store, I got a call from my wife that she needed some... sanitary napkins. I, comfortable in my masculinity and still in superhero mode, was happy to get them for her.

As I swaggered over to the “lady aisle,” I thought, “This isn't too bad.” Everything was neat and clean. There wasn't a pack of “cool girls” waiting to point and laugh at me. It might have been my imagination but it seemed like there was different music playing just for this aisle. Enrique Iglesias, if I remember correctly.

Ladies, I don't know if you realize this, but you have more choices in that section than my kids have in the cereal aisle! Scented or unscented? Thin, skinny, or slender? Generic or brand name? Daytime or nighttime? Just a few or a lifetime supply?

After staring in amazement and complete stupor, I called Kate for more detailed instructions. It actually took two phone calls to finally get the right ones — or so I thought. When I got home she said, “Oh, this isn't what I meant...” Then she saw my face and added, “but they'll work just fine,” with a smile.

Yes, men are like little kids; you need to give us very good instructions. In fact, you should probably write it down. We may resist and say, “I know, I know.” But, in reality, if there is a way to mess things up, we will find it. We don't *want* to fail, but sometimes we feel like a blind man playing charades while trying to read a woman's mind.

I'm not asking you to be bossy or pushy... just open, honest, and clear. Whether it's picking the tie color we should wear to the dance or where we should go for dinner, don't expect us to read your mind. Tell us, and be specific. We are really clueless, and believe it or not, we want to make you happy.

Question: Have you been frustrated when a guy hasn't read your "signals" correctly?

Challenge: Be clear with guys without being pushy, and be patient with us if we misunderstand.



*They don't make sleeveless
formal wear for men*

Can you imagine a guy at his wedding wearing a sleeveless tux? Guys wear long sleeves and a jacket, and the bride's wedding dress often looks like it's missing parts. The groom is ready for a snowstorm, and the bride is dressed for a sunny day at the beach. So regardless of the climate, you are guaranteed that at least one person will be uncomfortable.

Chapter Three

THE RIGHT BAIT FOR THE RIGHT FISH

I used to think girls who dressed immodestly were looking to hook up with a guy, but I've realized that they often have no idea what guys think when they see them. If they did, those girls would never dress the way they do. What might seem like a normal thing to wear could be causing a guy to have impure thoughts. This isn't fair to him, and it isn't fair to you ladies.

I don't know a whole lot about fishing; my manliness peaks with chest and back hair. One of the few things I do know is that you catch different fish by using different bait.

So, what kind of bait are you using? If you want to attract a guy that is just going to use you for your body and take advantage of you physically, then dress immodestly because that is what you will attract. But, if you want to find a guy that likes you for who you are, appreciates that you aren't trying to lead him into temptation, and will respect you — mind, soul, **and body** — then dress in a way that demands respect rather than lust.

Women and men are biologically different (SURPRISE!) and have different chemicals swirling around in their brains. As a guy, I'm visual, and I literally have perfect 20/20 vision. My wife is not as visual and requires glasses. She is very pretty, and I look like a balding sasquatch; so it works out well. Thanks, God!

God created us differently, and generally, men and women struggle with lust in different ways. My town has a disturbing amount of strip clubs that cater to the **distortion** of this visual desire of men, and yet, there are no strip clubs for women.

Because of this imbalance, I have found that women don't fully understand the struggles guys endure. My wife and I had many conversations about this before she started to accept the gravity of what goes on in the male mind. She still doesn't completely understand, but has always made an effort to dress modestly.

Let me break it down: When you wear clothing that is tight or shows cleavage, you might get attention and that might feel good, but that attention is objectification — men looking at you as an object. What you really crave is to be honored.

You might think that it's hard to find modest clothes and be attractive. I've gone shopping with my

wife, and there is a happy medium between a g-string bikini and sweat pants where you can still look good. It is hard, but not impossible. Just as it is hard for men (and some women) to avoid pornography, but not impossible. We all need to be dressing appropriately and avoiding pornography. Both will lead to a greater respect within our relationships.

Timeout

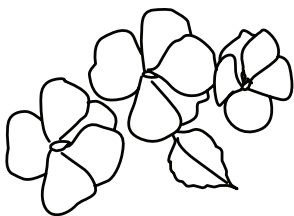
Pornography is never good. Don't let anyone convince you that it is normal or harmless. Although it is more common among men, many women are also struggling with pornography. If you and/or the guy you love struggle(s) with pornography, I will have resources at www.kyleheimann.com.

It isn't your fault. We are all broken. Women are beautiful and sin has distorted that. The clothes you wear (or don't wear) can either feed the brokenness or help guys gain respect for you.

Do you want to be used or cherished? Do you want to be treated like an object, or do you want to be the object of his prayers? If you aren't catching good, moral, and upstanding fish, why not try more modest bait?

Question: Do you choose what you wear based on what will get you noticed, or what will honor your body as a creation of God?

Challenge: Go through your clothes (maybe with a female youth minister) and get rid of shorts and skirts that are too short and tops that are immodest.



All you need is a little patience

My wife wants me to plant impatiens first thing every spring. I don't know why she can't wait.

Chapter Four

SAVE IT FOR LATER

I was working at a summer camp, and one of the guys on staff who hadn't slept much used caffeine to stay awake. The combination of his high caffeine intake, no water, and the hot summer caused him to become severely dehydrated, and he collapsed minutes before he was supposed to give a talk that evening. It turns out, coffee and energy drinks didn't satisfy his need for sleep or hydration. Often, in our search for love, we settle for things that don't actually fulfill our desires.

There is a lot of pressure to be in a relationship. The examples of relationships on TV, in movies, and in magazines are physical, often making it seem like being physical with a guy isn't a big deal, that everyone is doing it, or you are weird if you wait. Some of the pressure comes from peers. Sometimes it might be hormones. But what if these relationships are like caffeine and aren't satisfying our deprivation and dehydration?

Someday you will sit down with your future husband and talk about your past relationships. Don't

let a guy pressure you into something you will regret. If he does not respect you enough to wait until marriage, he probably will not respect you after you are married.

Kate and I had the privilege of being friends for five years before we started dating. This allowed us to get to know each other, without putting ourselves in situations that could lead to sexual temptations. Besides pregnancy, STDs, higher divorce rates, etc., we wanted to follow God's plan for marriage, if He would call us to that. While dating, we didn't want to pretend to be married and use intimacy intended to bond married couples until we were married. It certainly wasn't easy, but we have never regretted waiting.

Perhaps you have already made mistakes. It is never too late to start over. From this day forward, commit to a new beginning. It will be great to one day tell your future spouse, "Yes, I made mistakes, but years ago I realized this, and I have remained pure for you since that point." The gift of the Sacrament of Reconciliation is waiting for you so you can start over today. I love Confession!

Maybe you put up with bad relationships because you think it is better than being alone. That's a dangerous game to play. If you can't break it off with a bad relationship, then you might miss out on meeting the guy who is going to respect you, cherish you, and love you like you were made to be loved. There are guys

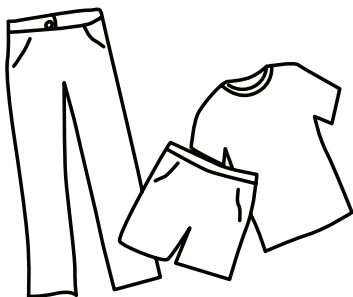
out there who are trying to stay pure. I meet them all the time, and they are searching for a lady with the same heart.

Know this: To a man that seeks God, one of the most attractive things is holiness. If you are praying, going to Mass, and serving others, and a man doesn't find that attractive, he's not the guy for you. A relationship is so much better if you are challenging each other to grow closer to God. Pray for your future spouse, and pray that both of you would remain pure for each other from this day forward.

Purity is difficult. I know. But love isn't just something you passively fall into; it is something you do. Love takes sacrifice. Find a guy that loves God — even more than you. Don't marry a guy that loves you more than Jesus.

Question: Have you ever prayed for your future spouse?

Challenge: Pray daily for your future husband, and only seek relationships that bring you closer to God. Stay open to God's will, and don't waste the vocation of being single right now worrying about finding the right guy.



Outfits?

Men don't buy outfits. We buy pants, shorts, and shirts. We pick shorts or pants depending on the weather, and then add a shirt or two. That's it.

Chapter Five

NOT ALL HABITS ARE BAD

Speaking of marriage, if there is one thing a girl learns from children's movies, it is that the girl always gets "Prince Charming." He is handsome and **perfect** in every way.

I hate to break it to you, but that cartoon image of perfection doesn't exist anywhere in real-life. Even the best marriages have their ups and downs. I have never doubted for one second that Kate and I are supposed to be married, but neither of us is perfect. If you are looking for a perfect spouse, there is one option: Be a religious sister or nun. Don't worry, nuns are fun, and they have the only perfect spouse: Jesus.

Timeout

Sisters are active in the community and **nuns** are cloistered, living in a monastery, praying for the world around them. Now you know.

My wife is amazing. One of the things that I love about her is that she thought about being a religious sister. She even lived with a bunch of sisters in Mexico

for a semester in college rather than living with other college students. After doing this, she still felt called to marriage, and spoiler alert, we got married.

Both of us felt called to marriage, but while we were dating, and even while we were engaged, we prayed for God's will over our own. This included me being open to the priesthood and religious life. Our prayer was that God would bless our relationship, and if He had a better plan, He would show us.

Not being open to all your vocational options is like telling God, "I will do whatever You want me to do, except for that." How can we say that we want to do the will of God if we are saying, "No" to God? The fact that Kate was completely open to God was very attractive to me.

You might say, "Yes, Kyle, but I want to have kids. I want to be married." To which I would reply, "You're talking to a book. I can't hear you." But what about what God wants? Do you trust Him? Do you really think that God would call you to something that would make you miserable? If He is calling you to be a sister, it's because that is what will bring you joy and peace (John 10:10). If God is calling you to marriage, remaining open to being a religious sister will prepare you for marriage better than anything. Dating a guy doesn't mean you will get married, and visiting a convent doesn't mean you will take vows as a sister.

Maybe you want to try a “nun-run,” where you grab some of your lady friends and visit a few convents over a weekend or week. I promise that it will be a great experience. You might find a pull inside you to the life of a religious sister; maybe you will grow in your faith or learn a new way to pray, which will help your future marriage.

The pressure to get married is everywhere. From the time girls are very young, many of them start dreaming about their wedding day. I, as a guy, am challenging you to be open to another call. The majority of you will be called to marry amazing, yet very flawed men (like Kate did). But some of you will be called to take Jesus as your spouse, and nothing will make you as happy as being the bride of Christ.

Do you trust God? Either way, one of the best ways to prepare for your future spouse is to explore being a religious sister or nun.

Question: Think honestly. Are you open to being a sister or nun? Have you shut that door? Or are you trying to close it? Are you trusting God's plan for your life?

Challenge: Visit some sisters or nuns for an hour, day, or weekend. Pray that you would be open to any vocation God has for you.



Holding grandma's purse

When I was a kid, I was often given the task of carrying Grandma's purse for her — mostly because it wasn't safe for her to carry that 80-pound bag. Seriously, she had everything in there. Yes, I was the 13-year-old carrying a huge, paisley purse.

Now I'm super-strong!

Chapter Six

DON'T BE SO HARD ON YOURSELF

It was my first day of college, and I sat down in a large lecture hall. The professor was up front with three overhead projectors, ready to hammer us with information (overhead projectors were machines before computers that used transparencies, and... never mind, look it up in your history books). Before our teacher started, he told us a story.

He reminisced about his first year of teaching and the first test that he gave. When the students got their test results, everyone had done poorly, and they were frustrated.

He quieted them down, and first asked the ladies why they did poorly. Several answered with comments like, "I should have studied harder," or, "I should have done more practice problems."

The professor then asked the guys why they didn't score well. Their answers were unanimous: "Because you didn't prepare us."

It was confirmation to what he had thought. The

ladies are always hardest on themselves. The guys consistently blame someone else. This goes all the way back to Adam blaming Eve, and ultimately God in Genesis 3:12.

Have you noticed this? Women are hard on each other, and often, hardest on themselves. There is a balance here, between pride and shame. We know that we are flawed creatures and that we make mistakes, but ladies, sometimes you forget that you are loved by God.

Men might be physically violent at times, but women are violent to each other and to themselves. The words they tell others and speak internally can be as damaging as physical violence. My wife is always trying to convince me that she is unattractive. When I disagree, and say that she looks great, she thinks I'm lying.

It is important that you have some girl friends that lift you up instead of tear you down. Spend time doing things that build your self-esteem, like service work, ministry groups, prayer, and reading the Bible. Don't be afraid to talk to a priest, youth minister, parent, counselor, or doctor to help you if you are depressed. Expecting a boyfriend to fill the void of self-esteem will leave you both frustrated.

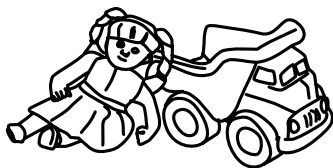
There isn't anything that you can do that will make

God stop loving you, and there isn't anything you can do to make God love you more. You don't have to earn His perfect love.

If a guy can't respect you for who you are — the way God made you — then slash his tires. I mean, dump him, and pray for him.

Question: Have you taken blame for something that wasn't your fault? In what ways are you hard on yourself?

Challenge: Let people compliment you, and when they do, don't disagree. Instead say, "Thank you." Then, remember the compliments when you are feeling down.



Men make noises

My niece talks to her dolls and stuffed animals. My sons make truck noises while pushing cars around the living room. Even as adults, women have long conversations, and men just nod or grunt and consider that communication. (A woman reading this will say, "That is so true! My cousin..." A guy reading this will say, "hmm.")

Chapter Seven

LET THE GUY ASK YOU

When I was in high school, I remember asking this girl to a dance. I knew she would say yes (because her friend told me she would = convenient), but I was still nervous as all get-out. Similarly, I can still remember how much I debated asking Kate on a date after being friends for five years. I was afraid of making things super awkward between us.

The same thing happened again when I proposed to Kate. We had talked about marriage a ton. We knew where we would get married, we had talked to our priest, and we even had a date in mind for the wedding. Kate was not surprised that I asked her, and I wasn't surprised she said, "Yes." She didn't know I bought a ring, and she didn't know I was going to do a formal proposal in the church that day. Even though I knew exactly what was going to happen and I knew, without a doubt, that we were called to marriage, I was more nervous than I had ever been in my life.

Having a guy ask you out is not because he is the leader and needs to be in the power position — quite the contrary.

Guys tend to have egos. If you ask a guy out on a date, his ego stays intact, because you are chasing him. When a guy asks you out, he is put in a position of humility and is risking rejection, and this is a gift of humility that he will carry throughout the relationship.

You might be thinking, “But Kyle, what if he never asks me out? What if I really like him and he likes me, and he is just shy?” My answer: Wait for him. Make him man-up. You will be better off in the long run. This is not the last guy in the world. This isn’t your last chance to find a good man.

I’m not saying that asking a guy to dinner is a sin, and I’m not saying you can’t drop hints. I just think you are better off, in the long run, inviting him to ask you the question. If he asks over a text or email, reply, “Call and ask me, chicken.”

You may go without a boyfriend for a while, but if you are called to marriage and someday a guy calls you on that number you gave him (not just texts you), and he swallows that lump in his throat to ask if you will go to dinner with him, your relationship will be in a great position. You will feel cherished and pursued. Meanwhile, he will be exposing his heart for you to accept or crush with your delicate “Sorry, but that is during ‘*The Westminster Kennel Club Dog Show*,’ and I already have plans with my girlfriends.” Please be gentle with us.

If he never asks you, then that is his loss, and you just wait patiently for a man who respects you enough to awkwardly say, “Hey, uh, I don’t know if you are busy. You probably are, but, uh, I was thinking that maybe, if you don’t have anything going on, maybe we could, or you would want to play some skee-ball with me at Chuck E. Cheese, mostly just because I have a tournament coming up and need to practice.”

Love is patient. Let the man ask you out!

Question: How can you encourage a guy to ask you out on a date?

Challenge: Don’t waste single life. Use this time to prepare your heart, like a gardener tilling the soil, so when you find your vocation, you can be ready.

Conclusion

I hope this manly perspective has challenged you to look at guys and your relationship with guys differently.

I would like to personally apologize on behalf of any man or boy who has hurt you in the past. It may be your father, your brother, a boyfriend, classmate, or random stranger. I am sorry for anything we have done that disrespected you as a daughter of God and a sister in Christ. Please forgive us, find healing, and expect more from us.

Men do stupid things. Actually, men and women are both broken. Occasionally, we're lucky enough to earn your respect. Please don't let us take advantage of that. Don't let us hurt you by the dumb things we may say (intentionally or unintentionally).

God created men and women with all our weaknesses, strengths, and quirks. Working together and praying for each other brings us closer to holiness. Despite our differences, we are still made in the image of God and deserve the greatest dignity.

Know that you are loved by God. That truth makes

you something special. Nothing you do, wear, or think will make you any more or less a daughter of God.

*“You are beautiful in every way,
my friend, there is no flaw in you!”
Song of Songs 4:7*

About the Author

Kyle Heimann plays the ukulele, guitar, and kazoo. He travels around speaking and entertaining, while refraining from dancing because people just cannot handle that much awesome (more like terror).

He is a horrible baseball player, a mediocre barber, and was runner-up to be his college mascot. He is addicted to creating new things, whether it be music, graphic design, micro books, or children.

For more information, group guides, free digital downloads, recommended reading, physical copies or bulk discounts visit: www.kyleheimann.com,
or e-mail books@kyleheimann.com.

To a great extent the level of any civilization is the level of its womanhood. When a man loves a woman, he has to become worthy of her. The higher her virtue, the more noble her character, the more devoted she is to truth, justice, goodness, the more a man has to aspire to be worthy of her. The history of civilization could actually be written in terms of the level of its women.”

-Archbishop Fulton J. Sheen

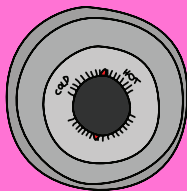
Sometimes we will be riding in the car, and it will be quiet for a while. My wife will break the silence and ask, "What are you thinking?" I reply, "Nothing." She doesn't believe me.

Men and women are different. Our physical bodies are obviously different. Our testosterone and estrogen levels are different. Even the way we communicate is different.

Men don't wear uncomfortable shoes, regardless of how "cute" they are. If we show up at a party and another guy is wearing the same shirt, we just made a new best friend! If two girls are wearing the same thing, they are enemies for life.

Equal in dignity? Yes. The same? Hardly.

There are lady books written by ladies. This micro book is for ladies, but written from a *manly perspective*.



When my wife asks, "Are you cold?" it isn't a question. She's telling me to turn up the heat.