



# The Mind Games Men Play with Women

*Tonya Love*

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Unless you are a staunch feminist or a male chauvinist, you'll have to agree that both women and men play mind games. Yet due to the propaganda in the media, especially on the big screen, women are portrayed as the only ones that are good at playing mind games - especially in regards to playing mind games with men. However, if you believe this you are completely mistaken. Men are also equally as good when it comes to playing mind games, especially in regards to playing mind games with women. Mind games involve manipulation. These so-called manipulations, or mind games, can be intentional or not. They can be as complex and varied as men themselves. Some of the main reasons for mind games include disinterest, lack of confidence, insecurity, boredom, fear of commitment, and need for control.

In her book, entitled *The Mind Games Men Play with Women*, author Tonya Love examines these aforementioned reasons in detail using examples from everyday life. Then she offers suggestions for how to deal with each situation.

Whether you are a man or a woman, it's helpful to know what you're up against when it comes to life and love. The purpose of this book is to bring these mind games to your attention so that you can learn to communicate more effectively, and to give you a better idea of whether you should stay or go when it comes to pursuing a relationship.

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