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## Something Women Want ... that is Hard for Men to Give

In my monthly newsletter, I am discussing lessons from the book that my wife and I co-authored, *Husband School, Where Men Learn the Secrets of Making Wives Happy*. As I repeatedly say, marriage should not be unpredictable chaos. You can learn the skills and patterns that promote harmony, friendship, and affection in marriage. Don't assume that the mind of your wife is unknowable. The mind of a woman has been dissected, analyzed, and categorized. It is neither impossible nor difficult to understand.

The lesson discussed this month is from Chapter 4 and is called *Understand How your Wife Feels about the Big Five*. This lesson has generated more comments than any other tenet, as men cannot conceive that this lesson is true, since they feel completely otherwise.

The Big Five are the five events that come around each year in which a woman expects you to roll out the red carpet. They are her birthday, your anniversary, Christmas, Valentine's Day, and Mother's Day. A fact that many men find shocking is that your wife often measures how much you care about her by how well you show up for her Big Five. Many men are annoyed by this, as celebrating each of those five dates is costly in time, energy, and money. And because they are not important to him, why should they be important to his wife?

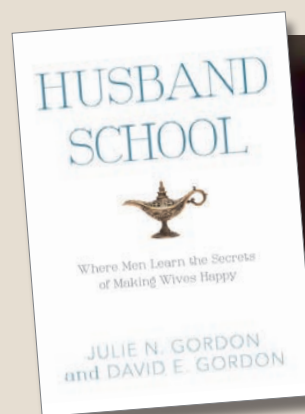
At some point in life, you have to accept that you can't take the stripes off a tiger and you can't regulate the time the sun comes up. Similarly, you can't change the fact that women significantly care about the Big Five. So the wise husband accommodates *that which he cannot change*.

Realize that your wife has a playbook in her heart for how she wants to celebrate each of the Big Five, and you have to extract it. Again, I realize this is a lot of work for men, but there is no way around it if you want a happy wife.

Just one more tip (more unpleasantness for men, sorry): Your wife expects you to celebrate the Big Five, so if you really want to rock it, get her a SUG (Surprise and Unexpected Gift) on an ordinary day. I know this may sound overboard to men, but this is how the female heart is wired. You can't change it. But with knowledge and wisdom, you can understand how this female thinks and thereby, win her affection and heart.

Next month.... Understand Your Wife's Perspective on Sex

If you would like a free copy of *Husband School*, you can get one at my office. In addition, they are available on Amazon.



## From Harvard Health Publishing **Importance of Sleep: Six reasons not to scrimp on sleep**

A recent survey found that more people are sleeping less than six hours a night, and sleep difficulties visit 75% of us at least a few nights per week. A short-lived bout of insomnia is generally nothing to worry about. The bigger concern is chronic sleep loss, which can contribute to health problems such as weight gain, high blood pressure, and a decrease in the immune system's power, reports the *Harvard Women's Health Watch*.

While more research is needed to explore the links between chronic sleep loss and health, it's safe to say that sleep is too important to shortchange.

### The Harvard Women's Health Watch suggests six reasons to get enough sleep:

- 1. Learning and memory:** Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on later tests.
- 2. Metabolism and weight:** Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.
- 3. Safety:** Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.
- 4. Mood:** Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.
- 5. Cardiovascular health:** Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
- 6. Disease:** Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

**Science has demonstrated that sleep is an important component of health. Be sure not to ignore this important area.**

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*I had given up on the justice system and my trust in lawyers until I hired David Gordon. He restored my trust in lawyers because he is so honest and fair. I feel like he went the extra mile and he always had my best interest at heart. He never made a promise to me he did not keep. He was always there when I needed him just like he'll be there for you.*

-Patricia V



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## Keep your kids safe online

Much of modern life takes place online, so it's increasingly important to make sure our children are kept safe while they learn to navigate the virtual world. Luckily, a few common sense tips can make things much safer. The following list of suggestions comes from the Federal Trade Commission.

- **Kids should post only what they're comfortable with others seeing.** Parts of your children's profiles may be seen by a broader audience than you — or they — are comfortable with, even if they use privacy settings. Encourage your kids to think about the language they use online, and to think before posting pictures and videos, or altering photos posted by someone else. Employers, college admissions officers, coaches, teachers, and the police may view these posts.
- **Remind kids that once they post it, they can't take it back.** Even if they delete the information from a site, they have little control over older versions that may be saved on other people's devices and may circulate online. And a message that's supposed to disappear from a friend's phone? There's software that lets them keep it.
- **Help your kids understand what information should stay private.** Tell them why it's important to keep some things — about themselves,

family members, and friends — to themselves. Information like their Social Security number, street address, phone number, and family financial information is private and should stay that way.

- **Talk to your teens about avoiding sex talk online.** Teens who don't talk about sex with strangers online are less likely to come in contact with predators. In fact, researchers have found that predators usually don't pose as children or teens, and most teens who are contacted by adults they don't know find it creepy. Teens should not hesitate to ignore or block them, and trust their gut when something feels wrong.
- **Send group messages with care.** Suggest that your kids think about who needs to see their message before sending to multiple people.
- **Use privacy settings.** Many social networking sites, chat, and video accounts have adjustable privacy settings, so you and your kids can restrict who has access to kids' profiles. Talk to your kids about the importance of these settings, and your expectations for who should be allowed to view their profile.
- **Review your child's friends list.** Suggest that your kids limit online "friends" to people they actually know. Ask about who they're talking to online.