



# Emotionally Unavailable Men: How to Spot Them and Handle Them (Jane's Good Advice Book 4)

*Lyn Kelley*

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## **Emotionally Unavailable Men: How to Spot Them and Handle Them (Jane's Good Advice Book 4)**

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New, updated edition 2015! Licensed Therapist and Certified Relationship coach Dr. Lyn Kelley gives you the real lowdown on closed men. Rate your man on the “emotional unavailability scale.” Why he shuts down emotionally, how to get him to open up, how to connect with him, how to create more intimacy, and how to make him fall deeply in love with you. She will help you understand his psyche, how to know if you should stay or leave. Plus: The best 15 strategies to handle an emotionally unavailable man. Here's what you'll discover:

Definition of emotionally unavailable

When you change, he changes

Whether or not your relationship can endure has to do with these 10 things

Common Signs of an Emotionally Unavailable Man

Why is he so afraid?

Signs of emotional unavailability

What Causes Emotional Unavailability?

Learned behavior

Passivity

Passive resistance and passive aggressiveness

Weak and helpless men

Passiveness or weakness as a control strategy

How Stunted Is He? A Continuum

Values vs ability

Quiet and reserved personality type

Conflict avoiders

Secretive

Hot and cold

In another relationship

Shiny ball syndrome

Alcohol and addictions

Control, anger and hostility

Why We Are Attracted to Emotionally Unavailable Men

How EUM's hook us in

The 4 reasons women choose EUM's

How You May Be a Cause of It

Change your perception

Why complaining doesn't work

K.I.S.S. (Keep It Short and Sweet)

How to Connect With an Emotionally Unavailable Man

Best ways to get more intimacy

15 Strategies proven to work

How to Know if You Should Stay or Leave  
Are you in love with HIM or a FANTASY?  
You have the right to feel loved  
Speak in simple truths  
Would couples therapy help?  
How to Break Up With an Emotionally Unavailable Man  
Talk and walk  
Should we just take a break?  
You deserve to be happy

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