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# The Lazy Husband: How to Get Men to Do More Parenting and Housework

By Joshua Coleman



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## The Lazy Husband: How to Get Men to Do More Parenting and Housework

By Joshua Coleman

*My job is more stressful than your's.  
I'm just not very good at domestic stuff.  
Your standards are too high.  
I never learned how to do this chore.*

Have you heard one or more of the above excuses in the past month? Are you sick of your husband's avoidance tactics regarding housework and parenting? If you answered yes to either of these questions, you need this book. *The Lazy Husband* is a hands-on guide to understanding and changing men's attitudes towards domestic work and childcare. Dr. Joshua Coleman, author and clinical psychologist, understands that a happy marriage is a balanced marriage. And now, in his refreshingly honest and straightforward style, Coleman reveals exactly how women can motivate their husbands to become better partners and better fathers.

By outlining and defining the various types of lazy husbands, Dr. Joshua Coleman teaches women how to understand where their husbands are coming from and enact change. Some Lazy Husband types include:

- \* The Boy-Husband: This husband wants to be taken care of, and pretends to be incompetent around the house.
- \* The Perfectionist Husband: This husband wants the house and the kids to look perfect, but doesn't want to do the work himself.
- \*The Angry Husband: This husband keeps his wife at bay with his irritability, anger, or intimidation.

From here, Coleman develops type-specific plans for change. By following these proactive plans, you too can achieve a happy, well-balanced marriage. Just remember, you can do less by getting your husband to do more.



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## **The Lazy Husband: How to Get Men to Do More Parenting and Housework** By Joshua Coleman **Bibliography**

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### Editorial Review

#### Review

"Finally, a no-nonsense, no-nagging guide for catapulting the man in your life off the couch, out of his cave, and beyond his defensiveness to become more of a team player and loving partner. This is a marriage instruction manual no woman should be without."

- Michele Weiner-Davis, founder of DivorceBusting.com, and author of, *The Sex-Starved Marriage* and *Divorce Busting*

"Joshua Coleman's *The Lazy Husband* is absolutely the best book on the subject to come out in over a decade. Drawing on poignant and often humorous examples from his therapeutic practice, Coleman offers practical advice for women and men that can turn troubled marriages into healthy partnerships. This book is a witty and insightful look at typical dilemmas faced by modern wives and husbands. It will save thousands of marriages!"

- Scott Coltrane, Ph.D Dept of Sociology, U.C. Riverside, and author of *Family Man: Fatherhood, Housework, and Gender Equity*

"*The Lazy Husband* is a warm, funny, and informative look at how to solve the universal problem of getting men to do more with the house or kids. I strongly recommend this to any woman who is struggling with this issue."

- Cindy Cashman, bestselling author of *Everything Men Know About Women*

#### From the Inside Flap

Praise for *The Marriage Makeover*:

"An original and provocative approach to the universal dilemma of what to do about the well-being of children in a less-than-wonderful marriage. This book can be of great help to couples who are struggling with these issues."

- Susan Forward, Ph.D. Author of *Emotional Blackmail* and *Toxic In-Laws*

"Psychologist Joshua Coleman has the power to single-handedly slow the rate of divorce."

- *The Cleveland Plain Dealer*

"Before becoming parents, many simply do not appreciate how important the division of household labor is to couple and family well being. Enabling parents to successfully navigate this challenging terrain is what Joshua Coleman's insightful *Lazy Husband* is all about. I enthusiastically recommend the book to all who want to improve their family lives. "

- Professor Jay Belsky, Director, Institute for the Study of Children, Families and Social Issues, Birkbeck University of London and author of *The Transition to Parenthood: How a first child changes a marriage*

#### From the Back Cover

*The Lazy Husband* is a hands-on guide to understanding and changing men's attitudes towards domestic

work and childcare. By outlining and defining the various types of lazy husbands, Coleman allows women to understand where their husband is coming from. From here, Coleman develops type specific plans for change. Coleman's ultimate goal is to teach women how to motivate their husbands to become better partners and better fathers.

*The Lazy Husband* has hit a nerve with readers and media producers across the country. Coleman has been featured on *20/20* (a two-part piece with John Stossel), *Good Morning America*, *CNN American Morning*, *Soaptalk*, *Good Day L.A.*. Print coverage includes: *The Plain Dealer*, *Saint Paul Pioneer Press*, *Rocky Mountain News*, *USA Today*, *Men's Health*, *Newark Star Ledger*, *Philadelphia Inquirer*, *Albany Times-Union*, *Tucson Citizen*.

## **Users Review**

### **From reader reviews:**

#### **Gail Brasfield:**

The book *The Lazy Husband: How to Get Men to Do More Parenting and Housework* can give more knowledge and also the precise product information about everything you want. Exactly why must we leave a very important thing like a book *The Lazy Husband: How to Get Men to Do More Parenting and Housework*? Some of you have a different opinion about reserve. But one aim that book can give many information for us. It is absolutely right. Right now, try to closer with the book. Knowledge or data that you take for that, you are able to give for each other; you are able to share all of these. Book *The Lazy Husband: How to Get Men to Do More Parenting and Housework* has simple shape nevertheless, you know: it has great and large function for you. You can appearance the enormous world by wide open and read a publication. So it is very wonderful.

#### **Anna Bailey:**

What do you regarding book? It is not important together with you? Or just adding material when you want something to explain what yours problem? How about your extra time? Or are you busy individual? If you don't have spare time to complete others business, it is make you feel bored faster. And you have free time? What did you do? All people has many questions above. The doctor has to answer that question mainly because just their can do which. It said that about book. Book is familiar on every person. Yes, it is appropriate. Because start from on kindergarten until university need this *The Lazy Husband: How to Get Men to Do More Parenting and Housework* to read.

#### **Gordon Woods:**

With this era which is the greater particular person or who has ability in doing something more are more treasured than other. Do you want to become certainly one of it? It is just simple solution to have that. What you have to do is just spending your time not much but quite enough to experience a look at some books. One of the books in the top record in your reading list is definitely *The Lazy Husband: How to Get Men to Do More Parenting and Housework*. This book that is certainly qualified as *The Hungry Hills* can get you closer in growing to be precious person. By looking upwards and review this reserve you can get many advantages.

**Keith Kuhlman:**

Many people said that they feel weary when they reading a book. They are directly felt the item when they get a half areas of the book. You can choose the book *The Lazy Husband: How to Get Men to Do More Parenting and Housework* to make your reading is interesting. Your skill of reading skill is developing when you similar to reading. Try to choose straightforward book to make you enjoy to see it and mingle the feeling about book and examining especially. It is to be very first opinion for you to like to start a book and read it. Beside that the e-book *The Lazy Husband: How to Get Men to Do More Parenting and Housework* can to be your brand new friend when you're really feel alone and confuse in doing what must you're doing of this time.

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