

Polygyny Maybe Not? A Guide to Monogamy

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POLYGyny

MAYBE NOT?

A Guide to Monogamy

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Introduction

Polygyny isn't for everyone. The first handbook I wrote, was for people who were interested in practicing polygyny. It was called, 'Polygyny Maybe?' Some of my readers who bought my previous book, told me that I discouraged them from practicing polygyny and that they decided it was not for them. However, since I seemed to be suggesting that polygyny is the most natural mating system for human beings, was it at all possible to be truly monogamous? How would one best uphold the Christian marriage vows of "Until death do us part?" This book is an attempt to answer that question. I will look at the importance of raising good children who will be capable of monogamy and how best to choose a suitable monogamous mate. Finally, I will teach you how to stay faithful within your monogamous marriage.

I cannot give you a rule book on monogamous marriage without first clarifying why monogamy is difficult for many people. Hence, some of what I state in this book is a restatement of some of the content in my previous book. I still maintain that polygyny is the more natural mating system but I am able to acknowledge that in many ways monogamy would be more optimal for many people because it is cheaper and facilitates the increased presence of both parents. It also frees up the man to engage in more personal ambitions when he is financially stable because less of his time will be invested in women and children. On the other hand, it requires women to be more present with their husbands who will not have their social and physical needs met by any other women. However, the temptation to stray from a marriage is greater in monogamy than in polygyny, and the only way to survive the relationship with integrity is to guard oneself appropriately.

Men tend to stray from their marriages simply because they find women of interest around them who have availed themselves. Monogamy was protected and is protected in societies where women do not easily avail themselves to men. It is not ordinarily the case that men say no to sex when offered it. In societies where women do not offer men sex that they are not married to, it would require men to actively pursue women in order to secure it. Pursuing women while married is a difficult prospect when it will require a lot of time and effort. In that sense, monogamy is part of a broader community enterprise in which other women keep the men of the society chaste. Men do not ordinarily remain chaste by themselves. There are men who, in rare instances, are morally convicted and will refuse sex from a beautiful woman. Most men won't.

Women tend to stray from monogamy because it becomes monotonous and boring in the long run. Women enjoy competing with other women for the highest value man. When her man is off the market he will no longer present himself as a person of interest to other women. Since other women are not expressing overt interest in her husband, she begins to view him as being a man of lower value. This triggers her instinct to seek out the highest value man, whom she will swiftly leave her husband for when presented with the opportunity to do so. Human beings have a propensity to crave excitement and even danger while at the same time working hard to be safe and secure. Often the monogamous man builds a perfect nest and creates a stable life for a woman only to lose her to a man who is dangerous and who, as a result, makes her feel alive. Polygyny solves that problem because a polygynous man is always someone of interest to many women. Those women who crave the husband of another woman help validate for that woman that she made the best possible choice when she married him. However, there are other ways to get that validation that does not include the prospect of polygyny. I will explore some of those important strategies men in monogamy should use to keep their wives from straying. I will also share strategies women can use to

keep their husbands from straying, along with what each individual can do to stay loyal within the marriage.

Where does monogamy start?

You cannot expect a generation of people who grew up in broken homes to all be monogamous. You cannot expect people who don't know how to be loyal, to be loyal. Monogamy starts with the way in which you were raised. Did you have to carry out tasks to completion, or could you chop and change halfway through? Did you have to pursue long-term goals and commit to achieving the desired results? For example, did you get a black belt in a martial art or become highly competent at playing the piano? Did you stick to the choices you made early on so that you can reap the fruits of those seeds you planted? Monogamy is about digging a deep well and finding water, instead of digging several shallow wells and finding nothing. Yes, you might get tired of digging, you might even get bored, but you keep digging anyway. Monogamy is a mindset, a mentality, and an ability. Do you have that ability?

There's also a particular attitude that people have in monogamy where they value each other more than they value things. One of the biggest reasons why relationships don't work in our time is because people value things more than relationships. A person might stay loyal to a company but cycle through several relationships in the process. The job and what it can bring is more valuable than the relationship. It's not by accident that, that is the case. What has taken place is a series of non committed relationships in which people dump each other frequently and hence there exists a fear of investing in another person. What's the point of investing in another person if that person can just leave at any time and for any reason? There is no longevity in many relationships and so it is understandable why people prefer to value inanimate things and or pets more than other people. They are at least able to exercise control over those things and they derive some benefits without the fear of loss. It's an atti-

tude that begets insecurities in which no relationship can actually flourish since neither party is capable of real commitment.

Monogamy starts with chastity. Especially chastity in relation to women, and less so in relation to men. This is because a woman naturally carries the greater risk when allowing a man to sleep with her and would ordinarily need a commitment. When her instincts guide her to want a commitment and she values her sexuality to the extent that she would not allow any man to have sex with her unless he intends to remain with her in the long term, then she is likely to remain faithful. From her end, she would be monogamous because the bond with her husband was found in feelings of extreme vulnerability when she lost her virginity to him. When nature takes its natural course then she is paired with him for eternity. There are many women who are naturally inclined to stay single even long after their husband's have passed away. They are unable to remarry because they cannot connect with another man at that same level.

Men who practice monogamy are typically of two kinds: the first type of man slept around in his youth and then decided to settle down; whereas the second type of man adheres to monogamy because it is convenient as a result of his busy lifestyle in which more women would more or less be a nuisance. Both kinds of men are usually past their thirties or in their late twenties at the time they embark on their monogamous journey. Monogamous men are typically not athletic, and have an introverted disposition. They are rarely massively famous with women and seldom exhibit alpha masculine traits such as: assertiveness, aggression, competitiveness and disagreeableness. If you were to plot gender traits on a line with the most masculine traits on the right, and the most feminine traits on the left, monogamous men would fall somewhere in the middle. They're not going to be warriors, leaders, or very wealthy men. Rather, they'll be your average men who are largely content with never really having to do anything particularly out of the ordinary.

Between the two types of monogamous men, the most likely of them to remain monogamous is the one who had a few relationships before marrying a woman monogamously. Having gained experience in other relationships he would feel less curious about what it would be like to have other women. He also would have gained some experience in how to excel at being a husband and lover, as opposed to someone with little or no experience. In other words, a man is in a better position to practice monogamy having had experience with other women. Whereas a woman is in a better position to practice monogamy having had no experience with men. However, the only truly monogamous man is the one who married as a virgin and committed to be with his wife as his only woman until death. Those men are rare and also well sought after, which has a tendency to direct them towards polygyny. In other words, when women come across a vastly loyal man, they vie to all be his wives, which normally results in him having more than one wife. In rare cases, you will find men who are truly monogamous normally amongst Muslims and orthodox religions who preach the fear of God into its adherents. In that case, men remain dutifully monogamous because it is either a requirement of the religion or because they have a proclivity towards being abstinent through religious practices like fasting and excessive prayers.

In this essay we are going to focus on men who are really monogamous and not those who have several sexual relationships as a precursor to monogamy. That practice isn't really monogamy and has rightfully been called serial monogamy. In fact serial monogamy is partly why real monogamy has such a low success rate in modern societies. Essentially, societies in which some men practice polygyny has a higher success rate with monogamy because marrying multiple women puts a limit on how many women any one given man can sleep with. Whereas in societies where marriage or commitment isn't a precursor to sex, there are no limitations on how many women any one given man can sleep with except for his inability to entice them. A skilled man can move through hundreds of women, some of whom will desire endlessly to be loyal to that

man who himself has no intention of committing. These men and the women they sleep with form part of the reason why monogamy fails in those societies, because a big number of women are passed around the room between massively desirous and successful men. Such women are then rendered incapable of being content with an average monogamous man, because she has the mistaken belief that she could have secured a high value man by virtue of high value men having slept with her. When in fact, she was just a bit of entertainment for such men, and nothing more.

It is clear that monogamy starts with choosing to live a clean lifestyle where chastity and virtue are rated highly. A woman will never find satisfaction in a monogamous marriage with a monogamous man if she's been around the block because the other men she slept with were likely not virtuous or monogamous and she will always have an instinctual admiration for men who are successful in their feats with women. A monogamous man is massively unsuccessful with women, and can never be appreciated by a non monogamous woman. Whereas such a woman might more deeply appreciate a polygynous man. On the other hand, a man who works hard for his entire youth enduring the burden of chastity should not marry a woman who isn't chaste. Either she should be a virgin, or she should have been previously married to a man who died or who she divorced for irreconcilable differences such that she would find him (her ex) utterly undesirable. A man who marries as a virgin cannot compete with an ex husband that his wife is still secretly in love with. He would have signed up for a losing battle.

Identifying a monogamous woman

I have already noted that most men do monogamy by first having several sexual relationships with various women before getting married. Those men are not really monogamous, they are just currently in a monogamous relationship. Real monogamy is where a man marries a woman having never had a sexual relationship with anyone else. It is these men and women that I advise herein.

First, it is important for the man who desires monogamy to focus all of his attention on improving himself to the extent that he has little time for anything other than his studies, his career, his sports and his religion. The only way for men to remain chaste is if they are not indulging themselves with the company of women. If men are engaged whole heartedly in activities that will improve their lives and that consume all of their time, there will be little need for women.

Secondly, such a man must pursue careers that are time consuming and that require a lot of mental exertion. He must keep his mind preoccupied with mental problems and stay focused on living within his head. This will help him forget about his sexual needs. He should also indulge in fasting and prayers.

Thirdly, when he is established in his career and has acquired wealth he should seek a woman who is much younger than he is. In fact, she should be as young as possible even if the age gap is over fifteen years. When a man marries a woman his own age, in reality he is marrying a woman older than he is. There is a big difference between a forty year old woman and a forty year old man. A forty year old man may just be starting out in life and has everything to live for. A forty year old woman would be lucky if she could still bear children. If he managed to stay celibate until

forty then he should marry a woman who is twenty years old and who is a virgin. When his wife reaches the age of forty he will be sixty, and that would make them biologically the same age. A forty year old woman has reached the end of her biological calendar in the same way as a sixty year old man has neared the end of his desire for more children. At that point he should have grandchildren to focus on. Whereas, a forty year old man is sexually similar to a twenty year old woman in that she has reached the peak of her sexual market value in much the same way he ought to have reached his peak. A man's sexual market value is resource dependent, whereas a woman's sexual market value is youth and beauty dependent.

Lastly, a monogamous wife should have the necessary traditional values that would contribute positively to a man's life. He should not marry a career woman or a feminist. A career woman will have the proclivity to stray from a boring stable relationship, and a feminist would collapse the enterprise he worked so hard to build by expecting him to play the support role in her life and career, instead of playing the support role in his. The monogamous man should marry a woman who wants to have children and stay at home. She is not to have any male friends whatsoever, because that will create unnecessary dissatisfaction in her even if she won't have an affair. Women have a tendency to compare their husbands to other men, and if they find that their husband's do not measure up they begin to feel deeply dissatisfied and will make life unpleasant. Since it is the goal of monogamy to remain together "until death" it would make sense to try and make the sojourn a peaceful one.

Pursuing a previously unmarried woman

If you identified a woman you might want to marry you will have to pursue her. A chaste woman isn't likely to pursue a man outrightly. She will give subtle hints to show interest by suggesting common activities that will put the two of you in proximity to each other either physically or virtually. You must accept her suggestions in that regard so you can get to know her without directly discussing marriage and without disclosing too much of yourself. Women love mystery. In the course of your interactions you should reveal as little of yourself as possible, and focus your attention on her likes and dislikes. Women who are interested in you will generally lie about themselves if they think you will not like who they are. Overlook these lies because it is a sign that she's interested in you. What she is communicating through her lies is that she is willing to be interested in whatever you are interested in if it means she can get your attention. Women often lie unintentionally because they don't actually know what they like. Rather their interests are often relative to society and based on the motives of people around them. That's why she will automatically start to gravitate to your likes and dislikes.

Since young chaste women are often under the guardianship of their families, and more specifically their fathers, it is important for you to gain the approval of her father early on. Do this before the relationship progresses too far so that it will still be easy for both of you to back out if her family rejects you. For the sake of peace and to make the rest of your life easier, it is better to walk away from a woman whose father and family have rejected you than to continue to pursue the relationship. A woman typically won't handle alienation from her family well in the long run. She will always desire to go back to her family and they may consistently try to poison her mind against you just to prove to her that

they were right all along. Isolating a woman from her relatives will also be a point of grievance if you had to do so. Also, it would be unfair on your unborn children to isolate them from their grandparents, uncles and aunts, who all generally hate you. Trust me, avoid that entire situation by winning over her family before marrying her.

Once you have won over her family you need to vet her properly before marrying her. You can do that by observing the relationships she has with friends and relatives and learn from their behavior towards her how she really is. Remember a woman who knows you are interested in her will put her best foot forward and you will not see her true colors until she is put to the test within the marriage. If the people around her have difficulty trusting her, that means she's untrustworthy. People do not learn to distrust a relative or friend for no reason. She has obviously proved herself to be untrustworthy. At any rate, in the unlikely possibility that they are all wrong about her, it still wouldn't be worth taking that risk. You can also test her reliability by making appointments with her and seeing if she will stick to it. You definitely want a woman you can trust and who will be reliable in marriage.

After you tested her reliability and trustworthiness, you should make sure she is modest. A chaste woman isn't necessarily modest. She might be chaste because her parents were strict and placed various limitations on her to safeguard her. She might not be safeguarding herself or regard it as necessary. You can ascertain her temperament by observing her behavior with attractive men. Does she give off the impression of always being available and is she flirtatious? If that's her temperament then she's immodest and should not be given any further consideration. However, if her behavior with men is friendly yet non flirtatious and she practices self restraint in her mannerism then she knows how to guard herself and will continue to do so after marriage. She isn't merely chaste by default. She will not only be marrying you to be liberated from her parents.

Another important consideration is to see if she is suitably domesticated. A wife who doesn't know how to keep a house clean and cook a decent meal is pretty much a waste of time if she is going to be your only wife. You should marry a woman who will benefit your life, not be a burden to you. You should observe closely the way she dresses and her habits when she eats or drinks. Does she leave the dish on the table afterwards or does she take it to the kitchen sink? Is her environment clean? One way to tell whether she comes from an unclean household is to use her bathroom and see if it is clean. If it is so dirty that you are uncomfortable using it then she's not the woman you should be marrying. You should marry a woman who keeps your house clean and who presents herself to you in her best apparel when you get home. She should cook you dinner at least and help you relax.

Your last consideration should be to check whether she wants kids or not. You can't marry a woman in monogamy who doesn't want kids if you don't already have kids. You also can't marry a woman in monogamy who doesn't want to be a housewife. It's a raw deal having to live with a woman who pursues her career while you pursue your career, and at the same time be financially or physically liable for her. Rather, if you yourself have enough money and you are focused on your career, then you will need someone who complements your life by having children and raising them. Your career as a man isn't just for the sake of having a career. You have a career so that you can look after a family. If she isn't going to be on board with that purpose then she isn't a monogamous wife. Her life would be better within polygyny or as a mistress. She will not have what it takes to keep a man content.

In summary, you should gain the approval of the woman's father before you marry her. She should be chaste, trustworthy, reliable, modest, and domesticated. She should not be career-oriented, untidy, immodest and entitled. If she was never married before, then she should be young, between the ages of eighteen and twenty-five and must have resided with

her parents for the entire time. Do not trust young women who live on their own. She should move from her father's house to your house. Do not spoil her with gifts and acts of services too frequently but instead do things in moderation so that it remains special in her eyes. Also, demand from her a clean house, cooked food, and regular sex.

Pursuing a previously married woman

There are instances in which a previously married woman would be more ideal to marry in a monogamous marriage. It is especially true in a culture where promiscuity is rampant. At the very least, a woman who was married for a long time likely wasn't sleeping around and has already shown that her interest is to be married. If she is up for marriage yet again, that is further proof that stability and commitment is her preference and that she doesn't have an appetite for sleeping around. However, marrying a previously married woman comes with complications that are difficult to overcome in monogamy. Nevertheless, you will have to try your best to work with the choices you have made.

All of the above rules hold true for the previously married woman as well as a few extra rules you must observe. Firstly, you need to consider her age. If she is much older than you, then you need to realize that her attractiveness will depreciate much faster than your desire for sex will. There's a possibility that your monogamy will be at best temporary with her. It's something that both you and her should acknowledge.

Secondly, you are not obligated to look after her kids she had with her previous husband. However, if you choose to do so you must keep in mind that you are not their biological father who will always have a greater right over them. From a man to a man, you need to respect his right over his kids. You also need to accept that her previous husband will by necessity have to maintain contact with her in the interest of their joint responsibility for their children. Since that will necessarily be the best case scenario for their children, it is important that you are secure in your knowledge of the divorce having been on account of irreconcilable differences such that she would never consider him as a potential mate ever again. In other words, the divorce must have been his fault and for

grievous infringements, not minor differences. He must have been physically abusive or caused her to suffer from major neglect. A divorce that resulted from his infidelity is not a good enough reason for her to emotionally reject him. Nor is a divorce for any other domesticated disputes that typically arise in marriage. If the divorce took place as a result of minor reasons there's a good chance that she is still emotionally involved with him and that can translate into a sexual relationship once again. Women often return to men they've previously slept with.

Thirdly, you must have at least met her previous husband. If you get the honest sense that he is equal to or better than you as a man, then you cannot marry his ex-wife. It simply means that if she had problems with him, she'll have even more problems with you. You are setting yourself up for failure because a woman cannot help compare her current husband to her ex-husband. In the case of monogamy, you do not have the luxury of other wives keeping her wanting more or in check, or enabling her to view herself as semi-disposable.

In polygyny, women know that their husbands have vast options and so strive to better themselves in order to remain marketable. This preoccupation with self improvement and the regular distance from her husband that she experiences when he goes to his other wives, helps to keep her loyal. A woman in monogamy does not have any of those concerns, and instead has more time to reflect on the vast shortcomings of her husband while she herself feels very secure in her position. If she has someone to compare you with then it compounds the issue ten-fold, especially when you know that the guy was not a bad husband. The better thing to do in that case is to not marry such a woman.

Identifying a man who will likely be monogamous

A woman who wants to marry a monogamous man who hasn't slept around and who will not cheat has already set the bar higher than what's possible for most men who either sleep around a bit before marriage and or cheat at least a little bit within marriage. Therefore, it is imperative that she chooses well and resists some of her natural inclinations towards men who are prolific with women. Many women are drawn to men who already have women and whom other women are interested in. Such men are likely to practice some form of polygyny. It will be best to steer clear from them.

A monogamous man is someone who either was married already and got divorced and has now reached an age of maturity, or a man who has not had any success with women because he simply lacked interest or because he isn't particularly appealing. A woman who wants monogamy should go after such men. Usually men who would prefer monogamy are introverted and are preoccupied with their lives and so cannot be bothered to try to secure a mate. The woman will need to look beyond his mere appearance, his unattractive demeanor and his slovenly habits and see him for what he is: a beta provider. She will have to switch off her impulse to desire strong, attractive and well put together men who have vast options. Instead she should offer herself to a man whose attractiveness will likely reside in common interests. Only chaste women are able to preserve themselves from being used by men who have vast options, and settle for men who don't, but who are likely to be sexually loyal.

There are some red flags a woman must avoid when choosing a man to practice monogamy with:

Firstly, if the man is heading towards forty and has no measurable accomplishments in his life that would have taken up most of his time, he likely wasted his time running after women. His accomplishments do not have to be material only, they can be intellectual as well- and often they are. Authors, programmers, engineers and anyone who pursues a career that mostly involves working with things and not people are usually good candidates for monogamy.

Secondly, if a man drinks often or does drugs then he is probably not going to stay faithful. He would have been in the habit of living vicariously while under the influence. Avoid men who generally do not have their lives relatively in order, but also avoid men who have their lives completely in order because other women will outcompete each other for them.

Thirdly, if the man is the same age as her, he is not likely to be monogamous. She will reach her sexual decline long before he does and he will likely start to diversify his portfolio at that point.

A man who is exceptionally good looking is not likely to be monogamous. She should choose a man who is average looking and who is not used to receiving any attention from women. Such men will feel rewarded and eternally grateful to be chosen as a mate. Men who are used to a lot of female attention will view an average woman as average. Most women who are incredibly beautiful tend to go for men who are polygynous because they are vain and believe they will be able to 'cure' him.

Lastly, a monogamous man isn't monogamous by nature. Men are polygynous by nature. When he is monogamous it is because he is either pre-occupied with his own goals or he is simply uninterested due to low levels of testosterone or is borderline gay. Hyper masculine men are on occasion monogamous for as long as they are obsessed with a demanding sport for which having sex might be a hindrance. If she wants a hyper masculine man who will be monogamous then she should pursue a sportsman who has laser focus on his career and has learnt to avoid the

distraction of women. However, she should know that attracting such a man is difficult because there are many women who are attempting to do so. Such men are in the habit of not seeing women at all.

Pursuing a man for the sake of monogamy

Women often do not understand that there's a difference between a man showing interest in sleeping with them, and a man showing interest in marrying them. Unfortunately, in modern societies, these two things have been unlinked. It's easy for any average woman to get a man to sleep with her. She literally has to just ask. Some women mistakenly think that if they get the man to sleep with them, it will automatically result in a relationship. There's no guarantee that the man intended a relationship when he intended to have sex. Hence, the obvious solution is to negotiate the relationship first by making the necessary commitment (getting married) and then to have sex afterwards. A woman who is prepared to sleep with a man easily is not going to secure a long-term monogamous mate.

The psychology of most men is simply that they will take what is on offer. If you offer a man sex, he'll take it. If you are saying that he must marry you first, either he will leave or he will marry you. However, if you sleep with him before having that conversation it isn't very likely that he will marry you. Goods that are acquired too easily aren't seen as valuable. Instinctively men know that if he could sleep with you after knowing you for a few days then it is likely that someone else could have done the same. That reduces the likelihood of him marrying you because he sees you as essentially unguarded. No one wants an unguarded wife.

If you want to lock down a man in marriage you must practice chastity. You cannot be someone who has one night stands and who easily runs off with any man you may find slightly entertaining. You must also steer clear from extremely popular men because they aren't usually monogamous to begin with. Rather you must pursue men who are likely to be monogamous to begin with, and not allow your beauty and vanity to as-

sume that you can secure a player and cure him. A man who likes a lot of women, will always like a lot of women. He is never going to be sexually exclusive.

Once you have identified the man you would like to lock down in marriage you should use subtle gestures to attract him. If you are too forward or too overt he will assume you are one of the women he'd rather ignore. Alternatively, you could send a male from one of your relatives to express your interest in him and ask for an audience with him. If that is too conservative in your culture, you can befriend him directly without too much flirtation and express your interest in marriage. Be upfront and do not fear rejection. Actually men who are serious about marriage prefer to skip over the courtship phase and to go directly to discussing the main objective. If he shows interest then you can begin the courtship phase and invite him to meet your family very early on. You need to have your father or any male relative vet him for you. Men know men better than women do, and therefore are able to vet them better. If you have the go ahead from a trusted male who believes that the guy is decent then you may continue to pursue the relationship.

You should find out if he can afford to look after you financially. By that I mean whether he can house you and feed you. Obviously, if he already has a house or an apartment then he would be able to do so. Remember that once you fall pregnant you will be vulnerable and you will need all the support you can get. If he is financially stable your life would be easier than if he isn't. It's also important to establish his financial abilities because it is a determining factor in determining the kinds of opportunities your children will get later on in life. Financial success sometimes goes together with social capital which in turn helps create opportunities for children.

Secondly, you should determine what his relationships are like with his relatives and the women of his family. If he is kind and loving, and the

women of his family generally adore him then he is likely going to treat you well. However, if they are distant and aloof from him and they would much rather avoid him, then he likely isn't going to treat you very well. He most likely lacks the sensitivity to deal with women. You will need to ask yourself whether you can handle a rough man or not.

Thirdly, you will have to determine whether he is rules based or if he makes it up as he goes along. A rules based man would generally be orderly and somewhat rigid. It is better to have a rigid man because he will provide the necessary stability in which you can thrive, than to have a chaotic man who might be very romantic but who will destroy everything in his path. Remember there's a big difference between trying to find a husband, and wanting a love affair. The chaotic artistic type man is a great lover, but a terrible husband. He would require a woman who is older, stable herself, and financially independent. He won't need a housewife.

Lastly, you need to determine his attitude towards children. Is he friendly towards children? Do his nieces and nephews love him? If you are looking to build a family then you will need a man who isn't allergic to children and who loves spending time with them. Remember, you are not just choosing a husband, you are choosing a father for your children.

Maintaining a monogamous relationship

A man in monogamy is at a disadvantage when compared to men who are in polygyny. Hence, he should plan his life carefully so as to gain an advantage despite his destitute situation. It isn't instinctively appreciated by women when a man is in monogamy for her sake. It is important that the man makes it clear that he is not averse to polygyny or afraid of engaging in it, but rather he has no desire for it on account of his busy life and his valuing seclusion. If he gives the impression that he is willingly giving up any natural proclivity he may have towards polygyny out of fear that he will lose her or hurt her feelings, then she will no longer respect him at a fundamental reptilian level- despite what she might say. It is important for his wife to understand that he put himself first. Women lose attraction for men who put them first.

The husband must limit the amount of gifts and favors he does for his wife. Instead, he should do things for her in exchange for things she does for him, so that she always feels needed and valued in the relationship and so that she doesn't get bored. He should also resist the impulse to spend excessive amounts of time and wealth on her in the beginning of the relationship, but instead treat her as if he was married to her for twenty years. On occasion, he should do something out of the ordinary that will surprise her.

Furthermore, he should never change his life significantly for his wife, but should instead maintain a steady interest in his hobbies and personal ambitions. If his wife would like to spend more time with him, she should take an interest in the things he loves to do and participate with him in those activities when invited to do so. However, he should not allow his wife to participate in his activities all of the time. Rather, she should herself pursue her own hobbies and develop her own rich social

life with other women. In this way, the couple will not burden each other with needing to have all their social needs fulfilled by each other.

Similarly a wife in monogamy should not reveal all her cards at once. She should constantly seek to improve herself and surprise her husband with new things she's learnt. She should not always go the extra mile for him but use any above average services as leverage to get what she might want from him. She should not put on her sexiest clothes everyday, or cook his favorite meals all the time. She can also just be moderately presentable and make reasonably palatable food. The house also does not have to be immaculately clean every single day. It's important to keep a healthy level of contrast in duties rendered so that the husband will not start to view those services as being automatic and will continue to appreciate what his wife does for him. It's human nature to begin to take for granted what is consistent in one's life.

Just like men should not profess to have taken themselves off the market even in monogamy- so that they retain the interest of other women in them, so too should a wife remember that she is always in competition with other women. She should not become lazy and stop looking after herself because she has now secured her mate. Rather, she should exercise regularly and maintain her overall health and well being. Many women fail at retaining their husbands because they have fallen victim to the idea that the man must love her no matter what. While people can potentially love each other unconditionally, men lose sexual attraction for wives who are not making an effort to remain sexy. Women cannot expect fit, healthy and strong men to retain sexual interest in overweight lazy women. In much the same way, lazy and unaccomplished men cannot expect women to choose them as long term mates.

Finally, a man and a woman in a monogamous marriage should know that they have the very best of partners. People retain their comfort and peace within a marriage when they are satisfied with each other. Satis-

faction doesn't come from having the perfect partner. Satisfaction comes from appreciating what you have in a partner. Also, frankly because your partner has chosen to be with you, it literally makes him or her the best person to be with in most cases. You do not know if a different partner would have the same or better qualities than the partner you have, but more than that is the fact that you already have a partner. You don't know if you'll even find another long-term commitment and marriage! However, many people leave their long-term partner for a fling or end up having affairs. The main cause of monogamy essentially failing is that people find other mates. How can people prevent themselves from straying from their marriages?

Guarding against extra-marital relations

One of the greatest problems with monogamy is the frequency in which both men and women engage in extra-marital affairs. In fact, many monogamous marriages end because of an affair. Since having affairs is one major pitfall that could destroy any marriage, there must necessarily be ways in which both men and women can guard themselves against it. What are these ways?

The first and obvious way to limit the possibility of having an affair is to guard yourself against developing intimate relationships with people of the opposite gender. Affairs don't happen all of sudden. Women do not typically sleep with men they didn't first establish some sort of relationship with. Most affairs happen with coworkers or colleagues because both working men and women often spend more time at work than at home. The people you work with often get more of your attention than your spouse at home. One way to mitigate this situation is to treat colleagues as colleagues and not friends, especially when they're of the opposite gender and when you actually know deep down that you find the person attractive. People often lie to themselves after having an affair by saying, "It just happened!" Actually people who have affairs always keep the door open for an affair. Willingly making yourself available to spend alone time with a colleague or a friend of the opposite gender is giving yourself the opportunity to stray.

There are also certain job functions that are more prone to affairs than others. A woman who is a private assistant or secretary is more likely to sleep with her boss than a woman who works on a sewing machine in a factory. Similarly, a man who has a female secretary is likely to sleep with her at some point. That is because a woman of service is attractive to a man in the same way that a man of authority is attractive to a woman. In

a sense, a secretary is the perfect person to have an affair with and hence it is likely to happen. A man who is interested in retaining a monogamous marriage should guard himself more strictly against the temptations of women. Polygynous men are less prone to fall for the temptations of women because they already have many women. A monogamous man is essentially on a diet. He is living a lifestyle that is essentially unnatural to his base nature.

The greatest temptation for a woman married in monogamy is a polygynous man. It is hard for a woman in monogamy to respect a man who is monogamous because she instinctively knows that he has sacrificed his natural frame for her. In other words, when in the presence of a polygynous man, these women can't help but start to view their own husbands as lesser. While they might appreciate that he is monogamously compliant, they essentially find non compliant men to be sexy. Hence, the best way for women to guard themselves is to stay away from men who are hyper masculine and who are non compliant, and to keep their focus on their docile husbands who will always behave themselves. In turn, men in monogamy should maintain themselves enough to garner the interest of other women to reassure their wives that they have made a good choice.

One of the major problems with monogamy is boredom. Men get bored of their wives and wives get bored of their husbands. Men have a tendency to want to make life as comfortable as possible for their wives. If you want to keep a wife loyal, then you should make sure she is useful and kept busy. Making things easy for her so that she has a lot of leisure time and allowing her to get up at 11am is only aiding her in feeling useless. A man who is married to a housewife should make her get up before him in the morning so that she can prepare his breakfast and pack in his lunch. She should wait in anticipation for his return while making sure the dinner is on time. She should be preparing extra lessons for her kids and be engaged in activities of her interest. In other words, she should have a rich, meaningful and fulfilling life. Women who have servants and

whose sole focus is to polish their nails get bored easily, start to look for their husband's attention who is often too busy to give it, and then start having affairs. Men on the other hand, get bored of the mundanity of being a provider and working the same job day in and day out. They often crave the excitement of a brand new relationship. One way in which men can fill that void is to take up a high impact sport where they can experience that much needed adrenaline rush from time to time. Human beings weren't designed to always live in comfort and ease. We were designed to confront danger and to be challenged through difficulties and suffering. Hence, when things are too comfortable, instead of messing up your entire life by undermining the stability of your marriage, go and do something that is dangerous, yet won't kill you or ruin your life.

Since extra-marital relations will include having sex with other partners it would be necessary to eliminate the likelihood of that by meeting each other's sexual needs within the marriage. This is not accomplished merely by having sex, rather it includes remaining sexually attractive for each other. It is important that both parties do their best to stay fit and healthy. Both parties should adorn themselves for each other and always look and smell good. Cleanliness is an important ingredient in staying attractive to your partner. No one should forget that even when married, life is always a competition. A woman is competing with all those other women her husband sees daily, and so too are men competing with all other men. You cannot hope to retain his or her interest and you are not trying your best to be the best version of yourself. People are naturally conceited and often have a higher estimate of themselves than they truly are. Your wife thinks she's a ten out of ten even when she's a five out of ten, and will believe that she could attract a man much better than you, when it's not clear to her that you are actually the best man on the planet. Similarly, your husband constantly gets validation from women he engages with at work and in public and feels certain that he can potentially sleep with any number of far more attractive women than you are. So

instead of blaming each other for having those mentalities, ask yourself what you are going to do about it?

Finally, if you are able to guard against extra marital relations you are on your way to have a good marriage. Men have to always remain sexually marketable to reinforce the interest of their wives who view their husbands in terms of social status and based on the desires of other women. Both men and women should not have friends of the opposite gender and also not place themselves in job situations where the temptation to cheat is greatest. They should also not indulge in one on one private relationships with the opposite gender or find themselves in an isolated situation with the opposite gender. Both men and women should retain their own interests even after marriage so that boredom does not set in. It is healthy to have a bit of space between couples so that they retain attraction for each other. If they are always together, they leave nothing to be desired. Attraction works by creating enough distance between two people to keep wanting more. If you uphold the above recommendations it is very unlikely that you will cheat on your spouse.

Practical advice on speaking to your wife

Every man should know that women don't actually want solutions when they present trivial problems. They just want you to make them feel better about those problems. Usually they feel better by themselves if you just listen to them nag and complain for long enough. When you speak to your wife you have to understand that she's a woman, not a man. When men speak to each other they want to accomplish something. Either they are trying to solve a problem or develop ideas. Women do not speak to each other for this reason, nor do they speak to their husbands with that in mind. Women take pleasure out of the exchange and are not interested in the outcome. The problem never really has to be fixed. In fact, if there are trivial problems, don't fix them. At least that way you know what she'll likely complain about. If you fix it, she'll find something else to complain about. Complaining isn't about the actual problem, it's about getting your attention.

When you address your wife, try to keep in mind that you are the boss. Many men make the mistake of addressing their wives in a way that suggests they are negotiating with her. While women might say that that is what they want in a man, in reality they prefer to be told what to do. As a practical example, if you want to call your wife, just call her. Don't ask her by text if she's free and will take your call. If you would like a sandwich, just ask her to make you one. Don't ask her how she feels and if she's up for it. If you need your wife to do anything at all then say it. Don't try to manage her responses or second guess how she might react. If she doesn't want to do something, she'll tell you. Women like assertiveness even when they say they don't.

Remember that women often say things they don't really mean. Women also have unreasonable expectations most of the time and will expect you

to filter out what is really important from what isn't. They often do not say what they mean, but expect you to understand what they mean when they say it. Ironically, if you are really skillful you will be able to understand what they mean even if they don't say it. You basically do that by ignoring most of what they say and understand that their words are not used literally or for the purpose of communicating facts, ideas and logical matters. Rather, their words are used to communicate emotions and feelings. You must listen to what the intended emotion her words aim to elicit and not her actual words. If she says, "You never do anything for me..." she means, "I am feeling insecure by your lack of interest." She doesn't mean that you actually don't do anything for her. A woman's memory is also very short. The hundreds of things you do for her are swiftly forgotten when you failed to do the last thing she wanted. On the other hand, she has a long memory when it comes to the offensive things you've done in the past. For women, there is no past, present and future. It's all one thing. When you keep that in mind you'll know that the most important thing you can possibly do is make her feel good.

Moderation in your speech is the key. Women in general don't like men who talk too much, because they are generally self-centered and prefer to be heard. So anything you say should just be by way of encouraging her to speak more. They are generally not interested in what you have to say. When you speak to her, keep it generally light and say things that fit into her world. She will likely not understand your world and frankly she doesn't have to. Keep the mood light as much as possible and allow her to feel heard. At the same time, treat your own words as though it is the gospel and let her know that you set the boundaries for her so that she can feel safe. When she asks you to make a decision, just make it. Women find decision making very difficult at times because they are often not sure about anything. It drives them nuts to have to think about anything that involves choice. Part of your job is to make choices easier, by either limiting the options or simply deciding what needs to happen. If she comes to you and says, "What dress, the blue or the green?" Just

give an answer. Don't tell her to decide. She probably already thought about it for an hour before coming to you.

If you find that you are preoccupied with important matters and your wife comes to you with something trivial then pick up on the last thing she said and simply paraphrase it back to her. She'll likely say, "Well, that's what I thought" and be on her way. But if you're going to say, "I'm busy now" she's likely to sulk for a long time and you will have to do a lot of convincing if you decided that you wanted to sleep with her that night. Again, it's not about what she says, it's about how she feels when she says it and what she'll feel when you respond. Men and women really do not communicate in the same way

How to speak to your husband

Too often women attempt to treat their husbands like they would their female friends. If the husband responds well to that and starts to act like one of her female friends, she begins to lose interest in him. Also, too often women try being confrontational with their husbands, and if they find that the husband gives in to them they also lose respect. Remember that ultimately you want to respect your husband because then you will always feel turned on by him and the sex will be good. You have to retain your attraction to him by treating him like he is a man. Don't treat him like he is one of your girls.

Smart wives make their men feel respected by asking them to make decisions and by valuing what they say. Smart women also know how to manipulate their husbands to always get what they want without being confrontational. From time to time go to your husband and ask him what he would advise regarding a matter of yours. For example, "I'm trying to decide whether my website should open with an article or a picture?" Your husband may not know anything about websites but you have just made him feel important. Perhaps, in reality it doesn't even matter what appears first on your website. What matters is that you have included him in a conversation he would otherwise not have had with you, and you gave him the right to decide. That's what men like.

At times you may not be able to avoid nagging, but when you are able to catch yourself before you launch into a rant, then please do. Men do not like nagging and hearing about their past misdemeanors or being allocated household chores. He is your husband, not your son. If you want him to do household chores on occasion, invite him to participate with you in a household activity. For example, "Do you know how to steam fish?" He might reply, "No." Then you follow on by saying, "Hey, me nei-

ther. Let's do it together? You can read the instructions or you can” Now myhe will likely participate with you in making dinner. But if you say, “You never do any housework and when was the last time you made dinner?” You are not likely to get a favorable response from him and if you do, you will gradually lose attraction for him because he would have lost his masculine frame. You do not actually want a husband who obeys you, even if you think that's what you want. You were not designed to be your husband's boss, you were designed for him to be your boss. Your mind might find being submissive to your husband repugnant, but your body and instincts tell you that it is right. You will know that when you are in bed with him. Every hero in a novel that all the women want to sleep with is not characterized by mopping floors and washing dishes for his wife.

Finally, practice some self restraint with your tongue. If your husband says that he is tired when he comes home from work, that means he doesn't want to listen to you nag. Most men are receptive towards sex and food. If you want to talk to him then feed him first. Talk to him over dinner. Don't go at him the minute he comes in the door. Wait for him to settle in, offer him his dinner and then have a polite conversation with him over dinner. Sneak in your grievances one at a time over various polite conversations. Don't list them all at once. You will always have a problem with your husband no matter how good he is, because you have been designed to never be satisfied. That's because the instinct to not be satisfied has- from the perspective of evolution- helped the species to survive. Women always ran off with better men than the man they have, and in order to spot those opportunities they had to be unsatisfied with him at some level. You are never going to not have complaints, so do yourself a favor and pace yourself.

Sexless marriages and sexual etiquette

Many monogamous marriages are sexless. Yes, unfortunately people in monogamy frequently lose attraction for each other. The reasons for these are sometimes purely biological, but other times it has to do with the man having lost in the power struggle against his wife. While the biological realities around sexless marriages cannot really be remedied, the power struggles can be mitigated.

Earlier I mentioned that it is better for a man who intends monogamy to marry a woman between fifteen and twenty years younger than him. This is because women are on average at their most fertile in their late teens to early twenties.^[1] Whereas men typically experience a drop in fertility gradually from the age of thirty-five but remain relatively fertile for most of their lives. In other words, a man in his late forties and early fifties can still impregnate a fertile woman in her twenties, but the reverse is not true without the intervention of medication. Since the main function of sex is to procreate, and sex without the possibility of procreation is less satisfying, it stands to reason that a woman beyond her fertile years will not be as sexually compatible with a husband who is still fertile. Hence, they stop having sex at that point. It's not that her monogamous husband has erectile dysfunction, it's that he is biologically predisposed to sleep with young fertile women, and not older infertile women. This biological variance is not something that can be solved in monogamy. Usually men divorce their wives at that point and take a younger wife if they believe in monogamy. Or they marry another wife who is typically younger in addition to the wife they already have, if they believe in polygyny.

The issue of couples having a power struggle can be solved relatively easily if the wife is prepared to put aside her ego. From the perspective of evolution, a man does not desire to sleep with a woman who does not fol-

low his lead because it endangers her life and the lives of their children. If a man says to his wife that they need to run immediately because there is a pride of lions on the way, there is often no time to debate the issue. Since we've evolved to survive through women being obedient to their husbands, men have also been wired to reject women sexually who are disobedient. That is because a disobedient woman comprises the safety of the family in a more natural environment or in a dangerous world. Men are instinctively switched off from mating with such women and will suddenly find them unattractive. It is also instinctively known by women that men like submissive behavior. I have observed many times that women who have sought to seduce men act submissive during their pursuit. They will often offer to do men favors and will pretend to confer on those men of interest a level of authority. In fact, one way men are able to detect that their wives are cheating is when their behavior changes such that it appears to be coming from the interests of another man. A sudden change in behavior is usually because she has absorbed the authority of another man whom she is deferring to. She will also, at that point, demonstrate an unwillingness to concede to her husband's authority. Such behavior also results in her husband being unwillingly to sleep with her as a natural defense against mixing his semen with another man's inside his wife's vagina. Men may not consciously be aware of this but instincts often are triggered long before evidence can be presented.

If women incline towards pleasing their husbands more frequently, and they make the effort to maintain themselves despite the long years of marriage, they are likely not to experience a sexless marriage. A man who is truly monogamous will not turn down sex from the only woman he is allowed to sleep with unless she has become truly repugnant to him. It is not normal for a woman to become that unattractive to her husband if she made an effort to remain submissive and if she invested in eating healthily and regular exercise. After all, she is still the woman he fell in love with many years ago and with whom he has had children. However, it will require humility and honesty. Most women are trained to be-

lieve that men should “love them no matter what” when in fact they do not love men no matter what. Lots of women leave their husbands when those men can no longer provide for them. In fact, many women leave their husbands for much less than that. Rather, while men can love their wives unconditionally, they cannot sleep with them unconditionally because sexual relationships require sexual attraction. If someone doesn’t find you sexually attractive then you cannot expect them to sleep with you. Men are visually stimulated. If a woman’s house is not clean, and if she herself isn’t clean, and her clothes are not clean then she cannot expect the man to take an interest in sleeping with her. In fact women know this well enough because they make sure of those things when they’re trying to attract a man, but then neglect to do so once they are married.

If a woman is keeping herself attractive and her house clean, and finds that her husband is still not coming to her bed then there’s a good chance he is having an affair. A man who isn’t having sex with anyone is going to have sex with his wife at least once or twice a month no matter how unattractive he might find her. The fact is, men who have been used to having sex cannot live without having sex while it is available. Alternatively, it is possible that the man has health issues and he is embarrassed about it. As a wife you could encourage him to exercise and try to help him manage his stress. As a man, it is important for you to exercise regularly and engage in activities that will help you reduce your stress. For example, you could go for walks or play a sport.

One of the many power struggles that exists in marriage is around sexual needs. Often, some women are unwilling to meet their husband’s sexual needs when they haven’t gotten what they wanted from their husbands. In other words, some women use sex as a weapon. While this strategy might work for a short while it will weaken the marriage and kill the sex in the long run. In fact it creates a type of double jeopardy. If in that case the man sleeps with his wife on her terms, she will begin to lose respect for him and lose attraction to him. If he doesn’t sleep with her on her

terms, then she will retain her respect for him but there will be no sex in the marriage. In other words, she has set herself up for a sexless marriage if he abstains, and for horrible sex if he conforms. A submissive man is the biggest kill joy in sex for a woman. Rather, a wife should surrender herself to her husband whenever he wants to sleep with her (within reason). The biomechanics of sex is such that if a man is not genuinely up for having sex, it can't literally happen. Whereas, if a woman is not up for having sex, she can still willingly choose to humor him. However, if a man's wife is obviously just choosing to humor him then he should do his best to get her wet prior to having sex by flirtation and foreplay. Otherwise he risks hurting her. At other times, when she is horny by herself, the man can go straight for the goal posts.

Finally, since a man and woman are locked together exclusively for eternity in a monogamous marriage it is important for them to be sexually adventurous with each other. You cannot only give it to each other in one style when you are the only people each of you will ever sleep with. Remember that there is competition out there in the sexual marketplace in which there are many people with a lot of experience who can offer many kinds of services. Instead of married people finding themselves sexually curious, they should explore each other's bodies and attempt different positions and ways in which to have sex that are lawful. There are various books that you can read on the subject and then try out what you learn with each other. It doesn't mean that because you are virtuously monogamous that you have to be conservative in the bedroom.

Is it an equal partnership?

One of the major differences between monogamy and polygyny is that monogamy is often seen as compromising two individuals who have a relationship of equality. In fact, one of the many arguments against polygyny is that it sets up an unequal relationship in which the man clearly has the upperhand. What is the best relationship structure in monogamy? Is an equal partnership better than an unequal partnership?

One of the core misconceptions about marriage is that it is an institution begot from romance and is meant to fulfill people's romantic notions of love. From the perspective of history, love marriages are a fairly new phenomena. For the longest time in history marriages were arranged in the interests of survival. A woman needed a man to survive the harshness of existence and in order to have children. Now in modern decadent societies, women do not need men in marriage to survive. They still need men to survive but in more general terms. They need the government of men, the social welfare system that men set up and the tax that men pay. The act of sex and survival have been unlinked. As a result, marriage today is merely an expression of passions and love. Two people come together because they feel a certain way about each other. Later, when they no longer feel that 'way' they leave each other. Or they live together and experience a constant battle of wills until they finally decide that it's too exhausting and go their separate ways.

Despite all modern conventions and conveniences the truth is that marriage is still the greatest survival mechanism for our species. Through marriage people form families and bonds that are lasting and eternal. Frankly, if you can say who your great grandfather was it is because of marriage. If your children can recall their ancestors thirty generations back it is because of marriage. Most of us exist because marriage provided

a stable mating system in which fathers could be connected to their children by securing exclusive rights to a particular woman's vagina. That mechanism is the basis for family and fatherhood. Parental investment from the side of the father only started to take place when it was obvious to him that the child was his. Prior to marriage, that would not be possible. In fact, there is no historical record where a situation prior to marriage existed. People have always engaged in marriage as far as we know. But marriage was not on the basis of desiring a mate, rather it was the fundamental basis of a woman's survival.

Since for the longest period in our evolutionary history men had to protect women from other men. It is clear that there was never a relationship of equality between the sexes. The fact is that prior to this short era of sanitary laws, men could always just beat women up who didn't listen, or drag them off and rape them. The only way women were protected was when the men of her own tribe and her husband offered her protection from those terrible things that could go wrong in her life. In exchange for protection and maintenance, women played a subservient role trying to show that they were not too much of a burden on the tribe. As soon as women reached adulthood they were married off to ease that burden so that another adult male could become vested in her and take on some of the responsibilities needed for her survival. In turn, she would birth children that would add to the numbers of the tribe and increase it in strength. In some tribes the maintenance of women was so difficult that they would bury their daughters alive because women were incapable of doing the things men did.

Since our history is long and sordid, we have not yet evolved the ability to actually have relationships of equality in marriage and find it within our nature to feel content therein. Certainly there are examples of people who do appear to have relationships of equality in marriage at the surface of it. However, if you dig a bit deeper you will realize that the man normally has the final say on important matters. Monogamy, like polygyny

is no exception to this general rule. Men are still and likely will still be required to protect and maintain women, even if only at a psychological level. The fact that we have economic factors preventing that system of marriage doesn't change our basic nature as people. Men are always going to expect to hold authority in their relationships with their wives, and women are always going to want to have husbands they can look up to and follow. Inequality is inbuilt within all human relations. Everywhere you go, every functional enterprise or system of cooperation has a hierarchy. Marriage is no exception. It was never and will never be an equal partnership. Once people accept that they will stop having power struggles in their marriages and women will choose men they can rely on to lead them.

Raising children in monogamy

In today's economic situation in most of the world men struggle to maintain a wife and children. The job market is saturated with both men and women and the wages are low. If you want to have a traditional family wherein the man works and the woman stays at home, you will struggle. Most men would have to have high paying jobs to afford a mortgage for their first home. It is very unlikely that such a man will be available for marriage while is struggling to afford a home. Therefore, if you have secured a man monogamously, you will need to do your best to not be extravagant and demanding. Children are also increasingly expensive to have in most first world economies and you will need all the help you can get.

Normally when men become fathers they tend to spend more time working so that they can increase their income. This is a good impulse on their part. However, the woman who is now a new mother tends to have the opposite impulse. She would like her husband to double up at home because she is battling to adjust with having a new baby. One way to resolve this conflict of needs is to invite a third person in to help with the baby. The wife could invite her sister or mother over to help her while her husband focuses on increasing the household income. If you have extra help from relatives for this period it will take some pressure off both parents. One of the difficulties of modern marriages is the collapse of the extended family. People in the past didn't raise their children by themselves. There was an entire village infrastructure and network of families and friends who would get involved. Today we have invented the abomination of a nuclear family.

Many marriages fail because the couple are endlessly engaged in parenting their children and do not have time for each other. One of the

best things people who have faith in God can do is to establish communities around their places of worship and have joint parenting ventures at a communal level. Women in the community could come together and take turns to help each other look after each other's children so that couples could make time to spend with each other. Also, they could have communal events in which children play with each other and where community members socialize. Marriages do not function well in isolation. They are meant to be part of a greater community in which relationships are fostered for the betterment of their joint goals towards raising good families and having good marriages. In Africa we say it takes a village to raise children. When societies are safe, children play outside and run between your house and the neighbor's houses. In that way, there is no need to watch your children constantly. However, if you live in a dangerous country then you will have to establish protectorates in which a community is internally policed and where there is gatekeeping.

It is not ideal for both parents to work when there are only two parents. In the case of polygyny you can always have one wife look after all the children while the other wives work. That is not possible in monogamy and hence it is better for the wife to stay home permanently as it is the right of the child to have at least one full time parent. Since mothers also breastfeed, it is best for that parent to be the child's own mother. However, if the mother was working prior to falling pregnant her staying at home will put economic strain on the husband and so she has to accept that he will possibly spend more time away from home until things eventually balance out. If the two work together they will eventually pull through. Children do not stay small and dependent forever. Before you know it, you will be marrying off your daughters and sons and you will miss the days that you had to stay up late nights with them.

Finally, train your children to respect both parents but also to respect the hierarchy in the home. The father has the final say regarding the children. If the wife does not show that the father has the final say it will create in-

stability in the home and also result in the boys becoming disrespectful towards their father. In turn, the boys will start to find other men as role models, some of whom may very well be toxic gangsters simply because such men aren't being told off by women. It is important for children to have a healthy respect for both parents. Parents should, therefore, represent a united front and not disagree with each other in front of their children. Rather, they should iron their differences out in private so that the children will feel secure and also will not use one parent against the other. Children tend to play off their parents against each other in order to get their way.

Encountering Infidelity

If a man strays from his monogamous marriage it is possible to still salvage the marriage. If a woman strays, it is impossible to salvage the marriage. This is because there is a fundamental difference between what it means to be loyal as a man and what it means to be loyal as a woman. A man views himself as loyal by providing safety and security for his family. His loyalty is in him always looking after the needs of his family. Men would not consider sexual loyalty as real loyalty if it were only up to them to decide. It is not usually seen as a major betrayal from the perspective of men when they stray momentarily from their monogamous wives. That is because a man has the ability to have sex with a beautiful woman he barely knows and can walk away from her right afterwards and not find that it violates his conscience in any way. Whereas a woman typically first develops a friendship and an emotional connection with a man she then goes on to sleep with. For the entire time that she pursues that relationship she feels conflicted and wonders if she should remain with her husband. Furthermore, she will start to create problems in her actual marriage as she begins to find more and more fault with her husband as a pretext to potentially leave him. She will not admit that the reason for leaving him was because she met someone else. Rather, she will formulate it in her mind that she left him because he was at fault, neglected her, and was on the whole a bad husband. It was in fact his fault that she had an affair. In other words, the minute she starts an affair the marriage would have soured beyond repair. People might fool themselves into thinking they've reconciled after a wife had an affair, but in reality they are merely delaying the inevitable. That marriage is doomed.

In the event that a man has an affair, there is one of two ways to mitigate the situation. First, a wife could simply ignore that he is having an affair

and hope that he will get bored of the other woman. Normally, men do not leave their loyal wives for someone who is merely a bit of fun on the side. In fact, any man who leaves his wife for his lover is stupid. He will soon come to realize that there's a big difference between a woman who comes through the proper door (marriage) and a woman who opens her legs just because she feels like having sex. The minute he is left with only his lover, he will regret having left his wife. The role of a mistress is to capitalize off of the fact that the man goes home to his wife who takes care of him, while she only cashes in on dinner and sex. She lives a different life and will never be a woman that a man can build a nest with. The best thing to do is to ignore it, provided you know your man is responsible enough not to catch an STD and if this is the first affair you encounter of his.

The second way to handle it is to tell your husband that you suspect he is having an affair. In most cases he will deny it, but will nevertheless feel encouraged to end it before you 'find out' about it. After you told him about your suspicions, don't bother with it again. In most cases it will work itself out. He might enjoy that woman for a little while longer and then dump her. If he ends up keeping her as a long-term mistress you might want to concede within yourself that one long term mistress is better than a string of extra marital affairs. In other words, you will quietly embrace the fact that you are in polygyny without acknowledging it to him. This gives you power over the other woman because he will not be able to give her time except on your terms. In other words, he will only be able to spend time with her in between his schedule, but he will never be able to spend regular nights with her as in polygyny. Eventually she might grow tired of that situation and leave by herself. Or she will just remain like that on a more or less permanent basis which will in the very least prevent him from having several other mistresses.

It's not prudent to leave your loyal and dutiful husband merely because he slept with another woman. Given the ease with which women offer

themselves to men in modern society, and the fact that women are on birth control and are often not interested in marriage due to their focus on careers, it is entirely plausible that such a woman might prefer the occasional company of a married man. Married men are generally safer to sleep with in the minds of such women because they are less likely to be sleeping around with lots of women and they are generally more stable. Many career women would much rather be a mistress to a married man than a one night stand to a single guy who frequently has one night stands. Successful career women often don't have time to constantly be starting a new relationship. They'd much rather have a steady part time relationship with a married man as his mistress. In the minds of such women, it's no harm no foul, because they aren't taking any resources away from his wife and family. They're only borrowing him for short periods of time. It's mutually beneficial. They both appreciate the sex and the company. She would never actually be able to pose a real threat to his wife who is the mother of his children and the woman with which he built his home.

Growing Old

At some point in your life marriage is mainly about companionship and family. It is not always going to be that you are confronted with the problems of flesh and the need to have sex. In fact, all that would have accumulated in the great bond you will finally share when you have reached maturity. Marriage is after all what builds families. You will have enjoyed a long life of going through tribulations until you will have the pleasure of grandchildren, should you live long enough to see that. When old people are able to sit around and see their children succeed in life, and hangout with their grandchildren in ways they could not have done with their children, they will finally have known that it was all worth it. There is nothing more miserable in life than growing old alone without visitors and without family coming to brighten up your day by letting you know that you mean something to them. At that stage you will have come full circle and you will know that the age old wisdom of the past was for the best after all.

No woman sits back at sixty with the fondest memories of her bosses at the company she worked for. She doesn't think fondly of all the one night stands that helped facilitate her thriving career. In her old age she'll begin to ask where all her friends are that used to spend time with her, and where all the men are who occasionally slept with her? The truth is, friends are not family. No matter how much people try to convince themselves that their friends are like family, it simply isn't true. There is no replacement for having children of your own, and there is nothing like having a loving family around you. But all the joy that comes with family requires sacrifice. Happy old people lived tough lives in their youth. They sacrificed for their family so that they could be proud of what they've accomplished in their old age.

No amount of sleeping around with lots of women, of luxurious living and petty status symbols would have mattered in the end. You don't have to be Andrew Tate and own a Bugatti. All that will matter is that you did your best to raise a good family by getting married, having children and seeing them into adulthood. Your youth will depart, your skin will sag, your wealth will vanish and you will die. But hopefully what will remain is your legacy. The fact that you left behind competent good people who will hopefully fulfill the sacred duty of furthering the civilization that facilitates the continuation of our species. They will continue to live their lives in a way that will benefit their families and they will not succumb to the crap of living their lives only for themselves and their hedonistic pursuits. While that can be achieved through both polygyny and monogamy, neither of those marriage systems are impossible to live by if one chooses. Just like polygyny isn't for everyone, so too monogamy isn't for everyone. In fact not every man or every woman should get married to begin with. But it definitely has to be an aspiration and a societal norm in order for the world to remain sane.

Conclusion

I've attempted to demonstrate how men and women could potentially practice monogamy. What is glaringly obvious from this discourse is that the description I have above probably would not work for most of the Western degenerate world and is likely only applicable to the orthodox Christian, Islamic and Eastern world. I will attempt to write a follow up book on how to practice serial monogamy leading up to permanent monogamy for those who are trying to build a life in the midst of the degeneracy that has plagued them. Here I merely emphasize the importance of living a chaste and pure life if you were really to enjoy the fruits of monogamy without potentially getting distracted and bored.

I have also emphasized that there is an inherent double standard regarding men and women's sexuality. While it is true that by definition monogamy requires sexual exclusivity from both parties, in practice it doesn't appear to be the case. Many men who were hailed for their great monogamous marriages were in fact not monogamous. However, perhaps there are many men who are truly monogamous and who follow the ideal due to their great conviction to the Christian faith. It is those men who are the last bastion of hope for the monogamous ideal along with all the countless Muslim men who are actually monogamous due to the strict laws they adhere to. The Islamic world is the only place in which you find men who are married to one woman and who didn't have sex before marriage. But this is the case because polygyny is practiced alongside monogamy, resulting in less freely available women to sleep around with.

Furthermore, it is clear that monogamy requires a backing from society at large in order to be successful. Men often stray from their marriages because of the availability of surplus women and not because they set out

to stray initially. Most married men would not ordinarily go out of their way to have an affair. Rather, they are invited to have affairs and aren't able to say no. However, in the case of women, their affairs are usually premeditated because it is harder for women to find themselves in a position where such things are possible since the normal sexual transaction in society, though often initiated by men, requires the woman to finally give her consent. In this regard women actually have greater sexual agency than men.

I have demonstrated that it is imperative to cut off all means to affairs if one is to safeguard the marriage and keep it truly monogamous. However, one also needs to be realistic and know that given the current climate, it is much easier now for men to stray than it was in the days of chastity in Victorian England. Therefore, one must overlook the trespasses of the Christian man and forgive him because polygyny is not an option available to him where he can lawfully express his polygynous tendencies. Rather, if he is to have a mistress, the best a woman can do is to overlook it. That is after all, the standard practice of monogamy in history and even today. Finally in the end, it will have all been worth it and the whores will fall by the way and the wife will have been queen. For indeed in monogamous societies there are only these two categories of women: those who are whores and those who are wives.

Questions and Answers

I am twenty-five years old and I want to marry my girlfriend who is thirty. Do you think the age gap will become a problem later on?

Yes, it can potentially become a problem but not necessarily. If she is willing to maintain her health and beauty through a proper diet and enough exercise she might remain sexually interesting to you when you go through your midlife crisis and might help prevent you from cheating. Otherwise, when you get to about forty years of age, you might find young twenty-five year old women far more appealing than your forty-five year old wife. It will be on you to reign yourself in. If you can proceed with that knowledge, you should be fine.

The guy I want to marry is forty years old. I am twenty-two years old. He was never married before. Do you think the big age gap will be a problem? What advice do you have for me?

I would be a bit concerned about why he was never married before and what he was doing all this time? If he is forty and relatively wealthy then perhaps he was busy accumulating wealth and it would be reasonable to marry him. However, if he is forty and poor then he is likely just a loser and it's not worth marrying him. The age gap in this case isn't problematic at all. It might work in your favor because he is at his sexually restless phase which will end long before you become less desirable.

I used to have two wives, but I divorced one of them. Should I remain monogamous?

You can certainly try to remain monogamous if that is what works for you. However, in my experience, it is very difficult to go from being polygynous to being monogamous and you will probably find yourself

wanting another wife in time. It is better for you to pre-empt that while your current wife still has polygyny fresh in her mind. After a long while of monogamy, when you finally decide to take another wife, your current wife will likely leave you.

I am thirty years old and divorced. I am considering marrying my fiancée who is forty years old and also divorced. We both have kids from our previous marriages.

If you really care for her a great deal and think that you will be able to remain loyal to her when she's sixty then marry her. However, if you can see yourself with a younger woman who possibly doesn't have kids, it will be easier for you in the long-run. Older women with kids are better off being in polygyny. They really do not have that much to offer a monogamous man.

I am a forty year old woman. I am divorced with five kids. I want to marry a man who was never married and I do not want him to have another wife. Do you think it is a good idea?

No. A man that was never married deserves a woman who was never married unless he will be allowed to have another wife at some point. You have already lived through your youth and your phase of having many children. You need to consider that he might also want five biological children of his own. You will not be able to give him that.

I am a sixty year old man and I would like to marry a woman I met who is only twenty years old. Do you think the age gap will be problematic?

Yes. She will reach her sexual peak when you are about seventy. Are you prepared to spend the rest of your possibly short life on pills to help you get it up? While it will be exciting to be with such a young woman, there is probably no longevity in the relationship. You should also probably question why she'd be prepared to marry you at sixty? Isn't she perhaps

after your money? But if you don't mind her being after your money and you feel it is worth it, go ahead. She'll probably use your money on her next partner who will likely be her age. Again, you might still feel it's worth it?

I read some of your writings and wondered what you would advise regarding a woman who had about ten sexual partners and now would like to settle down at twenty-five with her boyfriend in monogamy?

If she has a body count of ten ex-boyfriends at twenty-five I doubt that she'd be capable of monogamy. The most experience a monogamous woman should have is around three or four husbands in her lifetime. Meaning that she should be on her fourth husband and sex partner at sixty. You are probably better off being someone's mistress. If you want to be marriage material you have to go on a celibacy fast for about five years, and then start looking for a long-term partner.

I've been cheating on my wife with my secretary for the past few years. What should I do?

If your secretary is ok with it, and your wife probably knows by now, then do nothing. If your wife doesn't know, and you can break it off with your secretary AND not move on to someone else, then break it off. If you think by breaking it off you might move on to someone else, then ride the wave until it crashes. Just make sure you don't humiliate your wife by having your affair come out in the public.

[1] <https://www.acog.org/womens-health/faqs/having-a-baby-after-age-35-how-aging-affects-fertility-and-pregnancy#:~:text=A%20woman's%20peak%20reproductive%20years,is%20unlikely%20for%20most%20women>.

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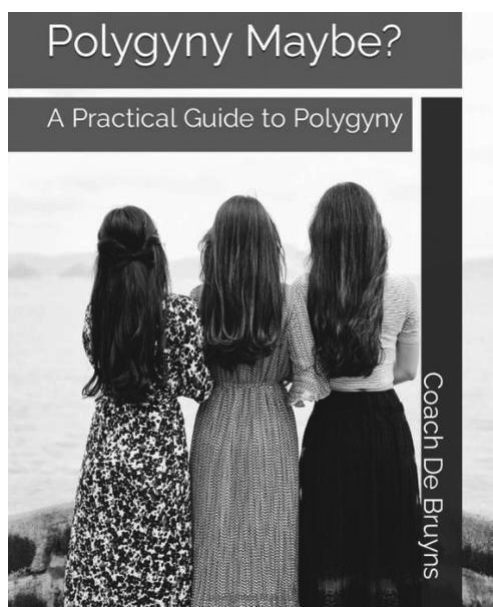
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Did you love *Polygyny Maybe Not? A Guide to Monogamy*? Then you should read *Polygyny Maybe? A practical guide to polygyny*¹ by Coach De Bruyns!



There are many books that are about the evils of polygyny. Why should a man have more than one wife? Isn't it an oppression against women? The arguments against polygyny have been all but exhausted. There are also many pro-polygyny books that sets out to detail the many benefits of polygyny or that polygyny is in fact the natural mating system for human beings. Very little is written on the practical implications, applications and perils around polygyny. Having lived in polygyny for over seven years, I will try to accurately depict, not only my experience in polygyny but also the difficulties one can anticipate along with precautions one should take. If you are a woman or man considering embarking on

1. <https://books2read.com/u/bON7JN>

2. <https://books2read.com/u/bON7JN>

polygyny then this book is must read for you. It is a hands on practical guide to the challenges, solutions and considerations that you must be cognisant of before you embark on the wonderful and perilous journey that is polygyny.

Read more at <https://coachdebruyns.com/>.

Also by Coach De Bruyns

1

The Terrorist Next Door: Hate at first Sight
The Terrorist Next Door: Prison Sentence

Standalone

Polygyny Maybe? A practical guide to polygyny
Polygyny Maybe Not? A Guide to Monogamy

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About the Author

Coach De Bruyns is a South African writer and blogger whose focus is on helping men integrate their masculinity within themselves and within the world at large. He graduated in the field of Religion Studies and has also worked extensively in establishing several businesses. In addition to his academic and business life, he is actively engaged in physical training. He is a university lecturer that specialises in teaching English as a Foreign Language. He has two wives and ten children.

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