When It Comes to Relationships, You've Been an Idiot

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So, you're still rubbing those sore spots from a previous relationship. This time, you promise yourself, everything is going to be different. The problem? When it comes to relationships, you've been an idiot. You may have read books on relationships, but you haven't read a book like this one. "When It Comes To Relationships" serves up the unique, satirical perspective of "Dr. Matt." There are no men from Mars, or women from Venus, but there are a pile of astronomical bodies around Dr. Matt and his partner Midgie. With allegories of the story of Adam and Eve to plot points of The Matrix, "When It Comes To Relationships" demonstrates how we've all acted like idiots at one time or another. And there's no one who knows more about being an idiot than Dr. Matt.

When It Comes to Relationships, You've Been an Idiot Details

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From Reader Review When It Comes to Relationships, You've Been an Idiot for online ebook

Christine says

I found that book this was very funny at times. I don't think I learned much overall on relationships, but I did have some good giggles.

However, I particularly enjoyed the chapter on breakups. I think there was some good advice and wisdom there.

Overall, I liked this book, but for some reason I had a bit of trouble getting into it...maybe I would have appreciated it more if I had read the first book by Dr. Matt!

I received this book for free through Goodreads First Reads.

Ines says

I don't often read self help books, but this one caught my attention. When It Comes to Relationships, You've Been An Idiot by Dr. Matt looked like a light, entertaining read and it didn't disappoint.

Dr. Matt has some very good ideas about relationships, and that alone made this book worthwhile. But what also made me like this book so
much was how he presented those ideas. One of the metaphors used at the very beginning of the book is how a relationship resembles a bridge - later, each chapter touches upon this bridge with something relevant to the current topic, which made the ideas of the book comprehensible and flow together nicely. Also, contrary to the title, this book wasn't just about how the reader has been an idiot. Dr. Matt took it upon himself to go way beyond that and re-teach his readers what they thought they already know about topics such as intimacy, flirting, communication, and break-ups. He re-defined these overused subjects in his own terms (often using witty references) and, in turn, was able to give his own advice with credibility. And, usually, it was good advice. He also threw in some stories about couples he's helped over the years, people he's personally known, and his own relationship at the time with a girl names Midgie. Together, these elements created an entertaining, readable, helpful, and well-rounded book that I was glad I picked up.

It also helped that he's incredibly funny. This book made me smile and even laugh out loud sometimes. Pop culture references and cockiness are aplenty in this read.

I get the feeling this book wasn't meant to be taken too seriously, so take it with a grain of salt like I did - you might be surprised at how insightful Dr. Matt actually is when he wants to be. Overall, if you want information on all aspects of a relationship that will help with past, current, and future ones - try to get your hands on this one.

I received a copy of this book through Goodreads First Reads.