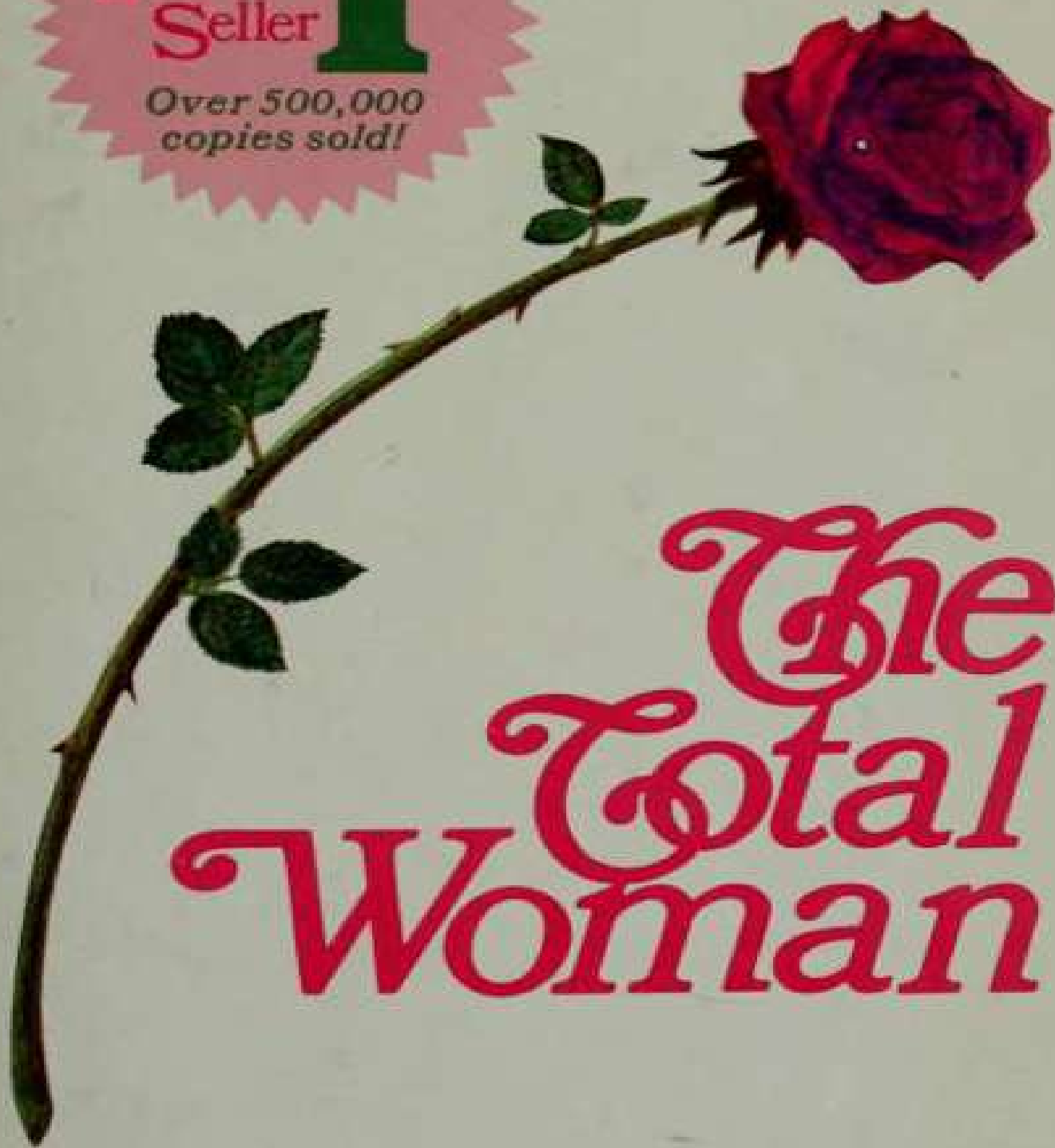


Marâbel Morgan

#1
Best
Seller

*Over 500,000
copies sold!*

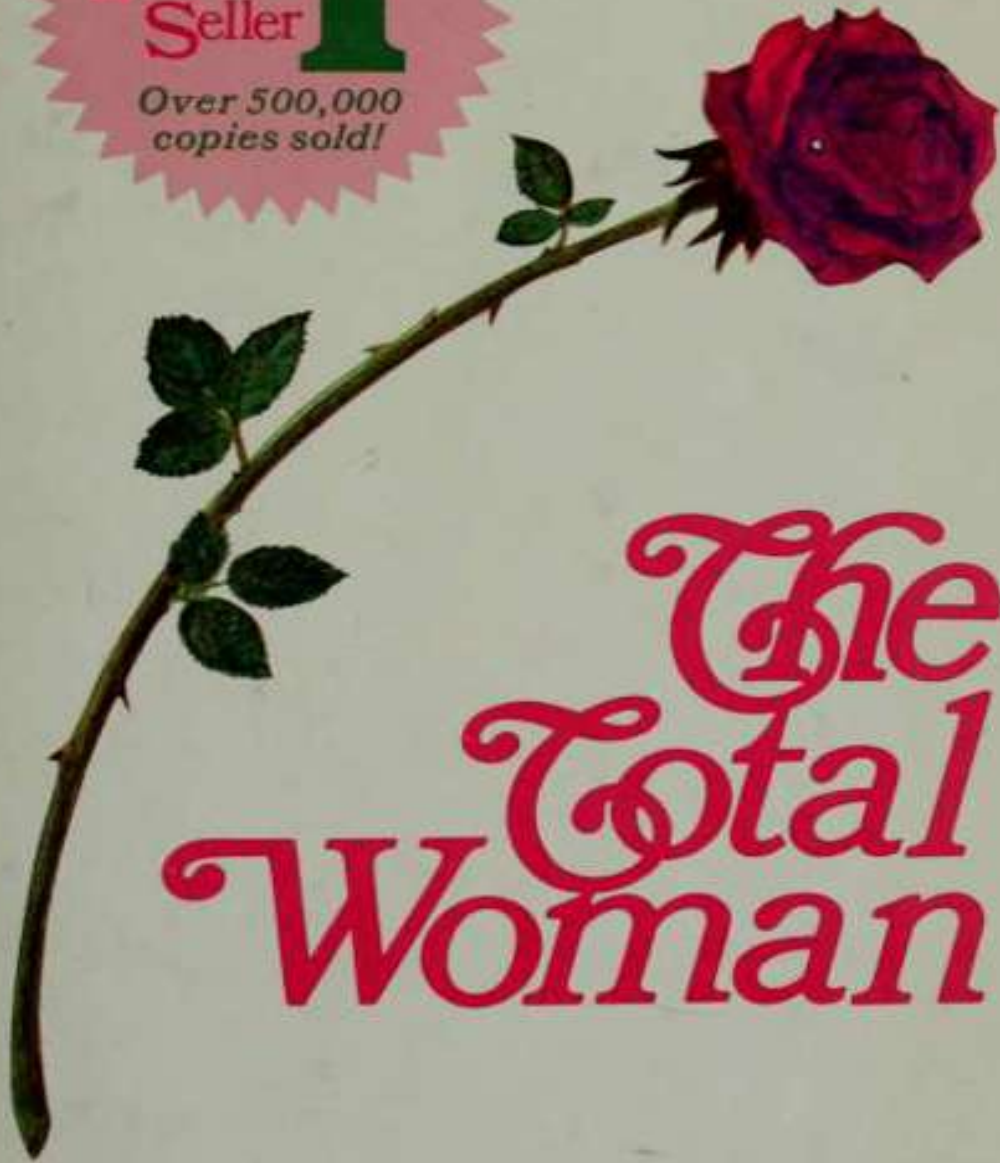


*The
Total
Woman*

Marábel Morgan

#1
Best
Seller

Over 500,000
copies sold!



*The
Total
Woman*

\$5.95

The Total Woman is not just a good housekeeper; she is a warm, loving homemaker. She is not merely a submissive sex partner; she is a sizzling lover. She is not just a nanny to her children; she is a woman who inspires them to reach up and out.

Specific "assignments" are included with each section to guide women in applying the guaranteed-to-work Total Woman principles.

Here's what they're saying about THE TOTAL WOMAN . . .

". . . THE TOTAL WOMAN, written by Marabel Morgan, a 36-year-old Miami housewife and mother of two, is an anti-feminist bible for old-fashioned wives—and the basis of a course taught by Mrs. Morgan and 100 of her alumnae across the country."

—*Newsweek* magazine

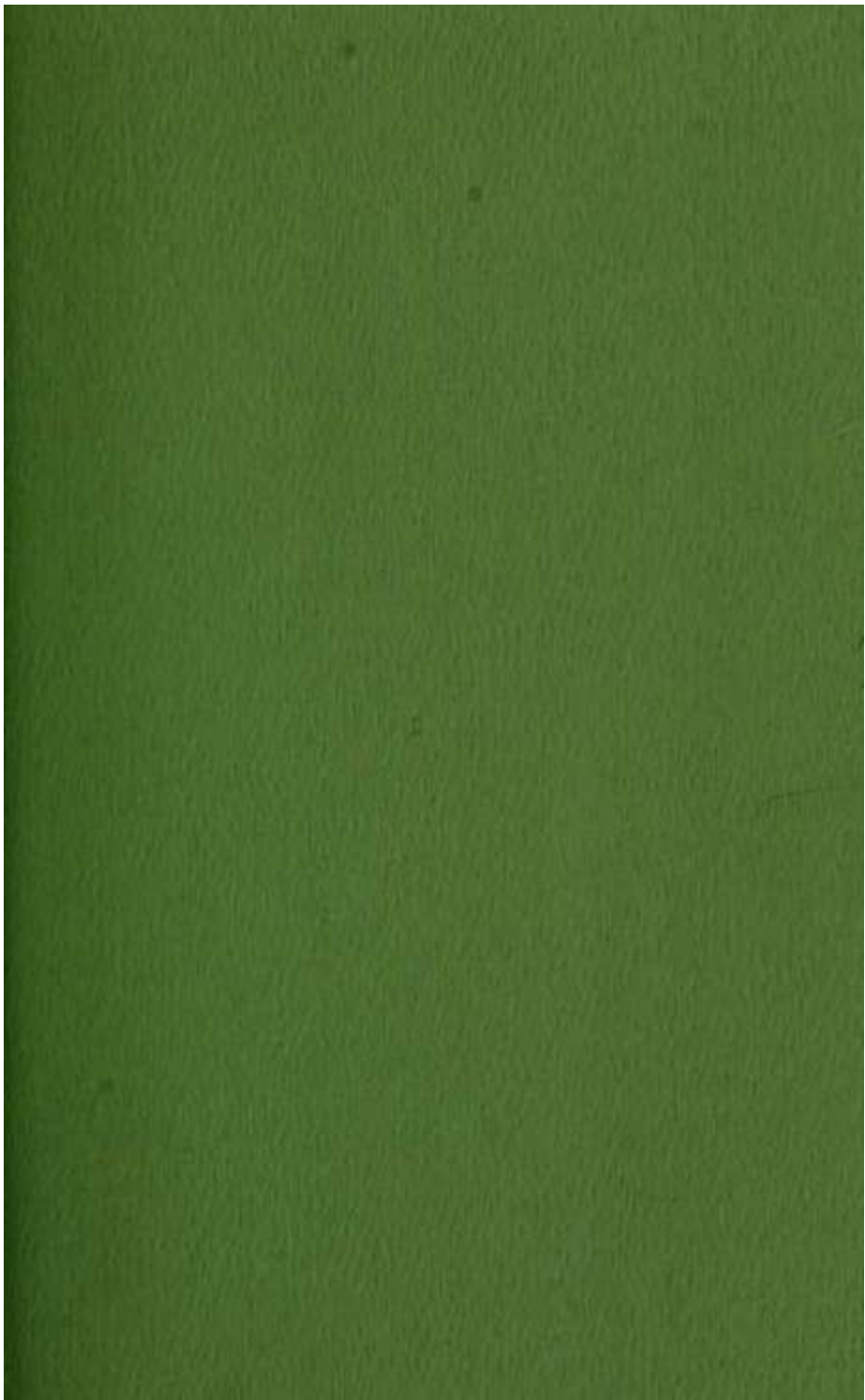
"Quoting from the Bible (frequently), Dr. David Reuben, Ann Landers and Calvin Coolidge and tossing off apothegms such as 'Sex is as clean and pure as cottage cheese,' Mrs. Morgan ladles out advice and class assignments aimed at putting the 'sizzle' back in one's marriage."

—*The New York Times*

"Word spread from one friend to another. Marabel became the Ann Landers of her set. Soon the women were gathering in groups to listen and learn. Among the graduates are Anita Bryant and enough football wives to read like a Dolphin roster . . ."

—*The Miami Herald*

Jacket photo by Russ Busby



*The
Total
Woman*

Marábel Morgan

*The
Total
Woman*

FLEMING H. REVELL COMPANY

Old Tappan, New Jersey

Scripture quotations identified *KJV* are from the King James Version of the Bible.

Scripture quotations identified *RSV* are from the Revised Standard Version of the Bible. Copyrighted 1946 and 1952.

Scripture quotations identified *PHILLIPS* are from *The New Testament in Modern English* translated by J. B. Phillips, 1958. Used by permission of the Macmillan Company.

Scripture quotations identified *LB* are from *The Living Bible*. Copyright © 1971 by Tyndale House Publishers, Wheaton, Illinois 60187.

Material from *Managing Your Time* by Ted Engstrom and Alec Mackenzie. Copyright © 1967 by Zondervan Publishing House. Used by permission.

No part of this book may be reproduced in any manner without written permission from the publisher, except for brief quotations embodied in critical articles and reviews. Total Woman classes may not be taught from this material. For information and permission to teach Total Woman classes, address Total Woman, P.O. Box 277, Little River Station, Miami, Fla., 33138.

Library of Congress Cataloging in Publication Data

Morgan, Marabel.
The total woman.

Bibliography: p.
I. Marriage. 2. Wives—Conduct of life. 3. Woman—
Psychology. I. Title.
HQ734.M827 301.42'7 73-11474
ISBN 0-8007-0608-0

Copyright © 1973 by Marabel Morgan
Published by Fleming H. Revell Company
All rights reserved
Printed in the United States of America

TO my husband Charlie,
who understands me better than anyone else,
and still loves me.

Contents

PART ONE

THE ORGANIZATION WOMAN

	Page
1 Introduction	15
Hey, Remember Me?	
Unglued and Uptight	
Charlie the Cheerleader	
2 Redeeming the Time	28
Your \$25,000 Plan	
Culottes and Sneakers	
ABC Business	
3 Interior Decorating	37
Winning Game Plan	
The Possible Dream	
Uglies and All	

CONTENTS

Part Two

Man Ali\^

Page Accept Him 49

My Husband, My Friend Salad, Sex, and Sports The Man, not the Plan

Admire Him 57

Hero Worship Thin Arms, Full Heart Rebuilding a Partial Man

Adapt to Him 67

My Way

Oh, King, Live Forever Deep-Sea Blues Frilly Flannel PJ's Yes, Let's! Sizzle at Ninety-Nine

Appreciate Him ^^

Underdone or Overkill Attitude of Gratitude

Part Three

Sex 201

Page

8 Painting the House 91

Fizzle to Sizzle Happy Homecoming Costume Party

9 Rocks in the Mattress 100

Alone Again, Naturally The Original Newlyweds Her Too?