

# From Venus: The Classic Guide to Understanding the

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2026-06

## Synopsis

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This week, Misty and Lisa review the #1 New York Times bestseller *Men Are from Mars, Women Are from Venus: The Classic Guide to Understanding the Opposite Sex* by John Gray, Ph.D.

John Gray, Ph.D. is the #1 bestselling relationship author of all time. He is the author of over 20 books, including the New York Times #1 bestselling relationship book: *Men Are from Mars, Women Are from Venus*. His books have sold over 50 million copies in 50 different languages around the world.

He's a relationship counselor who earned degrees in meditation and took a correspondence course in psychology. He has made guest appearances on such shows as Oprah, The Dr. Oz Show, Good Morning America, The Today Show, The CBS Morning Show, Live with Regis, Fox & Friends Weekend, Good Morning New York, Larry King Live, CNN and Company and many others. He has been profiled in major publications across the United States. John Gray lives with his wife and children in Northern California.

In this *Men Are from Mars, Women Are from Venus* book review podcast, we think critically about the context in which this book was published almost thirty years ago, and how far the conversation about men, women, gender, and relationships has evolved since then.

If you like what you're hearing, you can buy the book here. You can also visit the author's website here.

Other GHY episodes we mention can be found here:

- Daring Greatly* by Brené Brown
- For the Love of Men* by Liz Plank, Part 1 and Part 2.
- Fed Up* by Gemma Hartley
- Attached* by Amir Levine and Rachel Heller
- Burnout: The Secret to Unlocking the Stress Cycle* by Emily and Amelia Nagoski.

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