



Spouse: The Truth about Marriage

Shobhaa Dé

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How marriages work and why they fail... Marriage is an adventure, says Shobhaa Dé, celebrity writer, devoted wife and mother of six. It's about trust, companionship, affection and sharing. It's also about learning to cope with your partner's moods and eccentricities. Not to mention the delicate balancing act between parents, children, friends and a career, and the sometimes overpowering need to get away from it all. In this delightful book on society's most debated institution, Shobhaa Dé writes about how and why marriages work - or don't.

With her usual disregard for rules, she reinvents tradition and challenges old stereotypes, addressing all the issues that are central to most Indian marriages: the saas-bahu conundrum (how to escape the role-trap and enjoy each other), the need for honesty (aren't some secrets better left secret?), the importance of romance (no, expressions of love are not unmanly!), and not any less important, how to recognize the warning signs in a hopeless relationship and run before it's too late. Fun, savvy and, above all, pragmatic, this is the ultimate relationship book for all those who want to make the adventure of marriage last a lifetime.

Spouse: The Truth about Marriage Details

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Author : Shobhaa Dé

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Kavitha says

Normally not a huge fan of Shobhaa De, but this is one different book. Not much of a self-help book, but this provides insight into Indian marriage. Can be a bit of a drag but worthy of a read. I like her examples and how she has covered almost every aspect of Indian marriages.

Vinod Jayachandran says

This book is on same line with **Men are from Mars and Women are from Venus** but still far from close competition.

Lot of repetition and written with really very well do and rich family back ground in mind, many cases, its hard to co-relate with your current situation

Poornima says

A practical, no-nonsense guide on how to handle a modern marriage. A bit dated now as was written nearly 14 years ago, but sensible in many ways.

Surya Pemasane says

First of all, I want thank to Shobhana. She changed me lot and lot.

She is really very cute in briefing each moment. You know what If she is ready to adopt me, I am ready.

She knows what child want, She knows what husband want, she know what others want and the main thing she knows what she really wants - These are the big things I have noticed in this book.

I LOVE YOU SHOBHANA.

Akansha Gupta says

Shobhaa De has always been a part of controversies owing to her bold and outspoken nature and her provocative as well as sexually explicit works. Few of her popular writings include Sethji, Spouse, Socialite Evenings, Sisters and Sultry Days. @Shobhaa Dé

There is a little tribute on her birthday.. Happy birthday in advance @Shobhaa Dé

Ayushi says

I have problems with Shobhaa De(not the book, that comes later) :

- a. She thinks she is to India what Candace Bushnell ,(Hope I spelt i that right)the creator of Sex and The City is to America, she is obviously wrong.
- b. I really enjoy a lot of modern Indian chick lit but all her fiction books are about small town girl coming to big bad town and having lots of sex or a rich girl falling down from grace and having lots of sex. Her books read like a bad (very bad) Jackie Collins novel.
- c. She - not being a splendid / spectacular writer herself criticizes other , better writers say Khushwant Singh. Yes, people might think he is a pervert and all but Train to Pakistan is a great novel (atleast according to me) , his translations of Sikh scriptures is good and he is the man who bought Umrao jaan's translation into the realm of knowledge of Indian readers in English. Shobhaa (extra a courtesy numerology) De doesn't have anything to credit except corny novels with a skewed perception of women. In one of her more well known books (Bollywood Nights) , her protagonist is an actress who spends no time acting, talking sense or showing character development BUT guess what, has intercourse throughout the book, all the time, with a myriad number of people .
- d. She was Chetan Bhagat before Chetan Bhagat (sorry CB)i.e. capitalizing on people's love for voyeuristic unreal fast easy reads and benefiting from it commercially ! That's where the similarity ends . Chetan Bhagat again I stress is better and I am saying that even though I dislike all his books (really except for Five point someone).
- e. She started the whole filmy spicy gossip thing with stardust and now that is all one sees on most news channels and magazines, half the time anyway .
- f. She rarely has praise for anymore and has been known to call any bollywood actress/ model within range of garnering publicity ugly ! Talk about maturing with age ! And gushing about Rahul gandhi in every alternate news column doesn't help much either.
- g. She reminds me of Meryl Streep in The Devil wears Prada , only Indian and worse.

Rant over :

NOW THE BOOK

The book is yes, about marriage, and non fiction , she's largely written about her own "perfect" marriage(which is not too exciting), society gossip about her friends and acquaintances (which was exciting until I felt guilty about the fact that how would any woman feel about her husband's obsession with PYTs and someone almost making fun of her). I didn't really care for the tone of the book which as I said, felt like sympathetic scornful mockery of women and men in bad realationships.

I liked the way she started chapters with a song , yes, even if it was corny (I am not that hard hearted) and I really liked the fact that she touched upon ALL aspects of an urban Indian marriage.

THIS IS NOT A SELF HELP BOOK . IT'S NOT GOING TO TEACH YOU HOW TO HAVE A GOOD MARRIED LIFE . So don't pick up this for advice. also, there's no plot, no story as such.

It's just a long compilation of essays on various aspects of married life in India written in shobhaa's typical saucy style.

It's not that bad also, just OK but I didn't see the point of reading it.

And I think I just ended up writing THE LONGEST REVIEW of any book I have read so far.

Paras Allana says

I started reading it because a friend recommended and lent it to me and I was curious. I hated it because there was no other thing to do with this book. This book is a joke about what is a relationship about. I might have a bit idealist view of relationships but this is utter mockery of a marriage and most of all her husband.

Anushka says

I really enjoyed this book, an eye-opener about marriage, love, what it takes to make it work. obviously from the p.o.v of a rich socialite Indian in Bombay. Interesting to gain personal insight into the private life of Shobha De, Stardust journalist :P and see that our problems are in fact universal. would be interesting to see how much more I gain from this book 8 years from now and what age brings to it.

Priya Sambhar says

Valuable pointers to married people....

Never thought I will ever read Shobha De

but this book changed my perspective about her , She's a true optimistic n positive person which showed strongly in her writing...

I certainly got few tips

Bima Choudhury says

True....I could personally relate to some of the situations which she explained but was equally disappointed by the remedies offered....those bullet points are an utter waste of space and could have been done away with. A lot of "Gyan" difficult to digest...!!!

Noor Anand says

Shobhaa De's advice on marriage is insightful and intelligent. Even though the book was published 10 years ago, it's relevant today and will be for ages to come. The format and style of writing was easy, keeping the reader engaged.

What honestly surprised me though was how traditional her outlook is! Her projected personality is so

different from the one that comes out in this book!
Definitely worth reading for married couples of any vintage.

Sashikala Devalikar says

didnt hold my attention beyond page 35...:)

Vaishali says

Well, it's Shobhaa De... so no string theories attached:)

Still, I didn't expect a desi book to be this fluffy. There's also that annoying Mumbaikar habit of misquoting American slang. (Dear Shobhaa: "Girl scout points" don't exist. The term is "brownie points" because the Brownies are the entrant stage to the Girl Scouts, and you need -x- amount of "points" to get in. Sincerely, Me)

The bullets listed to recap each chapter's end are unneeded, and will make you giggle.

The real book we want from Stardust's former editor is that juicy Bollywood tell-all. Come on, Shobhaa... what DID happen with Amitabh and Rekha? You were there... you saw some stuff... and we know it ! I want some outrageous Feroz Khan tales, tidbits on Zeenat and Parveen's dating lives. It's 30 years after the fact, and you're on safer ground now. Spill those Bollywood beans, woman !

So no raw organic vegan salads in this book ... but no tasty gol gappas either. :(

Siddhartha says

Quite a serious and well written book. A little amazing when you consider the typical image of the author as a writer of smut. I think a must read for all those people who are stupid enuf to get hitched.

Manpreet says

A decent read. Not all books of Shobhaa De are intelligent and insightful but this one is different and catches your attention. The title suggests it's a self-help book but it appeals like a biography with situations pouring out wisdom for the reader. Narrating your own life candidly requires a lot of courage. Shobhaa De has done it well. Would like to read it over again after every 4- 5 years. The gyaan in the book has no shelf life. :)
