

# The 9 Laws of Attractive Body Language



NICHOLAS JACK

# **The 9 Laws of Attractive Body Language for Men**

**By Nicholas Jack**

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**Check out my other books:**

**[120 Body Language Signals that She Likes You](#)**

The secrets to knowing whether or not a girl likes you are contained in this book. No more wondering if she is interested. After this you will understand who it is she likes better than she will.

It is important to know how to read women so that you will know which women to pursue. Why waste your time on a girl who is already taken or not looking? Reading body language cues are things that you need to do before approaching her, asking her on a date, kissing her, and making things sexual. This book will further improve your understanding of women.

**[Understanding Sexual Attraction: What Makes a Woman Want You](#)**

To be what a girl wants, you have to know what a girl wants. In this book, you will learn the answer to the age old question “What do women want?” Not the fleeting thoughts of what women currently want, but the things that are hardwired into them. It will explore sexual attraction completely. You will learn and understand every single attraction trigger that women have, and why they have them. Broken down mathematically with graphs and percentages, you will learn exactly what things are important when it comes to attraction.

## **Introduction**

Demand attention when you walk into a room, make the world awe and respect you, observe as people hang on your every word, and watch as women try to hide their overwhelming attraction towards you. If you want to make these things a reality in your life, all you have to do is master these 9 laws of attractive body language.

Most men believe that, in communication, it is words that win over the opposite sex. That is not the case, in fact, words are even less important when communicating with the opposite sex. Most people have heard that only 7% of communication is words, that 38% is voice tonality, and the other 55% is body language. This is exactly right. You will communicate much more from how you act with a girl of the opposite sex, than the words you choose to say.

As you learn the laws of attractive body language you will notice that the first five laws of attractive body language have to do strictly with body language, while the other 3 laws have to do with voice. These 9 laws together will cover all the bases of body language and, if you make the 9 laws a habit, will guarantee that you will be much more attractive to the opposite sex.

Essentially, here is what attractive body language is: Being confident and masculine in every single movement, posture, and tone. Confidence and masculinity are the two things that are attractive to women, and as long as you remember that, you can change how you are seen by women.

## **Masculinity**

Masculinity is something that is being forgotten by the world. Mothers are teaching their children not to have it, and the world is telling us that it is not a good thing. The world tells us that we must get in touch with our feminine side, but we are men, if we want to be naturally attractive to women, we must accept how nature has designed us.

Masculinity is the essence of what it is to be a man. It is hard wired into women to be attracted to masculinity, whether they want to or not. However, keep in mind that many people do not understand what it means to be masculine. It does not mean to be aggressive, it means to be courageous. It does not mean to be ruthless, but only to be strong.

Many men have grown up without an active father figure in their lives. They have been raised by mothers, who love them, but who have no idea how to teach masculinity. The world is embracing new behaviors and beliefs as the right way. The new attitudes and beliefs aren't a bad thing overall. However, if you want to be more attractive to the opposite sex, these are the wrong behaviors to be adopting.

## **Confidence**

Confidence is the most important personality attribute talked about in another of my books (Understanding Sexual Attraction: What Makes a Woman Want You). When you have confident body language, you are not only hitting the confidence attribute from my book, but parts of

other personality attributes as well. Confidence conveys success; it is self-assurance and it is key in attraction. Confidence should be seen in every stance and every body movement that you make. Keep this in mind, while learning the 9 laws.

Fixing your body language is the single most effective thing you can do to make yourself more attractive to women. You don't need money, good looks, or a one in a million personality. You don't need these, because when you have good body language, you are subconsciously telling people around you that you do have these things, and they just need to look closer. A woman will believe what your body tells her before she will believe what comes out of your mouth.

## **Laws 1 - 6: Confident and Masculine Body Language**

### **Law #1: Eye Contact**

While teaching you the first 6 laws of attraction, I will go from head to toe. We will start at the eyes. Eye contact is one of the most powerful body language tools that we have. It can be used effectively in all walks of life. In fighting and competitive events, it can be used to intimidate an opponent. In the work place, it can be used to show your boss that you are confident you can finish a project on time. But most importantly, with the opposite sex, it can be used to skyrocket attraction.

The key with eye contact used with the opposite sex is to hold it just a little longer than is socially acceptable. This will create tension between you and the girl. In fact, a good game to play with girls is the stare game to see who can stare at the other the longest without blinking. This will create a good sexual tension and force attraction that may not have been there before. However, bloodshot eyes is the bane of having good eye contact, it won't create much attraction if all she sees are your red blood vessels. So make sure to take care of your eyes.

Steady eye contact portrays confidence. Don't let your eyes wander around the room. Instead, keep your eyes planted on her. Doing this lets the girl know that you are comfortable in your surroundings and that you can take care of yourself. This is the case with people and animals all over the world.

In the animal kingdom, particularly with large mammals, only the highest value animals in a group will hold eye contact. A low value animal will always look away when an animal of higher value locks eye contact. When you hold eye contact with a girl, you are portraying that you are a person of high value. However, make sure not to overdo it. You must hold it a certain way, for more time than is comfortable, but less time than it would take to make it weird. It also should be coupled with law #2, which you will learn about shortly.

If you want to really get into the specifics, here is what you should do: Hold eye contact for nearly all the time that you are talking with her, but look away every once in a while, like when she is telling you something. When you are telling her something, it's a good idea to lock eye contact. Looking away as she talks to you will make your heavy eye contact seem more natural, and also that you are not too interested in what she has to say. You don't want to seem over interested at first. When you look away, make sure to look away at an even or upward angle. It is never a good idea to look down when you have the option of looking up. Looking down is a sign of submission. Think of a child after he does something wrong. He will be most likely looking at his toes. He knows that he did something wrong, and he is submitting. This is not a message that you want to send to a girl you like.

### **Through her eyes**

Throughout the 9 laws, I will continue to show you the thought processes of girls when they see



both good and bad body language. Some of these may be a bit corny, but they are very similar to the subconscious thoughts that a girl will have, so pay attention.

Now I will show you the subconscious mind of a girl as she sees a good looking guy with bad eye contact. Then, I will show you the mind of a girl as she sees an OK looking guy with perfect eye contact.

“Wow he’s cute, but why won’t he look me in the eye. Is he hiding something? Maybe he’s not that confident, he must have been stepped on all his life. If we were to have children they would probably be unconfident like this guy, but maybe he could make a good friend to talk to and I could show him off to my friends as eye candy that I still turned down.”

“He’s an OK looking guy. Why does he keep staring into my eyes like that? It’s a bit awkward, but he does have pretty eyes. He must be pretty confident, as this is a bit more eye contact than normal. I’m starting to feel sexual tension between us. What is causing this?”

## Law #2: Smile the Right Way

Men have been told all their lives that they should smile. They have been taught to put on a cheesy smile for the camera and to smile to avoid confrontation. If a guy wants to be attractive to the opposite sex, these are not the correct ways to be smiling.

Among primates, smiling is a sign of submission. When a low value primate comes in contact with a high value primate and doesn't want to get on his bad side, he will show all his teeth in a sign of submission. It looks a lot like the common "say cheese" grin that most people use in photos.

Most people use this smile of submission as a way to disarm a situation, but when they do this, they show that they are not confident in their ability to handle themselves. This is clearly not attractive to women. Imagine the subconscious thoughts that a woman has when a guy shows her a smile of submission. It would kill a very large part of the attraction that she already had for him. So how should you smile?

As with all things attractive in body language, you must smile with confidence. Most people smile to disarm a situation or to keep themselves on somebody's good side. You don't ever want to smile because of this. You want to smile because you find something funny, and many people don't even do this one right. They try to mix a submission smile with a laughter smile, and they find themselves looking very goofy. The key is your eyes. You want to show laughter in your eyes. Every time you smile, it should show in your eyes or your smile will be seen by others like you are putting on a show. You want to be completely confident in yourself. A confident man only smiles and laughs when he finds something funny.

There are four smiles that women will naturally find attractive. I call them the eye smirk, the lip smirk, the teeth smirk, and laughter. To better understand what these smiles are, open this image in your browser: <http://oi46.tinypic.com/w6s8li.jpg>. This shows pictures of the four attractive smiles of celebrities and also, some unattractive smiles.

### The Eye Smirk

The first acceptable smile is only done with your eyes. I call this an eye smirk. This is a secret that not many people know about. If you look in magazines of male models, the chances are that they will be doing an eye smirk. It is the sexiest pose a man can do, and it is used all the time in seduction by naturals. To do an eye smirk, it is somewhere in the middle of squinting and the relaxed position that you usually hold. This is body language that is commonly used and always effective with the opposite sex. If you have ever seen the Disney movie "Tangled," then you may remember the scene where Flynn is tied up and starts trying to seduce Rapunzel. He finally says "Here comes the smolder," before going into a full on eye smirk. It is a look that is teetering on a smile, but not quite, as you will only see the signs of a smile if you look only at the eyes. The next attractive smile is one step up from this.

## **The Lip Smirk**

The next one, I call the lip smirk. It is similar to the eye smirk, but it will show more amusement in the eyes and the lips will sometimes tilt towards a smile. If you are not sure if you are doing a lip smirk, all you have to do is cover up the bottom half of your face. If it looks like you are smiling just from seeing your eyes, then it is an eye smirk. Then look to see if your lips are slightly turned towards a smile without showing teeth. This is a show of confident amusement. It subconsciously tells a girl that you are a guy who enjoys even the little moments of life. It is the physical manifestation of the common want of many women “Doesn’t take life too seriously.”

The thought process behind how to do a smirk is essentially this: How would a big brother smile while teasing his little sister? As teasing is an effective way to create attraction with a girl, thinking like someone who is always teasing will make these smirks come out on their own. Just remember that it is playful teasing, not hurtful teasing. You don’t want her to hate you.

## **The Teeth Smirk**

The third attractive smile, I call a teeth smirk. With a teeth smirk, you will still smile the same with your eyes, but you will show some teeth. Make sure not to show too many teeth, just the top six or so. This is a step up from the lip smirk. It shows more confident amusement. A reason these smiles are so attractive is because they are under control. A guy losing control of his body language is not going to be naturally attractive to women. Smiles like these show that you are attractive, and that, as I said before, you “Don’t take life too seriously.”

## **Laughter**

Laughter is the final attractive smile. It is essentially the final stage of the smirks. Finally something is so funny that you let your amusement show completely. You still have to keep it under control, but that is not too difficult. While laughing the right way, your mouth will be open and your teeth showing. Your eyes will be smiling to the most extreme degree. You must be completely relaxed and comfortable while doing this. Don’t hold back with a shy laugh.

Another tip to remember when smiling is that a quick smile is seen as less believable than a slow smile. When you find something funny, let it slowly show on your face. Your face will go from nothing to brightening more and more every second. This will make your smile seem warmer and much more believable.

This may seem like a lot of work for something as trivial as a smile, but it is more important than you could imagine. After learning how to smile the right way, I would ask girls “at what moment did you know you liked me?” They would respond about 60% the time with “The first moment you smiled at me.” Of course, this was so effective because I not only smiled the right way, but I coupled it with good eye contact. I have no idea how many girls this has helped me to win over, but from their answers, I’m sure it has been the game changer.

## Through her eyes

Here is how a girl subconsciously will see an interaction with a decent looking guy with a bad smile, and then with a decent looking guy who smiles the right way:

“Well, he’s not a bad looking guy, he seems a bit dull though. I’m not feeling much attraction for this guy, but he’s cute, so let’s see if I can liven him up. I will make a joke. Wow, he thought that was REALLY funny. It wasn’t even that funny of a joke, but I am really funny so even my bad jokes are pretty funny. That laugh makes me think he’s trying to impress me. He must not be around many attractive girls. I think I’m out of his league.”

“Well, he’s not a bad looking guy. He has this gleam in his eye though; I’m not sure exactly what it is. It’s like he’s laughing at me but in a fun way. He kind of reminds me of my big brother. Oh wow, there’s that smile again, it’s very attractive. It makes me feel very comfortable around him.”

### **Law #3: Chin Up**

The next two laws cover posture. Many things that our mothers teach us when we are children will make us less attractive, but posture is not one of those things. All those years that your mother told you to sit up straight, were not wasted. Good posture is something that is very attractive to women. When you couple law #3 with law #4 it will create an erect posture. If you read my book on reading body language, then you know that this is something that the opposite sex uses to make itself look more attractive. It will also make you seem taller, something that is naturally attractive to women.

To make sure that your chin is in the right position, all you have to do is put your hand palm down, underneath your chin. Now check to see if your chin is parallel with the ground. If it is much higher, then you will come across as arrogant and snobbish. If it is much lower, then you will seem weak and timid. You want to keep your chin parallel with the ground as much as possible.

The reason keeping your chin up is so important is because it shows complete fearlessness. You are exposing one of your most vulnerable places on your body when you hold your chin up. "A man who knows nobody would dare harm him, must be a man with high value." That is the subconscious message that will cross a girl's mind when she sees you with your chin up.

You may also notice that how you hold your chin shows how you feel about the person you are talking to. It shows whether you see them as your equal, higher value than you, or lower value than you. Many rich people are seen as snobbish because they walk around with "their nose in the air" it sends the message that they feel that they are better than everybody else. Their chin is higher than the parallel level that it should be. A poor employee will keep his chin down while talking to the CEO of his company, and this shows submission. This will actually hurt him. It shows the CEO that this employee is not meant for management, as he shows no leadership qualities, only submission and follower qualities.

Also make sure to keep your chin in the right position while doing greetings and other things. When you acknowledge somebody's presence, you may give them a nod mixed with eye contact. If you want to show that you are a higher value guy you can nod up, instead of down.

### **Through her eyes**

Here is an interaction showing the subconscious thoughts of a girl while she starts talking with two guys. The first guy will not hold his chin in the correct position and the second guy will.

"This guy is clearly good looking, but why does he seem so timid? He is always looking downward. He must have been beaten down all his life to act this way towards me."

"This guy is clearly good looking, and wow does he seem confident. He almost seems like a Greek god. The way his chin is up like that and how I can so clearly see the outline of his jaw. He seems almost like a well-trained soldier. He is so confident. I hope he asks me out."



## **Law #4: Shoulders Back**

The fourth law of attractive body language and second law of posture is to keep your shoulders back. Coupled with the previous law, this creates an erect posture and makes you as tall as possible. It also pushes out your chest, making you seem more powerful.

To make sure that your shoulders are held in the correct way, pull your shoulder blades together to the point where it is slightly uncomfortable. Now, loosen it slightly into a more comfortable position. Stand in the mirror at a side position and your torso should be straight with your chest protruding slightly. For this to be completely comfortable, you will need to build the right muscles. Forcing yourself to hold this position for long periods of time can build them, but if you want a faster way there are exercises you can do. There are many different types, so a quick Google search will give you many options. “Exercises to improve posture” is a good search phrase.

No matter what you may hear, power is attractive to women, power in all forms. The chest is naturally seen as the leading indicator of strength, so when you stick your chest out, you are seen as more powerful by those around you. This is something that is very attractive to women.

Another reason this causes attraction in the subconscious mind of a woman is because this causes your chest to stick out, you are exposing the most vulnerable part of your body, your heart. You are saying that you are so completely confident in your high value, that you can expose your biggest weakness, and still nobody would dare try to hurt you.

Make sure to not only have good posture while standing, but also while sitting. You don’t want to be hunched over anything, at any time. It is unattractive and will make your posture even worse over time.

Remember when fixing your posture to try to make yourself tall. Some peoples’ problems with posture can be fixed by simply doing this one thing. It will put your chin in a better position, make your chest stick out a bit, make your arms go back, and align your spine. This may feel awkward at first, but keep doing it, and it will start to feel even more natural than your old posture.

### **Through her eyes**

Here is another example of a girl’s subconscious thoughts when she is interacting with two men. One does not keep his shoulders back and the other one does.

“This guy is cute, but he looks sad. He is all hunched over; I wonder if something bad happened. When I noticed his hunch, it killed the previous attraction I felt after seeing his face. He seems short too. I’m not as attracted to short guys as tall guys.”

“Oh, there is his identical twin brother. I can tell they are twins, but they seem so different. This twin looks so confident and happy. He must go to the gym because he seems much stronger and taller. I bet this twin already has a girlfriend, but I hope not.”





## Law #5: Take Up Space

The next two laws of attractive body language are more general. They deal more with body movements, and less with holding different postures. The fifth law of attractive body language is to take up space. In all your movements and positions, it is best to take up more space. It will subconsciously convey that you are a man of high value. There are many ways to do this. In fact, the previous law shoulders back, slightly overlaps with this law because it forces you to take up a bit more space. All actions that force you to naturally take up space will psychologically convey the value of a man with power.

Space is something that is psychologically programmed into our minds to be associated with value. The CEO of a company will have the biggest office, the biggest house, and the biggest chair. He will be sat at the end of the table where he has more space to himself. This is not body language, but you can convey these same things with how you hold yourself.

Having your arms spread wide while communicating is a sign of openness. It is a sign of relaxation in the presence of the person you are talking to. What this also conveys is that you are a high value man, as you are taking up more space than most others. When you speak, don't be afraid to gesture in a large way. It may bring more attention to you, but a high value man does not shrink away from attention. On the other end, you need to make sure that you aren't doing too many things that don't take up space, like constantly walking around with your arms crossed. There is a reason that curling up in a ball is called the fetal position. You are taking up the least amount of space as possible and showing total submission.

Another way to take up space is to do it while standing. Look at how you are standing; are your feet close together? They should be about shoulder width apart. If they are less than this it looks like you are trying to take up a small amount of space, hence, you are a low value man. If they are spread more than shoulder width, you pass the plain of what looks natural and comfortable, thus making the stance look strange.

Take up space while sitting as well. While sitting in a chair, you may rest your arm on the chair next to you. You may even be breaking a social rule while doing this, which will trigger a psychological attraction in women. While sitting, make sure that your feet are spread and taking up space in front of you. If at all possible, place your hands somewhere outside of your body.

As a nervous boy, you may have found comfort in putting your hands in your pockets, but it is one of the worst things you can do with few exceptions. Putting your hands in your pocket forces you to take up less space. It hides your hands, which in body language means that you are hiding something. It can make people subconsciously uncomfortable because it means that you could be hiding a weapon. It is a very important to not have your hands in your pockets.

Touching is a very important part of taking up space. You will notice that high value guys will do this often. They will not touch in a way that makes people uncomfortable, but in a reassuring way. They will shake hands, touch shoulders, and lead a girl places with their hand. Some will even immediately jump to more sexual touches, like leading a girl by her waist or putting his

arm around her. Then as the relationship progresses, their touches will become more and more sexual.

If you are not used to touching, then here are some tips on how to make it seem natural. Try to start out in less sexual areas like the palm, shoulder, and arm. When you touch them, don't ever look at the spot you touch, you must continue to hold eye contact. You must also look for an excuse to touch them. The people who are best at touching are usually best at finding good excuses to touch. The easiest way to start is with a handshake. Then, you might touch a girl's arm when she says something funny. You may want to lead her somewhere, so you lead her by placing your hand on her back or by taking her hand. You can say "Wow, you have tiny hands." and have her hold her hand up, palm to palm with yours. The idea is to always have some type of cover when touching a new area.

Touch is a strong manifestation of taking up more space, and is very important in other ways of attracting women. Remember to take up space in a natural way, as walking around at all times with your hands out wide may be taking up a lot of space, but it will look completely unnatural.

### **Through her eyes**

Here are the subconscious thoughts of a girl while she is talking to two different guys: one guy who takes up hardly any space and the other one who takes up as much space as possible.

"Wow, this guy must be pretty confident because he just came and talked to me out of nowhere, but why are his hands in his pockets; he seems very uncomfortable. He must not be this confident very often; he must be stepping out of his comfort zone. I want a guy who is always this confident. Look at his feet, they are very close together; it's the same thing my nephew does when he is scared. Why is this guy scared of me? I'm so much smaller than him."

"Wow, this guy must be pretty confident because he just came and talked to me out of nowhere. His arms are constantly spread out wide. For some reason this makes me feel more comfortable around him, even though he is a stranger. Oh wow, he just touched me. Not really weird though, he must be more of a touchy guy and touch, in this comfortable situation, makes me feel more attraction. He looks so confident and relaxed. I hope he asks for my number."

## **Law #6: Calm and Relaxed Movements**

The final law of actual body language, before we get into voice, is to have calm and relaxed movements. If you want to see the ultimate master of calm and relaxed movements, just watch any James Bond movie. You will see James Bond face to face with a man who wants him dead, yet every muscle in his body seems relaxed. When James Bond walks through a room, he is a hundred percent calm and relaxed. If somebody is dying, he may then be running, but anything short of that and he will never be in a hurry.

The thing that will cause you not to have calm and relaxed movements is anxiety. Anxiety will make your movements jerky and out of control. It is why people who are in a hurry tend to not be relaxed, because being in a hurry causes anxiety in most people. However, it is completely possible to be in a hurry and be walking fast, but to still be relaxed.

A good way to reduce anxiety is to train yourself to take more deep breaths. This sends more oxygen to your brains, which causes you to feel a natural high, relaxed feeling. Doing this will help you to become more calm and relaxed in everything you do.

Make sure to mentally note if you find yourself jumping to attention when somebody calls your name, because this is not good body language. If somebody calls a CEO's name, he will take his time in addressing that person, because everybody waits for somebody with high value. You want these types of thoughts to come off in your body language.

Calm and controlled movements are also what you will see from star basketball players. They are so calm and controlled all the way until the moment where they explode to the basket. Just like James Bond up until the point of extreme action.

Looking around a room constantly gives off the impression that you are worried about something. It is similar to a deer constantly looking around looking for a mountain lion or a bear. You want your body language to be more like the mountain lion or bear, calm and controlled until the point of action. They aren't looking around worrying about who will eat them, because they believe that they are the top of the food chain. That's the attitude you should have.

To have calm and controlled movements, you want to make sure you don't make any jerky movements. You want to move and walk around like you control time. No other time matters but your own.

One of the most common ways that people do the opposite of calm and relaxed movements is when they fidget. Fidgeting makes people think you are nervous for some reason. A nervous person is rarely a high value person. Try not to bite your nails, rub your palms together, or play with pens or other objects. The fact that it makes you seem nervous makes other people uncomfortable, so make sure you do your best to try to break this habit.

**Through her eyes**

Here is another interaction through the point of view of the woman. First, as always, I will show a guy doing it the wrong way. Then, I will show a guy who does it the correct way.

“I came to this bar all alone because I wanted to meet a guy. I really am glad this guy came and talked to me, but why does he keep playing with his pen? It’s distracting and makes me feel a bit anxious. His friend also called him and he jumped to attention like a fresh army recruit. I wonder if it’s his boss. Oh, it’s not his boss, how strange. He must not be a higher value member of the group. Why does he keep looking around like that? Is somebody trying to kill him? I liked this guy, but he makes me uncomfortable. I better dismiss him.”

“I came to this bar all alone because I wanted to meet a guy. I really am glad this guy came and talked to me. From the first moment he talked to me, he seemed so smooth. Taking his time in everything he did, it really calmed me down because I am always nervous when talking to somebody that I don’t know. Wow, a fight just broke out, and he didn’t even turn to look what happened until after I had been watching the fight for a few seconds. He must be really used to this sort of thing, I wonder if he’s dangerous? I’m getting a James Bond vibe from this guy. Maybe he’s a secret agent? I don’t know, but I sure am attracted to this guy.”

### **Law #7: Slow Speech**

Now we come to the three laws of speech, the first being to speak slowly. Slow speech is something that goes along with relaxed, confident movements. Speaking slowly relaxes you and the people around you. It sends the message that you are a man of high value, and people will hang on your every word regardless of how long they have to wait for you to finish speaking.

You don't ever want to give off the impression that you are in a hurry to say something. In fact, many low value people will actually speak much faster because subconsciously, they are worried that the other person will get bored and will stop listening to them before they are through.

Speaking slowly does not necessarily mean that every word has to be spoken slowly, but rather, that each sentence should take more time to conclude. If you listen to Barack Obama speak, he will sometimes speak a word quickly, but overall he is still delivering sentences at a slow pace. He pauses for emphasis and to build anticipation. He is in no hurry to finish his sentence; he knows that people will listen to him. As one of the most charismatic leaders of all time, modeling your speech after Barack Obama will do nothing but good.

People who speak quickly not only make themselves seem lower value, but they make the listener feel anxious. It puts them in that mindset that I talked about earlier, of being in a hurry. When talking to a girl, this is the exact opposite of what you want her to feel. You want her to feel that the two of you have all the time in the world together, so she can relax and fully enjoy her time with you.

A word of warning; you don't want to talk too slowly, as that will make you seem thick, but you want to slow down past what is normal. You want to be speaking at a completely relaxed and normal pace at all times.

### **Through her eyes**

If you would like to know what a girl thinks when you use different speeds, here is an example of her thoughts:

"Hey look at this cute guy coming up to talk to me. Wow, slow down ace. Is he in a hurry? He is making me uncomfortable. He must be very nervous. He was so cute before he opened his mouth."

"Hey look at this cute guy coming up to talk to me. He seems so relaxed. He must really be brave to act this relaxed with somebody he just met. I wish I could do that. His voice is almost hypnotic, and gives me a chance to calm my own nerves so I can communicate that I am interested in him as well."



## **Law #8: Clear Speech**

The next law of voice is speaking clearly. Speaking clearly will help you continue to build attraction, and even make you more sound more charming. Clear speech deals with fixing problems in the way you speak.

When your speech is not clear, it is annoying for the other party because of how difficult it is to understand you. It will break any connections that you may have already established with a girl because she has to keep asking you to repeat what you just said. Think of any suave ladies' man who walks into a bar and says the perfect pickup line, but it was mumbled so the girl just asks "What? I don't understand." It kills the entire vibe that the guy had up until that point.

You may have noticed that when you see somebody getting nervous, they may start to mumble. This conveys that they are neither confident nor comfortable with the situation. It conveys that they are nervous. This is not something you want to convey to a girl while speaking with her. So if you ever start to mumble when you are nervous, make sure to break that habit as soon as possible.

Part of the problem that someone who mumbles will have is that they don't speak loud enough. Speaking loudly, but not too loud, conveys total confidence in what you are saying. You don't care if other people overhear, because you believe in yourself and what you have to say. Speaking loudly conveys that message, but speaking too loud will just annoy people.

Another problem that stops people from having clear speech is "filler words." Filler words like umm, err, or the most annoying of all: like. Using these words in your speech sends the same subconscious message that you would send if you didn't follow Law #7 and spoke quickly, that you are afraid that if you stop talking that people will stop listening or somebody else will start talking. You want to replace these words with complete silence. It will make you much more charismatic, and you will find people interrupting you less when you do this than when you try to keep speaking by using filler words.

Another issue with clarity is when somebody has a nasally voice. A nasally voice is difficult to understand and psychologically, thanks to movies, it has been tied to the idea of a nerd. If you want a woman to be attracted to you, being seen as a nerd is not going to help you. Sometimes, a nasally voice is just a habit and habits can be broken. Other times, it can be fixed up by clearing out your nose every morning before you start your day. If it's caused by allergies, there are medicines for that. If, in the rare case of it being 100% genetic, you may have to have a simple surgery done, but it will most likely be well worth it.

Stuttering is another unattractive quality that you want to clear up. It is seen as the ultimate sign of nervousness. You want to do all you can to work on getting rid of a stutter. If it only happens when you are in scary situations, intentionally put yourself into these situations and work on it then. It is a very large attraction killer that you want to fix as soon as possible.

**Through her eyes**

Now, here is an interaction with a guy who doesn't speak clearly and another guy who is able to clearly communicate his thoughts:

“Wow, I was pretty bored, I’m glad this OK looking guy came to talk to me. I’m not that attracted to him, but let’s see... maybe he can win me over. This guy is saying the word ‘like’ way too much, what is he, a valley girl? I’m actually getting frustrated having to continually ask him what he just said, because he won’t stop mumbling; time to get rid of this guy.”

“Wow, I was pretty bored, I’m glad this OK looking guy came to talk to me. I’m not that attracted to him, but let’s see... maybe he can win me over. He has some interesting stories. Wow, he has traveled the world, that’s something I have always wanted to do. He likes X TV show too? He is much more like me than I thought. I am glad he came to talk to me.”



## **Law #9: Deep Speech**

The final law of attractive body language is to speak deeply. Deep speech is so attractive because it conveys that you are masculine. In fact, the things that the opposite sex is usually most attracted to are the things that they can't do themselves. For example, guys are attracted to higher voices, while women are attracted to lower pitched voices. Girls are generally attracted to big arms, but men are generally attracted to big breasts. These things are so attractive because they embody what is masculine and what is feminine.

When most people think of deep speech, Barry White pops into their head. His smooth, deep voice is what hundreds of millions of people have made love to throughout the years. However, you don't have to sound like Barry White to speak deeply.

You can make your voice deeper by making a habit of a few simple things. The first is to make sure you are breathing deeply while speaking. Make sure you always have enough oxygen before you speak. Law #7, slowing your speech will help make your voice improve just because it will give you more time to breathe.

The next thing you should do is try to speak from your chest. Speaking should not only be done through your mouth and throat, it should be done all through your torso. As you want the pitch of your voice to be lower, you should also reach lower through your body when you speak.

The last thing you can do to instantly make your voice deeper is to speak more from the back of your throat. People with higher voices tend to speak from the front of their throat. It will be hard at first, but try to make it a habit to always form words from the back of your throat.

These things will help you to instantly make your voice deeper, but you need to make them a habit. You don't want to be speaking in a high voice, as it is not attractive to women. Chinese Mandarin is one of the least sexy languages for a man to speak. The reason for that is because it is a tonal language, it's required to constantly be using high tones. If you don't use high tones, you won't be understood. We English speakers don't have that problem, so we should take advantage of the fact that we are able to change the tone of our voice to be more attractive and still be understood.

### **Through her eyes**

When a guy speaks in a high pitch and a low pitch, women will react differently in their subconscious. Here is what they will think:

"Well, he's not very attractive, but I'm really lonely and want someone to talk to. Why is his voice so high? Has he hit puberty yet? Maybe he is gay. I was lonely and wanted a boyfriend, but I also always wanted a gay friend, and he just killed the bit of attraction I previously had for him."

"Well, he's not very attractive, but I'm really lonely and want someone to talk to. Wow, what a

deep voice. It's very smooth. I could listen to this guy talk all day. I get this impression that he could protect me, I have no idea why, because physically he has an average build. This guy just oozes masculinity. I hope he asks me out."

## **Remember the Laws**

After reading these things, you may understand what is important, but understanding and doing are two different things. In the moment, you want to be able to run through a quick attractive body language checklist so that you can make sure that your body language has been as close to perfect as possible.

So we will start with a way to remember the laws. You can remember them like this:

Start at the top of your body, at your eyes.

### **Law #1 Eye Contact**

Then, go down your face to your smile.

### **Law #2 Smile the Right Way**

From there, continue down your face to your chin.

### **Law #3 Chin Up**

Now go further down your body to your shoulders.

### **Law #4 Shoulders Back**

That concludes posture, now we are on to laws that use many parts of our bodies.

### **Law #5 Take Up Space**

Then from how we use space to how we move in that space.

### **Law #6 Calm and Relaxed Movements**

Those are all the body language laws and now it is on to voice. Slow, clear, and deep.

### **Law # 7 Slow Speech**

Then, on to clear.

### **Law #8 Clear Speech**

Then finally, deep.

### **Law #9 Deep Speech**

So if you look at these keywords tell me if you can remember the laws for each one?

Eyes

Mouth

Chin

Shoulders

Body Positions

Body Movements

Slow

Clear

Deep

You can check the actual laws on the next page.

Law #1 Eye Contact

Law #2 Smile the Right Way

Law #3 Chin Up

Law #4 Shoulders Back

Law #5 Take Up Space

Law #6 Calm and Relaxed Movements

Law # 7 Slow Speech

Law #8 Clear Speech

Law #9 Deep Speech

There is another way to remember # 3, 4, and 5. You just have to think of your three most vital places on your body; your neck, your heart, and your crotch. A main artery goes through your neck. The most vital organ, your heart, pumps in your chest. The other main artery is in your crotch area. These are the 3 main areas that take the most balls to make vulnerable to other people, so a guy who is willing to do this shows the utmost confidence that nobody would dare try to harm him.

## **Neck**

Law #3 Chin up – putting your chin up exposes your neck to the other person.

## **Heart**

Law #4 Shoulders back – putting your shoulders back makes your chest protrude and puts your hands in a difficult position to defend it.

## **Crotch**

Law #5 Take up space – while taking up space you want to have your legs shoulder width apart. This leaves that area more vulnerable to an attack.

The vulnerability is the part of the reason these things are so important. This way of looking at it is a useful way to remember these 3 laws.

After spending five minutes going over this, you should be able to remember the 9 laws without much problem. Now, while in an interaction, you can take a quick reflection of your body language and adjust it as needed.

## **Creating a Habit**

Now that you have the 9 laws memorized, you need to make all these things part of your muscle memory so you can focus on other things. I would suggest starting with the first law and going in order.

### **Law #1 Eye Contact**

Many people with bad eye contact have trouble looking somebody in the eye. Looking at a woman makes them uncomfortable, especially a beautiful woman. A good way to get over this is to open up some images of super models. Zoom into their eyes and stare. It will make you more comfortable looking pretty girls in the eye. After that you can switch to girls at the supermarket or wherever you go. Make it a rule you can't break. The more you do it, the more of a habit it will become. After you have started to make it a habit, you can move onto the next law, but don't stop sinking this habit deeper and deeper into your muscle memory.

### **Law #2 Smile the Right Way**

You may have a habit of using the normal "say cheese" smile, but this can be fixed. It starts in the mirror. Spend 5 minutes in front of the mirror every day for a week, and watch as your smile becomes more and more sexy to women. To make sure you are smiling the right way, open up the image that I linked under Law 2. Imagine having a conversation with a girl, and watch how you hold your smile. Then, once you get in a social situation, focus on smiling the right way above all else. Afterwards, make sure that you are still following Law #1 Eye Contact. Soon after, you will be ready to start focusing on Law #3 and Law #4.

### **Law #3 Chin Up**

### **Law #4 Shoulders Back**

Law #3 and Law #4 should be worked on together, as they are what will improve your posture. You should walk around in your house exaggerating the two laws, putting your chin higher than normal and your shoulders farther back. This will start building the muscles necessary to make good posture more comfortable for you. Then, go out into the world, and practice it the way it should be. Whenever you have a free moment for thought, make sure that you have your chin up and your shoulders back. Then, go check #2 Smile the Right Way, then #1 Eye Contact.

### **Law #5 Take Up Space**

Now that the first four habits are done, you can focus on Law #5 Take Up Space. Instead of lying on your bed in a ball, try to get into the habit of taking up more space, and lay spread eagle. While sitting on a bench, use the backrest next to you as somewhere to put your arm. You may be taking up two or three spots like this, but you are taking up space. When you are standing up, check to make sure that your feet are about shoulder width apart. Reflect on every stance you are in whether or not you are taking up space. Even if your arms are crossed, there are ways to do it and take up more space. This is one that can only be improved by repetition, so

take every opportunity to see how you can improve it. Then, make sure you are doing Law # 4 and Law #3, Law #2, and Law # 1.

## **Law #6 Calm and Relaxed Movements**

Now you want to make sure you get into the habit of taking deep breaths. This will help you to lower anxiety and make your body language show it. Calm and Relaxed Movements is a hard thing to make a habit of, but one of the best things you can do is just study the poster boy for Law #6, James Bond. Then, in social situations, be aware of your body movements and slow them down. If you do anything jerky, make sure to remedy it and try not to do it again.

## **Law # 7 Slow Speech**

## **Law #8 Clear Speech**

## **Law #9 Deep Speech**

Once you have made all the body language laws into habit, it's time to move on to the voice laws. Laws 7, 8, and 9 should be worked on as one. The best way to work on these is to clear away all distraction. Open up a Skype call with somebody, and just talk for hours. Stare at the ceiling and only focus on your voice. Try it again another time, but this time record the call. Afterwards, you can study the sound of your voice, and see where you need to improve. If you need somebody to practice with, just go online and meet somebody on some dating website. You are only practicing, so don't worry too much about who it is.

Keep working on these things. If you master these 9 steps it will improve your life on almost every level. You will walk into a room and everyone will take notice, people will hang on your every word, and most importantly, women will be much more attracted to you.

## Subconsciously Learn the Laws

There is a saying that goes “You are the personality of your five closest friends.” There is a lot of truth to that. If you want to improve your body language the natural way, the best thing you can do is start spending time with guys who already have great body language. There is a psychological way to look at somebody that will help you become like them much faster. All you have to do is look up to them. It’s the reason sons are so much like their fathers and little brothers are so much like their big brothers. On the other hand, you may notice that when the kids don’t look up to their dads, they won’t end up being as much like them, and sometimes even complete opposites. So, only being around guys with great body language isn’t enough. Make a couple of new friends with great body language, spend a lot of time with them, and force yourself to secretly look up to them. You will subconsciously adopt their body language the natural way.

The other way you can adopt good body language is through TV shows and movies. It is the new variable in what develops personalities in these technology filled days, and it is just as powerful as who you spend your time with. Here’s how you can use this to your advantage: Don’t watch shows or movies that don’t have characters who are good with women. The characters who are good with women nearly always have excellent body language. You want to adopt the “look up to” mentality with every one of these characters. While enjoying the TV show, you can also be paying attention to how these guys act. Specifically, how these guys act around women. Actors, who play roles as guys who are good with girls, usually are good with girls; that is why they got the part in the first place.

I would recommend the James Bond films to every person wanting to improve their body language. Their characters have near flawless body language, especially the latest actor. There are many of them, so you have a lot to watch and subconsciously take in. While watching these movies, keep running through the 9 laws in your head. You will see that they do EVERY SINGLE ONE of these laws. These are the 9 LAWS of attraction for a reason.

Most normal TV shows will have a character or two in it who have great body language, so make sure you pick them out early and start the mental process to look up to them. You will also find that some of the best guys to look up to are actually in the shows that are intended for women. These guys are specially picked because of how attractive they are, and contrary to popular belief, without decent body language, a girl won’t find herself very attracted to a guy who is genetically “good looking.”

The final, and strangest, way that you can have some of this excellent body language rub off on you is to read romance novels. These books are written to target the innermost desires of women. They are filled with manly men that have excellent body language. The authors are always very clear describing exactly what these men do. It’s another way to understand all the ways you can have attractive body language.



## **Record Yourself in a Social Situation**

Once you have memorized the 9 laws, made them habits, and started surrounding yourself with people that do them, you should move onto the next step which is: critiquing your own body language under the microscope.

There are many things that we do that we have no clue are happening. Other people notice them, but we don't because we are too close. You can ask a friend about them, and they will probably tell you some, but they may not be completely honest because they don't want to be too harsh or do not consciously notice these things. It's best if you can see for yourself.

Meet with a girl and ask if it is ok if you film the two of you. You can say it's for this exact reason or something like "a project for school." Interact with her the way you would with any girl, try to seduce her so that you can see how you look while doing this. Afterwards, listen and watch yourself over and over to find the points where you show body language that is not attractive.

After watching it the first time, you should turn off the sound and watch it again. Only pay attention to your body language and the first 6 laws. After you have done that, close the screen and just listen. Then, you can focus on the final 3 laws. Find where you are making mistakes and correct them. If you take all these steps to improve your body language, I guarantee that it will change your life for the better, and double or triple the amount of attraction that women feel towards you.

## **The Thought Process behind This Body Language**

Finally, you want to try to internalize the thought processes behind attractive body language. The people who naturally have excellent body language usually share some of these beliefs:

I was born to be or have whatever I want in this world, this world is my playground

Be overconfident in private and confident in public. It's not socially acceptable to be overconfident, however being overconfident while you are alone will make your body language be the very most attractive it could be. Constantly recognize the achievements of your life. Forget your failures, because they are only to be learned from for future success.

I don't need to impress her, she needs to impress me

When you start looking at yourself as the prize, it will come out in your body language. Understand that she is lucky to have a shot with you. She has the chance to be your girlfriend. Maybe she will be able to prove herself to you, and you may choose her, if she's lucky.

I am masculine and powerful

You are a man, no matter what society tells you. You need to feel that in every inch of your body. You are a masculine and powerful man who takes what he wants.

All women are attracted to me

Every girl is attracted to you; it's just the way it is. She may have rejected you, but she is either a lesbian or in love with another man. If that were not the case, she would be into you.

I am the master of time

You are the master of time, you control time. You don't need to hurry to be anywhere, because this is your world.

I don't take life too seriously

You understand that life is meant to be fun, not something stressful that you are constantly worried about. Have fun and work hard and things will go your way, there is no need to worry. Even when something bad happens, things will fix themselves; all you have to do is laugh it off and wait for problems to repair themselves.

I stand tall and proud

You are descended from great men and you will stand tall and proud, just as they did. You have an obligation to show yourself off to the world in the strongest possible state.

Internalizing these beliefs will do nothing but improve your body language. It will help your inner confidence as a person. Read these over once a day for a month, and the way you view the world will start shifting, your body language with it.

## **Enter my mind as I use body language while talking to a girl**

Body language is THE most important part of opening a girl. When deciding whether or not you should talk to a girl, you shouldn't be thinking about what you will say, but how you will say it. The first few minutes of an interaction are crucial; they say a woman decides whether or not she wants to sleep with a man within the first two minutes of meeting him. To get a high rate on return on day one, I really believe the answer is simple: Body Language. Here, I will show you my thought processes exactly while opening a girl, pay attention to how much of this is body language.

As I am walking down the street past crowds of people, I notice the face of a beautiful woman. She is about twenty feet away, and walking towards me. The girl's blonde hair and thin frame are clearly visible even from this distance.

I immediately put my whole body more erect, trying to stand taller than what is comfortable. My chin goes up slightly, and my shoulders back. I am standing taller.

As the seconds pass, she gets closer and closer.

My eyes squint, showing a 100% eye smile that you see models exhibit. I look to the side of her as she approaches the point where it is comfortable for her to check me out, and then glance back making eye contact.

I hold eye contact with her until she looks away a moment later.

"Excuse me." I stop her, and make strong eye contact.

Before I say anything else, I give a relaxed reassuring smile while still staring into her eyes. Her green eyes look mesmerizing, and give me more motivation to continue my flawless body language.

I lightly touch her wrist to get her to face me and say

"Could you help me for a moment?" I continue holding eye contact for just slightly longer than is polite.

"I'm looking for Grant Park and I am completely lost." As I say the word lost, a smile crosses my face, showing that I recognize the humor of the situation.

"Well," she responds as she glances away to think. She seems young, probably around twenty years old.

I maintain nice posture as I am waiting for her response. Shoulders back, chin parallel with the ground. My feet are about shoulder width apart, and my arms are not folded or in my pockets. They are taking up space.

"You are going the wrong way," she says.

I knew this. The reason I asked for that park was because it is in the direction that she's going. I have made myself seem as attractive as possible while using body language and eye contact to create a slight emotional connection with her. This alone has hooked her interest, and she says exactly what I want her to say.

"I'm actually walking in that direction, I could send you down the right road."

"I would appreciate it," I say with a smile that features my eyes completely smiling, but my mouth only slightly.

I turn, and start walking with her in the direction from where I came.

### **When we start a conversation**

"I'm Nicholas by the way."

I gauge how I have said this sentence. Was I speaking too fast, unclear, or too high pitched?

"I'm Katy."

I make the necessary changes to my voice to make it as attractive as possible and say

"I'm supposed to meet a friend at that park, but the last time I talked to them their cell phone was almost dead and now I think the battery is completely dead. You are helping me out quite a bit." I use the word "them" to keep it a mystery whether it is a guy or a girl that I'm meeting. I will let her fill in the blank with her preference.

I stare into her eyes with mine slightly squinted.

"It's no problem," she replies.

"So where are you headed?" I make small talk.

"I'm headed home from class, I study at the university right up the street."

"What are you studying?" I ask.

"Psychology."

At this point, I have had great body language and have been doing most of the leading at talking. I keep silent and focus on having a fluid walk and very slightly squinted eyes. If she is the slightest bit interested in me, she will break this awkward silence herself.

Five seconds passes before she asks

"So how old are you?"

I hesitate, and we lock eyes for a moment before I say

"Forty one." I'm only twenty eight years old, so this is obviously ridiculous.

She looks at me and starts to awkwardly smile. “No, really.”

I stare back at her with a completely serious look on my face. “Really.”

She does a double take of me to see if I could really be forty one years old. I frame my face with my thumb and index finger of my left hand and slowly I let a big smile come over my face.

She understands that I am joking and laughs. “You are such a liar.”

I laugh with her and reply “I’m twenty eight. And you?”

“Forty three,” she replies while laughing.

“That’s EXACTLY what I was going to guess,” I reply, and we both laugh together.

“Twenty one,” she says.

I have kept up the constant eye contact, looking from one eye to the next as she spoke and as she has become more comfortable with me, her eye contact has become more intense as well.

We arrive at an intersection, and she says

“Well, this is the street you want to take. Follow this down two blocks and the park is on your left.”

I look her in the eyes, and slightly grab her hand to face her body towards mine. She looks back at me.

“Well I guess this is goodbye,” I say.

“I guess so,” she responds. “It was nice to meet you, Nicholas.”

“It was nice to meet you Katy,” I respond in the same tone.

I let go of her hand and as she is half way turned around to cross the street, I say

“Hey.”

She turns back around, and looks at me.

“You know I just moved to here and don’t know many people. Would you want to meet up some time?” I keep my voice slow, clear, and deep as I say this. I look relaxed, and completely unworried about how she will respond.

“Sure,” she says. “I should be free this weekend, my number is....”

## **Body Language is Crucial**

When you first start talking to a girl, it really isn’t what you say to her, it’s how you say it. It’s the communication that isn’t coming out of your mouth that really matters. These are the thoughts that go through my head when I first meet a girl.

I have found that when I focus on these things, that any girl is obtainable. This is not something you can master after a couple minutes, it's something that takes time, but these are some of the thoughts that should be running through your mind when you interact with a girl.

## Try to Focus On Facial Body Language

Body language is probably the most important factor in determining whether a girl is attracted to you. Body language alone can help an ugly man score a hot woman or a poor man score a rich woman. I have seen it with my own eyes.

I have done experiments practicing bad body language, then practicing good body language and watching her attentions do a 360. The interaction went from her barely responding to me to her chasing after me, giggling and asking me question after question. I looked exactly the same as I did moments before, I made the same amount of money, I was just as tall, as handsome, as strong, but changing one thing... I was able to win this girl over.

It's clear; body language is like man's magical power. It can be used to get special treatment anywhere you go or it can be used to get into a girl's pants. But when I ask most people what body language is, they almost always talk about posture.

Most people understand that having good body language is important, and the most they know about it is to have good posture. This is part of good body language, but it is not near as important as many other things.

In fact, there is one part of your body where the body language signals make many more times the effect than any other place on your body. Mastering body language on this one small part of your body alone can turn a girl who has no interest into you into a girl who can't stay away from you. Can you guess where it is?

When you are talking to a girl, what is it that most of her brain function is focused on? Your posture? If you have smooth movements? Your rate of speech? No. People believe what they see, before anything else, so listening is secondary. They are also not thinking about your posture or your movements for more than a moment. What they are constantly focused on is what happens on your face.

Why?

In a conversation with a girl, her eyes will probably be on your face over 95% of the interaction. So if you will master any part of body language, you want it to be what happens on your face.

It is the most difficult part to master, but it also has the biggest reward. How you smile, how you laugh, when you smile, how you look at her, how you hold your eyes, if you raise your eye brows. Facial body language is complex, but powerful.

Teaching you how to master facial body language

First, you need to know the thought process concerning what types of looks you should have behind your facial expressions. A lot of this will be review of what you have read above.

These are the main things that should be showing on your face when talking to a girl. Showing



and feeling these things will go hand and hand. If you fake them on your face, you will start to feel them. If you feel them, they will start to show up on your face.

## Confidence, near cockiness

Having a vibe that is confident, near cocky, is a thing that make a huge difference. You want this to be behind every facial expression you make. A smirk is a powerful tool in a facial body language repertoire, as well as a simple confident smile.

## Fun

Having a fun vibe is something that ALL women love. Most women don't need the same things they have needed for hundreds of thousands of years i.e., money, or a dangerous and strong man, etc. So although those attraction triggers are still part of their instincts (read more about these concepts of attraction here), their importance is not as high up as having a guy who is fun to be around.

To be seen as fun, you just have to laugh and smile. It's that simple, but it also has to do with the type of laugh, type of smile, and how genuine it seems.

## Genuineness of your facial expressions

The genuineness of your facial body language is very important because of how often people try to fake these things. You can't fall into that category because it will not incite any emotion in the person you are doing it to.

To do these things genuinely, you just need to make sure that these emotions affect your entire face. If you smile, it should show very much in your eyes. If you laugh, it should show over every muscle in your face, including your eyes.

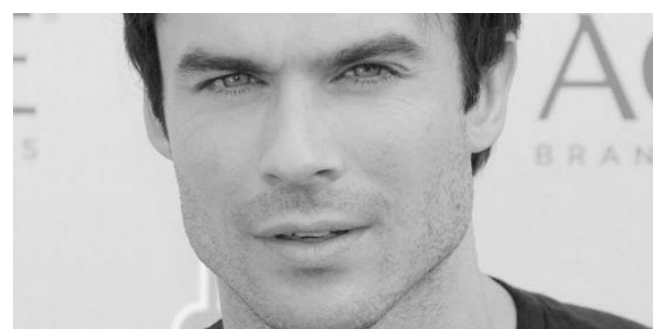
## Eye contact

Keeping strong eye contact with somebody of the opposite sex not only shows eye contact, but it also shows sexual intent. This sexual intent is communicated on a very primal level, and that makes it very much more powerful than saying the same thing with words.

You should also be aware of how you hold your eyes when you look at a girl. Ian Somerhalder is a guy who makes women crazy. Why? His eyes. He has blue eyes, which helps, but he's not the only guy in the world with blue eyes. What sets him apart is that he is always holding his eyes in an attractive way. Either in a smile:



Or he does it in an intense way:



I promise that if you hold your eyes this way while listening to a girl talk, she will have trouble focusing because she will only be thinking about how sexy you look.

The right type of smile

This is so important all by itself because a smile affects all of your face, and to be confident and fun you will need to spend some time with smiles. I have written a previous article about it [here](#).

There are many types of smiles to be used in different situations, but here is a picture I made a couple of years back that can show you the point better than I can explain it.



These 4 attractive ways to smile are eye smirk, lip smirk, teeth smirk, and laughter.

These should be the only ways you are smiling; it will make you seem very attractive.

## Eyebrow raise

Raising your eyebrows while also squinting like talked about above is something that women will find irresistible as well. You can do this when she says something interesting or silly.



## Timing

Another important part of facial body language is learning the right timing to use these facial expressions. If the timing is right, these facial expressions become even more powerful.

When she is saying something interesting, make sure that you are looking at her intensely. When she is trying to be funny, make sure to tease her by raising your eye brows and smiling. When something is funny, laugh.

These are things that you will only learn by getting out there and practicing.

### Teases with facial body language

I talked about how you can use raised eyebrows to tease a girl, but there are many other ways. You can also make a joke, look at her completely seriously, and then SLOWLY let a smile cross your face. She will go from wondering if you are serious, to seeing that you are teasing her. When you are teasing her, don't be afraid to laugh. You are a fun guy after all.

### Acting with facial body language

Another thing that you can do is use your facial expressions to act with her, Hollywood style. It's very powerful and very fun for a girl. You use it a lot with role playing jokes.

If she drops something, you could say "What the hell!" and look at her angrily. Then a moment later, you slowly start smiling, and then laughing.

You could start teasing her about stalking you, and you can look at her like you are scared "Everywhere I look there you are; in the street, here in this bar, at my bedroom window." Then you let your scared look turn into a cocky smile.

### Practice in front of your mirror

These things are VERY important when it comes to women. If you don't stand in front of your mirror and practice your attractive smile or eyebrow raise, then you are at a huge disadvantage (many women do these types of things).

You should be standing in front of your mirror at least an hour a week. You can have practice conversations with girls. Pretend you are opening them, then tease them, make jokes, and try to just look charming and attractive.

## Attractive Dancing

These 9 laws can be used in many ways. They can be used in ways you would not think of. One of these ways is dancing.

### Attractive Dancing

If you are already a great dancer, great. If you are not, then using the first 6 body language laws as a guide is going to bring women towards you. The same body language that is attractive in an interaction is attractive while dancing. Here is how you can use the first 6 laws of attractive body language to be attractive while dancing:

You want to maintain eye contact with your partner.

If you are dancing with some girl and constantly looking away, it will hinder the attraction you could build, so make sure to keep those eyes locked for the majority of the dance. Law #1.

You want to smile the right way.

Most people aren't professional dancers. They go dancing because it is fun. If you have a serious look on your face the whole time that you are dancing, you will seem a bit ridiculous. Make sure to smile, and smile the right way. Law #2.

You want to maintain good posture: chin up, shoulders back.

While dancing, you may leave this posture for a certain amount of time while dancing, but overall you want to keep good posture as your base. Bad posture is still bad, even if you are dancing. And if you exaggerate this posture while dancing, it will be more attractive and more socially acceptable, because you are dancing. You can have your chin very high in the air, and your shoulders very far back, and it will look like you are just enjoying the music, but your girl will wonder why she is feeling so attracted to you. Law #3 and 4.

You want to take up space.

While dancing, you should be constantly touching your dance partner. It doesn't have to be sexual, but touch is a strong trigger in attraction. Also, don't be one of those guys that dance in a tiny box. Branch out. I know the dance floor may be packed, but let your arms up and out a little bit, and dance big. Just make sure to not clock anybody in the face. Law #5.

You want to have calm and relaxed movements.

There are guys who have mastered jerky dances. Even though these movements are controlled, it is still not an attractive way to dance with a girl. You want smooth and controlled motions, with your body relaxed. Don't spend your time at the club doing the robot. Law #6.

If you are dancing because you want to attract and meet a girl, this is the way you want to do it; using the things that are hardwired into a girl to be attracted to.

You may see guys getting a lot of attention doing flashy dance moves. If it is skill that causes these moves to get so much attention, then it will be attractive. If it is humor that causes these to get so much attention, then it won't be. There is a difference between being the clown and having fun while dancing. Just make sure that you are having fun and not being the clown.

Now that you know most of the dos and don'ts of attractive dancing, get out there and try it. If you have read through this book, you should have the first 6 laws completely memorized, so go see what you can do on the dance floor.

## Attractive Photo Posing

Another way that you can use the 9 laws is while posing for a photo. Funny is always a good pose, but funny and attractive is better. Just like in dancing, you can use the first 6 laws to help yourself understand what will make an attractive photo. Taking attractive photos is becoming very important in today's society thanks to dating websites and Facebook. Here is how you can make your photos more attractive:

You want to have good eye contact.

Whether looking off into the distance or looking at the camera, the right eye contact is important. Try not to look at the ground, or even at something downwards. The reason you shouldn't do this is because it is a submissive pose, and not the most attractive choice. Law #1.

You want to smile the right way.

No more cheesy smiles that you have been doing since you were four. Time to smile the right way. Look over law #2. Give one of the four attractive smiles. You could use the favorite of male models, the eye smirk, maybe a nice teeth smirk, or another great option is laughter, which conveys nothing but good things about you. Law #2.

You want good posture; chin up, shoulders back.

You don't want to look like a hunchback in any of your pictures, nor do you want to look timid with your chin down. You want your chest out and chin high in the air. Pictures are another time when you can exaggerate these positions. They will make your pictures even better. Laws #3 and #4.

You want to take up space.

When you take up space in your pictures, you will convey dominance. You can spread out your arms and legs as wide as possible to show how big you are compared to a tunnel or a large building or put your arm around a friend on each side of you. Take up that space. Law #5.

The sixth law is not really used so much in photos, since it has more to do with movement. However, if you are constantly being jerky while people are taking pictures, it will make for some goofy and blurry photos. Law #6.

## Body Language Tips for the Moment

There is body language, and there are things you can do in the moment to help build attraction with a girl. Building attraction in the moment with body language is much more specific and still important, so I will teach you a few things. I will start at the most important.

### Escalation

Every relationship needs escalation. It starts with a light touch, then as the relationship progresses, the touches get more and more sexual. Every natural relationship follows the same escalation patterns all the way to sex, whether it takes a few hours to go from meeting to sex or if it takes months. Here are some tips for helping to move along escalation:

#### Masking

As I have previously mentioned, you want to mask all your touches with a distraction. Cover it with a curiosity, teasing, social greeting, or anything else you can think of.

#### Shaking hands

When first meeting a girl, you want to touch her as soon as possible. Stick out your hand in greeting. When you shake her hand, make sure to hold it for a half a second longer than normal. Make sure that you hold eye contact. Don't look at where you are touching her.

#### Hugging the right way

There is a way to hug your grandmother, and there is a way to hug an attractive girl. When you hug a girl you find attractive, you want either both your arms above her arms or both your arms below hers, depending on height. Once you do this, make sure your hips are touching her hips. This will bring out a sexual vibe.

#### Checking out her nails

When you are talking with her and you want an excuse to touch her hands, just ask her about her nails. It sounds a bit gay, but works like a charm.

#### Comparing hand sizes

Another way to touch her hands is to say something like "You have tiny hands" in a teasing way. Then you can compare hand sizes, palm to palm.



## Tickling

Be careful not to go overboard with this one, but it is a fun excuse to touch her and escalate.

## Wrestling

If a girl wants to wrestle, don't pass up an opportunity like that. It will make her completely comfortable with you touching her almost anywhere, but don't get too sexual just yet.

## Pinching

A playful pinch, not a painful one, is a fun way to get some touch in.

## Licking

There are many women who love guys who have fun. Licking a girl in a fun way is another way to get a girl comfortable with you.

## Biting

Saying something like "I'm hungry, and " then putting her arm in your mouth is another playful way to create touch.

From there, you just start calming things down, look for the signs and go for the kiss, and more.

## **Psychological Body Language Moves**

### The Lean

While talking with her, you can start out leaning forward, like you are really interested in what she has to say. Then, as the conversation progresses, you will start to lean further and further backwards. Psychologically, she will read this like she is losing your interest. She will already have felt what it was like when you were completely interested, and she will want it back. It will switch you from chasing her, which is usually how it starts if you are a guy, to her chasing you.

### The Disconnect

If a girl does something that she shouldn't be doing, don't act mad, just act neutral but do a body language disconnect. To do this, just put more space between the two of you and close up your body language and turn it away from her. Fold your arms, turn your body the opposite direction of her. She will know something is wrong, and will come chasing after you. Remember,

these will only work if you have already shown interest and she feels some attraction for you. What makes this so effective is that she goes from the feeling of having your attention to going to the complete opposite so quickly.

## Conclusion

Now that you know the 9 laws of attractive body language, you can go out into the world and make things happen with women. You now understand that when you see a cute girl, you don't need anything clever to say when you go talk to her. You only need to have good body language. You don't have to try to impress her on a date, because you know that it will most likely be your body language that will determine whether she likes you.

While making these things habits, remember that congruence is very important. You will not begin building large amounts of attraction until you have a few of these mastered. A man with perfect eye contact will seem strange if the rest of his body language is terrible. It seems incongruent, and people will pick up on it. So try your best to master as many as possible.

There is a type of man that women love. They call him the strong, silent type. Women don't completely understand why they are so attracted to him, especially since he hardly talks, but they do know that they are attracted. Strong is a traditionally masculine characteristic. In this case, they are using it to say that his body language is extraordinary. Remember that words have importance, but they mean nothing compared to how you say them and how you communicate through your body.

**Make sure to check out my other books:**

[The Key Logger: A Forbidden Glimpse into the True Nature of Women](#)

[The Perfection Conversation: Win Any Girls with Words](#)

[Understanding Sexual Attraction: What Makes A Woman Want You](#)

[120 Body Language Signals that She Likes You](#)

[Elite Online Dating: Read. Click. Bang. She's Yours](#)