

# DEVOTION THE SYSTEM

*Amy North*





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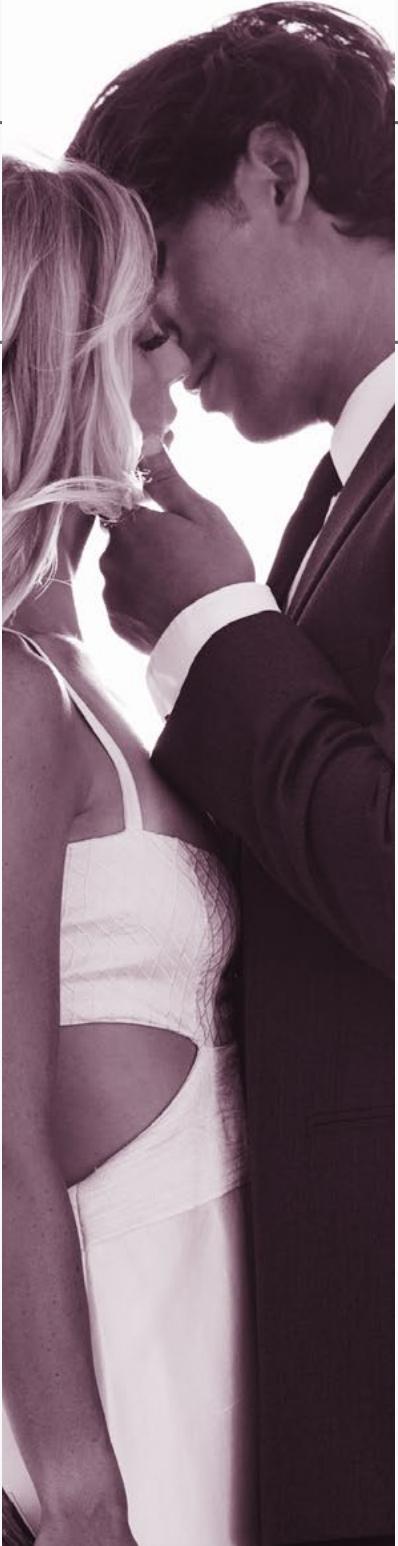
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Final Words

# Welcome to The Devotion System



You've been on mediocre dates with middle-of-the-road men, on terrible dates with complete jerks, and on decent dates with dreamy men.

**B**ut no matter how many dates you go on, it seems the great guy you've been dreaming about has yet to show up. At this point, you're starting to wonder if you'll ever find the right man who will open up and commit to you.

But before you start doubting your brilliance or your beauty, I'm here to tell you how you can find and keep any (yes, that's right — *any*) man you'd like. And if you're already with a great guy, I can share with you the tricks you'll need to keep him happily standing by your side until death do you part.

The truth is, it doesn't matter if you're a stylish, 6'2" blond with bright blue eyes or an overweight, 4'8" redhead who can't tan to save her life; **as long as you follow the steps I'm going to share with you, you'll have a man committed to you like never before.**

Before I get too far ahead of myself, allow me to introduce myself.

# Who Am I & How Did I Get Here?

My name is Amy North, and I'm a dating coach and relationship expert from Vancouver, Canada. As a relationship coach, I often get asked why I chose this field of work, and the answer is simple: I have a compelling interest in people and their stories, and a passion for facilitating change – especially in the lives of others. It's a beautiful thing when a passion and a career can come together, which is why I can say with a smile that I'm happy to be helping women build and discover happy, healthy relationships.



Many people don't realize that a relationship coach is quite different from a trained therapist. Sure, I have successfully completed several coaching courses and clinical seminars, and

I do have a bachelor's degree in Social Psychology and another in Journalism, but to be honest most of my relationship advice comes either from my own life experiences or from those around me. Throughout this program, I would really like you to think of me as your girlfriend, guru, supporter, challenger, motivator and personal coach who's seen it all; think Carrie Bradshaw meets Oprah, if you will.

**I'll give you the push to get going, and the tools to keep you on track.**  
Your interests will be my interests, and I won't judge, but I will help.

For the past five years I've been helping women build committed, loving relationships both locally and globally. While my areas of expertise are dating, marriage, breakups and divorce, I like to keep up-to-date with the latest research on relationships, clinical counselling, and of course trending fads, world news, and Hollywood gossip.

So the crucial question: **How did I get here?**

The truth is, when I was a kid I fell in love with the idea of love. I'm not sure if it was from watching movies like *When Harry Met Sally* or listening to the songs of The Supremes, but something in my childhood gave me this impression that love was some supernatural force that only a few would be lucky enough to encounter, while the rest of us would have to settle for less than butterflies. As I got older and experienced my first real crush, my first kiss, and my first date, I switched gears and realized that love wasn't the superficial idea I'd understood it to be; it was a burning passion and desire — a feeling that ignited sparks and made it impossible to sleep at night.

Over the years relationships blossomed, infatuations came and went, heartbreak happened and mascara ran. It was in these years that I realized that love isn't some hot and steamy experience that over time goes cold and fades away, but rather an emotional roller coaster and a fact of life. Now I like to think of love as an onion; it has layers and some stink or will make you cry, but, if you keep peeling, you'll eventually get to the core of it.

Today I'm a lover of love, but more importantly, I believe in it. I believe in its universal strength and ability to create bonds and alter emotions; its ability to change lives and inspire change. I also believe that love is a dynamic, lifelong process that needs hard work and dedication for it to survive. It's these beliefs that pushed me to make it my mission to help people around the world cope — and grow — with love. ▾

## The Devotion Sequences

You may have heard about my "**Devotion Sequences**"; the simple phrases designed to make men wild with desire for you. As simple as they are to use, they pack a punch that's strong enough to make any guy fall truly, madly and deeply in love with you. Better than that, when used correctly these words will cause him to commit lovingly to you and only

you for as long as you'll have him. Think of the Devotion Sequences as your own Cupid's arrow.

**So what are these magic words?** Well, before I share them with you it's important that you're ready to use them. Why you ask? Because unless you're equip with the right tools words alone aren't going to have the same effect. This is why we need to build the foundation first!

The good news is that your full artillery is in part one of the program, so everything you need to know for the Devotion Sequences to work is just pages away! **Once you've got these covered, we'll then move on to part two, which is where you'll be introduced to my sequences.** Until then, stay tuned and attentive. Everything from here on out is setting the stage for your happy, loving relationship. ▶

## What We'll Cover

In the **first part** of the book, you're going to find out about...

- the importance of letting go of the past
- how heartache and despair work against you
- how to move on from a breakup
- how to unleash your inner power and become an intoxicating dream woman that men desire and other women envy
- the secret factors that may be standing between you and Mr. Right

Then, in **part two** we're going to dig deep and get to the bottom of understanding men. This section covers:

- the various misconceptions women have of men
- how men really think, and why they act as they do
- the types of behaviours men do and do not respond to
- the "Devotion Sequences" and how to use these words to make any man fall for you
- types of men and what to expect when dating each
- what men crave
- how to hook and seduce a man
- subconscious signs he sends you that you may not even notice

Finally, in **part three** I will talk about:

- commitment kickstarters
- how to give your man “love goggles” and make him addicted to only you
- love triggers and the physiological components of lasting love
- relationship warning signs
- relationship mistakes to avoid
- how to have the perfect date
- how to be compelling in the bedroom
- ways to make him happily monogamous
- what to do if he pulls away
- how to tell if he's “the one” ▾

## Why This Will Work

This will work because you're looking for the best and your standards are high, as they should be. Along this journey, don't let anyone tell you you're looking for a non-existent partner. They're just jealous of your bold convictions.

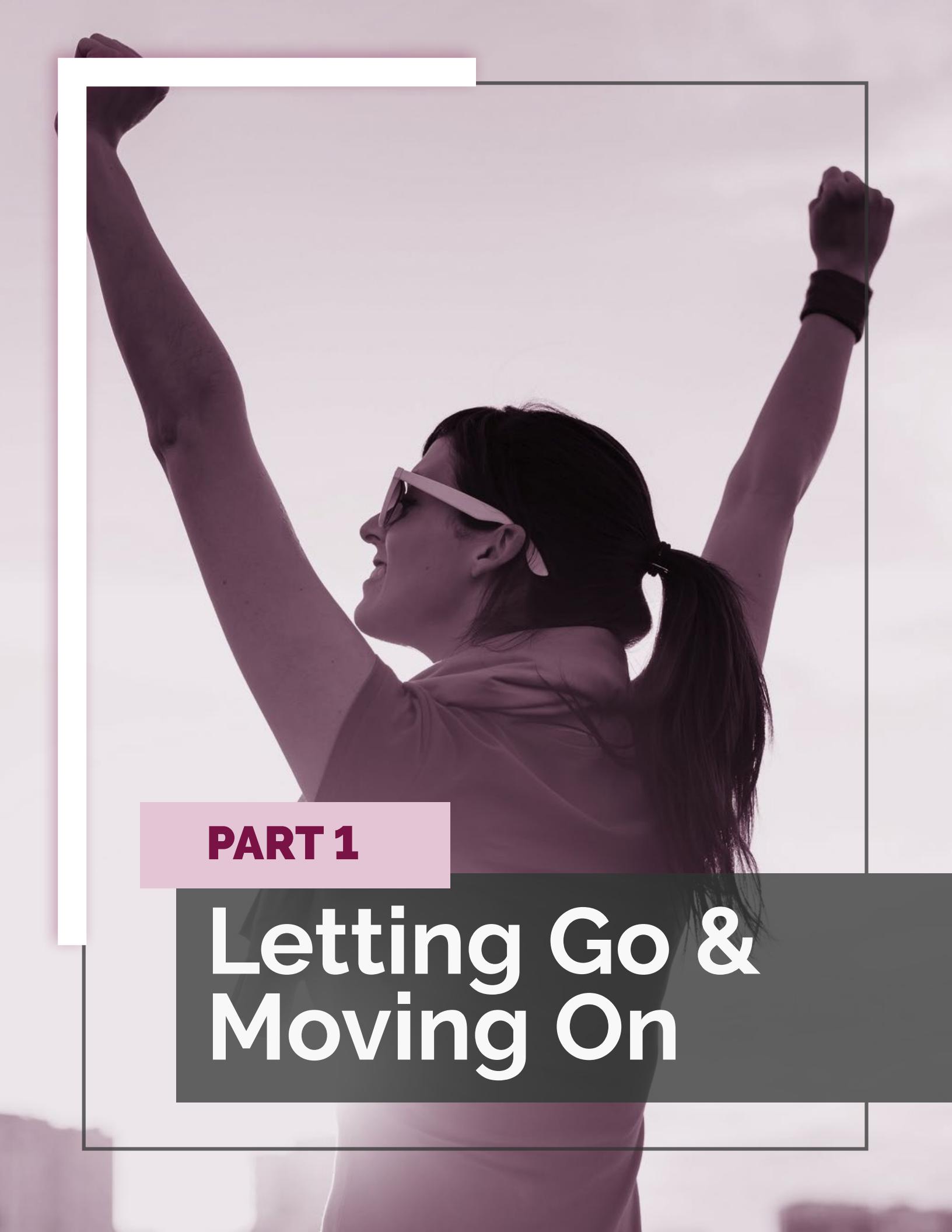
In fact, part of the reason you're reading this right now is because you're a strong, determined, passionate woman. You're not wasting time and energy worrying needlessly about everyone else's opinion of you. You don't see yourself as “above” other people, but you also don't find it necessary to settle for less than you deserve. You know your worth, and you know there's a man out there that'll see it too.

This guide is going to work for you because **I'm going to help you avoid MANY of the typical and easy-to-make mistakes** that pop up in any relationship. I'm also going to tell you what to do if you've already made them.

It may be a bumpy road at times, but guess what? You've already overcome the hardest part. You've taken the first step and found help. It can only go up from here!

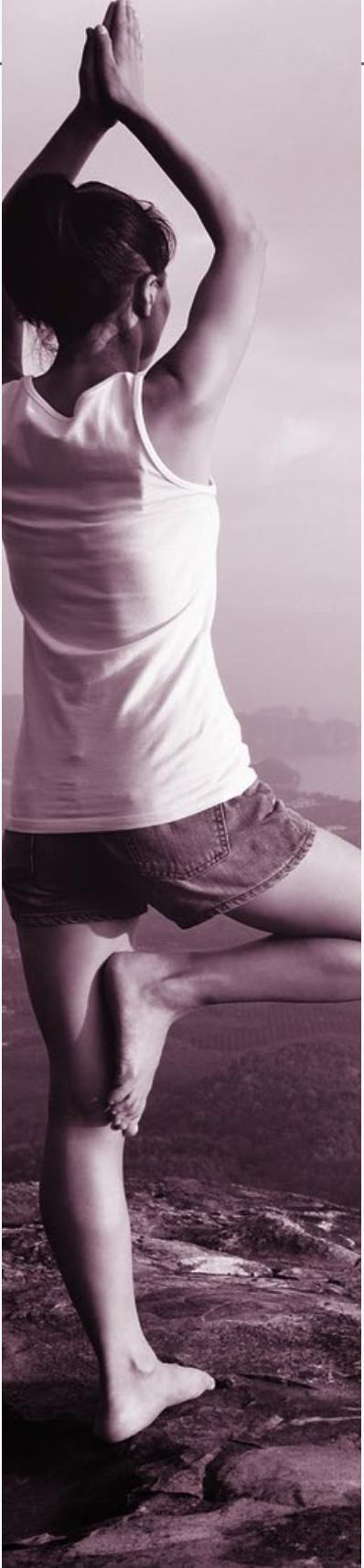
Now before you turn the page and sink into this book, there's one thing you must remember at all times: **there is a man out there for you!** You are meant to enjoy a fulfilling relationship with the man of your dreams, and all this is within your grasp. So, whether you're on the hunt for Mr. Right or have found the one but want to make sure he's committed for the long term, you can do this.

So let's do it. ■

A photograph of a woman from the waist up, wearing a light pink tank top and dark sunglasses. She has long dark hair tied back in a ponytail and is wearing a black wristband on her left wrist. Her arms are raised high above her head in a gesture of triumph or celebration. The background is a bright, overexposed sky.

## PART 1

# Letting Go & Moving On



*Before you can begin your quest for Mr. Right, there's one teensy, weensy thing you must first do.*

**O**kay, I'm lying. It's not a small thing, and for some of you, it may actually be one of the hardest things you've ever had to do. **But you have to let go of the past.**

Now you may have convinced yourself that you're already over all the crappy relationships you've had in the past, but it's important that you're honest with yourself here. In order to open up your heart to someone else, you need to release any feelings of heartache or resentment you may have bottled up and hidden in the back of your heart. There's no better way to put it than the great Paul McCartney did: "Live and let die."

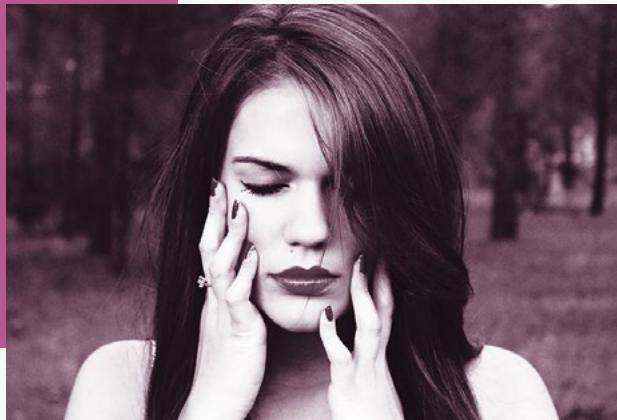
The truth is, **nothing that has happened in the past is going to impact your future unless you allow it to.** If you let your past problems, bad experiences and subsequent issues have power over your present and future, then you're not ever going to get where you want to go. If you expect every relationship to end the way that your past ones have, or suspect every man of dishonesty as past boyfriends have been, then you're going to be stuck reliving the same sad story again and again.

In order to let go for good, ask yourself: Why it is that you're holding on to such assumptions or fears? Remember, whatever you've suffered in past relationships is over now. Non-existent. You can't touch or change it, so why put your energy into dwelling on past suffering when you could be boldly stepping out into the world with an open heart and mind, ready to discover new possibilities?



Think of it this way...

Let's say there is this woman, named Anne, who spent three years dating a man we'll call Rob. The first year of their relationship was great; they laughed hard, loved hard and she really thought she had it all with him.



By the time year two came around, however, their relationship seemed to be in a stale state. Their spark had begun to fade and, though they wouldn't admit it, neither of them were feeling completely satisfied in the relationship.

Still, the two hung on for another year before Rob finally called off the relationship. When this happened, Anne

was beside herself. In her mind, their relationship was meant to last, and the stale months were just a rough patch they'd hit. She then spent the next year wrapped up in the memories of her and Rob. When her friends nudged her to get back out there and meet new men, she refused to open her eyes to the possibilities.

After even more time had passed, Anne finally agreed to go on a few dates. But with the memories of Rob still on her mind, she single-handedly sabotaged every potential connection she may have had with these new suitors. Stuck in the past, it's impossible for Anne to find her Mr. Right.

It's true that bad relationships can leave a nasty taste in your mouth, and even creep into your mind and create unnecessary insecurities. When this happens, these evil little jabs will work 100 percent against you if you're trying to find love, which is why you need to let go and destroy these little buggers as soon as possible.

If you've never been in a serious relationship (which believe me, so many people haven't), then you may need to let go of other things that you've been bottling up. Perhaps you have insecurities about your weight, or don't feel attractive. It could be that you've always been a bit of a loner

and keep to yourself more often than not. Or maybe you had a rough upbringing and don't feel deserving of love.

Even if you're just an average person that's been content most of her life but has yet to find "the one," decide who it is you want to be and let go of anything that doesn't serve you. When you let go like that, you're creating space for something better to come along. So, on the count of three, exhale the past and inhale the future:

**One... Two... Three!**

To help you let go of the past and the things you waste too much time focusing on, I've created a simple solution to help you P.A.S.S. the past. ■



# The P.A.S.S. System

## Process Your Emotions

**P**In order to truly let go of the past, it's important that you give yourself time to process your emotions. Give yourself permission to feel the anguish, hurt and heartache you've been holding on to. Yell, cry, and binge watch sappy rom-coms. Unapologetically eat the entire tub of Ben & Jerry's, order the pasta instead of the salad and allow yourself seconds (or thirds!). But do it mindfully. Know that there are reasons behind your indulgence — therapeutic ones — that will help you move forward happier and healthier.

In your grieving process think about *why* you're upset: what have you lost and why does it hurt? Everyone does this differently, and while for some of you it may take weeks to fully process your feelings, for others it may take months. Give yourself the time you need, and never feel rushed to just "get over it." Once you have completely felt, pondered and understood your emotions, you're ready to move on to bigger and better things! ▶

## Accept What Has Ended

**A**Everyone has their own unique way of accepting the end of something, whether it's a job, a relationship, an adventure or other. Now that you've processed your emotions, it's time to move forward. In order to do so, take a few moments to read the following sentence: **Nothing that has happened (or that has failed to happen) in the past is going to negatively impact where you decide to go now.** Read it again and again, until its message sinks in and you realize that you're about to encounter a fresh, new beginning. No bruises or baggage. Got it? Good!

Now mentally draw a line in the sand, step over it, and tell your past goodbye. The issues, problems, experiences, and stories you've

experienced can be used to positively power your path for the future, but in order for them to do that, you need to know that those particular hard times are over. They have ended. If you don't accept this, they can resurface and have a negative impact. Don't let past issues stop you from going where you want to go. Once you accept this, you'll be unstoppable! ▾

## Surrender to Yourself

At this point you've accepted the past and processed your emotions. You know exactly why you felt hurt, insecure, lonely, or not good enough, and realize that it's time to move on to bigger and better things. In order to do this, you must learn how to embrace the power of your mind and focus on the positive.

Surrender to yourself. Recognize what you have to offer and believe that any man out there would be lucky to have you in his life. Doing so will not only fill you with happiness and confidence, it will also help you to manage your emotional state, an important skill to develop for numerous reasons (and one that we'll touch on more later in this book).

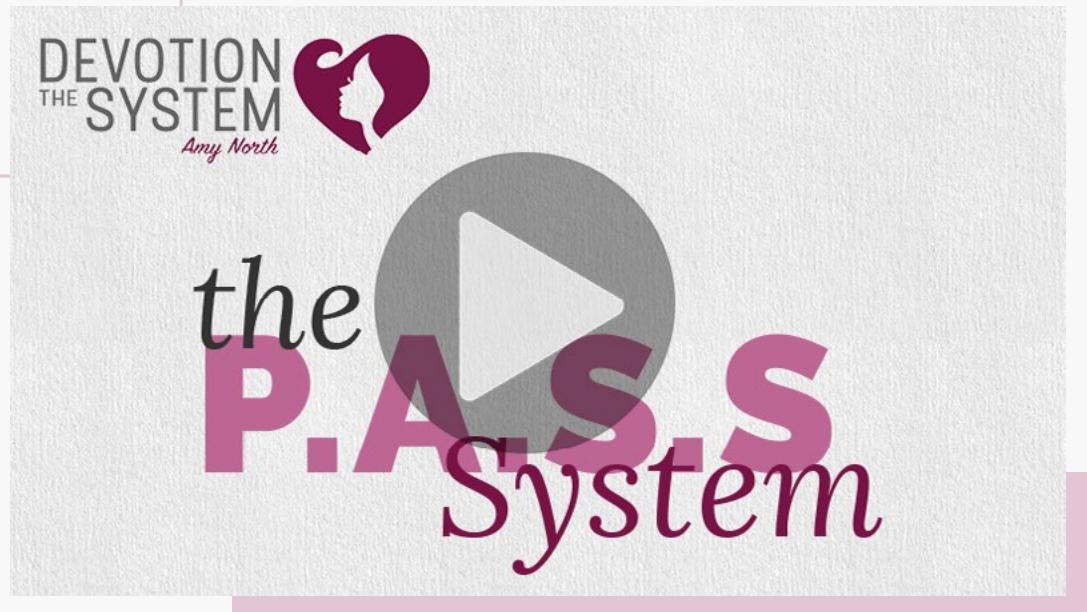
Remember: **Your future is determined by your actions, and your actions are most benefitted from certainty.** In order to find a loving, committed relationship, you must first see clearly what it is that you want from a man, and visualize the path you'll take to get there. Focusing on the things you want in your relationship will guide you away from your problems and towards solutions. Say to yourself: *I am strong. I am powerful. I have control of my own life.* Watch out, world! ▾

## Step into the Future

The world is your oyster and you have complete control over just how beautiful you make it. That's right, just because all your friends or family members have their "perfect lives" in order, doesn't mean you're behind on the path. In fact, you're exactly where you're meant to be. Just keep looking forward, embrace the future and chase your dreams.

Everything won't always be easy, but in those moments of struggle, remember to smile at how far you've come. **Remember to keep your chin up, your positivity radiating and your head in the game.** You're far too bold, bright and beautiful to be looking back on what didn't serve you well. Forget the past and the men who didn't work out. You have the world by the tail, so let's get you going! ■

CLICK TO PLAY  
THIS VIDEO IN  
YOUR BROWSER.





# Become a Dream Woman

**D**id you know that a shocking **97 percent of women feel unhappy with their bodies at least once a day**? It sounds insane, right? And quite frankly it's sad.



A big reason behind why so many women have body issues is the media. Just think for a moment about how many times a day you see advertisements showing picture-perfect women; how often you see diet ads aimed at getting the “perfect bod”; or read headlines presenting the “Ten sexiest stars.” While unrealistic ideas of body image and the vixens of Hollywood don't help us feel any better about ourselves, fortunately the inauthenticity of it all is coming more and more to light.

As most of you already know at this point, the images we see in the media are largely edited and altered to create those breathtakingly beautiful women. While many of us feel jealous and forced to live up to those ideals, we often forget that **those images have been airbrushed and edited**. As a human being, it's not possible to live up to editing software. And honestly, men don't want you to.

As a woman, you've probably struggled with such insecurities, compared yourself to other women, and questioned what it is that men are attracted to. The truth is, after talking to many different men, I've come to learn that there are no such things as one “ideal woman.”

What one man finds attractive another does not, and vice versa. Just because mainstream media have brainwashed women into believing that they need the chest of Scarlett Johansson, the hips of Shakira and the booty of Beyoncé, that's not necessarily the case. **Under no**



**circumstances do you need to turn yourself inside out to be sexy or desired by men.** Marketing campaigns will tell you that you need to look or be a certain way, but their end game is to sell you a product, not to instill self-worth and confidence.

Sure, some men find certain traits attractive but, as cheesy as it sounds, what's on the outside doesn't count as much as what's on the inside. The truth is, being drop-dead-gorgeous has nothing to do with the color of your eyes or your dress size. It's all about having the right attitude. ▾

## Confidence



**L**et me begin by telling you a story about two women, Jennifer and Rachel.

Jennifer is the kind of woman that turns heads. She's tall and has a sculpted figured that's twine-thin. She has sunflower blonde hair that flows down her back, perfect brows, sweeping eyelashes and bright blue eyes. Jennifer's makeup is always on point, and she has heels to match every designer bag and jacket she owns. The way she dresses, with her plunging necklines and short skirts, would make any man's heart skip a beat. However, underneath her good looks, Jennifer is quiet, uninteresting and self-involved.

Rachel, on the other hand, is quite the opposite. She's modest and dresses as such. Her hair is not quite straight and she wears it down and free. She has brown eyes, is a size 9 and stands at 5'5". Rachel's idea of putting on makeup includes a quick flick of mascara and some finishing powder to hide the blemishes on her cheeks. She's friendly, funny, knows what she wants and isn't afraid to show it.

When it comes to men, you may think that the majority would be interested in Jennifer, but since Rachel is the one at the bar or in the conversation having fun, men are lining up to date her. Since she doesn't

have an agenda and isn't just blindly looking for a relationship with any hot guy, men see the sincerity in her actions.

You may think that you have to work hard to get into a relationship, but as you can see when it comes to the likes of Jennifer and Rachel, it rarely works out that way. Sure, men may seem unobservant, but if there's one thing they pick up on, it's when a girl is trying to impress by being false.

As you've seen with Rachel, men are attracted to women who know what they want and aren't afraid to show it, and a big part of becoming this kind of person is having confidence in yourself. If you struggle with finding confidence, you're not alone. Lucky for you, bringing it into your life isn't as hard as it sounds.

A great way to bring confidence into your life is by creating valued directions in your life. Valued directions are things you choose to put your focus and energy towards. Not to be mistaken with goals or ambitions, valued directions don't have an endpoint or target; they're more like the components of your own lifelong philosophy. For example, one valued direction could be to be a physically healthy person, another might be to live with a focus on family, or another still to live with a passion for the environment. In other words, they are areas of life you find important and put value into. Having valued directions will help remove any inner fear and help you relax in a way that will inspire other people to be drawn to you. Ta-da! Confidence is born.

It doesn't stop there, though! ▶

## Focus on the Spark!

**B**elieve it or not, committed, long lasting relationships are all about the spark! As I mentioned, so many women think they need to be or look a certain way in order for men to want and love them, when the truth is inner beauty is so much greater than outer beauty and, looks aside, you'll only ever be as beautiful as you feel. If you feel sexy, you'll be sexy. This has a lot to do with your self-esteem, so if you don't think

of yourself as desirable, you'll have a hard time dating and you'll always be second guessing yourself and your partner. **No matter how solid your relationship is, insecurity is a poison that can ruin even the strongest relationships.**

Too many women have been convinced they have to chronically diet, undergo surgery or spend top dollar on expensive clothes to be more sexy and desirable. The strangest part is, these are superficial attractions that

are much less valuable than most people think. Let's be honest here, sure some men are into their ladies looking like supermodels, but then again, those are usually the guys who are only in it for sex.



**Men that are looking for a serious, committed relationship know that there's so much more to a woman than her looks.** We've been tricked into thinking that we know what men want, but most of us have no idea! While most men are built to appreciate and look at attractive women, physical appearance is not the most important quality he seeks in a partner. While a woman's physical assets catch a man's eyes, it's who she is on the inside that can catch his heart or turn him away. High quality men want more than eye candy and sex; they want a woman who is beautiful on the inside.

When talking about the "spark", I'm not referring to anything superficial, but rather the five fundamental personality and character traits you can develop to experience a loving, committed relationship. When you become aware of these, you'll become a dream woman that will attract amazing men or renew the interest and passion of your partner, so much so that they'll never want to lose you.

Before you get started, keep in mind that it's important to focus on each of the following equally. Spending too much time refining one or two of these traits won't work and you'll be left wondering why your guy has failed to come along and declare his undying love for you.

So let's talk about the **S.P.A.R.K.** ■

# S.P.A.R.K. Breakdown

**S** – Sexy and sassy

**P** – Playful and positive

**A** – Affectionate and admirable

**R** – Radiant and real

**K** – Keen and kind

## Sexy & Sassy

**Sexy:** /'sɛksi/

Adjective

1. sexually attractive or exciting.

**Sassy:** /'sæsi/

Adjective

1. informally lively, bold and full of spirit.
2. cheeky.



**S**ince ‘sexy and sassy’ is probably one of the first things that comes to mind when thinking about attracting a man, it’s number one on the list. Since so many women struggle with the need to be attractive it affects how attractive they think they are. If you don’t think that you’re sexy and attractive, then you’ll never feel sexy and attractive.

If you want to feel sexy and sassy, then spend time developing and improving the parts of you that need some TLC. This doesn’t mean hitting the tanning beds or getting eyelash extensions, but rather doing things that make you feel good, strong and confident. Go to the gym if you feel poorly about your physique. Pick up a hobby that will keep your mind

actively engaged. Work on yourself every single day and live your life believing that you have something wonderful to offer a man.

## Quick Tips – “Sexy & Sassy”

### **1. DON'T CONFUSE SEX WITH SEXINESS.**

Sex is an act in which we share our bodies and expressions of pleasure and lust. It's about so much more than being sexy. Since you want a man to want you and not just your sex appeal, avoid confusing the two. Sure, he may want it (and you might too), but true attraction doesn't start with sex, so don't lead with it. Besides, there's something very sexy about a woman who doesn't try hard to be sexy or give it all up straight away.

### **2. LOOK AFTER YOURSELF.**

Being sexy means looking after yourself and valuing your body and wellbeing. Take pride in yourself as a whole; nourish your insides and adorn the outer you by dressing in a way that works for your body. Listen to your body and keep it fit and healthy. It doesn't matter if you're curvy or slim, it's about how you treat your body that counts, and exercise is a vital part of what makes you feel vibrant and energetic – and not just because it helps you stay in physical shape. Exercise breeds endorphins: natural mood elevators that make you feel happy and in control. The real secret of attractiveness is regular and compassionate self-care, so build habits around doing things that are not only good for you, but also feel good and maximize your inner and outer beauty.

### **3. BE RELAXED.**

A sexy woman is relaxed and doesn't get stressed out or become dramatic easily. She can laugh at herself, admit to her shortcomings and move through life with ease. She doesn't get wrapped up in other people's problems or gossip behind others' backs. Simply put, she's comfortable in her own skin and focused on her own life.

### **4. BELIEVE IN YOURSELF.**

Knowing your worth is key to being sexy, so sit back and think of all the amazing things you have to offer in a relationship. Understand that you're

deserving of love and make sure that your energy and attitude confirms it. Believing that you are worthy of a committed, intimate relationship will do wonders for your sexiness. So smile lots, laugh often and live life to the fullest!

### 5. FOCUS ON THE POSITIVES.

We're all our own worst critics and it's rare to find a woman in this world that is 100 percent happy with her body. Instead of stressing over trivial imperfections, focus on your best attributes and magnify them. Once you learn how to see the best bits of you, you'll be radiating with sexiness. ▾

## Playful & Positive

**Playful:** /'pleɪfəl/

Adjective

1. showing that you are having fun and not being too serious.

**Positive:** /'pəzɪtɪv/

Adjective

1. with no possibility of doubt.
2. clear and definite.



**M**en love it when women make them feel young and alive, and the ones that do that are those who are bursting with spiritual youthfulness and fresh energy. Despite what you may think, you don't have to be an accomplished dancer or a worldly traveller to have these traits.

Play is anything that allows you to feel free, present, and engaged. Research confirms that playful, exciting and lively women are the kind men are attracted to and want to be around because they make them feel energized and good about themselves. These women embody a flirty, teasing vibe that's irresistible to men. Their positive personality makes them able to go with the flow gracefully through life rather than getting dragged down in negativity. Of course, there is such a thing as too

playful – an inability to take anything seriously has certainly scared me away from some guys before – but all in all, it's a definite man-magnet quality. And, even more importantly, it helps you live a more fun life whether you're single or coupled up. Win-win!

Here's an example.

Let's say Matt and Vicky dated for a few months and even though they did lots of fun things together, Vicky was always complaining about something. Whether it was work, her roommate, her health or her finances, her negativity was always present, which made her a downer and draining to be around. Matt realized he didn't want to be with such a negative person, and though he liked many of her other qualities, he broke up with her.

The point is to pay attention to your words and body language, especially around your love interest. Even if you think you're just blowing off steam or opening up to them, too much negativity can ruin an otherwise great relationship. Men like to know they make you feel happy and that they're doing a good job of being a great boyfriend. If you're always complaining, they'll assume that you're not happy and will back off. Life is serious enough. Knowing when to lighten up is what makes a happy, successful relationship.

## Quick Tips – “Playful & Positive”

### **1. HAVE AN OPEN MIND.**

Whether it's trying a new cuisine or picking up a new hobby, having an open mind is a great way to make your man commit. Showing your willingness to step outside of your comfort zone makes you interesting and impressive.

### **2. BE PRESENT.**

Despite the temptation to spend time passively surfing Facebook and gossip sites when bored and lonely, attractive women know they're at their best when they go out with their friends and actively live their lives.

Instead of standing by and watching, start participating in activities. How can you enjoy yourself if you're too busy living in the past or focusing on the future? Put your focus and energy into enjoying the moment and making it beautiful.

### **3. LAUGH, A LOT.**

As you know, laughter is contagious and it's one of the more obvious signs of a playful person. Make a point to find things to smile and laugh about. Once you start consciously looking at all the things that are funny and uplifting, you will be more aware of them, more in tune with them, and more ready to engage in a spontaneous smile or laugh. Learning how to laugh at your mistakes and take life lightly will attract more positive energy into your life. Everyone wants to be around someone who laughs a lot, and don't forget: Laughter is an aphrodisiac! So don't be afraid to make your man chuckle.

### **4. LOOK ON THE BRIGHT SIDE.**

Every day you have a decision to make: You can choose to focus on the negative hardships in your life, or you can choose to look on the bright side. To be a playful, positive person it's important that you set your focus on the positive aspects of your life and see the good in everything. As they sing in Monty Python's "The Life of Brian":

*Some things in life are bad, they can really make you mad,  
other things just make you swear and curse.*

*When you're chewing on life's gristle, don't grumble, give a whistle  
and this'll help things turn out for the best...  
And always look on the bright side of life...*

### **5. ENJOY YOURSELF.**

Life should be fun, so put your fears aside, be adventurous, live life to the fullest and enjoy yourself! Surround yourself with good friends and actively seek out social interactions and friendships on a regular basis. No matter how busy you may be, make time to connect and meet with others. When going out isn't an option, pick up the phone, jump on Skype, or sit down to write a letter. Make time to do the things you love, and do them often. ▲



# A

## Attractive & Admirable

**Attractive:** /ə'træktɪv/

Adjective

1. pleasing or appealing to the senses

**Admirable:** /'ædm(ə)rəb(ə)l/

Adjective

1. arousing or deserving respect and approval.



**A**ttractive, admirable women are the ones who keep their head up when everyone else is looking down. They have stamina, beauty and courage. They look for the good in others and kindness is in their blood. They are wise, intelligent and hardworking. Most importantly, you can count on them.

Let's look at an example.

Tyler and Mia have been dating for eight months and all is going well. One night they go to a party together and split up to chat with their friends. When Tyler finds Mia, he overhears her telling some of her friends about all of his shortcomings – his terrible cooking, his weird ways in bed, and other strange habits of his. Even though Tyler loves Mia a great deal, he instantly feels himself pulling away from her emotionally. After all, he's hurt and embarrassed and this is his natural defense mechanism in action. The way Mia spoke about Tyler to others makes him lose trust in her and feel poorly about himself.

Every man wants to be with someone they can count on and trust. Whether it means being a shoulder for him to lean on, or knowing how to keep the details of your personal relationship between the two of you, being an admirable woman a man can trust and be comfortable around is key to him wanting a committed relationship with you.

## Quick Tips – “Attractive & Admirable”

### 1. LISTEN ATTENTIVELY.

One of the greatest ways you can show someone you care about them is by listening to what they have to say. Make a point of giving those around you your undivided attention when they speak to you. Be sure to disconnect yourself from any distractions. Being a good listener will not only show others that you're interested in what they have to say, but it will also encourage them to open up to you.

### 2. BE HUMBLE.

Nobody likes a show off; everybody appreciates someone who is humble about their talents and achievements. To find out about someone's expertise in a natural way is much more impressive than having them boast about it immediately upon your meeting them. Instead of talking about how great you are, show it!

### 3. PRIORITIZE YOURSELF.

Protect your own hobbies and interests. So many women put their lives on the back burner when they find a man, but it's important to keep your own interests alive and to have a life outside of your relationship. When women lose themselves in a relationship, they tend to turn to their man to fill that void. Don't do that — instead, practice self-love and make sure that you put yourself first.

### 4. GOOD MANNERS.

Manners go a long way. A simple please or thanks, a passing greeting on the street, or holding open a door for another are all great ways to exercise your politeness muscle. Good manners are always appreciated, and they make you more attractive.

### 5. PRACTICE FORGIVENESS.

A person with the power of understanding knows how to empathize, and also how to forgive. A person with the power to forgive can be free of hatred and resentment (two very unattractive qualities), and their loved ones can be free of the fear of doing them wrong. Besides, you won't get anywhere holding a grudge, so let go and move on! ▾

# Radiant & Real

**Radiant:** /'reɪdɪənt/

Adjective

1. sending out light.
2. shining or glowing brightly.

**Real:** /ri:l/

Adjective

1. not imitation or artificial.
2. genuine.



In your younger years, you were probably told how “radiant” you were in terms of your flawless skin, luscious hair, flexible body, and fresh face – the physical stuff. As you age, radiance is less about your physical self and more about who you are as a complete being. Glowing from the inside out, if you will.

In order to be radiant, you must let go of any baggage you've been dragging around with you. Not only does it put a damper on your aura, but the danger is that any bitterness you still have towards your ex (or men in general) will get dragged along with you into your next relationship, just like an inconvenient and uninvited guest.

Even more importantly, you must focus on being the *real* you rather than behaving in ways you think will appeal to men. One thing that guys will never tell you is that they can see through facades and can sniff out when a woman is trying to be someone she's not. Men want to commit to someone who's the same on the outside as the inside, so it's important to engage with men authentically in order to radiate your inner light.

For example, have you ever met someone who was drop-dead-gorgeous, but once you got to know them better you realized they weren't as attractive anymore? It could have been a shady comment or something negative about their personality that instantly changed your opinion by showing you their internal ugliness.

What about the opposite? Have you ever met someone who you initially thought was average-looking, but once you got to know them, became more physically attractive to you? That person just got better looking in your eyes because they were kind or charming.

I once worked with a woman in Vancouver who outwardly was quite beautiful. She wore the best clothes, had great skin and looked like she had just stepped out of a Calvin Klein ad. At first, it seemed that every man in the building wanted to be with her, but as time passed and we all heard more and more about her life and behaviour, everyone quickly realized how unlikeable and self-involved she actually was.

When someone is ugly on the inside it starts to reflect on the outside. When someone is beautiful on the inside it is reflected on the outside – especially if that person loves and accepts their flaws as well as their positive attributes. Simply put, a pretty face is nothing if you have an ugly heart.

## Quick Tips – “Radiant & Real”

### **1. BE HONEST.**

Don't pretend to be somebody you're not, and openly let your outer self be a reflection of who you are as a person.

### **2. HAVE COMPASSION.**

There are undoubtedly many other highly admirable qualities that could be mentioned in this list, and in some respects nearly every quality can be admirable, so long as it is expressed healthily and in appropriate measures. But one key quality that applies to every admirable person is compassion. With compassion comes understanding, empathy, respect, kindness and love.

### **3. PRACTICE ACCEPTANCE.**

No matter how different you and your man might be, don't try to make him into someone he's not. Instead, learn to embrace and celebrate his differences. If the person you're with clashes with your fundamental

beliefs, then you may need to reconsider your relationship. Otherwise, live and let live.

#### **4. HAVE A WILLINGNESS TO LEARN.**

A willingness to learn makes for an interesting person, and is admirable because it takes time, energy, commitment, and an intelligent mind. Having the ability to learn includes the ability to make mistakes and learn from those too.

#### **5. KNOW THE DIFFERENCE BETWEEN CONCEITED AND CONFIDENT.**

Conceited individuals have an excessively high opinion of their abilities, appearance, and material possessions. These people like to show off and brag about their things and their skills. They tend to be rude, self-centered, arrogant, and insecure. Confident people, on the other hand, are aware of their attributes and do not have the need or the desire to tell the world about them. They are comfortable in their own skin and never feel threatened by another individual's talents or accomplishments. ▾

## **Keen & Kind**

**Keen:** /kɪən/

Adjective

1. having or showing eagerness or enthusiasm.

**Kind:** /kʌɪnd/

Adjective

1. having or showing a friendly, sympathetic, or warm-hearted nature.



**K**nowing what you want and standing up for your beliefs is an admirable trait in anyone. When you can do this while practicing kindness, that's the sign of a great woman. Men like women who know what they want and go for it, so having a keen sense of yourself is a powerful way to attract your dream man.

Make a point to mindfully practice friendliness and sympathy in all areas of your life. Whether it's holding the door open for a stranger or giving some change to a homeless beggar, your selflessness won't go unnoticed.

## Quick Tips – “Keen & Kind”

### **1. PRACTICE RESPECT.**

You should show respect for every person you cross paths with. Whether it's your waiter, an acquaintance, exes, or girls in line for a change room, everyone deserves respect. No one is better than you or lesser than you. Live from a place of love, not fear. It's easy to mistake confidence for cockiness, so keep your words and actions in check.

### **2. AVOID JEALOUSY.**

The “green-eyed monster” has a funny way of sneaking up on us, and it's a sure-fire way to scare off a healthy-minded man. Men do not want to feel as though they have to walk on eggshells in order to look out for your emotional insecurities; what they want is a stable connection with someone who they feel good around. A woman who is confident in herself will have no reason to feel jealousy when her man talks to another woman, or has female friends, and jealousy is a real cause for unkind behaviour.

### **3. ADMIRE OTHERS.**

A person unable to admire others is stuck in their own vision, their own belief, and their own self-centered universe. A person who shows admiration and adoration for other people clearly includes more than themselves in their reality, and is capable of love and generosity. Men want to be with a woman who is confident enough to see the good in others.

### **4. HAVE GRATITUDE.**

Nothing is more annoying than an ungrateful little swine, and nothing more admirable than someone who clearly appreciates what they have, and can be thankful for it in a genuine way.

## **5. BE GENEROUS.**

The world needs more acts of kindness, so be an ambassador of love and generosity. ■

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Celebrity  
**S.P.A.R.K.S**



# Get What You Want in a Relationship

## Are You Ready for Love?



**A**s we've discussed, before you can be in a committed, lasting relationship, you've got to be mentally and emotionally ready for love. If you're not in this state yet, then this book is where the process begins: **Right here, with you.**

But what does it take to be ready for a committed relationship with a great man? Well, the single biggest component is that you've got to be comfortable in your own skin.

As I mentioned earlier, if you have any mental or emotional baggage that is preventing love from entering your life (or preventing you from building a stronger love with the man you're already with), then you've got to toss it aside to make more room in your heart.

Lastly, you've got to arrange your life so that you've got time to put into nurturing a relationship. There are, after all, only twenty-four hours in a day! ▶

# Unleashing Your Power to Transform Your Life

In order to bring your best energy to a relationship, you must believe in what you have to offer a man and in your ability to enhance his life through a long-term relationship. If you don't believe in your power, you won't be able to convince him of it. Project your mind to the positive end result you hope to bring into your shared life. It's these thoughts that will fill you with confidence and happiness. While you're at it, get rid of any feelings of shyness you have and focus on feeling relaxed and sure of yourself.

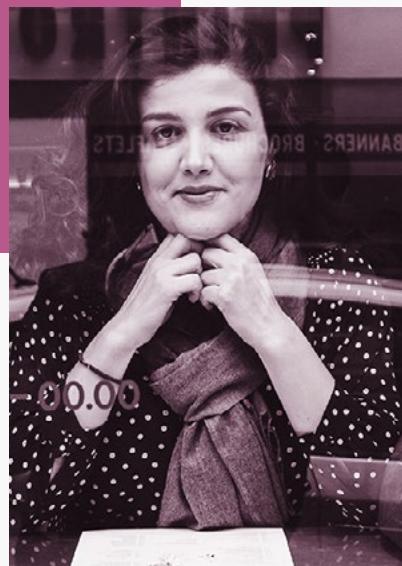
Remember, **you accept the love you think you deserve.** ■

# The Love Buzz Mindset

There's a secret trick to becoming instantly more attractive and interesting to any man. It's simple to follow and has an incredible effect. I like to call it the "**Love Buzz Mindset**", and it's based on the *Pollyanna principle*.

The *Pollyanna Principle* is the tendency for people to remember pleasant experiences more accurately than unpleasant ones. Research has shown that, at the subconscious level, the mind has a tendency to focus on

the optimistic. At the conscious level, however, it has a tendency to focus on the negative. The trick is to unlock the subconscious part of your mind and bring it to the forefront. To do this, you must hold onto the belief that you are an attractive person worth every second of the time and attention a man gives you.



Once you adapt to this way of thinking, you'll unlock the powers you need to give any man a thrilling encounter, and have him chasing you. You will also find that interacting and flirting with men comes more naturally, your charisma and charm increases, and you're feeling sexier than ever. You'll be bursting with good feelings and you'll start thinking of yourself as the person that he needs. **There's no attractive force more powerful than the positivity that radiates from a woman**, and when you occupy this mentality and place your focus on a man, he'll melt.

Even when things are not going your way, it's important to focus on the Love Buzz Mindset. In order to do so, you first need to learn how to manage your emotions. Next, try recalling positive memories from times you've felt empowered. Doing so can help you flip from feeling down-and-out back to that positive emotional state. ▾

## Commit to Your Love Life

You've either got the time for romance, or you don't. If you don't, don't fret about it, but take the time to tend to the other areas of your life that need your energy with the goal to making some available for this important commitment. Sometimes life gets in the way, but that's just part of life. The reality is that many of us have worked a second job in order to make ends meet; have gone back to school to improve our education; helped a friend or family member in need, or even had kids! There is still space in your life, if you want to give it, for romance.

What's important is to be honest about how much time you can realistically put towards nurturing a new relationship. After all, how terrible would it be to find your dream man only to spend months feeling stressed because you don't have the time to see him?

The good news is this is something that you can, for the most part, control. You know your schedule and your priorities, how much free time you have and how much more you can possibly obtain. If squeezing a relationship into your life would result in the rest of your world tail spinning into chaos, then take it upon yourself to tend to those other areas so that you can make some time for love. ▾

## Find A New Perspective

If every woman knew how to get what she wanted in a relationship, the world would be a much different place. Lucky for you, you've already taken the first few steps in learning to get what you want. Now that you know and understand the importance of a positive mindset, you can start working on getting what you want in a relationship.

Let's start with a simple mental exercise, designed to transform your results with men.

Think about approaching the man you want to be with, but begin at the end. Project your imagination onto the positive end result you hope to

achieve as a result of your relationship with him. Imagine all the ways you can enrich his life and all the things you hope to bring to it, and vice versa. Think about how happy you'll both be, and how much love you will feel for each other. Picture it so strongly that, if this man is already in your life, it starts to impact the way you interact with him now.

Though this exercise is quick and easy, the feelings you will get from visualizing a positive, loving relationship so vividly will fill you with the confidence and happiness you need to inspire you to make that dream a reality. It'll help to dispel your feelings of shyness and make you feel relaxed and more confident when you do approach him. This new perspective activates instincts buried deep within your own mind and body – instincts that will draw him closer.

So, why does this work? Since actions come from certainty, you must see clearly what you want as well as the path to getting there. By concentrating on the things you want in your relationship, you'll be guided towards them and away from the problems.

Now this may sound “out there,” but once you learn how to focus your energy on what it is that you're going after, your perspective will have the power to help you realize it – and therefore inspire men to want you. Bring your best energy into the relationship by believing in what you truly have to offer a man. In other words: **know your value.** ▾

## Get Grounded

There's a special, almost mystical quality to those who are grounded in the present moment. Developing the ability to bring your mind into full contact with the present moment is a skill that will take you a long way in your dating relationships. It's useful for creating sparks with someone you've just met, as well as for sustaining loving relationships in the long run.

For those of you who are unfamiliar with the concept of grounding, I'll explain it by telling you that the term ‘ungrounded’ refers to a soul that



is not in the body. In other words, it means that a person is thinking about something outside of the immediate moment, and is therefore not experiencing the ‘now’. For example, think about traffic. How many people are driving around every day thinking about something else and not about their driving? Probably most drivers. This is why we have so many accidents, because people are not paying attention to what they are doing. They are not grounded.



Yoga teachers often use the word “grounded”, but what does it really mean? Taking it literally, it’s about our physical connection to the ground. But it’s also about so much more than that. While

some women find it easy to get grounded and be present, others don’t know where to begin. A good indicator of how grounded you are is to consider your awareness of your body. How well you can feel inside your body and all its parts? How aware of your movements are you? Martial artists are a great example of grounded beings, and you can see it in how they perform, with grace, speed and ease of movement. They can do this because they know their bodies well.

One of the most powerful qualities about being grounded, or *present*, is that it allows you to awaken your irresistible qualities. Since most of us spend the majority of our lives living in an imagined future or a long-gone past, we often experience interactions with others as a means to an end. In other words, rather than experiencing the richness of the present moment, our minds are busy leaping to other times and filtering each unfolding event as it relates to the desires we have for our imagined futures.

Our feelings of happiness and sadness are created by our mind-projected future. For instance, if I expect to land a new job, I’ll be sad if I find out it was given to someone else. That sadness is generated by my mind-projected future, and I experience the negative emotion because I now have to adjust to a mind-projected future that doesn’t look as pleasant

as the one I had before finding out that I didn't get the position. Simply put, we experience feelings of loss when something doesn't go our way.

Fortunately, this phenomenon works in the reverse, too! For example, when we expect to keep on being paid at our regular rate of pay and then receive an unexpected raise, our new mind-projected future is better than the one we previously had, and we'll experience a temporary ripple of happiness.

To help you get grounded, let's try an exercise. This exercise is simple and uses your breathing (and it can be done anytime, anywhere).

Start by imagining that when you inhale your breath comes in through the top of your head and stops at your hips. As you exhale, the breath goes down through the center of your legs, into the earth, and wraps itself around a tree root. The idea is to pull your mind and soul into your body so that you can be rooted in the present moment. Many have claimed that this has had a drastic effect on their life, and that they're now calmer and more present because of it.

Speaking of the mind, exercising it with mental activities can also help keep you grounded. That said, too much mental activity can be a bad thing, so it's important to find a balance that works for you. Also, be sure to mix your activities and have some physical ones, like weight lifting or aerobics, in there. These will help to increase your awareness of your whole body; the parts that get sore are the parts that need increased awareness.

Lastly, pay attention to the full experience of simple things like walking or breathing. When you become aware of your actions, you'll be present and feel a tremendous release of stress and worry. When that happens, you'll feel confident and ready for love. ▾



# Practicing Presence

**B**eing human means you will always have a mind-projected future operating and affecting your emotions. However, once you learn the benefits of being present you'll see why learning how to use your "off-switch" is so essential for creating a committed relationship.



Think of it like this. We have two minds. One experiences life as it unfolds, and the other is preoccupied with the past or the future. Unfortunately, the mind that looks into the future can sometimes overpower our thoughts and impact our emotions. While this isn't necessarily a bad thing, living in the present moment can be choked out when we stress or worry about future events.

The key to getting present is to accept whatever you find in the moment, and do it free of judgement. Doing so will bring out your authentic self (the most attractive quality) and will increase your enjoyment of life. Any feelings of worry, anxiety or stress that you have will fade away and you'll start to notice the little things in the world around you: the temperature of the air, the smell of the ocean. You'll notice a feeling of contentment and peace within you.

Simply put, shifting your focus to the present will make your life richer and more beautiful. Instead of living in your imagination, you'll experience things as they happen. Do this well and you will be amazed to discover that you not only enjoy the process of dating more, but others will sense a difference in you and be attracted to it. You'll feel more confidence when dating becomes a process of spending one moment at a time in the present with another person.

Remember, when you rush towards what a relationship could be, you miss half of what it is now. The relationship is always now. You can remember being in a relationship yesterday, and you can hope to be in a great one tomorrow, but you will never experience the relationship anywhere other than in the present moment. ■



# What Stands Between You and Mr. Right

**A**re you tired of standing around while you wait for your dream guy to show up and sweep you off your feet? There may be a reason why you haven't found him yet. It isn't that you're "too this" or "too that" (this has nothing to do with them not wanting to chase you), rather, there are secret obstacles that stand in the way of him chasing you.

These obstacles are known to very few women, and some men won't even be willing to acknowledge them — let's refer to these as his **shields**. Once you're familiar with these shields, you can navigate around them to get your man. Before you know it, he'll be pleading you for your love. ▾

## He's Terrified of Feelings

**Y**ou might not believe it, but women have more power over men than they could ever imagine. Even though he may put on his macho-man front, or be famous for making the ladies swoon, the truth is that most men would rather knit a sweater than approach a woman. Now don't get



me wrong, this has nothing to do with their desires, because more than anything they want to be around you and be able to call you their own. This, ladies, has to do with something that is quite foreign to them: their feelings.

As a woman, you have the power to intrigue or arouse any man, and also to humiliate him and crush his ego. Simply put, you give him feelings, and that's something he's not used to having. Even though they rarely show it, when men get talking to a woman their

vulnerabilities hit the roof. This is because to men, women are unicorns. We're mystical, mysterious, beautiful creatures that they want to call their own. But as magical and great as we may seem, we're completely different from them and that scares the crap out of them! We feel differently, connect differently, communicate differently and behave differently. While we women can swim through our emotions with ease, men on the other hand, fight to stay afloat.

It may be easy for you to have an emotional heart-to-heart with a man and quickly brush aside feelings afterwards, but for him, those feelings are serious and will cause a reaction. That's why it's so important to watch your words with him. For example, if you tell him early on about how your ex abused you or that you have trust issues, he will panic and possibly run — not because he doesn't care, but because he doesn't know how to handle your emotions. To help him out, **don't be the one to initiate emotional conversations that involve deeply personal issues in the early stages of a relationship.** ▾

## He's Intimidated by Your "Perfect Man" List

**I**t's perfectly normal for you to have standards when it comes to dating, but at the same time, it's important not to let these standards deter you from dating. If you've made it clear that the men you date must meet certain requirements, then you could be discouraging some great contenders from expressing their interest in you.

More than you know, **men are intimidated by you and what you think of them.** Even the smallest words can have a major impact on his confidence. So before you go crossing anyone off your list because they don't meet your exact requirements, consider opening your mind and your heart to a good man.

A friend of mine always swore she would never date a video gamer. She has absolutely zero interest in the video game world and swore she would be incompatible with any guy who did. Then she met this amazing guy



and they hit it off right away. Even after just a few short weeks of dating it was so clear how great they were for one another. All this time, she had no idea that he was a closet gamer, but when she did find out she was beyond surprised. He didn't fit the stereotypical mold of a gamer: he wasn't immature, violent or socially inept, the stereotype that so many people believe gamers to fulfill. In fact, he used video games as a creative outlet and a way to decompress after a hard day at work. All this time she had been overlooking anyone who expressed even the slightest interest in video games, and yet now she's found her happily ever after with the type of man she had been avoiding.

Instead of focusing on the man, look at the bigger picture and consider what's important to you in a relationship. Everyone has their deal breakers like "doesn't want kids" or "isn't willing to be adventurous", but in the grand scheme of things it's important to be open to new possibilities and new types of men. You never know, the right guy could have been standing by all this time, overlooked because of an arbitrary "no-no" that you've stuck to without examining why. ▶

## He Wants You to Take the Pressure Off Him

When it comes to courting a woman, it's fair to say that every man is different. At the same time, most men want to be the one to make the move. But despite their desires, it's not uncommon for their emotions to prevent them from doing so. This is where you come in.

Before a man asks you out he'll secretly collect data on you, debate whether or not the signs you're so clearly sending are for him, weigh the pros and cons of waiting a bit longer and, just like a NASA scientist, make sure he's 300 percent certain before making his move. Instead of leaving your man stuck on a fence, **take the initiative and be the one to approach him.**

Of course it would be nice for him to ask you out in a poem or put some old-fashioned courting practices into action, but taking the pressure off



him will save you both precious time that you could be spending happily together. Instead of sitting passively by waiting for him to approach you, find reasons to talk to him, be playful, and show him your warm, charming side. Ask what he's doing on the weekend, and invite him along for a night out with your friends. If you're really feeling bold, ask him his favourite place to eat then suggest you go together. Making him feel more certain and comfortable with the situation will not only confirm your interest in him, but your confidence and straightforwardness will also be a turn on. ▶

## He's Soft on the Inside

**H**ave you ever noticed that men don't talk the same way women do? They don't sit down together to spill their hearts out and talk about their ambitions, dreams, hopes, and fears. Why? Because culturally they're not encouraged to do so; in fact, they are actively discouraged from being open about their feelings — an act that is so often dismissed as "unmanly".

Unlike women who love to embrace and share the endless complexities of their emotions and experiences (so much so that they schedule nights with their gal pals just to do so), men are expected to be focused on challenges, actions and tasks, and measure their self-esteem through their accomplishments.

For example, when they finish fixing the garage door, putting the fence up in the yard, changing the oil in the car, or even making love to a woman, they feel great about themselves and have a sense of proud accomplishment. On the other hand, if they don't complete a task successfully, it's a notch off his manliness post. When women have a bad day or do poorly at a project, they generally take the time to talk or think it through and analyse what went wrong — and we don't feel less womanly because of it.

Men are scared of being judged as unmanly. **Instead of adding to the pressure for him to perform “well”, encourage him and let him know when he’s done a good job.** No man is going to hook up with someone who tears him down, so stand in his corner and let him know that you’re on his team. ▾

## He Talks Differently Than You

**A**fter weeks of playful banter and innocent flirting, Jess and Nathan finally found themselves left alone to chat together at a party. All night the energy between them seemed electrifying as they shot glances at one another and shared close conversations. Finally, Jess decided it was time to give Nathan an opening to ask her out.

*“So, do you have anything exciting going on this weekend?”* she asked.

*“Yeah,”* Nathan replied while pulling himself back to reality. *“I’m jamming with the band. We’re working on some new songs and we’ll be recording again in a few weeks . . .”*

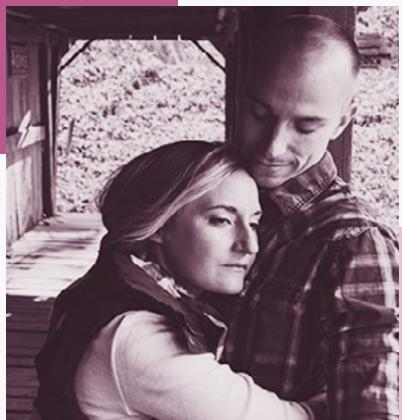
Jess had opened the window of opportunity, and even though Nathan so was close to getting in, he’d missed her hint. But how?

When talking with a man, what seems crystal clear to you may be a shot in the dark as far as they’re concerned. Since men and women talk quite differently, it’s important to be straightforward with men. For instance, looking at the above example, Jess should have just said, *“We should go out sometime,”* instead of beating around the bush. As sultry and suggestive as your implications may seem to you, sometimes he just won’t get it. My Devotion Sequences will come in handy here, but more on that later. ▾



## He Wants You to Want Him

**I**t's funny how quickly us women can point fingers when men are inconsiderate or insensitive to our feelings, and yet so many of us fail to consider *their* feelings. When it comes to love and dating, you've probably



heard handfuls of bizarre reasons why people decide to date one another. Sometimes it's for social status or money, other times it has to do with biological clocks or the desire for a partner to fill the lonely void.

Men don't want to be with a woman who is dating them for the wrong reasons, they want to be with a woman who wants them for who they are. Sure, there are the Hugh Hefners and Mick Jagers out there who enjoy casually sleeping around, and if you're looking for a "baby

daddy" there are plenty of men willing to donate anonymous sperm, but since you're reading this, I'm going to assume that those are not the type of men you are looking for — you're looking for a committed, loving relationship.

**When you choose to date a man, make sure it's for the right reasons and that you never feel obligated to settle.** If you're thinking that you have to make your current man commit because "you won't find someone better" then you need to reanalyze the situation. Make sure you're with him because you want him . . . for the right reasons. ▶

## He Finds Flaws Loveable

**M**ost men don't have a flaw-o-meter, so even when you feel less than gorgeous, it won't matter to him. **Women spend too much time trying to be "perfect"** and comparing themselves to the photoshopped celebrities that are plastered all over magazine covers.

You are real, and the little kinks and quirks that make you who are you prove it. It doesn't matter if your bottom tooth is slightly chipped, if

you've put on five pounds since last Christmas, or if your hair doesn't know how to stay completely straight. Men are not into perfect, and the right one(s) will find your imperfections charming – if they even notice them at all. Even naked he's not going to see you the same way you see yourself; primarily he's happy to be in the same room as a naked woman. And likely he's overwhelmed with excitement and nerves too; he's not focusing on the fact that your legs aren't freshly shaved.

In the film “500 Days of Summer”, there's a part where the lovesick protagonist's best friend talks to the camera about his dream girl. He says, *“I think technically ‘The Girl of My Dreams’ would probably have like a really bodacious rack, you know, maybe different hair, she'd probably be a little more into sports. But truthfully, Robyn [his girlfriend] is better than the girl of my dreams. She's real.”*

Even if your guy fantasizes about having a threesome with Playboy bunnies, he'd still rather take a real woman who he is comfortable with over the fiction of his imagination. ▶

## He's Conflicted About Sex and Love

**I**t's no secret that guys love, think about, and want sex. What isn't so well-known though is that men also want to be in love with a great woman. They desire the attention and pleasure of a woman's respect and the thrill that comes with the ride. So why does it seem like so many of them can't be romantic unless they're trying to sleep with you? That has to do with the mess our culture has become.

The truth is, it doesn't matter how much of a stud he is, he's been rejected before. Those hurt feelings don't make him overly ambitious to try his luck again. That's why so many men try the “just friends” act for the first bit of a relationship; it lets them get close to you to feel out whether you'll accept or reject any further advances. Sometimes the fear of losing you as a friend can scare him away from making a move. Believe me, he thinks you're great and would love to be with you, but he's too scared of ruining a friendship that means more than he'll likely admit to you.

Still, his sex drive is raging, which is why it's so easy for him to choose to have his friends for “love” and women he barely knows for sex. Of course, settling for a friendship with someone he deeply cares about isn't ideal, but he'll try to make it work.

So go easy on him and consider how conflicted this behaviour might make him feel. He wants love and sex, but he's incredibly vulnerable to heartbreak and he doesn't want to be denied or turned down again. ■



# Six Steps to Embracing Your Inner Marilyn

Before you boldly step out into the world, ready to find the man of your dreams, there's something you should first do: embrace your inner beauty. Doing so will give a boost to the confident woman that's hiding inside of you.

CLICK TO PLAY  
THIS VIDEO IN  
YOUR BROWSER.



Embracing  
your inner  
**Marilyn**

To get started, consider the following tips. Some of these may be intimidating, but once you get the hang of them, you'll be unstoppable! ▶

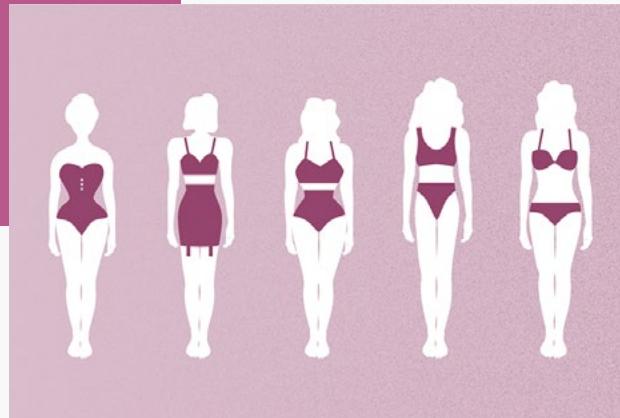
# 1

## The Sexiest Thing You Can Wear

Think of some of the hottest people you know. Now, picture those same people being shy or insecure. Not as hot, are they? In order to radiate sex appeal, you need to send your insecurities packing. After all, the sexiest thing you'll ever wear is confidence.

I'm sure you know of a woman who everyone wants to be friends with or spend time around. She may not even be the most physically beautiful,

but the reason people are drawn to her has little to do with her looks and more to do with her shining confidence.



So, to boost your confidence and get you on the right path, there's a few things you must do. First, you have to be honest with yourself. Do you often find yourself focusing on negative thoughts about yourself? Do you have trouble accepting

a compliment, or crack jokes about yourself that point to a poor body image? If you do, it's time to kick these self-critical habits out of your life.

Here's how.

### **Stop criticizing yourself.**

When your inner bitch starts yapping, calmly and firmly shut down her claims and back up your rebuttal with evidence. For example,

**Bitch:** "My arms are too fat."

**True you:** "My arms are completely normal. Everyone has a bit of extra flesh up there. Maybe I'll throw some punches to tighten them up!"

Learn to be aware of your self-talk (the thoughts you have about yourself and what you're doing), and keep them positive and empowering. When you change negative thoughts to positive ones, great things will happen.

## Mentally photoshop your self-image.

Self-image means so much to us; more than we often realize. The mental picture we have of ourselves determines how confident we are, inwardly and outwardly. But this picture isn't permanent or fixed. You can change it.

Use your mental Photoshopping skills to work on your self-image. If it's not a very good one, change it: if you have a low opinion of your current eating habits or your intellect, cut out sugar for two weeks or go to the library and take out some books on a new subject that really interests you. Figure out why you see yourself in a less-than-perfect light, and find a way to fix it.

## Wear sexy underwear.

This may sound ridiculous, but seriously, do it. Wearing clothes that make you feel sexy underneath your regular clothes will make you feel undeniably attractive. Get comfortable in your own skin and check yourself out in the mirror after a shower, focusing on the things you love about your body, and being forgiving about the things you like less.

## Practice your strut.

When you walk like a million bucks, you feel like a million bucks. Practice your strut and make it your own. It doesn't have to be the catwalk, but hold your head high, get those shoulders back and walk like you're the happiest, most beautiful person in the world.

## Perfect your posture.

Posture can be a tricky one, but you know what they say about practice! People who stand tall and confident are more attractive, as their posture suggests confidence and good 'breeding'. To help keep your body long and aligned, imagine that there's a string pulling from the top of your head towards the sky. From the chin down, keep the rest of your body

tall and straight. When you sit, keep your back at a 90-degree angle and avoid slouching.

There are countless exercises you can find to help improve your posture, but to get started, hold your shoulders back and have someone tape a giant "X" on your back from one shoulder to the opposite hip. Then put a straight line of tape across your shoulders closing the top of the X. Wearing this during the day will remind you of the correct posture and keep your back straightly aligned by gently preventing you from rolling your shoulders forward into a slouching position.

## **Groom yourself.**

This seems like such an obvious one, but it's amazing how much of a difference a shower and a shave can make to your feelings of self-confidence and for your self-image. Wash your hair, keep your legs smooth and moisturize your body. If you've been neglecting your hair or you're lost when it comes to styling it then hit up a salon and let a hair stylist shape your unkempt mane into the shiny sleek look you've been dreaming of. You'll be amazed by how drastically a bad day can be turned around with one or two little acts of self-care.

## **Make smiling a habit.**

Smiling can instantly make you feel better and it has a chain reaction like no other. Make a point of smiling at each person you pass, be it on the bus, on the street or in the grocery store. Doing so will not only increase your happiness but it can also help you to de-stress — and it makes you more attractive. Ever wonder why are we always asked to smile in photos? Because people usually look their best when smiling.

## **Learn how to Smize.**

A word coined by supermodel Tyra Banks on America's Next Top Model, *smizing* simply means smiling with your eyes. To do so, get relax and release any tension in your forehead — you want to look at ease. Next, pick a focus point and slightly lower your chin. Squint in such a way that

you feel the pinch under your eyes, but light enough so that your cheeks are not involved in the movement. Whilst you do so, think about smiling, and the feeling that comes over you when you smile at someone. Lastly, part your lips just enough to let your warm, fiery breath slip through. Once you get this down pat you'll be radiating sexy energy. **Better yet, when you do this as you use the Devotion Sequences you'll be learning in part two, you'll be unstoppable!**

## **Accept compliments.**

So many of us like to brush off compliments when they're given to us, but instead of throwing them aside, smile and accept them with grace and pleasure. The more you learn to truly hear and accept the compliments of others, the more you'll start to believe them yourself.

## **Don't judge others.**

Think of it as a bad case of karma. When you focus on the negatives in other people, it's easy for those same negatives to bounce right back to you. Instead of tainting your mind with negative thoughts and ideas, stay focused on the positive. You'll shine like the sun when you do!

## **Declutter your life.**

When your world feels like chaos it's easy to fly off the rail. Instead of letting your environment bring you down, take the time to go through your belongings and declutter. Donate any clothes that don't fit, get rid of books that you won't read and throw out all those loose papers and knick-knacks that accumulate. Once you've removed the clutter from your life, you'll start to feel lighter and have more room to breathe. Fine-tuning your organizational skills can help boost your confidence, simply because you'll feel more relaxed and focused.

## **Get active.**

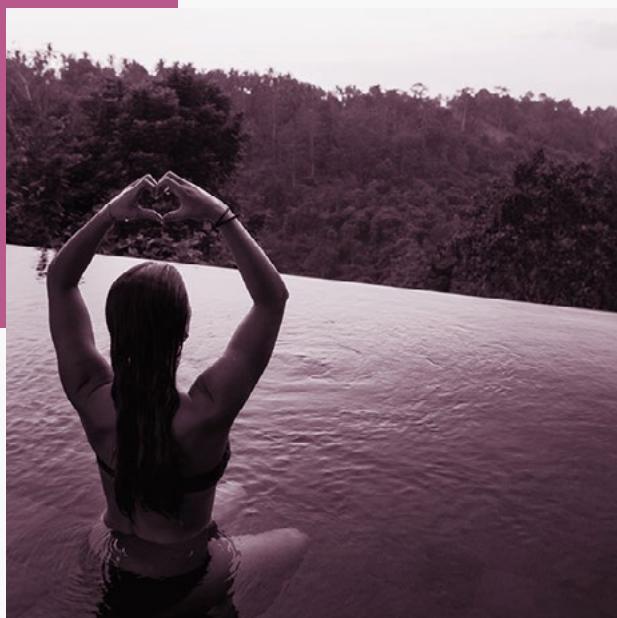
Doing something is almost always better than not doing anything. So get off your butt and get active – either physically or by taking steps to



accomplish something you've always wanted to do. Exercise acts as a reliable anchor point, helping you feel in control, which is why physical exercise can shake a negative or anxious mindset and make you feel confident and positive. ▾

## 2 Treat Yourself

When was the last time you did something that you wanted to do? So often we get caught up in everyday life that it can be tough to find time to enjoy the things we enjoy. It's easy to get caught up in the routine of work, budgets, groceries, emails, phone calls, chores, internet, Netflix, laundry and bed. But it's important to take care of yourself too, or you'll spiral into a routine that lacks passion and makes you miserable.



Intentionally set aside time to do the things you enjoy doing. Whether it's going to a yoga class or reading a book in the park, getting a pedicure or drinking wine while working on a nifty DIY project, make time to do and enjoy these things. Life requires a great deal of balance and when you let yourself get run down by the mundane tasks of everyday life, it can be tough to let your inner beauty shine. By putting yourself first and doing things that you find sensual, you're nourishing your spirit.

Here are 25 more ideas for turning yourself into a sensual goddess:

- bake some treats
- paint a canvas or room
- go for a bike ride
- have a picnic
- go stargazing
- get a manicure

- do some gardening
- play with homemade facials and body scrubs
- play with sex toys
- learn a new language
- go shopping (and treat yourself)
- write a letter on a typewriter
- visit a museum
- buy yourself flowers
- order a martini
- take a candlelit bubble bath
- go rock climbing
- make jewellery
- treat yourself to coffee and a dessert
- visit somewhere new
- sunbathe
- binge watch your favourite rom-coms
- pick up an instrument
- write a poem
- feed the ducks ▾

# 3

## Look Good, Every Day!

Have you ever noticed how much better you feel about yourself when you make an effort to look good? Believe it or not, how you feel has everything to do with how you look. If you're spending time hanging around in sweats and an oversized t-shirt while rocking an uncombed bun and yesterday's makeup, then it's no wonder you feel less than awesome.

You don't have to dress to the nines or put on the most provocative thing in your closet, just dress to feel fresh, clean, and adorable. Maybe it means throwing on some nice fitting jeans or your favourite sleeveless shirt. Whatever you choose, dress for the occasion and be comfortable in what you're wearing. A rule I like to follow is, if I have to look in the mirror more than twice to see if my outfit "looks okay" or fiddle with how something fits, then I don't wear it. A big part of being confident is looking

the part. Tugging on your skirt isn't going to look all that fearless or self-assured.

That said, this isn't all about clothes, but rather a full body approach, from your fingers to your toes! Speaking of which, if you're not a fan of your feet, give them some love and get a pedicure. If your fingernails are short and chewed, consider a mani. These little body treats will make you feel

better than you might imagine. A good foundational level of self-care is to: keep your legs shaved, your skin moisturized, your hair styled and your face clean and glowing.



To get into the habit of loving your body and giving it the attention it demands, begin by going through your closet and tossing anything that makes you feel frumpy or doesn't properly fit. While you're at it, throw out any old socks or underwear that have seen better days, and any old makeup that's long since expired. You'll be amazed at how fresh you feel when you purge the things you no longer need.

To feel extra fresh, consider learning how to make your own sugar scrubs, bath bombs and mud masks. Basking in these fine feminine novelties will make you feel like a million bucks! ▶

## 4 Arouse Him with Words

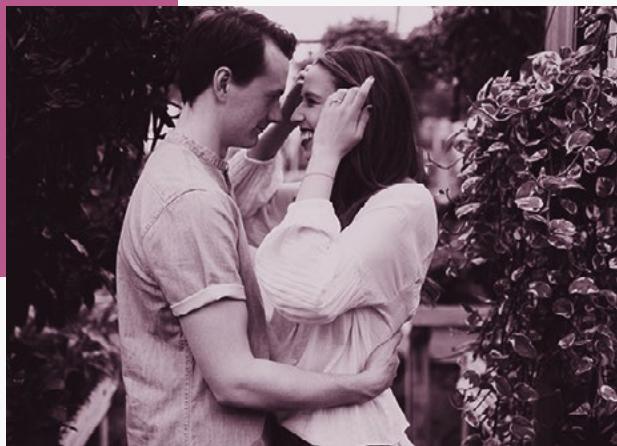
Talking to men can be tricky, but lucky for us there are certain body language signs you can watch for that will tell you how he is reacting to you. It should be pretty easy to tell when he is enjoying the conversation or not. You just have to keep an eye out and know what you're looking for. Think of it like sex: in bed, you pay attention to what he does and doesn't like. So do the same with conversation. My Devotion Sequences will take you far with this one!



## **Is he making eye contact?**

If his eyes are darting back and forth to other things around you it means that he's probably bored with the conversation. Switch topics and try to draw him back in.

## **Is he leaning towards you?**



You know that feeling when you want someone to take a hike but you don't have the guts to tell them? Well, where he is standing in relation to you could be saying something similar. If he's leaning backwards or has distanced himself from you, then it's time to spice things up. Ask him something provocative to see if you can reel him back in, such as, "*What's the most reckless thing you've ever done?*".

## **Is he fidgeting with something?**

This one requires a bit of a deeper reading on your part, but if he's playing with a coaster or something else in front of him it could mean one of two things: either he's bored, or he's actually thinking about what you're saying to him. You'll be able to tell by how he responds to your questions.

## **Is his face lively?**

If you've tried every trick in the book and he still looks like he's bored out of his mind, then it may be time to call it quits. If this happens, don't beat yourself up over it. After all, you want a man who's interested in what you have to say and will engage with you. Don't get down about his lack of interest, consider it a blessing in disguise. If he's not right for you it's best to know sooner rather than later.

Over the course of a conversation, it's helpful to look for the "sweet spots." In other words, any topics that get a powerful reaction out of him. When

you find these, you can dig deeper and to get more information out of him. For example, let's say you bring up music and he quickly tells you about a band he recently saw. That's a sweet spot. If you ask more questions about that topic you'll be more likely to get an engaged response from him.

The one thing to avoid when speaking to him is the “back to me” trap. It’s so easy to get swept up in telling your story, especially if the conversation is going great or you’re discussing something that’s an interest of yours, too. Looking again at the band example, if you’re talking about the concerts he has been to, avoid interrupting or immediately telling him about the shows you’ve been to. Part of drawing him in is about giving him plenty of opportunity to open up and converse. Guys love to be heard, so give him the spotlight.

### **Bonus Tip: Think like a journalist**

Every now and then you’ll get stuck in an extremely dry, dull conversation. A good example of this is the weather. When this happens, don’t let the spark from earlier die out, instead keep it alive by asking creative questions. Just like journalists do when trying to get to the heart of a lifeless story, spark life back into the conversation by bringing some excitement to the conversation. Here are a few examples:

**He says:** *“My work day was so boring, nothing exciting happened.”*

**You respond:** *“If you could have any job you wanted, what would it be and why?”*

**He says:** *“It's so cold out.”*

**You respond:** *“What's the warmest place you've ever been? What was it like?”*

**He says:** *“I'm tired.”*

**You respond:** *“Did you ever see the movie The Machinist where the guy stays awake for a year? Christian Bale was so creepy in it. Do you like him as an actor? Who is your favourite actor?”*

Now, you don't have to use those exact examples, but the point I'm trying to get across is that even boring conversations can be spiced up. Instead of letting an awkward silence come between you, keep on your creative toes, and the rest will fall into place. ▾

## 5 Flirt Like a Pro

Who can forget the moment Marilyn Monroe drapes herself over Tony Curtis in the film "Some Like It Hot", seductively murmuring the words, "Don't fight it, just relaaaaax"? The scene captures her unique combination of earthy sexuality and childlike innocence perfectly. On screen and in real life, the legendary actress could turn a man to jelly in seconds. But it wasn't only because Monroe was stunning. She also knew how to flirt. Very well, in fact. Which is exactly what you need to do.



One of the sexiest things you can do is flirt with a man, especially when you do so in a way that oozes confidence. Before I cover some of the more important pointers, keep in mind that moving closer is the key factor in showing someone you are interested. If you lean in while he's talking to you it shows that you are listening and interested in what he's saying, and that you are comfortable being physically close to him. If you're sitting back with your arms crossed, looking over his shoulder while he's speaking to you, he'll think you don't care. So be a flirt, because flirting, when done correctly, is incredibly sexy.

## Five Do's in Flirting

- **Smile.** Nothing lets a person know you're picking up what they're putting down better than a smile. If you're happy, he's happy!
- **Make eye contact.** Making and maintaining eye contact shows a guy you're focused, confident, and interested in what he is saying and doing. The eyes tell all.
- **Flatter.** There's no clearer indication that you have a romantic interest in someone than giving them a compliment.
- **Take charge.** Take the conversation where you want it to go. If you expect him to call, give him your number. If you want to call him, ask for his. Sitting around and waiting for things to happen won't get you anywhere . . . at least not quickly.
- **Act gracefully.** If he's unavailable or uninterested, maintain your poise and subtly act as though you never started flirting in the first place.

## Five Don'ts in Flirting

- **Don't be too obvious.** Be subtle. You don't have to be over-the-top to get your interest across; suggestive indications are the most effective way to let him know that you're attracted and interested while inspiring intrigue and desire in him. Aggressive flirting screams desperation.
- **Don't stare.** It's important to let him know you're interested, but it's equally important not to make him uncomfortable. Eye contact is important, but know when to break your gaze.
- **Don't overdo it.** A simple compliment will advance your efforts much further than a fabricated pickup line. Think about it, when was the last time some cheesy one-liner worked on you?
- **Don't flirt with others simultaneously.** It will confuse a man and bewilder him if you're flirting with him and others at the same time. Keep your eyes on the prize and make it clear that it's him you're interested in.
- **Don't pretend to be uninterested.** For men, flirting is often realized in hindsight. If you flirt and then act uninterested, he won't pursue you. Keep your signals consistent. ▾

# 6

## Create a Fantastic Life

Guys are attracted to fun, exciting people and their lifestyles, which is why your deep, authentic pleasure is so attractive to them. **Create a life that you truly enjoy living and are proud to call your own.**

When you are grounded, confident, and happy even the little things can make you realize how great life is. Unfortunately, we don't always feel that way. Some days it feels like a little gray raincloud is following you around

or that something is missing from your life. In fact, most women can quickly jump from feeling like the Queen to feeling like a sewer rat on a daily basis.



The trick is to let your man see you having a fabulous life, even when you don't feel like your life is so great. It's about making him realize that you're complete in yourself and don't need a man to come

along and rescue or fix you. Remember, it's an intoxicating combo when a woman accepts herself and is proud of who she is. Beauty begins the moment you decide to be yourself. ■

A black and white photograph of a young couple sitting on a bench in a park. The man is on the right, wearing a dark long-sleeved shirt and jeans, with his arm around the woman. The woman is on the left, wearing a light-colored sweatshirt and jeans, with her head resting against the man's shoulder. They are both smiling and laughing. In the background, there are trees and a building.

**PART 2**

# Men 101

A close-up, slightly blurred photograph of a young man's face. He has dark hair, a light beard, and is smiling broadly, showing his teeth. He is wearing a dark, textured jacket over a plaid shirt.

*When it comes to understanding men,  
John Gray's 1993 book title still holds true:  
“Men Are from Mars, Women Are from Venus.”*

**T**rying to fully understand the opposite sex is like trying to solve a puzzle that's missing key pieces — it's almost impossible! In a woman's eyes, men are Martians from another world, with different feelings, thoughts, and expectations than their own. Even when we seem compatible with a man, there comes a time when you can't help but throw your head back and ask the heavens "Why?"

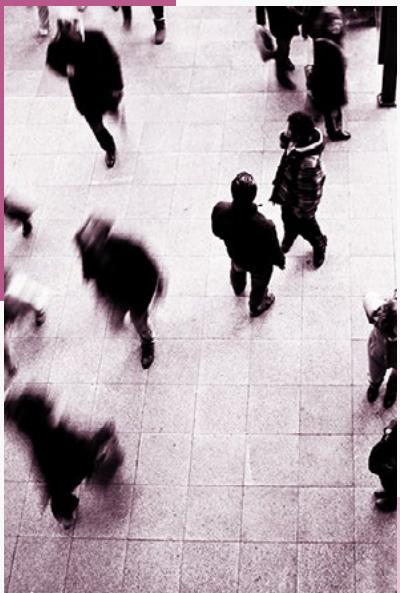
To help break down some of the misunderstandings that so many of us have about men, this part of the program will explain in depth everything you need to know about men when it comes to love. ■



# Myths About Men

**B**elieve it or not, as much as we women like to think of men as emotionless and thick skinned, there's more to them than meets the eye. What's even more surprising is that much of what we've been told to believe is false. From what we've seen on the big screen, what we're told in magazines and how women have experienced men in past generations, most women think that men are one way, when in fact they're quite the opposite. Here are ten common myths that just aren't true.

## **Men don't feel emotions.**



As much as men *mask* their emotions, deep down they still feel them, perhaps even more so than some women. Men are conditioned differently than women. From a young age girls are taught to share their feelings while boys, on the other hand, are told to toughen up and keep their feelings to themselves. So men are like Victorian novels: placid on the outside, but concealing a deep emotional life within. For many men, it's important to maintain their tough masculine image and impress their buds, but also to win over women. And for some strange reason, men believe they must be tough to win over a lady. Deep down, men worry about their masculine appearance and are vulnerable.

## **Men are attracted to physically fit, gorgeous women.**

While this is generally true, what really drives men wild is a woman with confidence and personality. When a woman sees and respects her self-worth, and is also humble and gives her man attention, he'll fall head over heels for her. So looks may be one piece of the puzzle, but remember, what matters most is the spark!

## **Men are afraid of commitment.**

Men are not, in general, afraid of commitment; they make excuses not to get into relationships because they don't want to. Don't wait around and make excuses for him while he spins you a yarn. And don't take his reasons or excuses as an obstacle or problem to solve; if he says he's afraid of commitment, it means he doesn't *want* to commit. Until he finds "the one", he'll milk the bachelor life for all it's worth.

## **Men don't communicate.**



Most men like to talk. Have you ever tried asking them the best way to get somewhere?! But often, they censor themselves based on how they think women might react to a deeper honesty so there are times when they just don't bother. This is unfortunate because men's internal lives are interesting and telling, and getting to know them by suspending judgment can encourage a man to be more open and revealing to you.

## **Men don't take things personally.**

This is certainly a myth they would like to believe about themselves. Nothing fazes men; they're breezy, easy, confident. Yeah, right. The fact is that men take many things personally — the light teasing about their beer gut, the mention of their less-than-stellar bedroom performance, the snide remark from a colleague at work — but the principles of masculinity prevent him from admitting it. Most men are hurt by these kinds of comments but won't show it.

## **Men like to play games.**

In fact, quite the opposite is true. Men have a craving for respect (we'll touch more on this shortly); so much so that they tend to mean what they say and say what they mean. Men don't like being branded with a bad reputation so they try to be honest. Men speak through their actions and

focus less on the words coming from their mouths than on what they're actually doing. A man who doesn't follow through on his word will be considered unreliable, selfish, untrustworthy, or dishonourable by other good men. Most men don't feel comfortable being seen like that, so they generally say what they mean and mean what they say. They aren't trying to trick you or lie to you. They're not master manipulators and they see no reason to waste time playing games or fooling someone.

## **Men only want sex.**



While it appears as though most women want the happily ever after; marriage, kids, a stable home, etc., most men just seem to want sex. The reality is that yes, sex is important to men, but they also want the happily ever after. They may have different outward behaviours to women, but they're still guided by the same overarching wants and desires.

## **Men hate emotional women.**

Listen: men do not hate emotional women, they hate *crazy* women. As you well know, there are many ways to make your feelings known without stalking every single move your man makes or crying hysterically in public. Men actually love emotional women who will open up to them. They may be jackasses at times, but they're not robots with no feelings. When they help you, they feel powerful; but when you are screaming and crying about the situation, they feel like they've failed and they push you away. So keep cool and keep communication open.

## **Men are intimidated by strong women.**

The word intimidated is the most misused word in dating. Yes, some men are intimidated in select situations (just as some women are), but most of the time – like, 99 percent of the time – men with high self-esteem are not intimidated, but rather attracted to strong women.

## All men are the same.

All men are *not* the same, but until you give them a reason to want to be with you and only you, they're going to stick with their shenanigans. Most men do not wear their heart on their sleeve and they for damn sure don't want to be compared to your ex. They are their own individual person and you must respect that. ■



# How Men Work



If you are a confident, outgoing woman, then you already have much of what attracts a man. But let's focus on him. What is it that drives him or pushes him to do what he does? How does he "work" internally? Seeing as we're working on you, switching the focus to understanding how he operates may not seem like crucial information. However, the more you know about what drives him, the more he'll feel understood, and therefore desirous of your attention. After all, it's a basic human desire to be understood and accepted.

There are many forces at work within a man's mind when it comes to his relationships with women. They typically look something like this:

1. He's an adventurer who thrives on the thrill of the chase
2. He's strongly informed by his hormones
3. He's afraid of failure
4. He's task and goal oriented
5. He's bad with expressing and understanding feelings
6. He needs to feel needed

Understanding the forces that drive men will do wonders for your dating game. Since men long to be accepted, you can up your game by showing that you really understand him. When this happens, he'll be yours for keeps. ▲



# 1. Adventure and the Thrill of the Chase

The desire for adventure is wired into the heart of every man. Now, this doesn't mean that every man wants to go mountain climbing in the Himalayas or wrestle with alligators, that's not what I mean by adventure. But every man needs is a sense of risk in his life. Guys who trade e-stocks? That's adventure. Guys on the edge of research science? That's adventure. These men are looking for discovery and breakthrough. Though it might not always be obvious, deep down it's these thrills that drive them.



The longing for adventure goes back to when these men were little boys, exploring, overcoming challenges and running wild. Think about it, boys don't want to just ride their bikes, they want to ride with no hands. They don't want to just climb that tree, they want to climb the highest. From their early days, most of what they've done is driven by challenge and adventure.

Even as grown men, they still love the thrill of the chase and the prospect of a good challenge. They hunt and get excited

about the competitiveness of sports. They bet and love to win. It's really all about blood, sweat, beers, and girlfriends. That's why it's so important to know that if you're looking to land a man, you can't make your interest in a him too obvious, at least not in the beginning. If you make it too easy, he won't feel challenged and therefore he won't be interested. It's when you're a challenge that he'll see you as the valuable reward. In fact, the more work he has to put into winning you over, the more special and proud he'll feel when he does.

Now, this doesn't mean you should play a never-ending game of hard to get. You can be a challenge without denying your feelings. He does need to know that he has a chance at winning you. So think of the word

challenge as more of a noun than a verb. Be a challenge to win, not challenging to handle.

Your time and attention should not be too easy to win, but you also don't want to act completely uninterested and unimpressed (unless you are) with the efforts he makes to win your glance. The key is in balance. Enter the game with all your heart, but do remember that it's a game and most of the fun in a game is in the playing of it! Don't just bow in surrender the instant you sense his interest. There's no chase if the prize can be instantly caught. Be true to yourself, challenge him, and show him your feelings.

To better paint the picture, let's talk about something I like to call the Cat String Concept. Start by imagining a kitten with a string. When you dangle it out of the kitten's reach, it will leap and swipe, desperate to catch it. Now think about what happens when you drop that string. Does the kitten savour its newly acquired prize? No, it studies it briefly before moving on to the next thing that catches its eye and presents a challenge. Men are like kittens. When something seems difficult to obtain, they value it more. They WANT it more. When a woman seems difficult to obtain, they value her more.

Use this knowledge, the Cat String Concept, to your advantage. For example, if you're in the early stages of a relationship then make him "earn" a special date with you. When he contacts you to make plans, don't just immediately agree. Turn him down and up the stakes by challenging him to give you a night to remember. Tell him, "*I can't make it, I've got some plans that night with some friends of mine. I can see you on Saturday, though, so let's have some fun. Do you think you can give me a night I'll never forget?*"

By saying this, you're throwing down a challenge (and you know what I've already said about men THRIVING on challenges that play to their masculine instincts).

Always, always, ALWAYS keep the adventure and the challenge alive. Choose interesting, even edgy things for the two of you to do together. What could the two of you do together that would get your pulse racing?

- bake some treats
- Go rock climbing or go-karting
- Go camping in the unknown
- Try surfing together
- Try geocaching, or join an urban scavenger hunt
- Sneak onto the roof of a high-rise building to watch the sunset
- Watch your sports teams play one another
- Go skinny-dipping in a nearby lake or ocean
- Try out the shooting range
- Have a cook-off
- Go on a boat cruise or a ghost walk

You get the idea! ▶

## 2. Driven by Hormones

**O**f course he only wants you and no, he didn't see that nearly-naked Scarlett Johansson look-alike strut past . . . even though he tells you these things, you can know what's really going on by watching his body language. When his entire body stiffens and he seems a million miles away it's probably because he's mentally Photoshopping said babe into his favourite porn scenes.



The truth is, your man is brimming with testosterone, and unfortunately, he has little control over it. That said, just because he checks out passing beauties it doesn't mean he wants to be with them or that he'll act on his thoughts.



Statistics state that men think about sex every seven seconds. If you do the math that adds up to 514 times an hour, or approximately 7,200 times each day. Whether or not that rings true with every man or not is beside the point; most men think about sex more than they'd like to admit.

For some women, this truth hurts. It makes them feel unspecial or like they're "not enough." **It's important to realize that his sexual thoughts about other women have nothing to do with you, but rather are simply in his programming.** Just because he looks doesn't mean he's not happy with you or that you don't fulfil his needs and desires.

If you want to pull his attention back to you when his eyes or mind go wandering, then consider the following:

Let's say a gorgeous brunette strolls past you both in the shopping mall, wearing the shortest daisy dukes you've ever seen and a tube top that covers very little. Make your own visual observation. It shouldn't be mean-spirited or a negative comparison with yourself, but instead, make your own simple note on her drool factor. For example, you could say something like, "*Wow, that girl's got killer legs.*"

If he's smart, he won't carry on the conversation, but if he does you can still make his brain do a U-turn in your direction. ▶

### 3. He's Afraid of Failure



**E**verybody fails at something. It's simply part of being human. However, unlike women, men have a lot tied up in this one. They were brought up to believe that they need to have full control and mastery over the worlds of action and accomplishment. Their building blocks and model airplanes

as children reflect the concern for mastery, and as they age their self-esteem continues to find measurement in their ability to be masters and fixers.



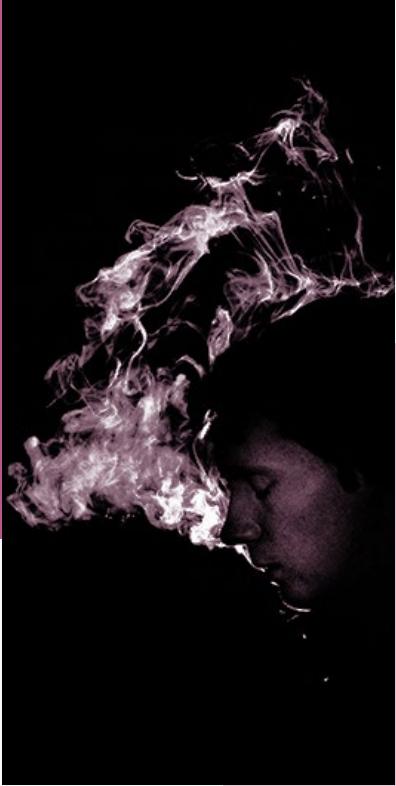
Fear is not something men like to think or talk about, let alone admit to, which is why they try to keep it hidden. Fear, to men, represents weakness and since men have been wired to be warriors, they try to avoid showing vulnerability to other opponents. This also makes it hard for guys to say “I’m sorry,” because apologizing implies that they failed at something or did something wrong.

To avoid triggering his defense mechanisms or his “I failed” responses, try to bring the following into your relationship:

## **Discover what he's good at and call on those skills.**

Some men are good with math and puzzles, others at art and design. Once you discover what he's good at, create opportunities for him to show off his skills. Whether it's helping with your finances or cooking a nice meal, he'll feel proud of his skills when you give them recognition.

## **Take emotional topics slowly.**



Since men don't like feeling like they're failing, talking about emotional or heavy issues with him can be tough. Instead of bombarding him with all your problems, break them down into separate issues. For example, if you want to talk about money issues and chores, then first choose just one to focus on. Giving him a day or two between serious talks will allow him to come to terms with the situation and get his morale back up. Also, avoid exaggerating when you're upset. Women tend to dramatize their feelings, which only makes men feel more distraught when they hear them. Try to keep your cool and remind yourself that unleashing your emotions hurts him. Lastly, be clear about what it is you want from your man. Instead of sending mixed messages, let him know loud and clear what it is you need from him. Don't make him guess what's on your mind because if you do you'll feel frustrated and he'll feel like he's failed.



## Help him measure his success.

Since men aren't mind readers, it's impossible for them to know what women need from them unless you tell him. Letting him know specifically what things you'd love him to do or be for you is the easiest way to help him feel like he's winning. For example, if you want him to choose the restaurant for your date, let him know. Then give him feedback like, "*That was the perfect little spot! You remembered how much I love Indian food!*" or "*Dinner was delicious, I'm so glad you took me.*" If you like it when he drives, hand him the keys. If you prefer quiet experiences together rather than dates in loud, crowded places, don't make him guess. Let him know what it is that you want from him and praise him for making your time together intimate and romantic. ▾

## 4. He's Goal-Oriented

Men are simply less interested in doing things if there's no "reason" or "mission" that they can identify in the activity. Take shopping for instance. If you ask your guy to aimlessly wander the shops with you, he's not likely to be interested. On the other hand, if you ask him to find something or give him a list of what you need, then it becomes a challenge or an adventure and he's interested.



This kind of mentality applies to most of his life, which is why when he's given a goal he feels a sense of purpose to achieve it. Playing pool with his buds? The winner gets free drinks. A game of poker? There's got to be a money pot. To men, there's little point in doing things unless someone comes out a winner.

So, how do you motivate him and let him know that his ways are valued?

**Play to his strengths.** This doesn't mean you should make long to-do lists for him or always tempt him with rewards, but if you can create some task-orientation into your relationship, you'll be amazed at how



much more connected to one another you he'll feel. Need to get the yard work done before the big game? No problem. Want to turn the unfinished basement into a new lounge room? Game on!

**Let your man have specific tasks to accomplish in your relationship and thank him for being the way he is.** He'll not only appreciate your graciousness but he'll feel proud to be with someone who makes his everyday life enjoyable. ▾

## 5. He's Not Great with Feelings

G uys have a bad rap when it comes to feelings. Women think men don't have them, don't want to share them, and don't want to listen to them. But that's not true. In order to build a solid foundation for a secure, lasting relationship, it's crucial to understand one simple fact: men don't feel the same way women do.



Of course he has feelings, but he rarely thinks of things in the same complex ways that you do. A lot of the pain and frustration women experience in

relationships is caused by thinking that men function and feel the same as they do. The truth is **men have a much harder time processing and handling feelings.** They don't have the extensive support system that women have, which is why they often escape into things like work, sports and television. Since dealing with feelings isn't a forte of his, don't force him to play on a field where his skills and styles of communication are not useful.

If you can understand this and work with him instead of against him, then you already have a huge advantage. The other thing to remember is that men want to fix things, and they get frustrated when they can't. This is especially true when it comes to a woman's feelings.

Most men feel it's their job to be a good partner, to care for you, to listen, to be a great lover, to be connected, to be loyal, and to share. But when you demand, out of your own fears, that your man meets all of your emotional needs, you are setting both of you up for disappointment. No relationship can meet all of a person's emotional needs.

To help your man out, **take the lead in positive communication** and if you can, keep from using heavy language about feelings and emotions in the early stages of your relationship. Since you are much better at feeling your feelings and sharing them, use this knowledge to create a supportive environment for good communication with your man.

How? First, always come from a place of compassion and understanding. Yes, this can be hard to do, but in reality, you get what you give and you'll get a lot more when you approach your interactions with him this way.

Second, approach conversations in a positive way that helps him understand where you're coming from. For example, instead of saying "*I hate that you never want to hang out with my friends,*" try a positive set up like, "*You know I want us both to feel happy in this relationship, and I notice that we don't do a lot of things with my friends. I'd really like them to know you better. How can we make this work for both of us?*"

When you talk to a man with a positive set-up like this, you're priming him to see that you are not looking to fight — you're looking to get things right. This kind of positive approach will encourage him to open up and express his feelings. ▶

## 6. He Needs to Be Needed

**T**raditionally, men have been the providers and heads of their households. However, this has changed in recent years, not only because women have become more career oriented, but because women have become more independent.

**When it comes to dating, it's important to make men feel like they are men, and to make them feel needed.** They want to feel like their role in the relationship is secure and that their lady appreciates what they do for them, in fact, they NEED to feel that way. They want to be king of the castle and feel valued, like their woman couldn't even dream of a life with anyone but him. They're dying to be strong and useful and to win the spoken or unspoken praise and thanks of their woman. Keep in mind that there is, however, a balance between being needy and making a man feel needed.

To make your man feel needed and admired, consider the following:

- Let him fix things around your home, cut your grass and take out your garbage
- Tell him how lucky you feel to have him in your life and how special he makes you feel
- Ask for his advice. Even if you don't take his suggestions he'll feel like his opinions matter
- Never expect him to read your mind
- Thank him for the things he does and let him know when you're proud of him
- Let him walk you to your car in a dark parking lot or to your door at the end of the night
- Stroke his ego in the bedroom and give him clear signals when you're pleased
- Hold his hand and snuggle up close to him
- Brag about him to other people and let him showcase his accomplishments to your friends
- Laugh at his jokes and let go of the small stuff
- Ask him to get you things that are out of your reach
- Let him open that jar, wrestle that flat tire off, and pump your gas ■



# What Makes Men Chase You

## Let Him Chase You

**A**s I've already mentioned, men are hunters and they thrive on winning. That's why it's so important that you let him chase — and catch — you. So, how do you know when to let him "catch" you? Should you stay caught, or break free and let him chase you again? How do you keep him focused on you and only you so that he doesn't go chasing other women?

First off, there are two kinds of chasing: one is about capturing his interest for the first time and letting him see you as the prize he's longing for in his life. The second is a closer, more intimate type of chasing. It happens after you've already been caught, and you do it to keep the chase



alive every day in your many interactions with your man. It's a key part of keeping him committed to you.

To get him chasing you, there are a few things you must first understand. First is your "market value". Understanding your value will not only entice him to come after you, but it'll also help you if things

don't work out with him. You'll be free to find love with someone else who does value you. Second, follow your guy's lead. If he's casual about dating you, then you are also free to see other people. Leave the ball in his court and wait for him to bring up the future of your relationship.

This brings me to my last point: you're single until he claims you. If he's not calling you his girlfriend, you're still a single lady. Don't get wrapped up in believing that you're taken if he hasn't made it official. This will

inspire your guy to realize that if he doesn't claim you, someone else might. He'll move mountains when he gets the sense that you could have anyone you want. Making it known that you're still a free woman will entice him to commit to you in the fear that he could lose you.

Many times in the beginning of a relationship a woman will chase a man. But since he's a hunter, he'll feel like it doesn't take much work to get her, and consequently feel her worth less. Simply put, this dynamic rarely works out. If you want him to pursue you, and covet you, then you cannot chase him.

To avoid mistakenly chasing him, pull back everything you are throwing at him: the communication, availability, accommodation around his schedule – the whole shebang. Don't initiate plans with him, don't text him and don't be the first to call. You should only respond to his advances. This may seem counterproductive if you're trying to win the guy over, but if you're constantly contacting him, asking him to do things, and checking in, he's never even going to have the opportunity to come to you. Master the art of reservation; being 'cool', giving him space, pursuing your own interests, and letting him pursue you while you play a subtle version of hard-to-get.

Once he does come to you, don't give in quickly. The better you are at holding off, the more persistent he will be at running to you. To help with this, plan activities for yourself and keep busy so that you won't be tempted to reach out to him regularly. The better you are with self-restraint, the more effective you will be at winning him. At the same time, this doesn't mean that you should ignore him or reject his date proposals. Making yourself a little bit harder to catch just gives him the chance to do what he desires most: to chase you!

Here are some tips to keep him chasing you:

## **Your Life is Fabulous**

It's important to show your guy that you have plenty of other things to do, places to go, and people to see. This way he knows that you are your



own person and that you both have equal value in the relationship. No matter how tempting it may be to give in to his every whim, play it cool and tame those impulses. A good rule of thumb is to only agree to a plan when he gives you enough notice so that you're not dropping everything and scrambling to accommodate him. Even if he calls and you are completely free that night, make him think you have other things going on and suggest you make plans for a few days later, when you have time available. No matter how dreamy he may be, never blow off your friends for him. It can be intoxicating when you first meet a man you really like but it's not worth the sacrifice of what makes you truly vibrant and wonderful! In fact, that's what has attracted him to you in the first place.

## You're Mentally Marvelous

When you feel certain and grounded in yourself, you're confident, happy and fully enjoy your life. Sometimes, of course, you won't feel so great, and there will be days that you struggle with your self-esteem or find it difficult to come up with a single positive thought. The trick is, no matter how high or low you may be feeling, to appear to be a happy-go-lucky person. Even if you have 99 problems and can't find much to be happy about, still act as if your life is great. Believe me, it's not as hard as it sounds, and quite often the façade becomes something more. Fake it 'til you make it!

If you are having a really hard time and can't hide it, that's okay, you can be honest with him to a point. But it's important not to seek him out in times of emotional hardship. Go to your friends, or your family, making it clear that you have your own support system and are not looking for a male shoulder to cry on at this early stage in your dating relationship. Typically, when this happens, he will come to you wanting to be that shoulder. But you have to give him the choice.

The point of appearing mentally marvelous is to demonstrate to him that you're strong, independent and grounded. That you don't need him or any man to rely on or to rescue or complete you. Even if you have

enough emotional baggage to occupy a small planet, you need to make an outward show of confidence and happiness. Leave the blood, sweat, and tears for your alone time. And by the way, if you have that much baggage, consider how you're going to get some help to deal with it and actually *get* strong, confident and grounded!

## You're Financially Fantastic

Be the hero of your own story and show him that you work hard to play hard. You don't need a man to come in and sweep you off your feet, because girl, *you got game*. Your finances are in check and you've worked your butt off to create the fabulous life you have. Your co-workers rely on you not just for your work ethic, but for your charisma and charm. Men admire a hard worker, so you'll be drawing them in like a magnet when you show spirit in your work and game in your financial life. ▶

## What Men Crave

There are things men want from you but will never tell you about. I honestly don't know why they don't communicate their needs — after all, it would certainly make things easier if they did! I think a part of the reason is because they don't think women *need* to be told. They assume we "just know" what they crave. Well, surprise guys, most women don't have the slightest clue when it comes to what her man desires most. To help you navigate his sea of desires, here is a list of the top qualities men crave from their partner but don't often admit to. Once you master these he'll be wanting you again and again.

### Respect

Men often don't think deeply on it, but they are heavily influenced by a need for respect. If given a choice, they would rather be respected than loved. This doesn't mean you should drop everything to run to his side, cater to him and become a doormat. You can let him know you respect him without bowing down to his every desire. Don't assume he knows you respect him, show and tell him. When he does experience respect from



you he will want to welcome you into his life. He'll develop a trust in you and won't want to lose that deep respect you hold for him.

## Admiration

Going hand in hand with respect is admiration. Guys typically love it, but there is one little catch: it has to be sincere for it to work. Men have a radar when it comes to catching insincere compliments. Only when you tell him something you honestly appreciate about him will he be genuinely pleased.

## Appreciation



Every man wants to feel like he's the most important person in his woman's world, and it doesn't take much to make him feel that way. Verbally appreciating him with a simple "thank you" and a sweet smile can go far in showing him that you're grateful for him — for the small things and his larger presence in your life. But without it there's little motivation to keep

him trying. If he's not getting any feedback or signs that he's doing well, there's nothing feeding his inner need to please you. The loving gestures he makes will become more of a chore than a choice, and if they continue to go unnoticed, they will vanish completely.

## Self-Respecting Woman

Every man wants a woman who has self-respect and self-worth above all. It's part of what makes you the total package. They love a woman who knows what she wants, has standards and isn't willing to settle. When a woman is aware of and respects her own self-worth but is also humble and gives her man attention, he will fall head over heels for her. Respect is a language of love you can use to enhance his feelings of attraction towards you.

## A Challenge

While you appreciate his efforts, make it known that you can and will walk away if he doesn't live up to your standards. Knowing he could lose you at any time motivates him to continue working hard to deserve you. When something is hard to get, men value it more.

## Companionship

Men like to be around the woman they care about, which is why he's likely to invite you to tag along to his pickup game or join him on the couch while he watches his favourite shows. He simply likes having you around. Sure, he needs his guy time, but he likes spending time with you, too. Take advantage of the fact and find some more fun ways you can spend time together.

## Arm Candy

Men appreciate it when the woman in their life takes the time to look good for him – and for herself. This doesn't mean you have to look like you stepped out of a rap video to make him happy. The point is for him to believe that you put effort into looking good because doing so is a sign of respect, not just for yourself, but for him too. Take time to fix your hair before you see him, and apply the makeup you wear on a regular basis. Wear something that is flattering and watch when he notices the effort you've made.

## Encouragement

Men love encouragement from their woman because it reminds them that she's in his corner, cheering him on. The song "Cheerleader" by OMI is actually a great song that exemplifies this. Having a woman believe in them is so very important to men. If you believe in them, then surely they can overcome whatever obstacles may get in the way of their success. In return, you should find them encouraging you, too. Always be sure to recognize his accomplishments and praise him for a job well done.



## Independence



One of the things men love most is their independence. This doesn't mean that they want to be left alone all the time, but they do like to be able to do things on their own without having to check in or be made to feel guilty about it. Remember to give your guy time to hang out with his friends or just have some alone time.

## Support

For him to feel like he's found a gem you need to emotionally support him. Men crave emotional support and secretly want to be able to spill their soul to a woman. Show your support by paying attention to his ambitions and dreams. Listen when he talks about the things he wants to accomplish and let him know that you're behind him all the way, no matter how far-fetched the goal might seem. If it's important to him then he wants it to be important to you, too. Don't dismiss his dreams, judge his passions, or tell him how impractical, expensive or stupid his ideas are. He needs to feel like you'd support him no matter what. Acknowledge his goals and praise him when he gets things right. Let him know when he's doing a good job.

## Desire

Even if he knows you want him, show him anyway. Men want to feel desired and when he doesn't feel wanted by you it can really take a toll on his confidence. Flirt with him. Let him know that you're excited by him and that you feel lucky to be with him. Just don't overdo it or you'll seem needy, and that itself will interfere with his chase. ▾

What makes a man NOT want to chase you? The video below highlights some things that won't have him begging for your attention and affection. ■





# What Pushes Him Away

## Why Men Lose Interest and Walk Away

**W**hen a man fears he's losing his freedom or feels smothered, pushed, prodded, forced, tricked or manipulated into anything, he'll run. Like a stubborn mule, the more you push, the more he'll dig his heels in with resistance.



Once you have your man, it's easy to slip up or push him away. What so many women fail to realize is that when he falls for you, he's doing so because he loves the way you are right then and he doesn't expect you to change nor try to change him into a new, more desirable mold. Simply put, men want to be accepted as they are, and they want to be with the woman they signed up to date.

Here are six mistakes women often make that push him away:

### 1. Your Emotions Show

When you first start dating someone, you're not yet emotionally involved, so it's easier to be calm, cool, and collected. This type of poise men find attractive, and they enjoy being with women that are easy to talk to and to be around. However, as time passes women become more emotionally involved, typically before men even think twice about what they're doing. This means that by the time the third date rolls around, she's already

falling for him and is starting to show her feelings, while he's too busy deciding whether he should order the steak or the lobster.

This difference in behaviour can be problematic. From a guy's perspective, the beginning of a relationship is enjoyable because it's straightforward and carefree. Once women become more serious about how they feel, they tend to let their imaginations run wild and start looking into the future of what could be. When this happens, it's common to get caught up in worrying about losing what you're working on, which can breed insecurities that may start showing in your relationship. When a man sees you getting needy and behaving differently, he doesn't know how to react and so he does the first thing that comes to mind: *he pulls away*.

## 2. You're Insecure

If you're the kind of woman who is constantly asking your boyfriend about the time he spends with other women or complaining about your body, then it shouldn't come as a great surprise that your boyfriend loses

interest in you. Questioning your man's female friendships or pointing out every time he innocently glances at the waitress are quick ways to push him away while making yourself seem jealous and insecure.



Sure, it's rare to find a woman who is 100 percent confident and happy all the time, but at the same time those are feelings you should show your boyfriend only intermittently; they're your own personal issues that you need to deal with, and while a little vulnerability and insecurity is natural — and endearing — a lot is hugely off-putting.

Think back to the first few dates you shared. There's no way you would have drilled him about other women or let him know your deepest insecurities about yourself — you were too busy enjoying yourself as you got to know him. The problem is that once those inner demons start to show themselves, it can be hard to hide them. If you're wondering where the issue lies, ask yourself if he still sees you as the confident, happy

person he once thought you were. If not, then you have to find her for your own good, as well as for the sake of your relationship.

### **3. You Fake It**

If you find yourself looking too deeply into your boyfriend's behaviour or worrying about what he thinks of you or the relationship, then you may be in trouble. Women who analyze their men and mimic their personalities to "build stronger bonds" and "connect" with them are doing it wrong. Unfortunately for them, men have a keen sense when it comes to false behaviour.

The reason your boyfriend is dating you is because he likes you for who you are. If you change yourself to be more like him or act differently around others then he's going to feel like he's no longer with the woman he wanted to date in the first place. Instead of being a chameleon, just **be yourself**. He should see you as the confident, happy person he knows you to be.

### **4. You Seem Desperate**

A huge reason why a man doesn't become involved with you or that your boyfriend is losing interest in you is that you're emotionally unequipped to be in a healthy relationship. If you're not happy with yourself, then it's nearly impossible to be happy in a relationship. Even if your boyfriend makes you feel great, if he is your sole source of happiness, then he may feel suffocated.

It's important for both partners in a relationship to have their own life. This means you need your own hobbies, interests, passions, and friends. If your boyfriend is your "be-all and end-all," then you may be scaring the poor guy away. Though you may feel like you're connecting with him, he probably feels like you're desperately trying to fulfil your emotional needs through him alone. And that's a heavy burden for any one person to bear.

Think about it from his point of view: you wouldn't want to be with someone who was *desperate* for your love and attention. You want to be



with someone who is happy and successful and *wants* you in their life; not someone who *needs* you to go on. That's scary. And it's a major turn off.

## 5. You Gave It Up

Showing someone you like them by having sex with them straight away can be a bad move if you're wanting to form a serious relationship. That's because when it comes to sex, women are often the opposite of men. Women can sleep with a guy and feel more emotionally connected and attracted to them after the fact. Men, on the other hand, see sleeping

with a woman as a challenge; once their pursuit is over, it's not uncommon for them to lose interest and move on — especially when they haven't actually gotten to know the girl beforehand.



Here's the difference: if you sleep with someone because you want to and are realistic about the equally possible

outcomes (you could bond immediately and fall in love or you could leave in the morning and never see him again), then do what you want, when you want. If you feel you should sleep with him because *he* wants to, then you're doing it for the wrong reasons and it will likely not end with him continuing to pursue you. When a woman *gives* herself to a man, it's hard for him to see her as a worthy companion. *Taking* a man is different, though it may have the same end result.

Think about it like this: when a man pursues a woman it's a mission he's on. If she makes him work for it, sex is, for lack of better words, an accomplishment; if she surprises him by wanting sex independent of whether the first date will turn into later dates, she is independent and remains a conquest to be attained; if she simply gives herself up to him because she doesn't want him to lose interest then, ironically, sex is less of an accomplishment and more of a handout.

So remember, he'll be happy to sexually engage with you, but if he didn't have to work for it, or feel as though he has to continue to work for it, it won't mean much to him.

## 6. You Tried to Force Love

One of the key differences between men and women is that men tend to live more in the moment, whereas women tend to look consistently to the future. A guy might seem crazy about you one week then seem to have changed his mind the next. That's why it's important to keep your heart out of the situation until you agree that you're in a serious, committed relationship. When you allow yourself to get emotionally involved too soon, it's likely he'll notice, and may be scared away. Even if you don't say it out loud, your reactions and behaviour speak volumes.

**If a man senses that a woman wants more from him and from the relationship than he's prepared to give, he feels pressured and distances himself.** Since his idea of dating is about pursuing you, making it known that you are readily available reduces his urge to go after you. ▾

# Communication: What Men Do and Don't Respond To

**A**t the root of any committed relationship is communication. The breakdown of communication can cause relationship problems to grow like wildfire — which is why it's one of the most vital ingredients for making a relationship work.

While many couples struggle with communication issues, the good news is that these types of problems are usually easy to overcome, and surprisingly, it's often a matter of simply removing bad habits and introducing new conversations. If you're one of the many women who think that you can communicate with men the same way as you do with women, then it's no wonder you've been having a hard time getting your message across.



## Types of Communication That Men *DO* Respond To:

### POSITIVITY

Men appreciate a pleasant tone of voice from the woman they are with, and really, don't we all? Being positive in your tone, perspectives, and approach to life's challenges will invite conversation with your man, rather than shut it down. That's because he will want to communicate with you when he perceives you are being open-minded and light-hearted about things.



This is especially helpful when you need to bring up tough topics. For example, "*I always have fun with you on our date nights. When do you think we can go out again next?*" is a much nicer thing to hear than "*You never take me out anymore.*"

Sending a signal that you are calm and loving will show him that you want to have a conversation, not begin an argument or a debate every time you have a concern. This will get you far in communicating with him. Of course, you won't have a pleasant tone of voice all the time (unless you're a Stepford wife), but it's important to take this approach the majority of the time.

### BREVITY & PURPOSE

Again, this is a quality that most people, man or woman, appreciate. Brevity means picking the key concerns you want to discuss or share with him and making room for him to join the conversation. Purposeful conversations have a function, and will maintain his attention and interest. Unlike rambling, brevity will keep his attention because what you're saying is to the point. Try sticking with what you really want him to know or understand, versus covering all the finer details. Unlike women, men have a hard time listening to a lot of detail. If you keep your stories brief and clear, you'll be much more likely to hold his attention and get the outcome that you want. Of course, when it comes to important conversations, don't feel obliged to cut corners. ●

## Types of Communication That Men **DON'T** Respond To:

### NAGGING & NEGATIVITY

Constantly complaining and being negative will make a man run faster than a cheetah on PCP. No one likes nagging. It's not an effective way to communicate with anyone and it's going to do more damage than good to any relationship. No amount of nagging is going to change a man's behaviour, and too much of it and he'll tune you out. Men — and women — want to be happy and therefore be around happy people who light up their life — it's not much of a deal to be in a relationship that makes you miserable and drags you down because of your partner's negativity. Speak gently and be kind, and your man will be way more willing to listen.

### FORCE

Men like to feel in charge, simple as that. When you speak forcefully or yell at them, they view it as you trying to take over their alpha role. As a result, they become like a dog backed into a corner. With no "flight" response available, they're forced to fight. Avoid this type of communication at all costs; it's not good for anyone. Don't scream unless the house is on fire.

### SHAME & CRITICISM

Shaming doesn't work; he doesn't like it and it makes him feel like a failure. Men especially are very sensitive to shame. Being in a relationship is supposed to build each person's sense of self-worth and increase their confidence. Making him feel stupid or small is extremely destructive, and if you humiliate your partner in front of other people, consider this to be the kiss of death for the relationship.

### EXCESSIVE EMOTION

Ask a man about barbecuing or beer, and he'll probably give you a thesis on his findings; ask a man about what's going on in his heart and he'll most likely turn into a bumbling wreck. Since men are not raised to know and acknowledge their feelings, they have a hard



time responding to overly emotional women. Men find it threatening when women cry or get upset, so to get a response out of him, be sure communicate calmly and clearly. ▶

**R**emember, everything that comes out of your mouth is either contributing to building a stronger relationship or working to tear it down. Be positive, it's a way to stand out and make your man see you're a cut above the rest. Positive energy is like a magnet, so **make yourself the positive person that he desperately craves.** ■

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# How to Hook and Seduce Him

## Seduce Him with Your Eyes



We often talk about how men are breast, leg or ass men, depending on what body part they're most likely to check out or look for in a woman. Well, I have some shocking news for you. Even if you're the queen of squats and have a great behind to show it, the truth is the most powerful body part you have is your eyes.

Here are a few moves for attracting and seducing a man using only your eyes.

### THE LASTING GAZE

It's a known fact that people who are in love look at each other for longer periods of time than any other combination of people. When you look at the man you want, gaze at him slightly longer than you normally would at a friend. This is at once unsettling and arousing to men, and will have him thinking that you two are already connected. Just be careful not to look for too long – staring at him can come off as creepy.

### BEDROOM EYES

Bedroom eyes are the sexy, heavy-lidded or half-shut look, reminiscent of a hazy, dreamy gaze shared in intimate moments. It's the look a person has when they look at another person with sexual longing. To create excitement in your man, gaze at him intently, in the same way you would look at a lover in the bedroom. One aspect of bedroom eyes is that in the bedroom your pupils are naturally bigger because you are excited and you are (most likely) in a dimly lit room. Both of those

things contribute to enlarging your pupil size. Your pupil size has a lot to do with attraction and it has been proven that the larger the pupil the more attracted someone is to that person. If you are in the full light of day, then you will have to try to create the enlarged pupils by thinking exciting and stimulating thoughts to encourage your pupils to grow larger. These should be thoughts that cause a high amount of excitement or passion inside of you. This shouldn't be that hard to do around a guy you are attracted to though. Just picture you and him having some fun in the bedroom.

### VISUAL TOUR

How many times have you noticed a man giving you the head-to-toe tour before? Probably quite a few. Now it's time to turn the tables and get him worked up by taking your own visual adventure. To get started, concentrate on his facial features such as his eyes, cheekbones and mouth. Then make a few little side trips to his collarbones, shoulders, and chest. You want to keep this PG 13. Unlike him, don't worry about getting caught. After all, you want him to catch you. ▶

## Moves to Rock His World

From the first time he lays eyes on you, it's a good idea to have a few sexy moves up your sleeve. Having these in your bag of tricks will allow your body to tell him what you're thinking, and still let him think he's making the first move. Just be careful — they pack a powerful punch!

- Pull your hair loose from a ponytail or clip so he can watch it fall around your face
- If you shake his hand, wrap your other hand around his and linger for just a second longer than normal
- Smile big and bright when you're around him
- "Accidentally" brush up against him when you pass by
- Touch or nudge him when you speak
- Lick or gently bite your lips while making eye contact
- Run your fingers slowly through your hair when he's looking your way
- Touch your exposed neck or collar bone, or stroke your necklace

- Strut past him
- Don't slouch when talking to him – keep that posture taught
- Slowly uncross, then re-cross your legs while looking at him
- Let him see you dance like no-one's watching – preferably in a crowded room
- Give him the up-and-down and smile when he notices
- Stand closely when you're talking
- Laugh a lot – without sounding ridiculous
- Be a good listener and ask questions
- Only use positive language; avoid talking too much about things you don't like
- Send him quick glances from the corner of your eye
- Mirror his body language – when he leans in you lean in
- Compliment him

Be brave and remember that it takes guts to let a man know you're interested in him. Guys are far less complex than us girls, and they rely heavily on clear signals. If you're giving it a go and seem to be getting nowhere, don't fret. The signs you're sending him may seem clear to you, but he might just be missing them. Try again! ▶

## Keep Him Captivated

**A**s you probably know, men are visual creatures that are brimming with testosterone 24/7. Lucky for us, we can take advantage of this. Believe it or not, there are so many ways to engage, entice, excite, and arouse a man. Better yet, most of those ways don't even require that you say anything. With your physical presence as your secret weapon, it doesn't take much to get his eyes on you. Test out a few of the ideas below and it won't be long before he starts chasing you.



## Make Him Stare

You may have noticed that most men will look at the women who pass you with their breasts close to bursting from their top or pants that are practically painted on, but believe me when I say you don't have to go to these lengths to catch his eye.



In fact, one of the easiest ways to make him stare is by teasing him. Just giving him a glimpse of the goods you got will have his interest piqued — and you'll be leaving the rest to his imagination, which is enticing. Sure, you may want to dress sexy, but keep in mind that there is a huge difference between sexy and trashy. Seeing your thong above your pants or through leggings is not sexy. Wearing a dress or a skirt so short that your goodies peek out when you bend over is not sexy. "Cake face" (too much foundation, concealer, and makeup in general) is not sexy. Simply put, sexy is **not** showing everything you've got.

Instead of showing all, dress to emphasize long, beautiful stretches of skin that aren't naturally associated with sex. Think sleeveless tops, short skirts, and open or scooped collars. A nice simple top, some strong accessories, great hair and a touch of makeup with your fitted skirt will scream sexy and confident. Don't forget: if you're wearing sexy lingerie, you'll feel even more sexy, so make it your secret edge.

## Smell Sexy

Did you know that one of the sexiest scents to a man is a woman's clean hair? That's why showering and bathing daily is one of the easiest and most effective ways to seduce a man. While you're in there, focus on cleaning the areas that are most likely to produce odor like your armpits, groin, and feet. Although shampooing your hair too often can be damaging, establish a regular hair-washing routine to remove excess oils and dirt from your hair. Hair stylists recommend to wash three times

a week and condition once or twice. However, it does vary depending on individual scalp and hair types.

Be selective when buying your shampoo! Avoid the kiddy scents like bubble-gum and mango-tango and beware of anything with an overly strong powder scent — you don't want to smell like his grandmother! To get a man to notice your fresh, clean, just-stepped-out-of-the-shower scent, lean in and ask him a question. If you have long hair, let it hang over his shoulder to point something out and brush it against him.

While fragrances and perfumes are personal choices and you should pick one that you like, researchers have found that men are often attracted to a few specific scents. You may want to consider a scent that hints at one of the following:

- Vanilla
- Orange
- Lavender
- Coconut
- Green apple
- Musk
- Cinnamon
- Sandalwood
- Jasmine
- Pink grapefruit

## Sound Sexy

The trick here is to use conversation in a way that isn't only about conversation, but is sexually provocative, too. Rather than responding to him with a sharp “yes,” “right,” or “okay,” try to replace some of those old, bold words with something a bit smoother and suggestive.

For example, if he says something that makes you think for a moment, squeeze a “Mmm” in there. If you finally understand what it is he's talking about, reply with a breathy “Ahhh.” Adding these sexy sounds to your

conversations will not only make you seem more laid back and easy to talk to, but it will also get his mind wandering to other circumstances in which these sounds may occur.

- “Mmm”
- “Mm-hm”
- “Ahhh”
- “Ohhh”
- “Hmm?”

**TIP:** Be sure not to use too many of these in one conversation. You don't want him to start thinking that you're lacking conversational skills. A little goes a long way with these. ▶

## Eat Sexily

You're moving into spicy territory now, and I'm not talking about the dishes. Eating seductively is one of the oldest but most powerful tricks in the book. Whether you're dining in a Michelin star restaurant or having a picnic in the park, take an ordinary meal to new sexy levels by trying some of the following.

When sharing a meal in a more casual setting, opt to eat with your hands. Eat slowly and playfully, and don't be afraid to lick your fingers clean. To up the ante, do so while gazing at him with an impish little smile. Fruits, raw veggies, dips and cheeses are great for this kind of thing. In a more formal setting, use your knife to cut your food into bite sized pieces – trying to stuff your mouth isn't going to turn him on. Avoid talking or drinking with food in your mouth as it's rude and unappealing. If he asks you to try something from his plate then let him feed it to you. ▶



## Have a Captivating Presence

**M**esmerize your man by showing your confidence and knowing your worth. Set standards that you stick to. In his eyes, you should be the “selector” and he the “competitor”: competing with others for your attention and to ultimately be chosen as your “one and only.”

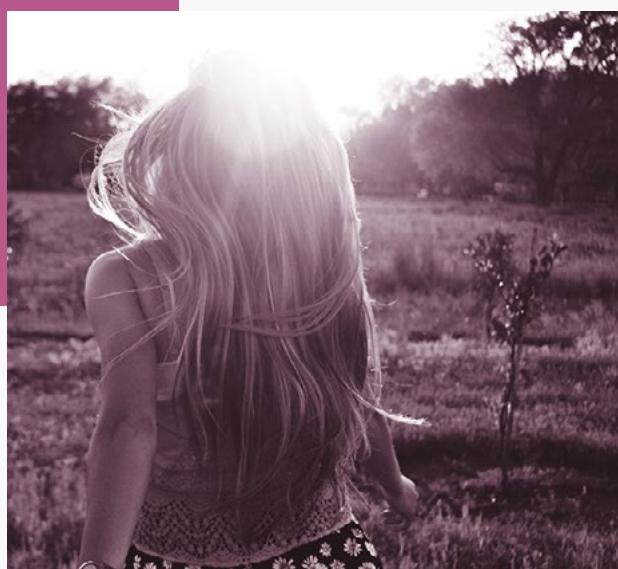
Since men always want what they can't have, they receive pleasure in competing for a woman. They enjoy working to be in your presence and to win your affection. Show your man your worth by imposing limits on

your availability to him — including sex. By doing so he will realize that you're not making it easy for him because you put yourself first. He'll sense that you aren't a woman who settles for anything less than she deserves, and he'll work hard to prove himself worthy.

In order to command his attention, you have to have a strong sense of self-worth and know your own limits. The trick is to live your life with confidence and conviction. You're not desperate for a man, and not just any man can win you over. **He'll keep wanting more of you because you don't roll over and give him everything up front.** After all, it takes time to unravel your layers. ▾

## Extra Sexy Moves to Seduce Him

**S**ome of these require a bit more intimacy than others, so pick the ones that match the level your relationship has reached. For instance, you're not going to pass him a piece of his favourite candy from your mouth on the first date!



At the same time don't be afraid to push the limits a bit. If all goes well you'll be advancing your relationship to a whole new level.

- Hug him from behind or, if he's sitting down, dangle your arms over his shoulders
- Stretch in front of him
- Give him a handwritten note
- Playfully tease and make fun of him (careful here!)
- Make funny faces at him
- Play wrestle or tickle him
- Send flirty text messages
- Whisper in his ear ▶

**N**ow you're well versed in seduction, so time to move on and look at the different types of men. ■

# The Devotion Sequence

**H**as anyone ever said something that stuck with you for hours, days, or perhaps even weeks after it left their lips?

It's like that person knew exactly how to pull on your heartstrings in a way that would make a lasting impression. Well, that's exactly what the **Devotion Sequence** is all about. The perfect formation of words designed specifically to make men feel an undeniable attraction to you.

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Knowing these Devotion Sequence words is not only your key to catching a man's attention, but when used properly, they can be your ticket to your happily-ever-after.

Before I share the exact words and phrases you need to add to your vocabulary, I want to start by explaining why certain words are more powerful than others — knowing this is half the battle!

Since words have the ability to both inspire and influence, certain ones can trigger positive, loving emotions, whereas others can be more deadly than atomic bombs.

In the words of American novelist Nathaniel Hawthorne,

*"Words – So innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them."*

So then, how can you use words to stir up emotions in a man so strong that he has to have you? Well, to begin, you need to **let him visualize your sentences**. Paint him a picture, if you will.

Take the following example:

*"I walked to work this morning."*

**versus...**

*"I had the most beautiful walk to work this morning. The sky was bright blue, the birds were singing and I could smell spring in the air!"*

As shown in the second example, using words that create a visual image in the listener's mind leave a much greater and more lasting impact than those very basic words and structures that create a simple sentence.

Now that's not to say you have to be a brilliant poet to keep his attention, but rather that giving him something to envision and feel when you speak to him will do the trick. Be creative here too; there's no exact template to making this work.

Oh, and while we're at it, let's quickly talk about **tone**. Jumping back to the previous example, "*I walked to work this morning*", you can hear how flat, dry and emotionless it sounds. It's not very captivating, is it? On the other hand, the second sentence is upbeat and enthusiastic. You can't help but assume it's being said in a positive way, by a pleasant person with a happy outlook on life.

This aside, even the exact same sentence can be interpreted differently based on the tone that's used. How? Because tone can give the same words different meanings based on the feeling it creates. In fact, **in some cases the words you use don't matter as much as the way you say them;**



it's your tone that gives them their context and communicates what you're feeling.

For instance, have you ever answered a friend or family member and seen them shocked by your response? In your head you simply answered them, but what they heard was something completely different. Or, how many times has someone asked if you were in a bad mood, or why you were upset? The reality is that you may be in a perfectly fine mood, but again, your tone may have suggested otherwise.



Keeping your emotions in check is important for the simple reason that it impacts your tone. For example, if you bark a reply to someone then they are going to get a different impression than the one you may have intended, and may even think you're not a very nice person. Of course, this can be done mistakenly or innocently even — it can be tough to see your feelings objectively when you're in the midst of feeling them — but again, this is why being aware of your tone, what you say and how you say it is such a great tool when it comes to building relationships.

After all, your tone tells the truth when your words don't. It also dictates how others perceive and respond to you. In fact, you can say the absolute sweetest things to your guy, but if you do so in a way that hints at sarcasm or bitterness, then you shouldn't be confused when he responds negatively to you.

The next thing to note when speaking with a man is what you should share if you want to be remembered.

Simply put, **boring encounters get forgotten**. I mean, do you really remember the conversation you had with the cashier at the grocery store last week? Probably not. Now think about a conversation that has really stuck with you. Whether it was for better or for worse, the reason why it stuck is because it sparked emotion in you.

To reiterate my previous point about painting a picture with your words, it's important that you **speak in a way that will create intrigue and make him want to be around you!**

Now the good news is that this isn't as tough to do as it sounds. In fact, creating mystery can actually be quite easy. It's simply a matter of interacting in a way that doesn't give him too much insight, but enough to keep him wanting more. When done properly, he'll feel challenged to get to know you, which again, will keep him interested.

Take the following scenarios...

Jess just met Jason and right away she felt a pounding attraction to him. The first opportunity she got to chat with him, she took, and quickly told him her life story; about her travels, goals, dreams and desires. Feeling overwhelmed, Jason politely excused himself from the conversation and since then hasn't made an effort to get in touch with her.

**Or...**

Jess just met Jason and right away she felt a pounding attraction to him. The first opportunity she got to chat with him she took, and started by asking how his night was going. When he asked about her, she refrained from spilling her guts out and instead simply told him that she had spent the last few years traveling and getting in touch with herself. Intrigued by what he heard and desperate to learn more about her, Jason asked Jess to meet him for dinner the following weekend.

The difference between these two scenarios is that in the first one Jess came on strong, and didn't leave any page unturned. In the second scenario, however, Jess held back and in doing so created intrigue. This charged Jason's emotions, which made him want to see her again.

When you're talking to someone new, what you say tells them a lot about who you are and the life you lead. If you want to catch his attention, it's crucial that you use exciting words, speak confidently, and radiate positivity. Doing so will create a powerful image of you that will

undeniably have him hanging off your every word. Why? Because you make him feel something, and even if that sounds pretty ordinary, you'd be surprised just how extraordinary being able to do so actually is.

Now that I've talked about the importance of using words to create visuals, watching your tone, and portraying positivity, let's jump into the actual phrases you can use to make any man burst with desire for you.

While reading through this section, keep in mind that the key to catching and keeping a man's attention is to show him how you feel. When you do, you'll tap into his empathetic side and make him feel connected to you. This will make him WANT to take care of you and be your go-to person.

I understand that for some women it can be tough to be vulnerable, especially in the early days of getting to know someone, but believe me, letting your guard down shows compassion, and that's something every man wants in his life partner.

So, let's talk sequences... ▶

## The Devotion Sequence Phrases

“**S**equences” are strings of words that have proven to work time and time again. They are designed to make men wish for, need and crave you; they trigger feelings of lust and desire; and they make men fantasize about being with the woman saying them.

What is so fantastic about these sequences is that it doesn't matter if you've just met the man or if you've been in a relationship with him for twenty years – they work on any guy, in any situation. The reason being that they force him to forget about any other women in his life and direct his full attention on you. In other words, you become his sole focus and most-prized possession, simply by just saying these short, sweet phrases.

## DEVOTION SEQUENCE SET #1

### THE “FALL FOR YOU” PHRASES

The first set of phrases I want to share are what I like to call “fall for you” phrases. There are the cute, subtle comments that will catch his attention early on, and are perfect for the first encounter and on the first few dates. These sequences are designed to show him that you’re interested in him without coming across as clingy, and they portray you as a kind and thoughtful woman. Here they are:

#### *“I love your style.”*

Since no one gets to fully choose their looks (we inherit them from our parents), complimenting a man on his isn’t the most compelling thing you can do. Commenting on his style though, that’s a whole other story!

Like women, men love being acknowledged for the effort they put into their appearance. Saying something like *“I really love that jacket,”* or *“Those pants are a great colour!”* will boost his confidence and make him feel good around you.

Keep in mind though, that it’s important not to overdo it. Why? Because it’ll scare him away! While it’s one thing to compliment a particular look he’s sporting, it’s another to list off all the aspects of his attire you like. You’d also feel overwhelmed if someone went on and on about your style. Instead, play it cool and let him know that he looks good. When done correctly, he’ll start to fall for you.

#### *“You’re really driven, hardworking, focused, etc.”*

You know how it feels when someone comments on a talent or skill you have? It feels good, right? Well he thinks so, too!

Find your man’s talents and talk about them. That said, similar to the looks versus style issue, you don’t want to comment on anything too obvious — if he’s a full-time writer then complimenting his writing ability isn’t going to send him over the moon.

Instead, talk about his less obvious traits. Sticking with the writing example, you could comment on his ability to focus or his dedication to his work. Those kind of phrases will trigger a greater response from him because he's not as used to hearing them.

## **“You're so smart!”**

There's no denying that guys like to feel strong and manly around women, and a big part of feeling this way is knowing that you respect him and his opinions.

Letting a man know that you think he's wise, witty, bright and brilliant will make him fall for you. An easy way to show him this is by making it known that you value his opinion.

To do so, bring your tough questions to him. Whether it's a matter of explaining world policies, a geography lesson, or a music tutorial, let him show off his big sexy brain. When he does, you'll catch him glowing, and better yet, when you're the one who makes him feel intelligent he'll want you to be the one who stays close by.

Other sequences that fit this category include:

- “**You make me laugh.**”
- “**I really like being around you.**”
- “**I need your advice.**” ●

## DEVOTION SEQUENCE SET #2

### THE “NEXT STEP” PHRASES

The next set of sequences I want to talk about are the “the next step” phrases. These work best when you've been seeing a man for a while and want to make the transition from casual to committed. They are designed to show him that you're emotionally invested in the relationship without coming across as over-the-top obsessive, or sending the “marry me now” message.

Here they are:

#### **“You're really caring.”**

Sure, you may know of more poetic or elaborate ways to say this to a man, but in this case, simplicity works!

Letting him know that you recognize that he cares does a lot for his ego and deepens his investment in your relationship. It also shows that you value this quality. At the same time, it's important that you use this sequence at the right time. For instance, think of a situation when your man did something sweet or thoughtful for you and use it to get the point across.

You can say something like, “*That was really sweet of you to help me clean the house today,*” or “*Thanks for checking in on me after my doctor's appointment.*” Be sure that whatever real life scenario you use is recent and relevant. If he mowed your lawn six months ago then it may not be the best reference for recognizing that he cares!

So many women overlook the power of this sequence because they believe that men don't want to be bombarded with this sort of sweet talk. But, believe it or not, men actually love it when women recognize this trait in them.

## **“You're so handsome.”**

Again, this one may be obvious, but telling a man that you think he's attractive not only makes him feel good about himself, but it also reminds him that you're into him and that his genetics stand out among other men's.

When you use this compliment be sure to choose a word like “handsome” or “stunning” over words like “cute” and “hot” — they add a certain level of intimacy and class.

If you're worried that he'll get sick of hearing this then think again! I mean, would you really be that bothered if your guy told you how attractive you are on a daily basis? No, no you would not.

## **“I can't get enough of you.”**

Sometimes when we're feeling comfortable in our relationships we forget to tell our partner how much they mean to us. Other times, we are afraid to let our emotions show because we worry that they will scare him away.

Lucky for us women, telling your man that you can't get enough of him is the perfect balance between being adorable and overbearing. It lets him know that you're crazy about him without coming across as, well, crazy.

As I mentioned earlier, tone is really important here. If you say this with little emotion then he may feel like you're forcing the words out. If you say it with too much enthusiasm then he may think you're looking to get frisky. Simply put, ask yourself how you want him to interpret this sequence before saying it.

Other sequences that fit this category include:

- **“I'm proud of you.”**
- **“You make me feel so good”** (this can be as PG or X-rated as you wish...)
- **“I'm so glad I found you.”** •

## DEVOTION SEQUENCE SET #3

### THE “KEEP THE PASSION ALIVE” PHRASES

The third set of sequences are the “keep the passion alive” phrases.

These are best suited for once you've tied your man down (not literally, of course!) and want to keep the spark alive between the two of you.

#### *“You make me feel safe.”*

Letting your man know that he makes you feel safe will definitely hit a hot spot for him. Since this kind of compliment plays on his strength and ability to protect you, it's something he won't take lightly. After all, it's evolutionary!

Whether he's the macho type or not, all men want to be able to protect their women... and this doesn't just apply to grand gestures. Simply giving you his coat when you're cold, or investigating the strange sound in the night are ways for him to shield you. So, whatever it is, let him do it and acknowledge when he does so.

Even if you know you could take him in an arm wrestling match, tell him that he makes you feel safe from all the bad in the world. Doing so will make him feel like the superhero he's always wanted to be which, in turn, will take you far.

#### *“I support you.”*

This one can be dressed up however you see fit, but the point is to encourage your guy and to support his aspirations, dreams, goals and ambitions. In other words, be his cheerleader and number one fan. When he knows you're in his corner, he'll fall for you even harder.

To do this, be the person he can share all his thoughts and dreams with, free of judgement. Praise him, compliment him and believe in him, even when he doesn't believe in himself. It doesn't matter if you think that his chances of becoming the next Jimi Hendrix or Hulk Hogan are slim-to-

none, cheer him on. He'll love you for it and your support will inspire him to be a better man.

## ***“I love the way you love me.”***

So many of us don't say “I love you,” as much as we should, yet these three small words have so much meaning behind them. If you want to make your man feel like being with you is the best part of his life, then this is the way to do so.

This sequence not only hits his heart strings, but it also makes him forget about any other woman in his life. Why? Because you're the one who is making him feel like king of the world, simply by acknowledging his love for you. It sounds a bit backwards, but believe me, it works!

Other sequences that fit this category include:

- ***“I've never felt this way before.”***
- ***“My life has been so much better since you came along.”***
- ***“I feel so safe with you.”*** ▶

The next time you're at work thinking about your man, or in the grocery store and you see something that reminds you of him, fire off a little text to remind him of how much you love him, and let him know that he makes your life better by loving you.

Once you have the man of your dreams in your arms, it's time to consider dropping my **“Marriage Maker Line”** on him. You'll learn about this compelling line later in the program — I want to make sure you're fully equipped and ready for it! — but in the meantime, keep these Devotion Sequences in the front of your mind as you move through each section.

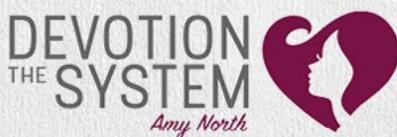
Believe me, when used correctly these sequences will ensure that he never second guesses his love and affection for you. In fact, he'll even be gushing about how he can't wait to spend the rest of his life with you! ■

# The 15 Types of Men

Men come in all shapes and sizes. From tall, dark, and handsome to short, stocky, and blue-eyed. Some are sappy songwriters, others live for the gym. But when it comes to the types of men women are attracted to (for good or bad) it's important to look beyond skin-deep.

Below you'll find a list of the main types of men women tend to date, along with some tips for what you may want to think about as you interact with them. It's crucial to remember that one size does NOT fit all, and **these are simple descriptions of men that won't be able to capture all the essence of a real guy**. Also take into consideration that many men fit into more than one of these categories, for instance you CAN have an Exotic Bad Boy or a Shy Mr. Romantic.

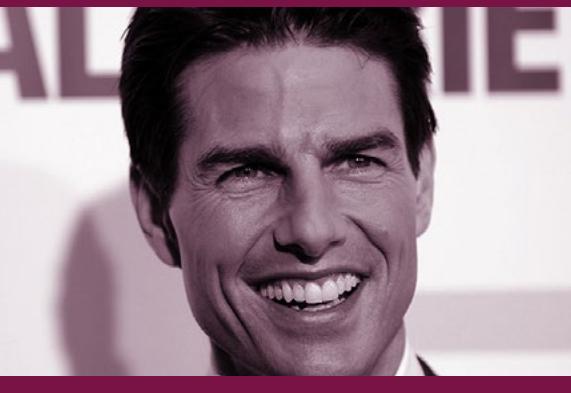
CLICK TO PLAY  
THIS VIDEO IN  
YOUR BROWSER.



the **15** different types of men



## MR. ROMANTIC



Think Tom Cruise as Jerry Maguire or Colin Firth in Bridget Jones Diary. If there's one thing most women look for in a man, it's romance. Romantic guys are affectionate and sensitive to your feelings. They believe in classic romance and will go out of their way to show it.

These men understand that cute love notes are worth more than a dozen roses and they get that anniversaries, poetry, and mixtapes are relationship fundamentals.

These men love to woo their lady, don't leave them waiting and always let them know that they're on their mind. They hold the door open and always pull out your chair for you. If it came down to it, they would happily hold a boombox outside your bedroom window if it meant winning you over.

### PROS:

Their warm gestures and attentive behaviour will give you all the confidence in the world. These men enjoy taking care of you and want you to see how much you mean to them. You'll feel like a princess.

### CONS:

Every woman needs to let it all out from time to time, but with Mr. Romantic on your sleeve he may try to fix all your problems instead of simply letting you vent. This kind of puppy dog comfort may get smothering, especially if you're not used to the romantic lifestyle. Also take into account that he may be applying his charming ways to other women outside of your relationship.

### CONSIDER:

Though he may be quick to sweep you off your feet, be sure to keep a level head. As time goes on, the romance will slowly fade. This doesn't mean he will go from Lance Romance to your average Joe, but just don't get your hopes up that this stage will last forever. ▲



## MACHO MAN



This guy is the image of Sylvester Stallone in Rocky, or Arnold Schwarzenegger in...well, in general.

These kind of guys reek of masculinity. They walk tall, fear nothing, and tend to think that every woman is sexually attracted to them. They order scotch on the rocks and their steak rare. Even though adrenaline pumps through their veins, if they care about you, macho men will make things smooth and carefree.

They will put time and effort into planning the dates and since they're just better at making things happen in general, and their execution will be top notch. Any arising problems will be dealt with and solved on the spot. After spending a few hours with them, you will feel mellow and relaxed, and a strange burning sensation in your stomach you like to call butterflies will arise. You may be a strong independent woman, but these kind of guys have a knack for making you feel like the damsel just so they can save you.



### PROS:

They're confident and they know how things work, so they don't need to ask if you love them or wait for a sign before moving forward. They act on their desires and don't ask for your permission before kissing you or touching you. Their timing will be right 99 percent of the time, but in the few rare occasions they would slip their hands somewhere or grab something a little too soon, they will accept your rejection without any protestations. Their life is about adventure, conquests, and challenges. Since they're passionate and they live fully, they bring that entire mentality in your bed. They're handy to have around and if you love the idea of having a man to fight for you, protect you, and make you feel secure, you may really go for this kind of guy.



## CONS:

These guys excel at being stubborn and single-minded. They resist examining their feelings even more than most guys, and are often reluctant to have intimate, emotional encounters. These kind of men usually have women in line willing to offer them what they want. They can be hard to attract and even harder to keep. They have a stereotype of not falling in love easily and a tendency to cheat. They are workaholics at heart so between the office and gym, you may be fighting for their attention.



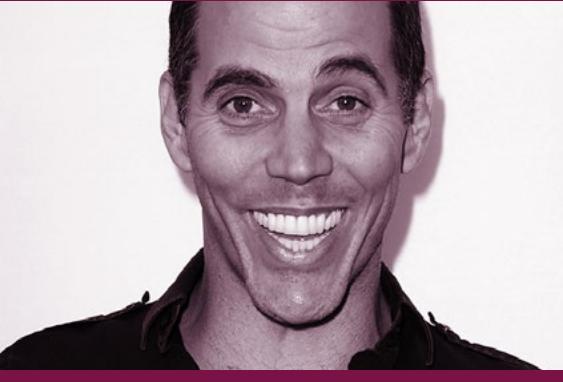
## CONSIDER:

These men generally prefer a very feminine and traditional woman, so if you're the type who expects to equally share housekeeping duties, earn a high salary while piloting a large firm, or is ruthlessly competitive, there may be issues.

There is also a fine line between Macho and Meathead. If he's the kind of guy who spends too much time at the gym or is on the "special juice," then his big sexy brain may be lacking some basic knowledge. ▶



## PARTY BOY



These guys are the comedic, jesterling, prankster of the party, think Steve-o or Charlie Sheen (#winning). However, as badass as they may seem, more often than not they don't actually have tiger blood. These guys are always up for a laugh, have at least 1000 Facebook friends and have done more beer funnels in the last six months than you have in your entire life. They have a network of party pals and everyone on the scene knows their name. He's the party boy.

### PROS:

If you're looking to boost your social life, then this guy is definitely the answer. Not only is he fun to be around, but he'll take you on trips, to festivals and get you into the V.I.P. clubs. You'll party like a rockstar and he'll always be looking for the next place to show up. He's incredibly easy to get to know, at least on the surface.

### CONS:

They will have a hard time committing to a serious relationship because it will mean settling down, which is something Party Boys aren't usually ready for. They love being the center of attention, and are always surrounded by women. If you're the jealous type then a relationship with this kind of man will only torment you.

### CONSIDER:

The party guys may be easy and fun to be around, but you should enjoy that same kind of lifestyle. If the thought of loads of spontaneity – and possibly very little stability – scares you, beware. ▲

## EXOTIC GUY



These men come from faraway lands, have sexy accents, exotic looks and have a unique way of seeing the world. Their social customs and way of doing things are quirky and charming. Women who are curious about the world see appeal in dating these kinds of men because they are fascinating and can provide a firsthand experience of what it's like to date outside of their culture. From Antonio Banderas to Fez from that 70s show, these foreign males are often oozing with sex appeal.

### PROS:

Dating an exotic man will open your eyes to an entire new world full of unchartered territory. They're full of romantic gestures that are so alluring to us. From kisses on the hand to flowers "just because," these guys are the kind of romantics we see in movies.

### CONS:

Aside from language barriers and mistranslations, there's a good chance that behaviours they deem appropriate and normal are downright weird in your eyes.

### CONSIDER:

Visa issues are a common problem in romantic situations, and long distance can be tough. If you're going to settle for Mr. Exotic then be sure you both know what you're in for. You don't want to feel forced to marry the guy just to keep him in the same country as you. ▶



## THE NERD



When the Moldy Peaches' song "Anyone Else But You" was featured on the Juno soundtrack, nerds around the world rejoiced. Aside from being possibly the cutest song of all time, it hits the nail on the head with its goofy lyrics and catchy chords. It embodies the kind of relationship most nerds would give you, which is why it's no surprise that Michael Sera is the perfect example of the Nerd type.

Though nerds aren't known to be smooth talkers or ladies men, they are charming in their own way. Sure they can rid your laptop of viruses, get you to the next level in Skyrim, and know all the compounds that make up a nucleotide, but when it comes to dating they are a species of their own.

### PROS:

If you're a nerd yourself, then dating a fellow nerd could be a match made in heaven. Not only will you both be free to openly rant about your thoughts on the Marvel Universe or love for Bill Gates, but you can travel to nerd conferences together, study new subjects together and rant about your theories and ideas. While you quickly become his Princess Leia, he will be sure to study all the things he can do to turn you on. Even if he doesn't have much experience between the sheets, you can bet that he'll be quick to learn the moves you crave. Best of all, gone will be the emotional unavailability that has doomed so many of your past relationships.

### CONS:

Nerds tend to like clothing that is efficient and comfortable. That may happen to be well-loved sweatpants with 17 pockets. That said, you can probably work around clothing issues if it's something that bothers you. What's more important is that you may have to talk to your man about the types of conversations to start in public and handle the fact that they will have endless conversations about their feelings for you. If that doesn't

scare you, then the one last thing to consider is the fact that you may lose him to hours of video games or George Lucas' director cuts.

### CONSIDER:

Since nerds aren't usually deceptive, what you see is what you can expect to get from him. If you're expecting him to transform into some stunning male model or become the coolest guy in town, then you may be disappointed. ▲



## CONTROL FREAK



These are the guys who are incredibly charming when you first meet them so their obsession with control goes unnoticed. In fact, you may even overlook their compelling need to call the shots, or enjoy it when they plan your dates, ward off creepy guys at the bar and take care of the cheque. That said, there's a thin line between wanting what's best for you and deciding what's best for you. A healthy relationship requires balance and respect, not one person calling all the shots.



### PROS:

Control freaks have confidence, and that's sexy. These are the kind of men who want to protect and take care of you. Plus, the ones who aren't too hot headed tend to be reliable, loyal and good communicators.



### CONS:

If he puts down your friends, is judgemental of your clothing, doesn't support your interests or critiques what you do then it's time to get out. Since Control Freaks are used to having things their way they can easily pick up abusive behaviours when they don't agree with you.



### CONSIDER:

Some Control Freaks are jerks, but that's not to say they're all a bad bunch. If you're the kind of woman who appreciates being looked after then this kind of man may be a good fit for you. On the other hand, if you're an independent woman, this kind of guy will probably drive you crazy. ▶



## PETER PAN MAN



Like Peter Pan, these kind of men never want to grow up because they're happy staying in Neverland. They're not serious about anything except playing video games and dressing up for Halloween, which is why they need a woman who will mother along the way. Since Peter Pan men are so childish, even if you are in a relationship with him he will likely continue to flirt with and befriend other women. Unfortunately for them, you're no Tink and you won't stick around for the show.



### PROS:

If you just can't stand a guy that is serious all the time, then dating a Peter Pan man may be just for you. Since they're always doing something fun you will enjoy his company and find the time you spend together carefree. If it's been awhile since you've let go and really played with life, these guys will be your favourite companions as they'll bring youthfulness to the relationship. Also, since he has his own things he likes to do you won't have to worry about him feeling lonely or left out when you make plans with the girls. The world is his oyster and in his eyes there is always, always something to tinker with.



### CONS:

Peter Pans are commitment-phobes at heart. They don't like taking responsibility for things and nothing is ever their fault. They will avoid serious conversations at all costs, and may become defensive if you address an issue. At times they can be superficial or give unwanted advice. Since they they're not as mature as other men their age, expecting a five-year plan from a Peter Pan man would be absurd.



### CONSIDER:

There is no way to determine whether the guy you like is a Peter Pan man that gets stuck in Neverland or not. The best you can do is wait. Or in the case of many, many girls who don't mind the adventure of dating a Peter Pan man, enjoy the ride! ▶

## MR. INTELLIGENT



Mr. Intelligent is the kind of guy who sweeps you off your feet by using his brain. He's brilliant, focused, and intelligent. He attended university, passed with flying colours and can instigate conversations that are intellectually stimulating. Even though he listens attentively to you, he can also forget to take turns in a conversation. He is laid back and smart.



### PROS:

He has a clever sense of humour and an uncanny ability to make even the driest politics interesting. As a couple, you'll have an intellectual connection, which is a big part of sustaining a relationship. If you'd like someone to keep your brain waves sparking then this is the kind of companion you're looking for!



### CONS:

If you're not one for thoughtful conversations or attentively listening to all of his genius ideas, he may become frustrating or even boring. You may feel like his attention is focused on things other than you.



### CONSIDER:

Simply being around this type of man can make you feel smarter, but if you can't keep up with the conversation or have trouble prying him away from his work, then time with him may have the opposite effect, and things might get rocky. ▶



## ARTISTIC GUY



Whether his hands are busy with brushes or he's picking at strings, a few things ring true among artists. They are spontaneous men who tend to live in the moment. They're ambitious, driven, and dripping with sex appeal (even if it's simply their great madness that turns you on). He'll use his creativity to woo you with a song or a cute, personalized drawing, and make you the muse and inspiration of his creative mind. He has a talent, isn't afraid of a little attention, and knows how to work a crowd.

These kinds of men usually hate authority, value freedom and do not like feeling trapped. They're daydreamers and fantasizers, which is why dating someone with a passion for the arts can be fraught with emotional highs and troubling lows.

### PROS:

Their creative mind will intrigue you and simply knowing that your partner looks at the world with a deep understanding and self-expression can be inspiring. Artists are never short on date ideas, bring creativity and passion to the table, and may live a whirlwind lifestyle. Since the basis of an artist's life is the expression of feelings, most of them are very vocal and honest about the way they feel. He'll go where the wind takes him and doesn't worry about consequences.

### CONS:

The expression "starving artist" was created for a reason, so dating one of these guys will probably mean that dinner is on you. The chances of becoming a profitable artist are incredibly slim, therefore many artists spend long days in the studio producing work or evenings out at an opening making contacts. If you expect an artist to set their career aside for one lovely night of casual chit-chat and lightheartedness, you may be disappointed. Their personal life is a huge part of their work and they don't have a set schedule for inspiration to strike. As an artist, their job requires them to interact with lots of people on a daily basis. They need to woo potential buyers and network their butts off. This poses a risk

because you never know who they'll meet and how they'll interact. If you have trust issues, are the jealous type, or are looking for a man who can be there for you all the time, then you shouldn't date this kind of man.

### CONSIDER:

Most artists require a significant amount of solitude in order to hone their skills. Musicians require silence. Actors can hole up in hotels while getting ready for a part. Sculptors may spend hours on end staring at a block of marble. Every artist has his or her own method when it comes to working. If you can't handle being unable to reach them for long periods, then you won't be a very good partner for them. ▶



## THE BAD BOY



**A**t one time or another, every girl has a thing for the guy who just doesn't play by the rules. He's perpetually angry, or shamelessly bold, or just acts like a tough guy and looks damn good while doing it. He's a rebel who freely expresses his opinion without regard for political correctness while he chain smokes non-filtered cigarettes. He's secure and sure of himself, assertive in public, and has an aura of power and control. He doesn't seek the approval of women or get jealous of other guys.

As sexy as these Bad Boys may be, their appeal can quickly fade when rebellion turns into recklessness. With a bad rep for breaking hearts (and the law), it's no wonder these rebels top the list of types of men to avoid on the dating scene.

### PROS:

Dating a Bad Boy will do wonders for your confidence — at least initially ...) because if he thinks he's great, you'll be influenced to think the same. He will keep you on your toes as he's all about living in the moment and having a damn good time. His unlimited confidence makes him amazing in the sack and he won't be afraid to do what it takes to please you. Since he's outspoken, it'll likely be easy for him to tell you what he's thinking and why, and he'll expect the same from you. Bad boys are also passionate and hard headed when it comes to their beliefs and convictions, but don't be afraid to disagree with them. Remember, strong women are sexy. These guys can be surprisingly attentive, caring and sensitive, because when they do decide to let their defenses down, they take it pretty seriously. If he doesn't let his guard down, however, he'll be a heartbreaker.

### CONS:

Bad Boys typically have a resistance to commitment, so if you hook up with him you should be ready for no rules, no labels, and no strings attached. Don't get into a relationship with one of these guys thinking you

can change them. They're as stubborn as they come and if you push their buttons you'll hear about it, or he'll be gone.

### CONSIDER:

Since he's used to being top dog you may find your voice muffled. Be bold and outspoken with a Bad Boy, and set healthy standards of respect for yourself. Just because he wants to blow off work, hop on his motorcycle and take an impromptu drive to LA doesn't mean you *have* to tag along. Stand your ground with this guy. ▶



## THE DAMAGED MAN



The Damaged Man is sensitive and emotional. At times, he can seem distant or lost in thought, and he may have bouts of depression, or even breakdowns. When you meet him, you may notice the wistful look in his eye; he wears his heart on his sleeve. Depending on his personal experiences, he may be quick to warm to you, or distant due to his fear of rejection. But just because this guy's been hurt in the past, doesn't mean he's incapable of love. He may just need to take things slowly.

### PROS:

The Damaged Man is the kind of guy you can really let it all out to. You won't have to bite your tongue when speaking to him, and they're great listeners when it comes to sharing emotional scars. They love hard and aren't afraid to express themselves. If he's made mistakes in the past, he will be sure to avoid them in future.

### CONS:

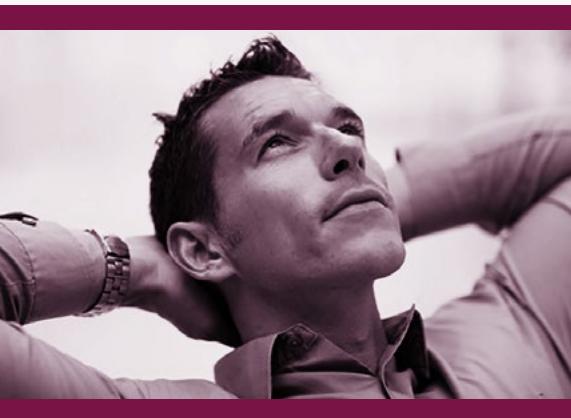
As much as you may see this man as a sad, stray puppy that needs rescuing, he's not. You're looking for a partner who can contribute, not someone to take care of. Damaged Men tend to have trust issues, low self-esteem, and may be prone to anger and aggression. In some cases, he may also be self-destructive. Beware: there are plenty of Damaged Men who like the helpless role, or play it in order to get attention. Don't treat these men as a challenge or a project. As much as you may want to swoop in and put their pieces back together, don't confuse empathy for love. Date this kind of man for the right reasons.

### CONSIDER:

If you're the compassionate type, then you may naturally be drawn to damaged men. After all, it's in our DNA to be protective and to care for those we perceive as wounded. Women who go after men who are damaged care more for others than they do for themselves, so be careful to take care of yourself, too. ▶



## THE UNDERACHIEVER



**H**e's smart, witty and has enough dreams to last a lifetime. Sadly, his dreams and goals rarely blossom into anything past words, because he doesn't have the ambition to put those goals into action. No amount of encouragement seems to motivate him, and if you try too hard you'll only end up coming across as nagging. Underachievers are satisfied where they are, so trying to help him change his ways when he's content with them will be nearly impossible. Underachievers are content to live in their parents' basements or in their remarkably cheap apartment with no view to upgrading in the future. Unless he's working on beating levels on his PlayStation, flicking to Sports Center in time for the game, or raiding the refrigerator, he has very few cares in life. This is the daily existence of these quirky guys. If he has no hobbies, skills, or future aspirations outside of his living room, you know you've just encountered the possibly attractive but exceedingly lazy underachiever.

### PROS:

If you're looking for a simple, uncomplicated life then this is your kind of guy.

### CONS:

If your man isn't interested in doing things or going places then you may find yourself quickly becoming bored in the relationship. If he's content working a minimum wage job then dates will likely consist of Pizza Pockets and Netflix.

### CONSIDER:

If you're an ambitious overachiever then this is a match made in HELL. Not only will his lack of motivation drive you up the wall, but you'll find yourself constantly frustrated by how static the relationship feels. On the other hand, if you are comfortable with a low key, simple life then this may be the guy for you. But bear in mind that your girlfriends will probably try to talk you out of it. ▾



## THE SHY GUY



These are the guys that aren't always visible on the dating scene because they'd rather not be in the spotlight. Still, they're out there. These guys tend to be soft-spoken and quick to blush. Don't mistake him for a stalker; he's most likely treading closely behind because he's still building up the courage to talk to you. Keep in mind that just because he's shy doesn't mean he's unsociable.



### PROS:

Shy Guys can be wonderfully romantic and they'll take their time with you because they're nervous. This means they'll give you more of a courting experience than, say, a Macho Man. Since he's less experienced with flirting and picking up women you won't have to worry about him messing around on you; after all, he's not going to make himself uncomfortable for just anyone, and he values you more than that. These guys are more introspective and often have more self-awareness. They're highly sensitive and responsive. Though he may get nervous around you, he'll be thrilled to find himself the object of your attention.



### CONS:

If you are the impatient kind then a shy guy's slow and cautious approach may drive you crazy. You'll have to be the aggressor in the relationship and direct enough that he knows what you want. If you're the outgoing type and like to attend social events then bear in mind that he may not want to tag along. If you do manage to get him in a social setting, be prepared to see Level 10 Awkwardness — and be kind about it.



### CONSIDER:

Don't judge a book by its cover. Shy Guys are often "dark horses": they may be quiet, but they tend to surprise you. Just because he's overwhelmed by large social gatherings, doesn't mean he's not assertive one-on-one. ▾



## THE PRETTY BOY



No one disputes a Pretty Boy's swooning good looks, but that doesn't mean he's the complete package. In fact, Pretty Boys tend to be pretty high maintenance, but you'll be tempted to forgive him because he looks like he just stepped out of a Calvin Klein ad (think the Justin Timberlake or David Beckham type).

These guys aren't necessarily built, but usually clean cut, well dressed and very aware of their creamy skin and perfect hair. After all, manscaping is their best friend. Like the woman who never leaves the house without looking in the mirror ten times, the Pretty Boy is rarely seen with a hair out of place. He has numerous colognes, a pair of shoes for every outfit, and uses more hair product and moisturizers than you do. Is he easy to date? Well, that can be complicated. Since he's used to having all eyes on him he wants a queen who isn't insecure about the attention he's getting. What you probably didn't know is that he's insecure in many ways. Still, that won't stop him from borrowing your lip balm.



### PROS:

Pretty Boys are definitely in touch with their feminine side and have a knack for getting attention. If you're into checking out the hottest new restaurants and clubs then the Pretty Boy will be happy to join you. When you spend the night at his place, you won't have to worry about bringing your own hair dryer or nail file. He's got it covered.



### CONS:

He's the eye candy that any woman would love to have but you may feel that you're in constant competition with him. Everywhere you go he turns heads, and women constantly flirt with him in front of you. Pretty Boys can also be kinda effeminate and most are high maintenance or narcissistic. Since others usually gravitate towards him, he may be unaccustomed to making the first move.



## CONSIDER:

To date a Pretty Boy you need to be comfortable with your man getting lots of attention from other women. If he's too self-indulgent then you may want to move on. Also keep in mind that the Pretty Boy may be bisexual, so know if this is something you want or can handle in a relationship. You may think that there's no need to compliment the Pretty Boy because he already knows he's good looking, but he's more self-conscious than you realize. ▶



## THE MAN'S MAN



**H**e's a real class act. He always shaves, smells like Old Spice, and wears clothes that fit. He's worldly, educated, and a gentleman. He knows that buttoned shirts are not just for special occasions and that newspapers have more than one section. While he is polite, he is not a pushover. He will swear when he needs to, but will always try to control his temper. He can handle his liquor and keeps himself in shape. Like Nick Offerman, he loves eating things made out of meat, making things out of wood, and his ideal Saturday night is drinking whisky by the fireplace. Most importantly, he will admit his faults and errors, because that is what real men do.



### PROS:

Need a faucet fixed? No problem. Want to expand your deck? He's on it! The typical man's man loves getting his hands dirty. Give him a project and a toolbox and he'll get the job done. He doesn't like drama and stays away from any sort of gossip. He's the "what you see is what you get" kind of guy. You may not hear him express his emotions much, but that doesn't mean he doesn't have them. In fact, a Man's Man is a closet romantic, but *shhh*, don't let the guys know.



### CONS:

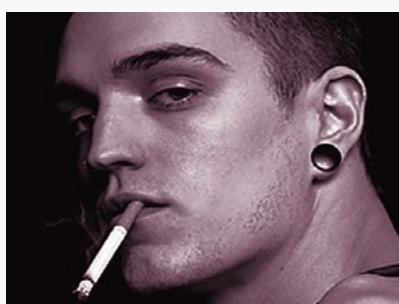
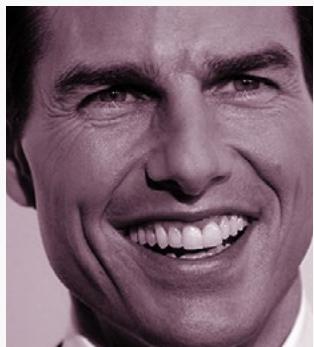
A Man's Man usually finds comfort in the little things, so if you're the type that likes to constantly be on the go, you may have a hard time getting him in gear. A homebody at heart, when a Man's Man is comfortable, you may have to compete with ESPN and a rare steak for his attention.



### CONSIDER:

In order for a relationship to survive it's important to give a Man's Man his time and space to hang with the guys. If you're not down to talk football and domestic brews 24-7, this guy's guy might be the foul ball in your courtship. ▲

**S**o, there you have it — the 15 types of men. But it's also important to know about the sort of men you want to steer clear of... ■





# Men to Avoid

**G**etting involved can be tricky, especially when the guy has a good poker face. Now that we've explored the pros and cons of dating each "type" of guy, let's talk about the kind of men you should try to avoid. To help you spot the warning signs and determine whether or not the guy you're interested in is a bad seed, ask yourself the following questions:

## **Do my friends dislike him?**

Friends can be excellent critics, especially when it comes to judging someone you're dating or about to start dating. Before you get too serious with your new man, introduce him to your friends. Since it's easy to get wrapped up in a situation and overlook red flags that may be clear to others, give your pals the opportunity to see the things that you're missing. If he's the real deal (and if they're good friends), they will happily tell you to go for it. On the other hand, if they are critical towards him or tell you he's bad news, you should listen to them. Since they have an objective viewpoint and your best interests at heart, their bad feeling about your new beau is a pretty good indicator that there's something awry.

## **Do I want to become like this person?**

One of the most important questions you should ask yourself before dating someone is this one. When two individuals get together, they tend to rub off on one another. So, if he's lazy or unmotivated, you can expect your motivations to also go downhill. On the other hand, if he's positive and goal oriented, chances are you'll find an additional spring in your step. Take time to think this one through. Sure, there will be certain habits that you don't see at this point, but you should have a fair idea of what's going on in that brain of his.



## **Do I like who I am when I'm with him?**

Are you really being you when you're with him, or are you constantly trying to hide who you are because you know he wants you to be someone you're not? Are you conforming to an idea of what you think he wants? Or are you blossoming and flourishing into who you really are? Don't ever waste your time with someone who doesn't want you to be authentically you.

## **Does he dislike my friends?**

It's pretty fair to say that the right guy for you will enjoy your friends and get along with them. That means the right guy for you is NOT going to be one who dislikes your friends. If he's a trickster then his attempts may go unnoticed at first. Still, if he passes negative comments about your friends

or family, beware. Over time, his attempts to keep you to himself will likely grow. If you can identify this behaviour in the early stages of your relationship, you'll save yourself a lot of frustration and heartache in the long run. If he doesn't like your friends, and doesn't try to get along with them, then stay away from him.



## **Does he Constantly talk negatively about others?**

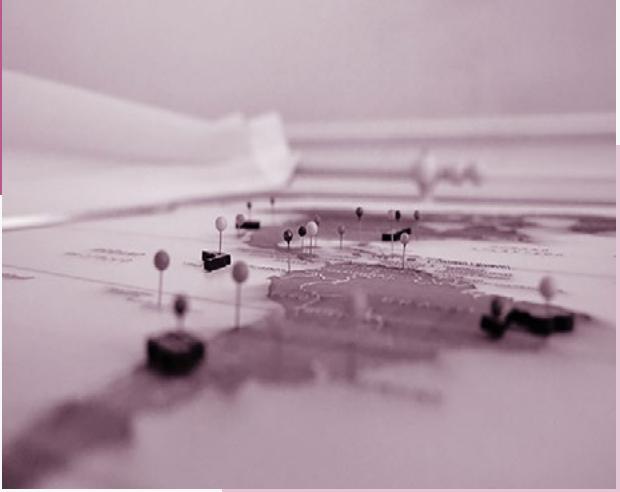
Does he talk trash about people, even those he calls friends? If he has a dozen reasons why his boss sucks and he can't find a single nice thing to say about his own mother; is convinced that it's not his fault that he's unemployed, and can't understand why he should give his baby-momma money (after all it's her fault that he's financially unstable), GET OUT NOW! He can't accept responsibility for his actions and he doesn't realize when he's being offensive. Quite frankly, you don't need this type of negative nuisance raining on your parade. There's about as much chance of having a healthy relationship with this guy as there is of solving world hunger with a Happy Meal.

## **Do I really know where his money comes from?**

If he's wealthy but there doesn't seem to be a clear source of income for his lavish lifestyle, or he's vague when you ask about his job, then you may find yourself wondering if he's making dirty money. Before you get ahead of yourself, make a very obvious attempt to learn more about his career and professional background (for all you know he could have inherited his money, or be really good with the stock market). If he remains closed about where his money is coming from, be wary of continuing the relationship; otherwise you could be in for a not-so-nice surprise down the road.

## **Is his past verifiable?**

He tells you he's from Michigan then later from Toronto. He says he didn't date so-and-so but his friends say otherwise. He mentions a high-end job, but you've never seen any proof of it. If you keep hearing differing stories from your man then it may be time to play Sherlock and do a little



background checking. Lucky for you, it's easier than ever to verify the facts online. If the information you find doesn't match up to what he's told you then ask him for an explanation. If it's just a small thing he's lied about, for instance a grade in school or a band he likes, then he might have said those things to impress you, but if the list of lies is lengthy and gets into personal territory, then you may have a pathological liar on your hands; don't waste your time.

## **Does he act deceptively or brag about what a good liar he is?**

If he's proud of the way he gets away with things or is constantly planning his next scheme then you could be next. It might take some time to figure this one out, however there are some guys you can see through right

away. If he's bragging about his lies and deceptions, then don't give him a minute of your time. You deserve better than him.

## **Does he encourage my independence?**

A man who values the woman you are when you aren't with him is a keeper. If he only loves you when you're under his thumb, you need to walk away. Some men will make it their mission to monopolize all of your time. They will suffocate you with their presence and intentionally take you away from your friends, interests and even family members. No matter how he dresses up his proposals to blow off the rest of the world, stay on your own two feet and be the independent goddess that you are.

## **Do his moods change quickly?**

We've all had those moments when we go from bliss to rage in ten seconds flat, but if this is the norm for him, then beware. Dating a man with an unpredictable or unstable personality can not only be draining, but also dangerous. These guys have a way of bamboozling their partners using emotional manipulation. This type of behaviour tends to escalate, and can become abusive. Don't give yourself an opportunity to fall for his mind games. ■



# Subconscious Signals He Sends

There he is, the man of your dreams, sitting across from you at the coffee shop or standing on the opposite side of the bar. His eyes meet yours — a quick glance — then it's back to his drink. Was he giving you a signal?



Since men and women are very different from one another, it's easy to overlook signs that he may be sending you. Learning to decode what his nonverbal communication means is an invaluable asset in the game of love. Of course, signs (and your understanding of them) will vary depending on whether you've just met or have been together for some time, but in

order to be sure you're reading him right, here are some signs to look out for and advice on how to interpret them.

## Acts of Service

You say you need to pick up milk and he offers to do it for you. You mention that your laptop is broken and he says he'll fix it. If he's offering to run your errands and help with things in your life, it's his way of showing you that he's interested.

## Running into Him

Call it coincidence, call it serendipity, but if he is suddenly showing up in all your favourite places it could be that his "surprise" appearance isn't as spontaneous or random as it may seem. Perhaps he's always in your coffee shop, or maybe he's been hitting up the bar you've mentioned is

your typical haunt. If he starts showing up like this, it's probably a sign that he's trying to connect with you. Take this as a positive sign and make the most of your next encounter.

## He Seems Nervous

Even the most confident men get nervous when they're around their newfound love interest. If you notice he gets goosebumps when you graze his arm or fidgets while you chat, then it could be because you make him nervous and excited. Don't let him suffer; try to help him to relax. He'll appreciate you all the more for it.

## Compliments and Encouragement

He's quick to tell you that you look nice, or the first to encourage your new ventures. Through his supportive words he wants to make you feel good and is seeking bond with you — and form a bond with you — right now.

## Spending Time

You had dinner last night, and tonight he wants to take you to a movie. You have plans to meet on your lunch break tomorrow and he's invited you to a party with him on Friday. If he is making time to see you, he definitely feels strongly about you.

## Physical Touch

If he can't keep his hands off you, even in a non-sexual way, then he's definitely into you. Maybe he grazes your arm when you pass by, or puts his arm around you on the couch. Perhaps he holds your hand while crossing the street or brushes your hair out of your eyes. If he's not quite at the point of touching you, then keep an eye on where he positions his body in relation to yours. A guy who is interested in you will lean towards you. Also, pay attention to where his feet are pointing. Supposedly, our feet point to what we want. It's a good little tip to keep in mind!

## His Gaze

We've all heard the proverb, "The eyes are the windows to the soul." If he's interested in you, he'll focus on you and hold your gaze when you look him in the eye. Return his gesture with a quiet smile to let him know that you are interested. If you catch him looking at you all the time, he's got it bad!

## He Listens

How do you know when you have a guy's attention? When he's not talking about himself. It's that simple. The next time you're in a bar or a room full of men, listen closely and you'll hear them speaking enthusiastically about their favourite subject: themselves. For a man to shut up and really listen to what you have to say, it must be love (or at least a strong attraction).

## He Remembers What You Say

Three weeks ago, over drinks, you mentioned your hazelnut allergy, and tonight at dinner he made sure your salad came without them. He's paid attention and remembers what you said — another sign he's into you.

## He Doesn't Complain

If he's into you, he'll show an interest in the things you like, even when they take place at the same time as the big game. If he's happy to watch a movie you pick out or doesn't complain about a trip to the mall then you've made a serious leap forward in the dating game.

## He Gives You Gifts

Everyone loves to receive gifts, especially when they're from someone we have a romantic interest in. If your guy buys you things when you're out together, or picks you up little treats just because he knows you like them, it's a sure sign that he's into you. At the same time, there is a gray area that you should keep an eye out for: if he's replacing other crucial parts of a relationship (like spending time together) with presents, then it's a likely

sign he's not that into you. Even though the gesture may seem sweet, don't mistake generosity for kindness if he's using it as a replacement for spending quality time or being intimate with you.

## **He Laughs with You**

So you can't tell a joke to save your life, but somehow you have him grinning from ear to ear anyway. Men are very in touch with their sense of humour, so if he's sending some hearty laughter your way, it's a good bet he's looking at you as relationship material.

## **He Calls You**

If a guy likes you, nothing will stop him from calling you. Sure, texting and instant messaging still sort of count, but a sure sign that he's into you is that he wants to actually speak to you and hear your voice.

## **He Keeps Up with Your Social Media**

When he sent you a friend request or started following you on Twitter you knew he was a little interested, but now that he comments, likes or re-tweets all of your updates and photos, you know he's into you. Light cyber-stalking on social networking sites is a sure sign that he's into you.

## **Sweet Text Messages**

Messaging you is the last thing he does before going to sleep and the first thing he does in the morning. Throughout the day he sends little check-ins asking how your day is going, and other sweet messages to let you know that he's thinking of you. He wouldn't be doing this if he wasn't really into you.

## **He's Protective of You**

If he asks if you've eaten yet, or offers his coat when you're cold, you can be sure that he's feeling protective of you. However he shows it, if he's looking out for your wellbeing, then he's definitely into you.

As we wrap up this section it's important to keep in mind that men DO want to devote themselves to one woman. Though he may not always act that way, especially when vulnerability prevails, once you are able to understand him better, you'll be able to open his heart and make him your own. ■



**PART 3**

# Stages of Love



*We all want real, lasting love, whether we're in our twenties, thirties, fifties, or beyond.*

**B**ut have you ever felt as though your sexual desires, romantic longings, and long-term life goals are moving along different tracks? Have you ever questioned which of them is concerned with “love”?

When we think about “falling in love,” we tend to look at it as a single event. We meet someone and, with a snap of the fingers, it magically happens. That's not actually true to life though, because falling in love has three distinct phases: **Lust**, **Attraction**, and **Attachment**, the last phase being the one that creates the actual loving feelings we feel toward our partner over the long term. At the same time, you may be surprised to learn that the decision to “like” someone enough to want to pursue a relationship with them can happen in as little as 90 seconds.

So then, how can you attract the man of your dreams? Believe it or not, **capturing his heart is less about what you say to him, and more about how you say it**. In other words, your body language is the most powerful way you can communicate interest, with tone of voice being the second strongest. The actual words you use are just a small piece of the puzzle, and less impactful than body language and tone.

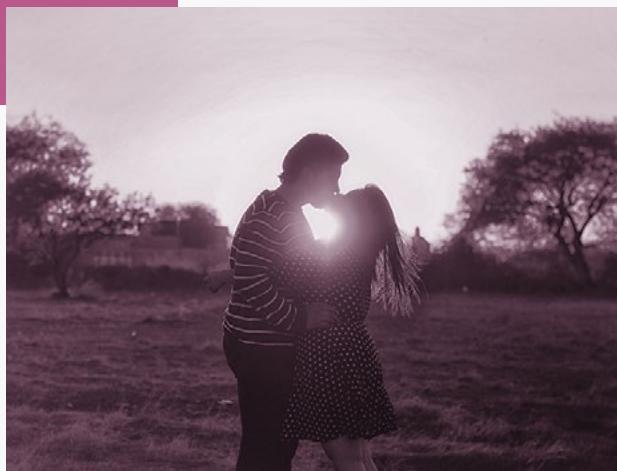
To further explain how the process works, let's break down the stages of love and take a look at the components of each. ▾



## Lust

You pass a handsome man on the street, your eyes meet, and you feel yourself blush; you greet your new male co-worker and can't help but wonder what's under his sharp suit. At the center of these thoughts

is the desire for sex, and that's exactly what lust is: your sex drives reaction to physical arousal.



In the lust stage you experience a strong physical attraction towards a new acquaintance or even a handsome stranger. This doesn't mean that you'd necessarily act on the impulse, but it's the reason why looks can play an important role in budding relationships. As the initial push

that might prompt you to start a conversation with the person, lust can drive you to pursue that first attraction and see if there's more to him than just good looks.

Lust is a wonderful thing and can make for some electrifying sessions between the sheets, but if that's all there is, it won't be enough to sustain a meaningful, long-term relationship.

## Attraction

This is where body language, tone of voice and the first few minutes of conversation come into play. Once you've worked up the courage to talk to him, it's time to find out if you have things in common. It doesn't take long to know if you're attracted to someone mentally as well as physically, and a good indicator is the amount of common ground you share. When you're attracted to someone, you'll feel exhilarated and crave an emotional union with that person.

# Attachment

The feeling of security and comfort we get from being close to someone, the sense of longing you feel for them in their absence, the desire to make promises and commitments are all signs of a blossoming attachment. That attachment can, if nurtured and cared for, lead to a love that can last a lifetime, if you're willing to work at it. Attachment inspires two people to build stability, certainty and safety into their relationship. The feeling that someone will always be there for you in times of need is profound and often blissful.

# What Kind of Woman are You?

## The Forever Attraction Tactic: Chemistry of Commitment

From a biological perspective, it sadly makes sense for men to cheat. This is because, from an evolutionary standing, the more sexual partners a man has, the more likely he is to pass on his genetic material: the primary concern for animals in the natural world. So then, what is it that makes him want to couple up and commit to just one woman? And how can the Forever Attraction Tactic make this happen?

Researchers say a chemical known as “The Hugging Hormone” is largely responsible for male monogamy. The Hugging Hormone, formally known as oxytocin, is a hormone that our brains release during intimate

moments. When released, it's been shown to have powerful bonding properties — so much so that it's responsible for helping infants bond to their mothers.



By examining the effects of the hormone, studies have shown that oxytocin may be the key ingredient in male faithfulness. In one particular study, 20 men in committed relationships were given whiffs of either an oxytocin nasal spray or a placebo. They were then shown pictures of their partner, a woman they've never met, and a woman they knew but weren't dating. It turns out men consistently rated their partner as being more attractive than other women, and that feeling was even more heightened by the oxytocin nasal spray. The results were published in the Proceedings of the National Academy of Sciences.

So how exactly does oxytocin affect men's brains? The study found that when men exposed to oxytocin saw their partner's face, two areas of the brain, responsible for feelings of pleasure and reward, lit up. However, when the men saw a picture of another woman, those same areas were suppressed. In other words, when the oxytocin is flowing, only a man's partner can give him that warm, fuzzy feeling that faithfulness inspires.

So how can you use this information and apply it? Well, there are many ways to stimulate and boost the release of oxytocin in your man's brain to create love triggers, and luckily it doesn't take a hormone-laced nasal spray to do it. It's naturally occurring — here's how:

When couples first meet, their bodies release a lot of oxytocin. But as relationships continue over many years, and couples become less intimate, that level of bonding can begin to fade. The Forever Attraction Tactic is a tactic that zeros in on the main types of intimacy that provide major opportunities for oxytocin surges. **Using this tactic will help you bring the fire back and maintain it in the years to come.** The more elements of the Forever Attraction Tactic that you use, the more oxytocin your brains will release, and the more he'll be reminded to associate these intensely pleasurable feelings to being with you.

## THE FOREVER ATTRACTION TACTIC

- **Hug it out.** Studies show that 20 seconds of hugging raises oxytocin levels.
- **Get it on.** Sex causes a surge in the relationship-bonding hormone, especially when you reach orgasm. Having sex in the morning will release oxytocin that will make him and you both feel loving and bonded all day long.
- **Hold hands.** Touching releases a small amount of oxytocin.

- **Give the look of love.** Staring into each other's eyes increases the flow of oxytocin.
- **Reinforce trust.** When your man feels safe with you, and is able to show his vulnerable side, his brain releases the chemical and makes him feel bonded to you. Find new ways to get him to express his feelings and confide in you.
- **Watch an emotional movie together.** Studies have shown that this can make a man's oxytocin levels surge by 47 percent.
- **Sing around him.** This could mean singing along to the radio together while you're out for a drive, or going to a karaoke bar and having him belt out a few tunes for fun.
- **Dance together.** Whether it's around your kitchen or in a club, dancing with him will cause his brain to fire off those "feel good" chemicals that motivate him to see you as his one-and-only love.
- **Experience thrills together.** This can be something adventurous, such as bungee jumping or a roller coaster ride, or it can be as simple as watching a scary movie together. Thrilling experiences wash our brains in oxytocin and make us feel closer to the one we are with.
- **Exercise together.** Work out at the gym with him, or go for a hike, bike ride, or any other sort of physical activity. Not only does this result in a funner workout, it also makes it more pleasurable because of the oxytocin that's released.
- **Text him at lunch.** Simply thinking about you can inspire his brain to release oxytocin, even when you're not around. While you're both at work, text him about the sexy dream or fantasy you've had, or (if you prefer to keep it more PG) simply tell him that you're psyched to see him later.
- **Give him a massage.** Because everyone's perception of pressure differs, start light and tell him to pipe up if he'd like you to use more muscle.

- **Be the big spoon.** Intimate contact can boost oxytocin levels, but some guys claim not to be cuddly sleepers. If his excuse is midnight sweats, let him sleep on his stomach and sling an arm around his waist. If you have a habit of tossing and turning, then set aside some time to cuddle on the couch before you hit the hay.
- **Wear the color red.** Although they may be unaware of the role that color plays in their attraction, red does make men feel more amorous towards women. From the red ochre used in ancient rituals to today's red-light districts and red hearts on Valentine's Day, the rosy hue has been tied to carnal passions and romantic love across cultures and millennia. ■

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THIS VIDEO IN  
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what kind of woman? are you?

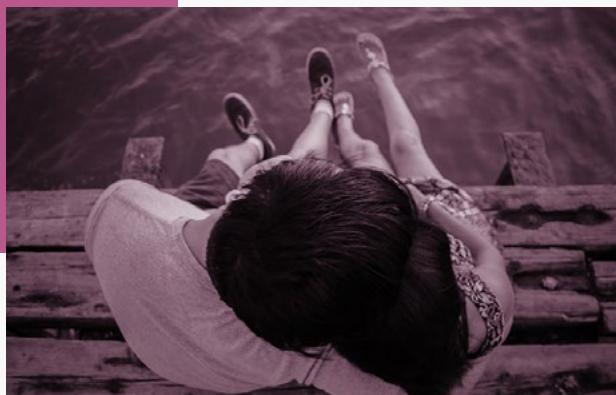


# The Monogamy Message

**I**t's not just physical touch that makes your man want to stay or run away. Your words speak volumes about how much he means to you, and how safe he can feel in your relationship. Do you tell your guy you love him? How often? Do you say it freely, or use it as a reward for good behaviour? The things you say, and the way you say them, can deeply impact the way your man feels about your relationship, and whether he wants to stay in it. As I explained earlier while sharing my Devotion Sequences, telling your man that he's important to you is so crucial when it comes to building a loving, lasting relationship.

In order to make your man monogamous, it's important he feels safe and wanted. Here are five types of statements to keep your man close:

## 1. THE ADMIRATION PROCLAMATION



As its name makes clear, this genre of statement is about making your man feel good about himself, and it's done by identifying and acknowledging a special gift or quality of his that you admire, e.g.: *"I love how much you care for your siblings. You're so kind and thoughtful to them whenever they need you. It's really amazing."*

## 2. THE GRATITUDE PLATITUDE

The Gratitude Platitude is about saying thank you to your man for being exactly who he is. It can be as simple as thanking him for a delicious dinner, or more complex, e.g.: *"I'm so grateful for your love and support. It makes me feel strong and capable of achieving so much."*

### 3. THE STATEMENT OF SUPPORT



There will be times when your guy is having a hard time. Maybe he's feeling stuck or confused about his direction in life, or he's lost his job and is feeling unworthy. At times like this the Statement of Support will be a godsend to you both (as long as you mean it!), e.g.: *"Baby, it's okay. Life is a journey full of twists and turns. Things will work out, and I'll be here the whole time."*

### 4. THE FUTURE ALLUSION

Inspiring monogamy is not just about making him feel happy and loved; it's also about looking to the future, and placing you both in it together. A great Future Allusion is subtle and inspires him to make the connection. It might sound something like: *"Life is so much fun with you. Every day is more exciting 'cause I know you're in it. I love our adventures together."*

### 5. THE LOVE CONFESSION

This one's all about timing; love confessions are most powerful when they're made in reaction to something else – this way they're spontaneous and all the more lovely to hear. For instance, next time you two are play-fighting on the couch and he falls off it, or he surprises you after a long day at work with a table full of tacos and fixings, take a moment, look him in the eye, and say *"I love you."* ▾

## Love Triggers

**W**hat would you say if I told you that there were certain little things you could do to make your man fall deeper and deeper in love with you? Well, believe it or not, there are!

Think about it for a moment. Have you ever wondered why some men continue to treat their woman like a princess even after they've been together for years? They remember all their special occasions, enjoy going

on dates and pay full attention to her when they're together. But how does she do it? What is it that causes these kind of emotional responses, or "love symptoms," from him?

According to behavioural scientists, it's possible for women to encourage their man's behaviour in a desirable direction. Yet surprisingly, the secret

to unlocking his love and affection is something many of us don't even consider. The good news is you don't have to be a scientist to understand how it works, and once you know it you can literally reprogram the way your man responds to you and change the whole dynamic of your relationship.

Here's how.



At the basis of love triggers are programmed response patterns that dictate how your guy reacts to familiar situations. These response patterns shortcut the thinking process and create links from triggers to reactions, be it emotional, mental or physical. Think of triggers as old emotions being reawakened when your brain senses what it believes to be the appropriate reaction. For instance, we have a trigger to answer the phone when we hear it ringing or are triggered to feel sad when someone you care about cries.

When it comes to love, there are certain things you can do over and over to create a positive response from your man that will benefit your relationship. For example, if you make a point to regularly praise him, he'll feel good about himself and the relationship; if you consistently show interest in his favourite sport, he'll feel valued and understood. These kinds of emotional give-and-takes are the backbone of a lasting, loving relationships.

But *how* does this happen?



There's a part of the brain called the amygdala that's involved in the processing of memory, decision-making and emotional reactions. When processing incoming information, the amygdala searches your memory bank to see if it recognizes the information as friend or foe. By

establishing love triggers, you can make it so that your man's amygdala will react positively any time it encounters specific situations or triggers.



Triggers are powerful and practically unstoppable once formed, which is why when it comes to relationships, it's important to avoid developing unhealthy triggers and responses with your man. This is especially true if one of you is always pushing the other's buttons

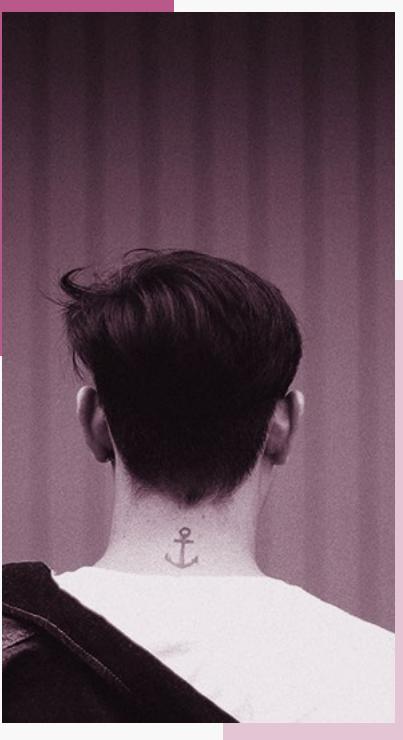
without realizing it. In these situations, the one pushing those buttons will become the target of a negative response. For example, if there's a certain thing you do that drives him crazy (and not in a good way), then your behaviour, if repeated, will inspire a negative reaction from him.

Since we all have our own quirks and oddities, there are bound to be things you do that rub your partner the wrong way. The effect can even be amplified if the behaviour comes at a time when he's tired or stressed out. Perhaps he'll get irritated or snap at you, or maybe he will leave the room or stop talking to you. If you're going to hijack his brain, be sure it's in a positive way.

In order to avoid negative triggers, it's important to identify the specific words and behaviours that set him off. Is it a phrase or slang word you use, or the tone of your voice when you get impatient? Ask him to help you figure out what it is that you do that provokes him. He may be hesitant to tell you, but explain to him that you want to know so that you can address it and move on from it together. When he does tell you, resist the urge to get defensive and don't interrupt his explanation. When you take away the trigger, the gun won't fire. ▲

# Anchoring Him

**N**ow that you understand the chemical side of making a man monogamous, let's take it to the next level and talk about "anchoring" him. To make your man want to commit to you long term, it's important that you learn how to do this.

A black and white photograph showing the back of a man's head and neck. He has short, dark hair. On the back of his neck, just above the collarbone, there is a small, faint tattoo of a anchor. The background is a plain, light-colored wall.

So, what exactly is anchoring and what does it do?

Anchoring is a bit like glue. It's the process of imprinting yourself on the heart and soul of the man you love so that when he thinks back on any good memory he's had, all he sees is you. You become associated with every good thing and pleasurable feeling in his life. It sounds like black magic, but in reality there's nothing sneaky or deceitful about it. In fact, it's a natural part of falling in love. The difference between those who know how to anchor and those who don't is the waiting game. So many people sit around waiting for love to happen, but once you understand how to anchor your man, you won't have to wait, because you'll be actively creating the sparks that make it happen.

When you meet someone and feel that tug of attraction, your budding relationship goes through several levels of intimacy. Each level of intimacy is more powerful than the last, and one by one they build the framework of a relationship that can last a lifetime. We'll look at each of the levels of intimacy below, and then we'll look at anchors in more detail so that you can feel confident in making your man yours **forever.** ▾

# The Levels of Intimacy

## Physical

Physical intimacy happens when a couple moves from mere observation and conversation to any kind of physical touch, whether it be holding hands and cuddling on the couch, kissing and playful touching, or full-blown sex.

It's important not to lose sight of the importance of physical intimacy in your relationship. While your intimacy with your partner (especially a lifelong one) will in many ways transcend the physical, it remains a key component to romantic relationships whether partners are in their twenties or the sixties.

There's power and magic in a touch, and a single caress can often convey deeper sentiment than mere words. Physical intimacy is not just about sex; we tend to each other's bodies and minds when we lean in for a goodbye kiss, tuck a strand of hair behind their ear, high five or play-wrestle over the outcome of a game, or spoon on a hungover Sunday.

## Social

Social intimacy can take many forms, however, at the core of social intimacy is the act of spending time together. Whether this means interacting with your partner among family and friends, or going on one-on-one outings, when you do things together, you enhance your sense of intimacy.

Not only seeing each other but also being seen together in a variety of social settings is one of the magic ingredients that makes a relationship feel "real". Since men place huge importance on having high social standing in the eyes of their fellow men, the better you make your man feel around his friends and colleagues, the stronger his affection for you will become.

On the other hand, most couples spend several hours each day apart. While apart, they each have their own social encounters. At the end of the day, if they share information about some of these encounters and their days at large, they are building social intimacy by letting each other in on their time apart.

## Emotional

Emotional intimacy relates to the sharing of feelings and emotional experiences that inspire greater closeness.

When we're emotionally intimate, we can share personal feelings and vulnerabilities, and display affection without worrying about being judged or rejected. This kind of intimacy allows couples to confess their biggest fears, their deepest desires, and their most secret secrets to one another. As they do, the closeness and emotional intimacy between them grows.

While the intensity of emotional intimacy varies from one relationship to the next, when couples experience emotional intimacy they come to rely on each other and commit to fulfilling one another's wider emotional, physical, and social needs. This level of intimacy is a sign of a healthy, ever-growing relationship.

## Intellectual

This kind of intimacy occurs when two people exchange their thoughts, share their ideas, and enjoy the similarities and differences between their opinions. If they can do this in an open and comfortable way, they can become all the more intimate as they gain greater understanding and respect for each other's intellect.

Being able to open up to and feel mentally challenged by your partner without fear of judgement is a wonderful feeling that helps couples grow together over time.

## Spiritual

Spiritual intimacy doesn't mean going to church together on Sundays or praying before bed, though that certainly can be a component of it if it is part of your lifestyles.

At the core, though, it has less to do with religion and more to do with knowing someone to their very soul, to their very core, and loving them all the more for what you find there. It means that you know the other person, flaws and all; that you've suffered together and weathered challenges that would have seen other relationships end miserably. Your souls recognize one another, and you love each other from the depths of your being. This kind of intimacy takes place over time, but when it does happen, you'll know you've found a partner that will stick by you through thick and thin.

These are the underlying bonuses of being truly intimate with a partner. It's these things that make being in a relationship truly remarkable and life-changing. ■



# The Phone Phrenzy Technique

In order to get to these special stages of intimacy, you have to do one important thing from the beginning: Don't blow it. One of the major ways that new love interests (and unfortunately women in particular) manage to screw things up before they've even begun is by inappropriate phone etiquette.



What do I mean by that? Well, let's put it into a scenario.

Anna's been on two dates with Jake. They hit it off really well and they've arranged to go out again on Friday. Unfortunately for Anna, that means waiting four whole days to see him again, and she's not the most patient of people! What should Anna do?

- a) Text him every morning with a smiley face and the countdown to their date night — “*2 more days! :)*”
- b) Call him drunk at 2am on Friday morning to let him know she's excited, and when he doesn't reply (probably because he's sleeping) text him anyway — “*Cant wait 4 tonite! xoxoxo*”
- c) Hold off 'til Thursday and send him a friendly reminder that she's looking forward to their date the next day — “*See you tomorrow! Looking forward to it :)*”

Well, which one would you say is *least* likely to scare him the hell away and maintain a respectful and desirable mystique?

If you didn't answer c, then read the rest of this section very carefully. And maybe give a trusted friend your phone next time you're out on the town.

These extreme examples are all well and good, but how does your average, sane lady improve her knowledge of when and how to text or call a guy, and, of course, achieve the goal in all this: get a date? By using the Phone Phrenzy Technique.

Let's start by considering the purpose of each form of communication (I'm going to ignore email because, unless you work together, why?!):

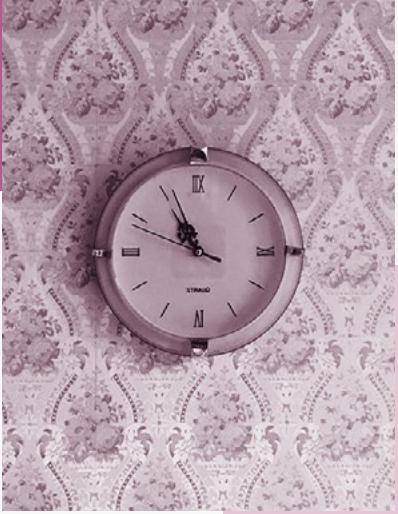
**Text:** A text should serve a purpose. It's there to provide the recipient with brief notifications that facilitate actual human interaction, e.g. "*Running late. Be there in 10,*" or "*Thinking of you xo.*" While sexting is definitely fun and often a positive aspect to a budding relationship, texting is not normally a platform for meaningful conversation, and may often fail to truly get you and your guy any closer to real intimacy, which is of course the ultimate goal.

**Call:** We're getting warmer. A phone call, while certainly more intimidating (and potentially awkward) than texting, is also more intimate. It allows you to connect, get to know one another, and share a joke IRL, but again, **the aim of all correspondence should be to make real human interaction possible.**

The foundation of the Phone Phrenzy Technique is to keep this in mind at all times. While a late-night-text-athon or lengthy phone chat can be fun, it's crucial that you not forget *why* you're speaking in the first place: to arrange your next date, which will allow you to form a genuine connection, and lead to the furthering of your relationship. So, with this at the front of your mind, when is a good time to text or call your new love interest?

While there is no universally "best" time of day to text or call (we all have different schedules, after all), there are definitely worst times, especially in the early stages of dating. The most unanimously bad time to text or

call a new love interest is between the hours of midnight and 8am. While many people have their phones on silent or airplane mode during this period, many don't, though they're likely sleeping just the same. You do



not want to be someone's rude awakening, most especially when you're trying to charm the pants off them. You also don't want to come across as desperate, sad, or lonely: all very possible conclusions for a near-stranger to make when they're woken up in the middle of the night.

Another best-not-to-text (or call) time, at least to begin with, is during the work day. While it's likely he's able to check his phone at some point, if he takes his job seriously he's not going to be able to pick up or respond to you thoughtfully while he's at work. If you leave your text or call 'til after 5, you're also demonstrating independence and willpower: you have your own job to do, your own life to lead, and you're reaching out to him when an appropriate moment presents itself. Not only that, but you're less likely to be left hanging for 6 hours because you contacted him at 11am and he can't get back to you until after 5.

Of course, if he gets in touch with you within either of these time frames, you're certainly welcome to respond. One of the most sure-fire tactics when it comes to early-on communication with your honey is "mirroring": the act of matching your behaviour to his. That doesn't mean you should respond to his question with the same question. It means that if you're unsure of how to read the guy you're seeing or you're wary of "overdoing it" with texts, follow his lead: if he texts you, text back; if he takes 3 hours to reply, take 3 hours to reply (better yet, take 4!); if you miss a call from him, you can feel comfortable to call him back. This technique, while frustrating for some women, is a godsend for those less comfortable with being assertive. ▲

# The Golden Rules of Correspondence in General

## DO: Be cool.

- Sound confident.
- Keep it brief.
- Make plans early on in the conversation.
- “Mirror” when necessary.
- Know when to wrap it up and say “Goodnight” or “Gotta go!”

## DON'T: Be cray.

- Tell him you're not doing anything every time he asks – be “busy” with friends or hobbies, not waiting around to hear from him.
- Forget the purpose of communication: to arrange a face-to-face meeting.
- Try to make contact while he's sleeping.



THE  
**RULES**



## The Golden Rules of Texting

### DO: Be cool.

- Let him send the first text when you exchange numbers.
- Don't be afraid to send the first text sometimes.
- Wait a while before responding.

### DON'T: Be cray.

- Double-text: two texts in a row can be sca-ry.
- Write a novel: you can tell him about your day in person, or at least over the phone.
- Fill your texts with sparkly hearts and heart-eye emojis. Less is more. He should only get a sparkly heart once he's earned it.
- Send pointless texts that have no purpose ("Hey" is an infuriating text!)

## The Golden Rules of Calling

### DO: Be cool.

- Always have a good reason for calling.
- Begin by asking if he's busy; if he is, tell him you can call him back when it suits.
- Keep your voice calm and even.

### DON'T: Be cray.

- Call and then two rings in freak out and hang up . . . it's much worse than an awkward conversation.
- Leave a voicemail; you might nail it, but you probably won't, and then you'll regret it.
- Ramble — keep things concise and to the point.

If you keep this advice in mind and don't lose sight of your purpose — making your next date happen — you'll have your guy in a frenzied desire to nail down your next meeting, and to receive your next precious text. ■

# How to Make Him Addicted to You



**S**o, the goal is to make him committed to you — but you're capable of so much more than that. In fact, you have the power to not only make him want you, but to make him addicted to you. Addicted so that he has to have you, each and every day, for the rest of his life. When a man reaches that emotional state, he might as well be wearing “love goggles” that blind him from the rest of the human race. After all, he's only seeing you.

To make a man develop this powerful addiction to you, you can use many of the same methods you used to trigger oxytocin. The only difference is that now you're going to do it more deliberately, and with greater focus.

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DEVOTION  
THE SYSTEM  
*Amy North*

how to make him  
**ADDICTED**  
to you

Once you get to know your man, you'll have a pretty good understanding of his preferences. From his favourite foods and music to the places, people and theories that have shaped him, the longer you're together the more you'll know what he treasures in life. The trick now is to create



bonding anchors around the things he likes best. Here's an example from my own life.



My boyfriend loves The Beatles. It's hands down his favourite band. For this reason, I intentionally play them any time we're doing something fun or meaningful together. Whether it's blasting "Abbey Road" on our road trips or dancing around the kitchen to "Sgt. Pepper's Lonely Hearts Club Band," The Beatles have become "our band" that we use to cheer one another up. The band provides the soundtrack to our lives. Sure, we unexpectedly hear their

music on the radio from time to time, and when we do we'll talk about what the song reminds us of. Being stranded in Seattle? Moving around the country together? Like a game of "remember when," The Beatles and the memories the band evokes have become our little ritual. So the band is a bonding anchor, yes, but it's a bonding anchor centered on one of his most favourite things.

This is one of the ways that you can become your man's "addiction." You get him to associate YOU with his favourite things, which are usually things no other woman is aware of. Keep doing that, and you'll literally have him following you like a lost puppy.

Now, when you set about doing this, you'll want to mix it up. You don't always want to rely on the same two or three things over and over again. Part of what makes The Beatles work is that we don't play their music every day. Sure, he could choose to throw on one of their albums in his alone time, but it's not the same. The reason it isn't the same is that in his mind he has associated me and our ritual with that band.

Another example of mine is taco night. The first homemade meal we had together was tacos, so any time we have them now we make sure to set things up just like we did in the beginning: soy meat, a bottle of wine

and all the fixings in their own little bowls, ready to be served up. It's an anchor that keeps us close and reminds us of our story.



If food is something your man enjoys as much as mine does, then ask him to free up some time to make his favourite meal together. Once he lets you know what day works for him, you take care of the rest. Look up the recipe, pick up the ingredients and have the kitchen prepped and ready to go. He will be thrilled to see that you've

taken the time to treat him to his favourite meal and he'll love helping you (or watching you) prepare it. It's when you anchor yourself to his favourite things that you give him those lifelong love goggles. Keep it up and he'll be hooked for life. ▲

## Commitment Kickstarters

**T**rue commitment is first and foremost a matter of the heart (feelings), and secondly of the will (logic).

Before a man will commit to you, he must first experience an inner desire to be with you. Unfortunately, this is out of your hands. If you try to badger or push him into a relationship with you, it's likely to make him feel less interested in committing to you.

You can get any man you'd like to commit and you don't have to look like Beyoncé to do it. That's because when a man falls in love with you, he thinks and feels you're perfect. Your physical beauty makes no difference in his emotionally driven mind. And guess what? A man in love will always find a way to commit, because he's emotionally driven to do so.

Most of the time, men are looking for every reason to avoid commitment, but when he's in love, the exact opposite is true. The trick is knowing how to rock his world, which is surprisingly easier than it sounds. So, whether you've found a great guy and the spark is there, or you want to



be prepared for when the man of your dreams does come along, here are some ways to keep him committed to you...

## Be Decisive

Everyone has their indecisive moments, but this type of behaviour can be draining – and annoying. If you're the type of woman that relies on her man to choose everything, from where to go for dinner to what to wear on New Year's Eve, then he's going to either get bored with your

indecisiveness, or become annoyed by it. As much as guys like to be in control, they have different interests than women, and the last thing they want to do is make all your decisions for you. Instead, it's important to have opinions of your own, make your own decisions and express yourself. After all, your man fell for you, so show him how strong and independent you can be.



## Be Punctual

Being on time for someone is a sign of respect, so if you have plans to meet your man somewhere, then be there when you say you will. There is very rarely an acceptable excuse for being late; in fact, in most circumstances you should aim to arrive 10 minutes ahead of time so that unexpected delays don't affect your schedule. It doesn't matter if your pantyhose got a run on your way out the door and caused you to change, or if traffic was backed up for blocks, you should treat every occasion like a first date; you wouldn't keep him waiting then, so maintain the same attitude.

## Be Open to Sex

Believe it or not, a common confession from men is that they feel their woman is withholding or selfish with sex. If your man has expressed these feelings to you, don't panic, just consider your situation and give the areas



lacking attention some TLC. If you want your man to commit, it's important to be open to his sexual needs, and willing to explore his desires. It's not uncommon for couples to have different sex drives, but it's important to compromise so that one partner doesn't feel neglected in particular areas.

## Don't Obsess Over Your Looks

A major misconception for many women in relationships is that her man expects her to look like an airbrushed magazine model. He doesn't. In fact, most men find it unattractive when their lady spends too much time obsessing about her looks and laying on the makeup. Nor does he want to hear you complain about how you wish you were ten pounds lighter or two inches taller, or compare yourself to other women. It can be tough at times, sure, but do your best to control your insecurities and just be you: the beautiful soul he fell for! If there are parts of your body that you would like to improve, then do it for yourself, and properly. Fad diets, obsessive workouts, and fishing for compliments are no way to get his respectful attention. Do what it takes for you to be confident in who you are and how you look.

## Be Reliable

Let your man know that he can count on you. Whenever a man is considering committing to a woman, he asks himself, "*Can I rely on her?*" Every successful relationship requires an unspoken promise between couples to be there for one another. If you have a habit of making promises you can't keep or saying you'll do things that you don't, then he's going to have a hard time trusting that you'll be there when he needs you. Be a woman of your word.

## Be Appreciative

You'd be amazed how much a simple "*thank you*" means to your man. As couples get comfortable with one another and the small gestures that used to be a big deal become the norm, it's common for couples to forget

to show each other their appreciation. So make a conscious effort to thank your man for making dinner, doing the dishes or holding the door open. He'll be grateful for your appreciation and it will show him that you still recognize his efforts. Everyone loves to be appreciated, and being in a long-term relationship shouldn't prevent that from happening. ■





# The Date

When it comes to creating the perfect date, experience doesn't matter much. In other words, it doesn't matter if you've been on five dates or fifty dates. If you're not bringing your "A Game" to the outing, then you're not doing it right.

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*Amy North*

how to have the  
**first** *perfect* **date**

On a perfect first date, your energy should reflect what you hope for in a relationship. You want to be happy, content, and feeling love. Keep an open mind, get to know each other and see how compatible you are. Preparing for your date is key to being successful.

We've all been late or rushed for something, whether it was work, a social event, or a family gathering. The frantic feeling it inspires is stressful and overwhelming. You don't want to approach your date this way. Instead, take time to relax beforehand and focus on what it is that your date will entail. Do whatever it is that puts you at ease, whether it's yoga, having a cup of coffee on the deck, or going for a quick jog. Getting in a calm, settled mindset will make all the difference.



Always plan to give yourself an extra half an hour for leeway. You never know when disaster will strike, so that buffer zone can save your butt. Be sure to choose your outfit the night before — something flattering but appropriate — and make sure it's clean and ironed. If you're into accessories, set aside what you plan on wearing so that getting dressed for your date is a breeze. ▾

## THE DO'S

### **Do Be Decisive**

That doesn't mean you have to make all the decisions, but you should definitely have some input. If he asks if you prefer Italian or Chinese, tell him. When he says, "*Movie or bar?*", pick one. Going out with someone who has no opinion or preference can be draining, so don't be afraid to speak up when he asks for it. If he asks what you'd like to eat, drink, or share for dessert, don't say "*I don't know,*" or "*It's up to you.*" Opinionless can get old, fast. Save both of you from the awkward back and forth: make suggestions and speak up!

### **Do Use the Environment to Your Advantage**

Don't just go for dinner or coffee because it's "what people do," but instead try to plan a date that you'll both enjoy. Before I go any further, this doesn't mean that you should reject his dinner plans or suggest you change them for your own brilliant ideas, but if you have the first choice of activity, consider doing something fun that will generate positive emotions — after all, laughter is the best first date tension killer!

Think about how much more relaxed and enjoyable a night of dancing or a comedy show could be versus an interview-style dinner out. If you can,



pick somewhere atmospheric. An intimate setting such as a wine tasting or cocktails at a jazz lounge can help set the tone and will make you both feel more comfortable. On the other hand, if you're the active type, try a date where you can be physical together. Hiking or rock climbing can be a blast.

Whatever you choose, make it something you feel confident doing. If you're a pool shark, suggest a few rounds. If you're into singing, karaoke your heart out. The point is to demonstrate your value by showcasing your skills and personality.

## **Do Keep the Conversation Light and Breezy**

You're out to have a good time together, so make sure the conversation is enjoyable. There is absolutely no reason for you to talk about your exes or any other heavy subjects on a first date. Not only will it put a bad taste in his mouth, but it may also make you seem kinda crazy. Instead, work on developing a connection so that he feels compelled to call you again. Ask him insightful questions and take a genuine interest in his life. You can even gain a bigger picture by asking questions like *“How did you discover your love for [job/hobby/social cause]?”*

Make sure your questions are casual so that he doesn't feel bombarded. Keep in mind that men want to be with women who are fun and take their stresses away, not inspire more of them. Make sure he feels good in your presence. Topics to avoid discussing are: his exes, religion, and his income.

## **Do Eat Like a Normal Person**

If you order the small garden salad and then eat half of it, he's not going to think you're skinnier, prettier, more feminine, or mysterious. He's going to think you have weird food issues and it'll probably make him a bit uncomfortable. Instead, eat like you normally would, but of course be aware of your table manners. Guys like it when women eat

unselfconsciously and with pleasure. They find it refreshing when a woman is comfortable and down to earth. It signals that they may be that way in the bedroom, too. Got that?

## **Do Put Your Phone Away**

This may seem like an obvious one, but so many of us are obsessed with routinely checking our phones that's it's harder than we might think to actually do. Doing this on a date should be considered a major deal breaker.



Instead of showing the guy you're with that you're more interested in what's happening on Facebook or Instagram, be present! There's nothing more frustrating than trying to have a conversation with someone who's eyes are rudely glued to a screen — wouldn't you be put off if he did this to you? If you really struggle with this one then it may be a sign that you're not ready to have a relationship with an actual

human just yet. Similarly, do not post any status updates, tweet about your date in real time, or snap any candid pics when he's not looking! That's just weird and he'll probably think you're crazy if he sees them.

## **Do Handle the Bill Gracefully**

There are two tactful ways to do this. The first way is to wait for him to make a move for it. When he does, reach for your purse and continue the payment process until he says, "*I've got it.*" You can then ask if he's sure, to which he'll say "*Yes,*" when you can thank him and drop it. You don't want to come across as stubborn or overbearing on your first date, so let the man pay if he wants to! Keep in mind that if he doesn't say anything about the bill, then you'll have to split it. Be careful not to jump the gun on this one. If you speak too soon then he may think that you'd actually prefer to split it.



The second way is to simply reach for the check when it comes instead of waiting for him to make the move. If he insists, offer to split the bill, or at least leave the tip. He'll probably decline, so make sure you then offer to get the cab to the next destination, the movie tickets, or a round of drinks. However, if you offer to pay or split, be prepared to actually pay or split. Don't play games. Say what you mean and mean what you say. Also keep in mind that not offering to pay or pitch in could make you look presumptuous or overly entitled. ▾

## THE DON'TS

### **Don't Be Late or Keep Him Waiting**

Yeah, we know the whole fashionably late thing still exists, but on a first date, you'll make a better impression if you show up on time. Would you want him to show up late? Probably not. Oh, it takes you two hours

to do your hair? Sounds like you're perfectly aware of that fact, which means you'll know exactly how much time you need to prepare, even if it's five hours (hey, we don't judge.) Whatever you do, give yourself enough time to feel ready comfortably and allow an extra half hour to spare. You never know when that run in your nylons is going to strike.



### **Don't Interrogate Him**

A first date can be a great time to see if he matches up to your every wish list criterion, but this is something you should most definitely avoid. There is no perfect relationship, nor any such thing as a perfect man or woman. You can — and should — have standards, but you need to be flexible, too. Having a general idea of what you're looking for is key, so do be loyal to your own deal-breakers. And remember: even if he does check

off every ideal quality in a mate, try not to get too excited. Keep cool and carry on!

## **Don't Focus Your Energy in the Wrong Areas**

Physical appearance is important, but it's not everything. If you're going on a date, he already finds you attractive. Don't go overboard with your appearance trying to impress him. If you look like a totally different person on your date than you have for every other interaction you've had, he's most likely going to be startled, and probably put off. Instead, focus on the actual interaction and connection you two have.

## **Don't Drink Too Much**

There's not much to say here without sounding like a preachy parent, but keep this in mind: having to be carried home by a guy you barely know isn't classy, especially if you're slurring your words or puking your guts

out. Sure, a cocktail or two can be fun to loosen the mood, but knowing your limits will help you make a better first impression. Don't put yourself in a position that you will regret. Crying on a first date isn't going to get you a second one. To avoid a sloppy night, be sure you have something in your stomach before you hit the liquor.



## **Don't Mention Other Guys**

Want to know a surefire way to not get asked out again? Repeatedly mention your ex-boyfriend, detail your dating history, and/or list the guys lining up around the block to date you. If you get the urge, suppress it. Try this instead: without bragging, highlight some recent achievements that you've accomplished. He'll be way more impressed that way.

## **Don't Be Nervous**

Don't give the impression that you're desperate for another date. He should never get a sense that you will be waiting for his call, after all, you're too awesome and busy with your own life to be sitting around waiting for him.

## **Don't Give Him Too Much Too Soon**

Tell him about yourself, your career, interests, and friends. Share funny stories and joke around. Find a happy medium between revealing too much and staying too closed off, and hold back anything that you wouldn't tell a new friend. If you feel like you're giving too much information then pass the conversation over to him. Ask questions and expand on his answers. No matter how hot you look, what will really make him want to go out with you again is remembering how fun it was to sit and talk to you, and feeling like you have so much more for him to discover about you. If after date one he can't see what a great catch you are then don't waste your time trying to convince him. If you do, the relationship will never be the best it could have been, because he never had to win you. ▶

## **Be Polite!**

**R**emember to thank him at the end of the date. Since some men think women are just in it for the free meal or free drinks, you can combat this belief by texting him an hour after the date has ended to thank him again. Don't shorten the text to a one word "**thanks**," as it sounds insincere, rather take the time to send a genuine message such as, "*Thanks again for tonight. It was fun 😊 goodnight xo*" or "*I had a great time tonight, thanks again!*"

Sending something like "*OMG I had the best time EVER your sooooooo amazing and I can't wait to see you again. Wanna do brunch with me and my BFFs tomorrow? XOXOX*" is over-the-top. The point is to let him know you had a good time, not to smother him or scare him off.

Surveys have shown that the number one reason why a guy doesn't call a woman again after a date is because they didn't seem to appreciate the efforts he put in. After all, men crave appreciation, remember? No matter how terrible a date may go, there's rarely an excuse for rudeness. Even if you don't hit it off, he'll appreciate that you had the class to thank him anyways. Even if the date was horrible, end the night with grace and politeness. ■



# When to Sleep with Him

**E**nough you might want to dive into bed with him after date numero uno, you may want to think things through, especially if you're considering a real relationship with him. Having sex right away doesn't necessarily kill the chances of a relationship developing between the two of you, but it will change your dynamic, whether for better or worse. If you don't clarify what it is that you are looking for with him, then he may even think you're not interested in anything serious. Unfortunately, there's no rulebook that tells us the exact or "right" time to hop between the sheets with him. Still, there are certain things you may want to consider.

First, let's talk about the infamous notion that sleeping with him right away will make him less likely to respect you in the morning. While that belief is still alive, it's important to consider that it's not a "truth" per se, but rather an old-fashioned yet still present opinion that some share. Whether or not it's true in your situation depends on the man and his personal beliefs, but in general, the idea of sex on the first date as a cultural taboo seems to be dwindling. Recently, 'Cosmopolitan' magazine did a poll on this matter and discovered that 67 percent of men wouldn't think less of a woman for having sex on the first date. Or so they say, anyway. Still, the age-old debate will continue, men's websites and magazines will continue to produce guides to getting laid, and women around the world will keep asking themselves how soon is too soon.

While it may be true in some situations that having sex too soon means that the chase for him is over, the bigger question is do you want to be with someone who's just in it for the sex anyways? Holding off may seem like a good idea, but what's going to bother you more, if you give it time and he blows you off, or if you let it happen and he blows you off? The most important thing to guard in a relationship is your heart, so it's important to take into consideration how it can handle these scenarios.



Instead of worrying about shame or a loss of respect, consider what it is you're looking for before you get frisky. For some people, keeping sex off the table while getting to know someone takes the pressure off. It helps them make better decisions and allows them to really connect with their date on a personal level.

For other people, the opposite happens. For these folks, unfulfilled sexual desire clouds all other interactions with a date, turning them into horrible decision makers. If you're one of these people, having sex early on in the

game ensures that any relationship that develops is real and based on genuine feelings, and not a game in which no one can really concentrate on getting to know each other because the promise of sex hangs distractingly in the air.



Sex is powerful, which is usually a common argument for regulating its flow; but sometimes the power of sex makes for a strong argument for just letting it happen. Make your relationship choices based on how you actually feel about a person and what you really want, not on an elaborate game of "sex in exchange for 'x'."

Being honest about who you are and what you want will get you more good second dates than playing by someone else's rules because you feel like you have to. If you want to wait, then wait. If you're the kind of woman that likes to go for it, then do it (no pun intended). Do what makes you feel good about yourself. Don't feel pressured to live up to his expectations, or anyone else's.

**Regardless of when you decide to have sex, keep in mind that the key to a loving, committed relationship is organic attraction.** If you can at least lay the seeds of attraction on your first date then you're heading in the right direction.

When the chemistry is right, it'll happen. ▲

# A Sexual Guide to Satisfying Your Man

**I**t doesn't matter whether you've had hundreds of partners or none, the first step to great sex is understanding that there's more to sex than Person A being penetrated by Person B.

The truth is, while having had sex once isn't going to magically make you a sex goddess or a Kama Sutra scholar, having sex a thousand times won't

necessarily make you a great lay either. A person can sleep with dozens, even hundreds of men and still be worse in bed than someone who's been dealing with a year-long case of involuntary celibacy. Why, you ask? Because the act alone doesn't mean much if you don't have the right mindset; what's going on between your legs is much less important than what's going on between your ears.



The biggest key to good sex is attitude. A person with a can-do attitude, an ability to listen and a willingness to take direction without complaint or letting their ego get in the way makes a far better lover than someone who's had dozens of drunken hookups and failed to learn a thing. Yes, it can be a little awkward at first but that's to be expected when you're dealing with a stranger's naked body, not to mention the process of getting to know their preferences, turn-ons, and deal-breakers.

The best advice I can give you is to **be a giving lover with a genuine interest in your partner's pleasure and to make sex about the two of you**. Learn what he loves – and just as importantly, learn what you love.

## Touch Yourself (to Know Yourself)

Most people masturbate, at least at intervals in their lives if not consistently. Some do it every day, others just occasionally. Some people use toys, others watch porn and others still rely on their imagination.

Whatever it is that gets you hot and bothered, it's important to not only know how to make yourself orgasm, but also how to tell someone else how to give you a mind-blowing orgasm. Think about it for a second.



How many times have you stopped and really analyzed what it is you're doing when you're indulging in some quality alone time?

What we do to get ourselves off is an important part of sex, because it's information our partners would dearly like to know. We like to make jokes—that-aren't-really-jokes about how guys are easy to

please and every guy jerks it the exact same way, but that's not really true. Just as no two women masturbate the same way, neither do guys. Some guys respond to stimulation to the scrotum while others prefer pressure to friction. Some need a varied pace while others do better with a specific and consistent rhythm. This is all valuable information; after all, how's a partner supposed to get you off if you don't know how to?

Similarly, women benefit from familiarity with themselves. One of the most common complaints that couples have about sex is the feeling that they should be having hands-free orgasms. The problem is, only a small minority of women are able to orgasm strictly from penetration; the vast majority require some form of clitoral stimulation, and even then, the level and type of stimulation will vary from woman to woman. Simply put, many women will need a helping hand, or device for that matter, in order to orgasm during sex.

Some women require very intense, direct stimulation — sometimes to a level of intensity that only a vibrator can provide — while others are easier to get off than a pair of untied shoes. The better you know yourself — whether you need direct clitoral contact or to be stroked slightly off to the sides; whether you're very sensitive and require the lightest of touches or you need someone to bury their face right in there — the better able you are to guide your partner in giving you an orgasm. And he wants to give you orgasms.

Be sure to vary your masturbation routines — using more lube, less lube, switching hands, and using different types and sources of stimulation — in order to keep from developing a specific habit that might keep you from being able to achieve climax with a partner.

## Use Your Words

Communication is one of the most vital skills when it comes to a healthy relationship — and a sexual relationship is no different. Being able to communicate with your partner is vital to having good sex, regardless of how much experience you have or haven't had with other people.



Good sex is about both parties working together and that requires being able to actually talk to them, understand them, and be understood. It's not just a matter of being able to say "**No, more pressure here**" or "**Less teeth,**" it's about being able to be up front if you're having last minute doubts or feeling anxious about some issue or another. It's about being able to talk about contraceptives, consent, limits, and what you may or may not be up for or willing to try. It's about being able to be honest with the person you're sleeping with and letting them know your needs, wants and desires. If you can do these things, you're not only far more likely to achieve orgasm, but the quality of the orgasms you have are going to improve too; there's not much sexier than a man wholly interested in making you come and being open and honest with you in the mission to get there.

## Don't Buy the Hype

Keep in mind that there are a lot of popular ideas that still float around about sex that are often a source of anxiety, for example, the common belief that you need to have an orgasm for sex to be great. The thing is, a lot of guys have an issue with orgasms, which is why they're obsessed

with whether the woman they're with had one. While on the surface this can be a good thing — after all, you want a partner who's as concerned with your pleasure as they are with their own — it can also lead to increased pressure on both of you, a fact that in turn can inhibit orgasms.

Men tend to be orgasm-focused because it's a lot easier for them to have them. Sex, therefore, becomes a fairly straightforward process of cause-and-effect in their minds, and as a result, orgasms become the be-all and

end-all of sex. That means if we don't have one, something's clearly wrong, right? Not at all. Women can and do enjoy sex even if they don't necessarily get off... and not every woman can get off during actual intercourse, let alone every time.



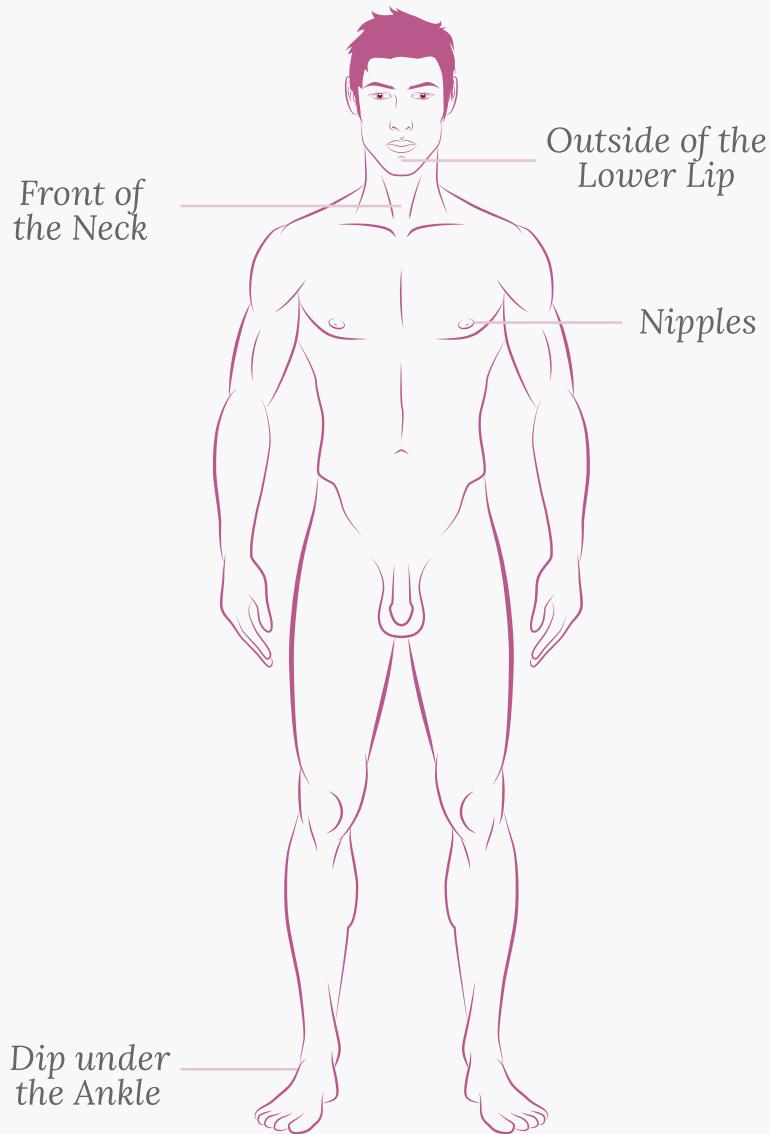
Think about it: do you have to come to feel that you've shared something intimate and super hot with your partner? And what's stopping you from jumping his bones again when he's had a few minutes

to recover? Sometimes it's just not going to happen, especially if it's your first time with a new partner or you're distracted by work or a busy mind. That's perfectly okay! The important thing is not to let the absence of an orgasm one or two or even three times determine how you see one another sexually. ■

# His Hot Spots

As you know, the male body is a hotbed of feel-good zones. But do you know there are special spots that have him craving your touch? We're talking about passion points that even he may not even know about . . . literal hot spots loaded with super-sensitive nerve endings that instantly rev his engine when stimulated.

To let you in on his naughty triggers, here is a list along with specific manhandling moves that will send him into orgasmic overdrive!



## THE OUTSIDE OF HIS LOWER LIP

The male mouth is an obvious hot zone. But zeroing in on that slope between his outside lower lip and chin will bring ultra-intense bliss to his kisser. This tiny, delicate curve is packed with extra sensitive nerve receptors.

### *Manhandle Him Move:*

While making out, suck his lower lip into your mouth. Use the tip of your tongue to stroke up and down mere millimeters below it. The motion will stimulate him in a teasing way, which will put him on the erotic edge. By keeping his lower lip inside yours, you can magnify the sensation so that he feels as if electric currents are shooting from his mouth straight to his member.

## THE FRONT OF HIS NECK

Women tend to pay oral attention to the sides of their guy's neck, between his ear and his collar bone, but it turns out they're missing the powerhouse to arousal: just below his Adam's apple. In fact, the thyroid, a butterfly shaped gland about halfway down the front of his neck, is closely linked to the sex organs.

### *Manhandle Him Move:*

Have your guy lie on his back with a pillow behind his head so his neck is exposed and slightly arched forward. Warm him up by brushing your lips against the hollow of his throat. Next, run the soft flat of your tongue straight up until you're licking his Adam's apple. The thyroid is just beneath it; dip down and massage the area in wide circular motions with your tongue. Teasing him in circles ensures that you excite the entire thyroid, so he gets maximum pleasure.

## HIS NIPPLES

You know that your nipples are a carnal command center, yet experts have found that your guy's headlights might be even more sensitive than your own! Since most men aren't used to having their nipples lavished with attention, for many they're uncharted territory. Touch them and you'll send shockwaves of pleasure radiating through him.

### *Manhandle Him Move:*

While he's stretched out on his back, slowly lick in a circle starting with the outside of his areolae, circling in tighter to the nipple. Keep tantalizing him by zeroing in closer with your tongue, before flicking the nipple with your tongue and then gently biting it. Men love it when you slowly build up the pressure, so don't be afraid to nip him harder than you might like to be. To up the ante, suck on an ice cube before you begin. Your cold tongue will supercharge the concentrated cluster of nipple nerve endings.

## THE DIP UNDER HIS ANKLE

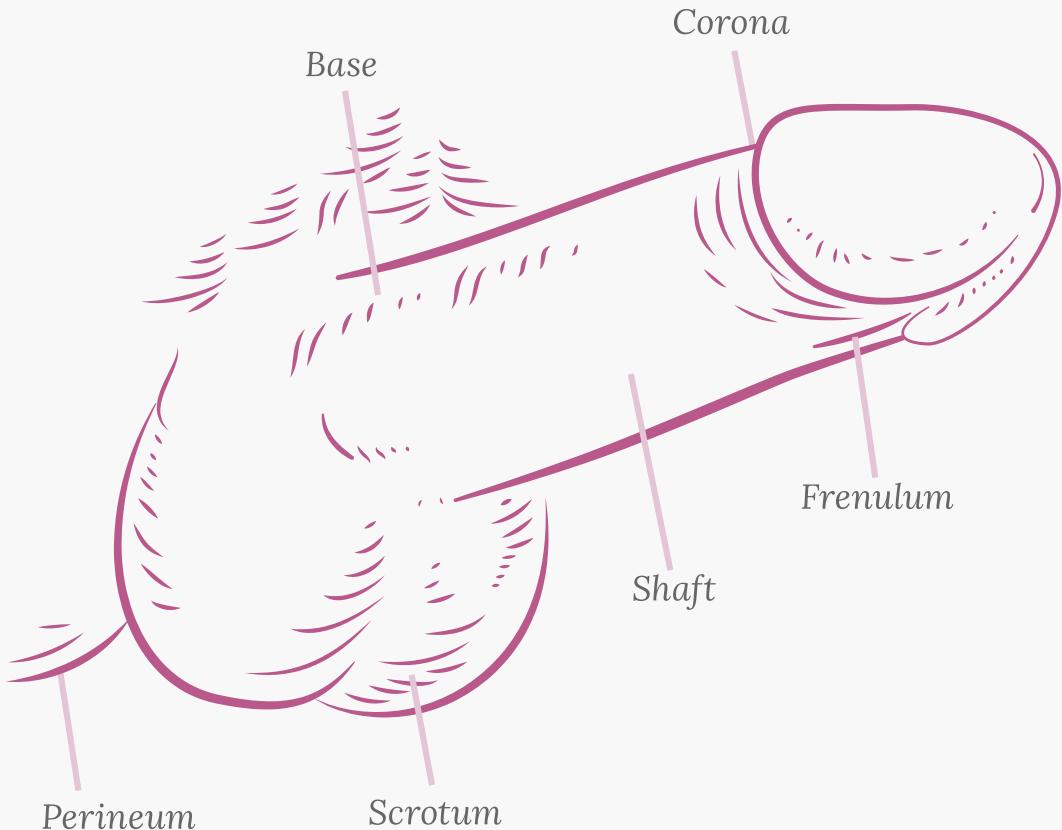
Halfway between his heel and ankle bone is a fingertip-size pressure point that surprisingly has enormous passion potential. Linked to the sexual organs, this spot can produce feelings of pleasure when pressed.

### *Manhandle Him Move:*

Do the deed in the reverse cowgirl position, so you face his feet. As you sense your guy is getting close to climax, reach forward, grab his ankles and pulse each pressure point in rhythm with your thrusts. He'll fly off the handle . . . and foot rubs will never be the same.



## HIS PERINEUM



**M**ost men are shy about guiding you to this patch of skin just past the family jewels. But beneath it is his prostate gland — an organ with major orgasmic power. A few soft strokes or a little pressure here will bring him to the brink.

### *Manhandle Him Move:*

Before he enters you in the missionary position, reach between his legs and lightly tease his entire package. When your hand is behind his testicles, press your knuckles gently into the smooth flesh between them and his butt. Doing so will have him shaking with pleasure. Then, when he's ready to finish, push your knuckles deeper to extend his orgasm.



## HIS SHAFT

**A**ny fornicating first-timer can make a man sweat by manipulating his entire love muscle. But carnal connoisseurs know that this specific part of his member can set his desire on fire.

### *Manhandle Him Move:*

Have your man lie on his back and sit between his legs, facing him. Make two tight rings around his penis with the thumb and index finger of both your hands, placing the rings one on top of the other in the middle of his shaft. Slide the rings in opposite directions, going back and forth from the base to the head simultaneously. This is a tantalizing twist on the usual one-handed up-and-down motion that will make him feel incredible friction, especially if you start off tortuously slow, building up speed as he gets more and more pumped and then slowing down to keep him in a holding pattern. To make this move even more mind-blowing, squirt some lubricant into your hand before you start.

## THE HEAD OF HIS PENIS

**W**ith more pleasure receptors than any other part of his package, this tip of the amorous iceberg is the king of male sex nerve centres. It can be tricky to get the right level of pressure that will send him soaring into ecstasy, so use your communication skills to find out just how he likes it.

### *Manhandle Him Move:*

Try the “lipstick” trick. With your man lying back and his penis stiffly pointing skyward, hold the base with your fingers (not in a fist) to steady him. Brush your closed yet relaxed lips against his head, rubbing it across your wet mouth as if you were applying lipstick. To heighten the sensation, open your lips a bit, rubbing his head between them. Occasionally take the whole head in your mouth, then go back to rubbing the tip against your lips. He'll feel like he's getting a tighter, wetter version of sex. Plus, he can watch you work him over.

## HIS FRENULUM

The “F Spot” refers to the region underneath the crown of his penis, where the head connects to the shaft by way of a prominent vein. Because it's off the beaten passion path, it doesn't get much attention. But erotic experts and desire divas alike now consider it the booty bullseye. A bundle of nerves meet at this point, so when you touch it, you set off an amazing chain reaction of rapture.

### *Manhandle Him Move:*

This frenulum-friendly maneuver will really flip his switch. While holding his penis steady at the base with one hand, slowly circle your tongue around the crown. Each time you reach his frenulum, give it a few fast flicks with just the stiff tip of your tongue, then return to licking the head. At the same time, work your hand up and down his shaft. He'll respond with a tsunami of moans and groans, followed by an out-of-this-world climax that's liable to wake the neighbours. ■



# Tips to Turn Him On

Once you know how to please your man in bed, you can be pretty certain that other women won't even enter his mind. Master the following techniques and you'll be giving him everything he could possibly want in bed. Just remember that you won't be able to learn all of these things in just one day, so take your time and be patient. ▶

## Your Oral Skills

One of the most enjoyable things for your man is receiving great oral sex. You'll be surprised at just how powerful his orgasms are when you do it right. So, what kinds of things should you do to make sure he enjoys it? I'm glad you asked.

- **Wetter is Better:** When trying to please your man with oral sex, you'll find that using lots of saliva is something that he likes very much. Why? Because when you give your man a really wet one, it feels more sensual and provides better all-over stimulation.
- **Focus on the Tip:** When trying to please a guy by giving him head, you may feel like you need to pay equal amounts of attention to his entire penis. The truth is you shouldn't. The top is far more sensitive than the rest of it, which means it's more pleasing to him to have the top stimulated more often than the rest of it.
- **Finishing Up:** Oral sex doesn't always have to end one way, and depending on your feelings about the typical outcome, you may want to vary it a whole bunch. The next time your man climaxes, try letting him finish somewhere different, a favourite body part of yours perhaps, like your chest, neck, butt or face. This is not something you

or your man may necessarily like, but it's a great way to show him that you are willing to try new things to keep your sex life interesting. ▶

## Sex Positions



If you're just starting to figure out how to please your man in bed, then it's important that you're aware that nothing kills your sex life faster than routine. Most couples only ever use two to six different sex positions. If you want to know how to please your man in bed, then you need to learn some new positions to mix in with your old favourites. Here are a few to get you started:

- **The Washing Machine:** In this position, you will be standing and leaning right over a washing machine or a table or even over the hood of a car. Your man will be standing too and will enter you from behind. Not only will he be able to penetrate you more deeply from this position, but the new and risqué environment will make it all the hotter.
- **The Lap Dance Position:** In this position, your man will be sitting down on a chair or sofa. You'll then back up onto him butt first so that he can enter you. The reason that it's called the lap dance position is because this angle is a lap dancer's go-to, and you can smoothly transition to sex from giving your man a lap dance. ▶

## Dirty Talk

Here's a quick and easy tip on how to please your man in bed: you'll find that getting vocal and talking dirty to him works wonders on almost any man. But it's a good idea to understand that different people have different comfort levels with getting vocal and talking dirty. Some

aren't particularly confident and don't like the idea of saying naughty things in bed, while others are happy to do it and can surprise you in all manner of ways. Being vocal in bed is a very personal preference, and one you'll have to gauge with your partner, but the general rule is: if nothing else, don't be silent! You could simply moan and sigh or you could be a total potty mouth. As long as you are vocally present, you're letting him know that he's pleasuring you and you are in turn going to please him. ■

## His Fantasies

**N**ow that I've covered the obvious areas, I want to talk about how to please him in ways that almost no other girl will have done. The key is finding out his fantasies and exploring them with him. The first task is to find out what they are. This can be tricky, but if you are generally accepting and open when listening to him, then he should have no problem sharing them with you. When you do find out what they are, then it's time to start trying them out with him. You'll notice that as you explore them with him, he will start to open up to you about even more of his kinks and fantasies. You don't have to do them all, but if you can do some of them, your man will eternally grateful and appreciative. ■

## Your Attitude

**T**he last thing I want to talk to you about when learning how to please your man in bed is your attitude. It's how you approach sex with your man. Do you approach sex with him like it's a chore that you can't wait to get over with? Or are you enthusiastic about trying new positions, tricks, and techniques with your man? It's important for both of you that you enjoy getting sexual with your man, and if you're finding yourself feeling uninspired about it, consider why and what **you** aren't getting that, if you did, would change that. ■



# Ways to Make Him Happily Monogamous

If you adore him more than a chocolate bar with caramel-coated almonds and think he's freakin' magnificent then you probably want to make sure he sticks around for the long haul.

Once he's captured your heart, hold his gently. Like a bird in the palm of your hand, you can't hold it too tightly, because you'll either crush it or it will fly away. Instead of constricting him, let him fly to explore his everyday life in his own ways, love him just as he is, and he if he's the one he will come back to you each evening. When he opens up to you, listen. Make him feel like a king because even the manliest of men need reassuring at times. Remind him of his power and beauty, and of the fire that burns wildly inside you for him. When do you, he'll be happy and proud to stand by your side.

Be sure to give him your time, and with it your undivided attention and deepest presence. Look into his eyes and see all of him. The beauty and pain, the strengths and hidden insecurities . . . acknowledge him for all he is and appreciate him, not for what he does, but for who he is. Kiss him with every ounce of passion in your body, letting it speak for you. Let him know how much you love him. That when you look into his eyes, a thousand stars shoot around inside your heart.

Encourage him to soar, to go off and wander freely on his own. After all, his soul needs solo time just as yours does. Listen closely when he tells you what he needs. Listen even more closely when he's silent, too afraid to tell you what he needs. Learn to forgive and forget — he's not perfect but neither are you. Let him be right sometimes, and make him laugh at every opportunity. Stroke his ego from time to time, and let him know that you're happy he exists.

Below are some more ways to make your man happily monogamous:

## **Small Surprises**



Men often say they hate surprises, but that simply isn't true. As long as the surprises aren't over-the-top ordeals that put them in awkward situations (i.e. undesired surprise parties), then they truly do appreciate their lady taking the time to do something thoughtful for them. If you want to try to surprise your man, consider making a nice dinner, picking up his favourite beer, or even stashing cute love notes in his lunch bag or in the pockets of his favourite blazer. Yes, women love the big, dramatic, romantic gestures, but men would rather get theirs on a smaller scale.

## **Have a Life Without Him**

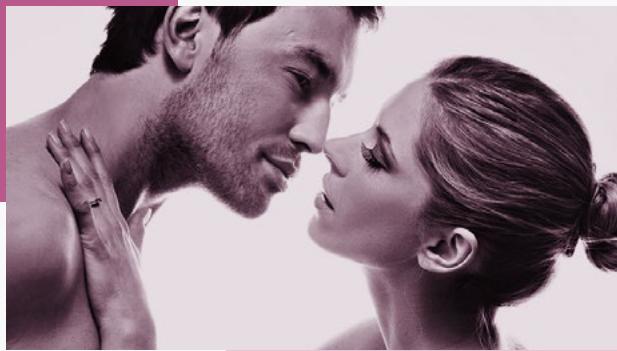
In the beginning of a romantic relationship, it's easy to get swept away by infatuation and to want to spend all of your free time with your lover. That said, you should never lose yourself to your relationship. As much as your man may openly admit that he loves spending time with you, it's important to make it known that you have a life outside of the relationship. There's nothing worse than when a woman pushes her friends, family, and hobbies to the side to make room for a man, so find a happy medium and make the most of life. Your man can't miss you when you're always around. So go out with your gal pals, sign up for that spin class or take a weekend to yourself; you'll be sure to have his attention when you return.

## **Keep Arguments Private**

No matter how angry or upset you may be with your man, you should never scream at him, belittle him, or call him names, especially if you're in public. The only way to have a healthy argument with your partner

is to do it in private. This means that it doesn't matter if you're at a party or in a shopping mall, you shouldn't argue if there's an audience. Arguing in front of others is not only humiliating, but it's also extremely disrespectful. The same can be said for sharing your problems with outsiders — you wouldn't like it if he dished the dirt on you to his friends, so don't do it to him. A great thing to keep in mind in this scenario is that you and your man will be over your argument long before your man's friends forget how you treated him.

## Keep Sex Alive



Fading passion is one of the hardest and most confusing issues that couples face over the course of a long-term relationship. One minute, you can't keep your hands off of each other and the next you're not having any sex at all. It's important to keep the passion alive in your relationship, so make time for sex, flirt with one another, touch each other and communicate your sexual needs and desires to each other. Doing so will make you and your man feel closer to one another, more turned on, and more likely to want sex.

## Drop the Drama

Stereotypes aside, women have a much greater tendency to be dramatic over the little things, which is why it's important to learn how to not sweat the small stuff. Whether your man is late getting home from work when you had plans or keeps leaving his dirty socks on the bathroom floor, calmly address problems as they arise rather than throwing a fit of rage. This doesn't just speak to your relationship, but your life as a whole. Dig deep and get grounded, practice calmness, kindness and patience. Men deeply appreciate a woman that they can feel comfortable and relaxed around.



## Be Playful

There's nothing men love more than to be able to laugh and joke around with their partner. Besides, who doesn't love a good laugh? No matter how stressful your day job may be or how many errands you have to run in a day, always make time to be playful with one another. Tease your man, wrestle with him, and let your guard down. Sharing this kind of vulnerability with your partner is not only a great way to connect on a deeper level, but it'll also make your man realize how lucky he is to have a friend in you.

## Don't Need to Be Right



There's no bigger turnoff than the need to always be right, so don't do it. Sure, it's okay to correct your man from time to time, but if you obsess over proving your point and putting him down, you're only going to sabotage the relationship. It's one thing to express yourself and show off how amazingly smart you are, but it's another to belittle him or make him feel stupid.

At the end of the day the goal is to be happy together, so know when to prove yourself and when to let it slide.

## Be Supportive

When you were young, you felt like you had the world by the tail and anything was possible. Be the person who gives your man those same positive feelings about his goals. Whether your man wants to continue his education, pursue a new career, or start an '80s hair metal band, support him in his ventures. One of the quickest ways to lose your guy is by putting down his dreams, so even if they're not realistic, let him know you've got his back. The most powerful bond you can make with your man is based on support for one another's wants and needs. If his

plans interfere with your long-term goals, then sit down and discuss the direction you're headed in as a couple. Regardless of what he's striving for, always be his biggest fan.

## Praise His Efforts

Praising your man when he does a good job on something will mean more to him than he'll let on. So, whether it's a high five for fixing the kitchen sink or a full-blown speech about how great dinner is, let him know that you think he's wonderful. Even if you've been together for years and he's heard you tell him time and again how incredible he is at the things he does well, keep telling him. That praise is very uplifting and encouraging – exactly the kind of thing best friends do for each other.

## Go On Dates



In the beginning of your relationship you dated all the time – in fact, it's how you bonded and got to where you are today. As time passes and life moves on, you've probably realized that one-on-one time with your man is absolutely necessary to stay connected. When it comes to date nights, don't always leave it up to him to make plans. Like you, he too is busy with his own responsibilities. Instead, take

charge every now and then and come up with something spectacular for you to do together. Even if you have kids, that shouldn't stop you from going on dates and letting loose together. Arrange for a sitter or ask a nearby relative to watch them for the weekend. You should always make time to have fun together.



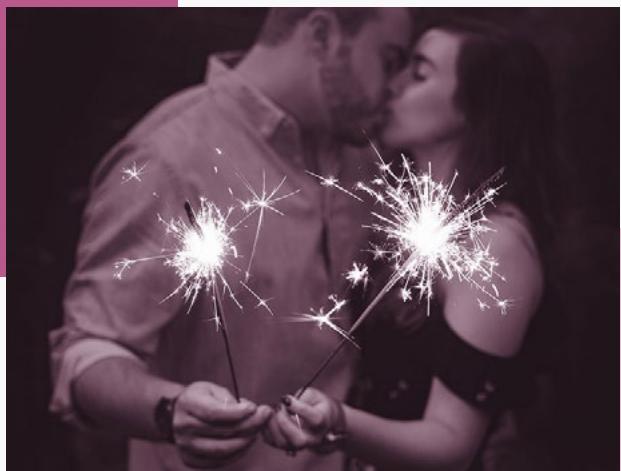
## Trust Him

If you feel like you're constantly playing detective or checking up on your man every few hours, then chances are you have some trust issues, and they're either your fault or his. In order to be in a happy, committed relationship it's crucial that you trust each other — and remember, actions speak louder than words. No guy wants to tie himself down to someone who is going to harass him about his whereabouts or the company he keeps. Instead, either believe that he wants to be with you and move on happily together, or if you can't believe it, let him go and move on without him. There's no point in wasting your time or his on a relationship that lacks trust.

## Keep Things Fresh

It's important to keep the freshness in your relationship, which means you should never know everything about each other. There should always be something new to discover, and a goal to be working towards. Getting stuck in a rut is a major relationship killer, so to keep him happily monogamous, introduce new elements into your relationship to keep it alive. Shake things up, try something new or do the same old thing in a new way. The point is to keep your relationship fun and exciting.

## Love Unconditionally



Through thick and thin, good times and bad, you must love your man if you want him to commit to you. Just think, why would anyone want to share their life with someone who loved them based on a set of limitations? Every relationship experiences its highs and lows, but it's during the low phases that your love can shine its brightest. Even if your man spills red wine on the white carpet, bleaches your

favourite shirt, or has one too many shots at the bar, your love should continue to radiate, unconditionally.

## The Marriage Maker Line

As promised earlier on in the program, this powerful Marriage Maker line is the icing on the cake once you've put my Devotion Sequences to work. Here's the thing. When you do love one another with this kind of unconditional love, it's probably only a matter of time 'til you start thinking about marriage; after all, you're great together, and you make each other happy. Marriage makes sense – it feels right.

Though you probably suspect the opposite, your man has considered the very same thing (though maybe not as regularly as you have!). Whether he's ready or not, it's crossed his mind, and he'd probably appreciate some information. After all, despite our modern times, the pressure remains on the man to do the proposing; not to mention the ring buying and the planning of the proposal. The least you could do is give him some moral support, and a good way to begin the conversation and get talking about it is to open up a conversation on the subject.

DO NOT go guns blazing, out of the blue, into a speech about how you're ready to marry him and what's taking him so long. This will not go the way you hope. Instead, be gentle and considerate of his own, separate feelings about marriage, your relationship, and whether he's ready, and be open to a discussion on the subject. Below are some suggestions that will help you open up a dialogue about your feelings on marriage and whether you're ready for it:

*"It's so exciting that Kim and Craig are getting married! They're so great together. I know that I want to get married someday. Not today or tomorrow, but it is something I want in my future. How do you feel about it?"*

*"Rachel just got engaged! She and Scott have only been together a year. They seem really happy and good for each other, but I can't get over how*

*quickly it all happened. Do you think there's a right amount of time people should wait before they get engaged?"*

*[When the subject of marriage has come up] "I think it's beautiful! Committing to someone you love and building a life together – that's what life's all about, don't you think?"*

*"That ceremony was lovely. It's just like I imagined mine would be one day – simple and honest. It's so important to be realistic in your vows, don't you think?"*

*"It's my mum and dad's wedding anniversary next week. It's amazing – they're still in love after thirty years. I hope that's the kind of love we manage to build, if we ever get married." ■*

# Preventing Infidelity

Hollywood likes to play with the infidelity storyline for obvious reasons: sex and intrigue sell. But cheating and infidelity can happen to any relationship, and unlike the movies, there are no credits to roll and conclude the awful drama. Sometimes affairs are the result of love, and other times they're just about sex. Some couples manage to get over the cheating and stay together and others call it quits. While there is no one reason why a person cheats, being equipped with prevention tactics can help stop it from happening.

Here are 10 ways to prevent cheating in your relationship.

## Talk Openly

To keep your relationship alive and committed, you and your partner need to talk to one another, and “*How was your day?*” and “*Where would you like to go for dinner?*” don't count. To prevent cheating in your relationship, it's important to be allies: to share your feelings, expectations, desires and dislikes with one another. No matter how

tough some talks may be, it's important not to bottle up your emotions because in time, that bottle will become so full it will explode.



In order for conversation to flow naturally, it's important to let your man know that he has an outlet in you, free of judgment or criticism. No matter how well you may

think you know your partner, he still has all kinds of secret thoughts and feelings that he probably doesn't tell you, or possibly anyone. If you can make him feel safe and accepted no matter what, these intimate details will unfold as time goes on. If they remain hidden, he may feel the need to share them with someone else.

## Set Standards

To prevent cheating in your relationship, you and your partner must both be clear on what each of you consider cheating to be. To avoid problems of infidelity, talk with your man and set some clear standards on what constitutes cheating. For example, one of you may be okay with going out and dancing with strangers, while the other might consider this to be inappropriate.

Agreeing on how you will both handle others' advances and how quickly you tell one another about these experiences can help prevent emotional affairs. Be sure to let your partner know if it bothers you when he gets flirty with the waitress or has long conversations with old flames. These small acts may not be a big deal to your partner, but if you let him know that they bother you, he should respect it and you will have avoided future discomfort.

## Appreciate Your Partner

Take the time to appreciate your partner every day, even for the little things. It doesn't take much to show your guy how special he is to you, so make a point of doing those little things that wooed him in the beginning.



Appreciation can go a long way when it comes to commitment, and it's a great defence against cheating.

A less obvious way to show your appreciation is by addressing your own propensity for nagging or belittling your partner. As humans, we want to feel loved and valued – especially by those

we have chosen to share our life with. Make sure you tell – and show – your partner how much he means to you, because if you don't, someone else might.

## Be Intimate

A key to any romantic relationship is keeping your intimate life spicy. This means making time for one another, having sex regularly, kissing often, touching as much as possible, and talking openly about sex.

A great way to prevent cheating in your relationship is by fulfilling your partner's sexual desires and being open to new ideas and experimentation. Your partner's fantasies might not initially sound appealing, but give them a shot; your man will appreciate it and you might be surprised. Fulfilling this role will prevent him from considering the possibility of getting it elsewhere. You just might like these new tricks, too!

## Be Romantic

It only takes a small gesture to be romantic and show your boyfriend that you care. You could surprise him with dinner after a long day of work, or offer to run him a bath before bed. These may seem like small things, but they speak volumes.

## Grow Together

We all change as we age, and a big part of being a long-term couple is growing together. If you ignore the inevitable toll of time and expect that what worked in year one of your relationship to still work in year six, then

your relationship could very well be in trouble. Instead of waiting for boredom to set in, do things with your partner that challenge you to grow together, and keep boredom at bay.



One of the best defences against cheating is being a part of the things your partner enjoys doing, so tag along and get involved. Try new hobbies together to keep things fun, humorous and exciting. Read books

together, attend seminars, find shared interests and laugh together. Choose television shows that neither of you has seen before, or ask friends for ideas on trips or local experiences they've enjoyed. Keeping your relationship fresh and exciting will definitely keep you feeling close and keep your relationship moving forward.

## Avoid Jealousy

In most relationships, there will come a time when you suspect your partner's attention may be drifting elsewhere. As tough as it may be to keep your cool, it's important not to become angry towards your partner or the person they are giving attention to; in fact, doing so may only push your partner further away.

Jealousy is natural, but it's also toxic and usually leads to self-pity and anger. To get your man's gaze back on you, focus on wooing him with your talents and capabilities. Give him more of a reason to love and value you by stepping up your game rather than threatening to leave or becoming critical. Being present and attractive to your partner works far better than fear, guilt or threats, especially when it comes to securing your man's commitment and preventing infidelity.

## Emphasize Commitment



If humans are not biologically wired for monogamy, and there are many forces that drive people to cheat, then why stay true? The benefits of commitment, that's why!

It's important to remind your boyfriend of the benefits of being committed: you both have someone who knows you better than anyone else; someone you have shared history and life memories with; someone you can rely on; someone to grow old with. Reminding your partner of the many reasons you both decided to commit to one another can revive nostalgic feelings and happy memories. Many times, simply recognizing how lucky you are to have such a loving partner is enough to prevent infidelity long before it becomes an issue, but it's also important to



remind yourselves of the reasons for commitment so the animal part of your brain doesn't run unchecked.

## Limit Opportunity

Affairs and cheating are often a function of opportunity. Traveling with a coworker, being at a party late without your partner, or drinking too much with friends outside your mutual circle are common scenarios that create opportunities to be unfaithful.

If you're worried that your man may be looking elsewhere, then pay extra attention to these types of situations. Instead of sitting back and waiting for opportunity to come knocking, do things together so others don't have as much access. Stay in touch during the day, and text if one of you is out late at night. Check in while traveling, and send loving care packages with your traveling partner so they feel connected to you. In addition to these gestures, be sure to discuss your concerns with your man — how he responds to your worries will speak volumes.

## Be a Rock Star (a.k.a. A Great Girlfriend)

The best defense against cheating is a great relationship. When our needs are met physically and emotionally, we don't have much interest in looking elsewhere. Examine how well you meet your partner's wants and

needs, and how well he meets yours. Make an effort to step up in the areas that are weak, and communicate honestly about what you need to feel fulfilled and happy.



You should always be your guy's number one, go-to person for fulfilling his emotional, intellectual, and physical needs. If you don't provide these outlets for your

man, it's possible he will look elsewhere. It's human nature to pursue our needs, and if our partner isn't there in certain ways, we start to look for other ways to get those needs fulfilled. This can sometimes lead to an affair — whether it be emotional or physical. ■

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*Amy North*



Make your relationship  
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# What to Do When He Pulls Away

## What If He Loses Interest and Pulls Away?

So you're in a relationship and suddenly your man starts to distance himself from you — or even worse, he disappears completely. When this happens, it can be felt in every cell of your body, and every bit of happiness you once felt can disappear. Your throat starts to burn, your heartbeat speeds up, your stomach tightens and your lungs close up. Tears may rush to your eyes faster than you ever imagined possible and insecurities get loud. This is when questions of self-doubt start to arise.

*Does he want to be with me? ... Did I do something wrong? ... Did he meet someone “better”?*

And so the anxiety builds.

When your man needs space, you should never make it about yourself. So many women distance themselves, act passive-aggressively, or get upset when this happens, and what they don't realize is that their actions come across as needy or cruel. Since no man wants to feel suffocated by his partner, acting in such a way can, ironically, push him even further away. Like a vicious circle, there's simply no good to come from acting out when he tells you he needs space, which is why it's so important to realize that his desire for some alone time likely has little to do with you, and more to do with his own personal needs.

To help put this into perspective, consider this scenario.

Imagine that you're going through a demanding time at work. Your days are long, you're not getting much sleep, and to top it off your mother's

going in for surgery, your cat is sick, you've put off girls' night three times this month and you're struggling to balance your time. You also have a boyfriend who you've been with for nine months and while things have been going well, they're starting to change a bit. He's been calling to

check in six times a day, texting every other hour and commenting on how busy you are and how he wants to see you more.



You want to see him too but you also have other pressing issues to deal with right now. You've explained it to him and thought he understood how busy you are, yet he still bombards you with messages

though he knows you're swamped. All you want is for him to support you, but instead he's making you feel like you're letting him down. As a result, you stop taking his calls and only respond to a few of his messages. Worst of all, when you do see him you're a bit distant because you've got so much on your mind.

Can you see why he might distance himself if the roles were reversed?

If your guy is feeling overwhelmed or is in need of some alone time then pulling back is his way of letting you know where he's at. On the other hand, if nothing in his life seems to be out of the ordinary and yet he's become distant and less affectionate, you can do one of these three things:

1. You can make it all about you, go into panic mode, worry that he doesn't want to be with you, and try to force a decisive action from him (*bad idea*)
2. You can support him by being loving and warm from a distance
3. You can ask him how you can best support him and what he would like from you at this time

I'll give you a clue: the second two are good moves. Make it about him, not about you.



When you're in a romantic relationship, it's normal for men to pull away from time to time — women do it too. The best thing you can do in this

situation is to give him space, and do so graciously. That means that unless there is a good reason to take it personally, don't.



Besides, if you pull off the time apart properly, it'll make him realize how wonderful you are and how much he values you. To do this, be cool with his decision to take some time for himself, and take advantage of the opportunity to

do the same for yourself. Whether you tackle a new project or pick up a book, embrace this solo period and do things that make you feel good about yourself.

When he does reach out to you, avoid comments like “*Where have you been?*” or “*You should have called me.*”

Instead opt for, “*It's so nice to speak with you*” or “*It's good to hear your voice, what have you been up to?*”

If he pulls away on a regular basis then this is the time you should confront him about there being an issue. If nothing changes then there may come a time when you decide he's not the right guy for you. ▾

## When He Comes Back

If the man you're seeing has been distant for some time, it's important to know how to act when he does come knocking. First and foremost, it's crucial that you don't turn your life upside-down to see him.

Remember, you have your own life to live and your time is precious! If he calls you on a Monday after being M.I.A. for a few weeks then make him wait 'til the weekend to see you. Even if you have no plans for that evening, stay in, take a bath and watch your favourite shows. Being readily available can come off as though you've been anticipating his return,

or that you'll drop everything for him. Even if this is in fact true, it's important you don't allow yourself to act on these desires. Show yourself the respect you deserve from him.

Make him realize that your time is valuable. This isn't meant to be a game, but rather a message to him that you have a life without him. You make plans with other people and you stick to them, and no guy is going to get in your way. The only exception would be if something unexpected happened in his life and he was reaching out for support. In that case, go if you want to, but otherwise, make him wait a few more days. ▾

## The Love Refreshment Line

When things start to get stale, it's easy just to observe the fact and not do much about it. After all, you both have a lot going on, and you're happy in general...

Come on! Where's your imagination? It doesn't always take a relationship overhaul to bring a little excitement back into your love life. Consider these lines for some quick relationship refreshment:

### Love

#### SURPRISE HIM

Much of the reason why things go stale is because we feel as though there are no surprises left in the relationship. So surprise him. Only you

know what will truly be surprising to him, whether it's making an intimate profession of love when you're not typically a fan of romantic talk; asking him about his day and really listening, even though the kids are squealing and there are dishes in the sink; or asking him what his ideal date night looks like, and then making it happen.



## THE CONFESSION

Romance is synonymous with intimacy; the sharing of parts of ourselves we don't share with anyone else. So think about something you haven't told him — maybe have never told anyone — and share it with him. It'll make him feel trusted and remind him that you don't know everything about each other, and hopefully inspire him to want to know more.

## THE CHALLENGE

Sometimes the way to kickstart romance is with a game. After all, as we mature and life becomes more serious, we tend to play less, especially with our partner. There are specific exercises to build intimacy and discover new things about your partner. One particularly well-known one is "The 36 Questions That Lead to Love," devised by psychologist Arthur Aron. This quiz is a mutual challenge, as it requires you to be honest and open with each other.

## Sex

### THE SHOCK FACTOR

One way to immediately grab your man's — and his member's — attention is to shock him with a sexy proposition. Try something like:

*"I was watching a porno video the other day, and I wondered what kind you're into. We should watch one together!"*

*"Have you ever played dress-up before? If you could have me role-play any part, what would it be?"*

The suggestion of a new sexual encounter, coupled with your confident delivery, will spice things up before you even begin the actual process of choosing a vid or a costume together.

### THE DELAYED LAY

Next time you have an evening planned together, take the opportunity to whisper something naughty in his ear before he leaves for work that morning. Whether it's a request for something you'd like him to do to



you that night, or a promise to treat him to something he loves, you'll have him thinking about it all day, and ready to pounce as soon as he gets home.

### THE CONFESSION

Kind of like the Shock Factor, the Confession works on the premise that you are suggesting a new experience.

The difference between the Shock and the Confession is in the delivery: after all, the act of confessing can be pretty intimate (and hot) in itself. A naughty confession might look something like this:

*"I've always wanted to be tied up, but I've never trusted anyone enough to let them do it. But I trust you..."*

*"Have I ever told you about the time I had a threesome? It's a pretty funny story..."* (only use this kind if you're confessing to something true!!)

### THE CHALLENGE

All men respond to a challenge; especially when the aim and the outcome both equal sex. So, next time you're making out and up for taking part in a sexy challenge too, give him the parameters:

*"I want to f\*\*\* you, but not at our place, not in a bed, and not lying down."*

Watch him try to figure that one out quicker than a contestant on the Crystal Maze! ▶

**N**ext, we'll cover some warning signs that indicate underlying problems in your relationship... ▀

# Warning Signs

Even the strongest relationships will eventually be tested. How you respond to those tests and trials says a lot about who you are, both as individuals and as a couple.

Trying to understand why men shift or lose their interest in women is like trying to teach your cat French; it's impossible. While ladies are usually able to offer an explanation when they lose interest in their partner (he was too clingy, lacked motivation, wasn't attentive, etc.) men have a tougher time making their reasons clear, or at least explaining them to the woman they've jilted.

The truth is that whether you can see it or not, every situation has a reason or a rhyme. Below, you'll find some of the most common indicators that something has gone wrong in your relationship. Pay attention when you notice what could be the beginnings of any of these. Even one of them can destroy everything you've worked for, and several appearing at once will wreak havoc indeed.



Remember that these indicators are just symptoms. There's always going to be an actual root problem beneath the surface of these symptoms. This is just the tip of the iceberg: the part you can clearly see. The only way to address these issues and fix the problem is through communication grounded in love and understanding. You need to try to put your worry aside and

have an open discussion about what's going on without laying blame on him or freaking out. When trouble arises that can be a hard thing to remember, but this is your relationship we're talking about here, and it is worth fighting for.

If you detect even ONE of these indicators, address it immediately: there's a dark cloud hanging over your once happy relationship, and if you don't act, it could well destroy everything you've worked for. ▶

## The Indicators

### Behavioural Changes

While it is true that even if you spend your whole life with your partner, you'll still never know him completely, it's also true that you will come to understand his core behaviours and behavioural patterns pretty quickly. You know there's trouble brewing if those behaviours suddenly change.

If your man suddenly and regularly needs to work late, adopts a new hobby he's never expressed interest in before (and one that keeps him out of the house for hours), or names friends you've never heard him mention, then something may be up. Something has changed, and you need to find out what, and what its implications are for your relationship.

### Loss of Interest in Sex

Men typically like sex. A lot. And typically, when a woman sees his interest in her fading away, she thinks, “*If my man isn't getting sex from me, and isn't interested in me sexually, then obviously he's getting sex from somewhere else.*” That's not always the case, so it's important not to jump to conclusions, but it is a clear warning sign, and it needs to be addressed immediately.

Fading passion is one of the hardest and most confusing issues that couples face over the course of a long-term relationship. The process can be normal, but unless both partners have a very low sex drive, a lack of sexual intimacy is usually a big sign that something is wrong.

### Mood Swings

You've always worn blue nail polish and experimented with bold makeup, but now he thinks your style is over-the-top and criticizes your



appearance daily. One minute he's excited about treating you to dinner, the next he's finding lots of faults in you. If your guy's emotions are jumping rapidly from hot to cold then trouble could be a-brewin'. If left unchecked, the problem underlying the behaviour could grow big enough to threaten, or even to destroy, the relationship. You need to find out what's causing the sudden shift.

## Sudden Lack of Communication



Before all of this, conversations used to be interesting, meaningful, and timeless, and they just flowed. You'd have inside jokes and he'd make jokes that would make you laugh. However, things have changed and now talking in person is dry and forced. When conversations become boring and useless, it's a big red flag that something is going wrong.

## Secretiveness

We all keep secrets. Even in the most loving, committed relationships, there are chambers of our hearts that we reserve only for ourselves. That's not bad, and there's certainly nothing wrong with it. What is bad is when things that were once freely discussed between the two of you suddenly become secrets. When you ask a simple question, "*Why did it take you three hours to pick up a gallon of milk?*" and you don't get a direct answer, that's a big deal, and it hints at a much deeper problem lying just beneath the surface.

## He Distances Himself

Your feelings towards him haven't changed, and yet there's a serious distance growing between you and you don't know what in the world could be causing it. You used to hold hands, kiss in public and do almost everything together, but recently he has stopped showing you much affection. His previous actions showed the world that you two were



together, so when he stops making these gestures he's communicating to that world that this is no longer the case, right? You'll only know the truth if you confront him.

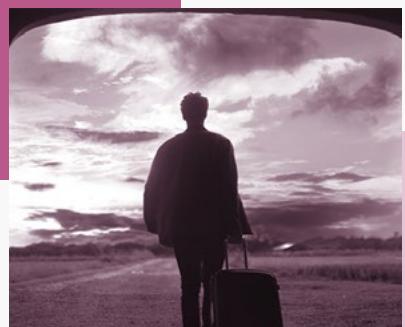
## Provoking Arguments

Is your man intentionally picking fights with you or engaging in passive-aggressive behaviour as though he's trying to make you mad enough to end the relationship? If so, then he may be trying to sabotage the relationship. Relationships that are defined by conflict, fighting, blaming and a lack of forgiveness spell disaster. Remember that it takes two people to argue, and another person's unreasonable behaviour is never an excuse for yours. Arguments are like the Finger Trap carnival toy: the more each side is pulls its own way, the more both sides get stuck in the trap. It is a miserable way to live, and needs to be addressed right away.

## Inattentiveness

He used to bring you flowers and send you cute little text messages at work. He used to call your voicemail and leave naughty recordings about what he planned to do to you after your date. Now, all that's gone, and when you try to talk to him, you get a clipped, robotic one- to three-word reply that suggests he's not really paying attention and couldn't care less what you're saying to him. Unless you get to the bottom of what's got him so distracted, the problem will only continue to worsen.

## He Talks About a Future that Doesn't Involve You



Lately he's been amped about this idea of going back to school, but he would probably have to move and he knows you're not leaving your job anytime soon. Or perhaps he's been talking about exploring a new career, one that involves long hours and lots of travelling. If the conversations have shifted from a future together to solo plans for him, then he may be thinking about leaving you.

## His Friends Have Pulled Back

You used to consider his best friends some of yours as well, but lately it's almost like they know something is up and just don't want to let you in on what that is. Guys tend to talk to their friends, especially their guy friends, about their relationship and the path it's on. If he wants to end the relationship, it's likely that he will tell his friends about it. This may in turn make them less welcoming and warm towards you. They may cancel plans that you've had together just to avoid spending time with you. Don't take it personally, they're just uncomfortable.

## You Get that Gut Feeling

Women are really good at sensing things before they happen. Do you just feel like something is wrong? Is your heart telling you that things are going downhill quickly? When you start to think about the idea that he may break up with you, you're probably right. Any time you get those thoughts and feelings, you're getting them for a reason. ■



# Signs That He's "The One"

**W**hen you were young, you were probably told that one day you'd find "the one" and the two of you would live happily ever after together. Now that you're older, you realize there is more to finding "the one" than you thought there would be.

Most people date all kinds of different partners before they find the person that is right for them. The relationships leading up to finding your soulmate can be fun and exciting, challenging and disappointing. Emotions aside, the point in having relationships along the way is not only to learn things about yourself, but also to make some classic relationship mistakes and learn from them, too. Every relationship you've been in has

taught you a lesson that will prepare you for when you do find the one you want to spend the rest of your life with.



Here are the top 10 indicators that will help you determine whether he's a man with real potential for sharing the rest of your life with or just another good guy you're glad to have known.

- He makes you feel great about yourself
- You've both experienced considerable personal growth since you started dating
- You both share the same family values and foundational outlook on life
- He values your opinion
- You've successfully discussed and agreed on some financial plans together
- You never have the sense that he's hiding something from you
- You have great sexual chemistry together



- You trust him completely
- The two of you have talked about marriage and/or he's asked you to marry him
- Your most trusted friends and family have affirmed your opinion of him

If you can honestly say you agree with all or the majority of the above statements, it's looking good. Now consider the factors below. Think of this exercise as a little "Is he the one?" test, and remember to be completely honest with your thoughts. After all, your goal is to find the man who can truly make you happy, no?

## You Don't Want to Hide Anything from Him

When you find "the one" you will confide in him and keep no secrets. You'll have the tough talks about exes, cheating, and STIs, fill each other in on family background, chronic illness, felonies, your thoughts on marriage and children, and learn about one another's desires, goals, dreams and doubts. You'll tell him things that you've never told anyone else and find a confidence in your voice that you never knew existed. Best of all, you won't need to filter the information you share because everything is fair game . . . even the embarrassing stuff.

## You Don't Feel the Need to Snoop

If no one is hiding anything, then what would you be looking for? When you find "the one" there's no reason to be jealous or worried about what your partner is doing or who he's with when you're not around. You'll believe what he tells you because you'll know that he loves you too much to lie. Without this lingering doubt, you'll be free to live in a blissful state of trust and ease.

## You Want to Show Off the Relationship to the World

Everyone thought Tom Cruise was insane when he jumped on Oprah's couch and announced to the world how in love he was, but when you find



"the one," you'll understand what drove Tom to such dramatic acts. A big sign that you've found "the one" is a desire to want to tell everyone you know how great your partner is and how in love you are. Think of it as winning the relationship jackpot.

## **He Inspires You to Be a Better Person**

When you find "the one" you'll become more active and social, and start doing all the things you said you wanted to do but just never got around to doing. In many relationships people become content with spending all of their time with their partner, so much so that they let the things that were once important to them slide. When you find "the one," you'll experience quite the opposite. As much you the two of you will love spending time together, you'll also inspire and push one another to be the best version of yourselves. The right person for you doesn't mind if you're running late because you were volunteering or had to put more time in at the office, they'll be proud of you for challenging yourself and living life fully.

## **The Language of Love Technique**

If laughter is the language of love, then it's important that you and your guy know how to tickle each other's funny bone, as well as each other's fancy. When you find the right partner, you'll spend many hours simply laughing together. This doesn't mean that your partner has to be a natural comedian or have the same sense of humour as you do, it means that you're able to loosen up and be your quirky self around this person. Couples who speak this language of love together are overall happier, and happier couples have longer, healthier relationships. Laughter is good for the soul and keeps the lovey-dovey feeling alive!

The Language of Laughter Technique boils down to a few different ways you can make your man laugh. Of course, everyone's sense of humour is different, which is why the technique provides categories for you to improvise within:

- **Be ready to laugh.** The best way to ensure your other half feels comfortable and inspired to laugh is to initiate laughter yourself. That doesn't mean you should cackle insanely at every mildly amusing thing that takes place throughout your day, but do be light-hearted. Instead of taking things seriously all the time, consider how certain frustrations might be laughed off, or crack a joke to break the tension in a conversation. You'll be amazed at the difference it makes.
- **Be able to laugh at yourself.** A big part of having a good sense of humour is being able to laugh at yourself. You put a red sock in with the whites? You're a goof, not an incompetent idiot; you forgot to pick up wine for the meal he's cooking for your friends tonight? It's not the end of the world, you'll go get some now, but you will hang your head in shame the whole way there and pay any penance he requires on your return (hopefully that one suits his sense of humour, too!); You feel frumpy and have nothing to wear so you're super NOT excited to go to the party tonight? Tell your man you feel like a Troll doll and witness both of you laugh and your worries lighten up a little. You get the idea.
- **Be silly.** To play up your humour when you're not great at the one-liners, the simplest, most effective method is to just be silly. It shows you're happy and fun and that you're not taking everything in life super seriously. Whether it be through physical humour, silly impressions, attempts at accents, pulling faces, or making overblown statements like "*You wanna watch The Wire? Ohmygod, I may as well just end it right now.*"

## You Put Your Partner's Needs Before Your Own



Humans are inherently selfish, so if you find someone that makes you want to put his wants and needs before your own, that's special. That's not to say that you'll brush aside your wants and needs altogether, but rather that when you find

“the one” you want nothing but the best for him and love him enough to do the little things that make him smile even when you’re tired or would prefer not to. You’ll even be willing to split your last Reese’s Peanut Butter Cup with him.

## **He is Considerate**

Most of us dream of finding a lover who is considerate, but when you find “the one” you won’t have to fall asleep to see him. The right partner for you will bring you soup when you’re sick, rub your feet when you’re tired and go to the vet with you when your pet gets sick. Not only will he do all these things, but he’ll do them without expecting anything in return. Why, you may ask? It’s because he is acting out of consideration for your thoughts and feelings. This type of kindness is the basis of love.

## **You Argue Respectfully**

As much as it’s a drag, arguing with your partner is normal. In fact, if you’re not having the occasional tiff with your lover then something is probably missing from your relationship. When arguing, the right partner for you will listen to your side, say his piece, and let it go. He won’t hold it over your head or manipulate you with it, and he most definitely won’t be abusive, verbally or physically. When you find “the one” you’ll finish the argument wanting to work things out (even if it means admitting you were wrong,) simply because you don’t like hard feelings and distance between you.

## **You Want to Spend Time Together**

When you find the right partner, you won’t mind if they monopolize all of your time, in fact, you’ll prefer it. You’ll look forward to seeing him, miss him when he’s not around, and think about him constantly. And no, this isn’t obsession, it’s love.

## You Put the Past in the Past

Before you find the right partner you'll probably reminisce about previous relationships, past lovers, and even ask yourself the proverbial "what if" questions about your exes. When you find "the one" everything that was a part of your love life before loses significance and begins to vanish from your mind. You'll no longer think about the past because with the right person in your life, you'll be completely present.

## You Can be Yourself Around Him



Your perfect partner will appreciate who you are and make you feel completely comfortable. You can be yourself around him whether you're wearing your best outfit or old sweatpants. He won't judge you because his love is unconditional. With "the one" you won't need to hide things about yourself, be nervous about sharing your feelings or shortcomings, or be ashamed of what you believe in. You can relax around him and not worry about forcing conversation. In short, you get to be you!

## You are Incredibly Attracted to Him

A healthy relationship requires a healthy sex life, which means that you'll be incredibly attracted to your Mr. Right. You'll ravage him on a regular basis, fantasize about him when he isn't around, and be willing to experiment with each other's sexual desires. When you make love, you'll feel a closeness between you that is more than skin deep and the idea of sleeping with the same person every night will never have sounded sweeter. ■



# How to Let Him Down Gently

**S**o you meet a guy and things start out well, but something is missing. Your gut is telling you that he's not a good fit, but how do you communicate that to him? As hard as this situation may seem, it happens far more often than you might expect.

Every day women find themselves in situations where they feel like their boyfriend isn't a good match, and so naturally they have to let them down (or they should, anyways). Doing so can be tough, especially since you don't want to be cruel or unclear, but no matter how nervous you may feel, don't put it off. Remember, the sooner it's over with, the sooner both of you can begin to feel better and move on.

Here's what to do.

## Have a Private Conversation

If you're dating him, then you owe him the courtesy of breaking up with him in person. Be mature and make sure you talk to him yourself (not by text, phone or an email) in a private place. No one else should be

sitting in on your conversation. You owe him an honest explanation and it should be delivered in a mature and kind way. If you think it may prove difficult with this particular guy, then prepare an exit strategy in advance, whether it's meeting a friend or needing to go run an errand. If you have nothing else to do, it'll be more awkward when you have to leave just to get away.





## Be Honest

When you talk to him, be direct and open about your feelings. If you think that you're too different, tell him. If you find yourself bored with the relationship, let him know. Don't say something like, "*It's not you, it's me,*" or "*I think you deserve better than me,*" or "*I'm just not ready for a relationship.*" All guys have heard (and possibly used) this before and it's better to be honest without hurting him too much — you're just not feeling it. Keep it short and simple, and this may sound obvious but make sure he realizes that you're breaking up or turning him down. If you aren't clear then he may get confused or keep hanging around. Let him down as gently as you can, but get your point across.

## Be Firm

You can be nice about it, but you still have to make it absolutely clear that you don't see the guy as a romantic prospect. If you say something like, "*I'm just not in a place in my life where I can date right now...*" or "*I'm just so busy with work this month...*" then he'll think you're telling him that he'll have better a chance if he just holds on a little while longer. There's no good in giving him false hope, and though this may make him feel better in the short term, stringing him along will only make him feel worse when he finally realizes that he has no chance with you. The worst thing you can do is lead the guy on; being extra firm is better than being vague.

## Introduce Him to Other Women

If he's a great guy but just not right for you, then consider introducing him to a girlfriend of yours that you think he would hit it off with. This doesn't have to be an awkward hand off, but if you think that they'd click, then why not play Cupid? Besides, if they are a match made in heaven then he'll quickly get over you. After he thanks you, of course!

## Build Some Distance Between You

It doesn't matter whether you guys are close friends or have no outside connections, you should always give him space after you let him down.

You may want to stay friends or keep talking as usual, but it's important that you give him some breathing room. And vice versa. Just because he calls or texts doesn't mean you have to answer, at least not right away. Building distance between you will allow things to cool down before you see each other next.

## Make it Clean

What's done is done. Don't let him down only to agree to a last-minute date or a late-night hookup with him. This will only make your breakup harder, not to mention confusing for him. Once you let him down, cut ties (at least for a while). Don't feel sorry for him, or feel the need to check in. If you do he'll think he can win you back, which is never a good situation to be in. If you need to give yourself a deadline, wait at least a month before reaching out to him, maybe longer.

## Move On

So you broke up with him, but that doesn't mean your world has stopped. You can still go out with your friends, hit up your favourite spots and be active online. A fear of running into him or worrying how he'll respond shouldn't stop you from living your life. Don't worry about what he's doing or where he'll be, doing so will only hold you back from finding your Mr. Right. ■



# How to Avoid Sabotaging Your Relationship

We all have baggage. Even if we're young or still fresh to the dating scene, we have probably at some point in our lives been let down, had our hearts broken, or been raised to have certain expectations of people and relationships. Since we're all on a mission to find someone we're attracted to, have a great connection with, and can be in a committed relationship with, there are a handful of sabotaging behaviours to avoid.

Sometimes women unknowingly sabotage their relationships. More often than not this type of behaviour is driven by a fear of having what they most want; a fear of screwing it up, or a fear of losing it.

The problem with sabotaging behaviours is that they are like poison to a relationship, and can harm the bond beyond repair. What may have started off as mild or acceptable behaviour eventually gets to the point of provoking a decisive reaction from your partner. Most women who sabotage their relationships don't deliberately set out to do so, but rather they're unintentionally destructive.

Most relationships can tolerate a reasonable amount of stress. No one is perfect or should be expected to be. However, there are some specific behaviours that are highly likely to ruin your relationship which is, of course, exactly the opposite of what you're trying to do.

Before you can ditch your sabotaging behaviours it's important to first look in the mirror to fully analyze your actions. Only once you've identified your sabotaging behaviours can you take responsibility for them. The sooner you do, the more likely you are to save your relationship. To help you look more objectively at your own actions, I've identified the

top 20 ways women sabotage their relationships and offered some tips for prevention.

## Reading into Everything

He sends a text. You analyze what he said, word for word, even if it was just “Hey... I just wanted to say hi”; he doesn't respond to your phone call within a day so you get pissed off or upset and decide that it means he's blowing you off; you over-think your last date ad nauseam, wondering what it meant when he said that he's never met anyone he's ever wanted a long-term relationship with — what? Does that mean he doesn't want one with you?



Relax. Don't read into every single thing. It's one of the most common things that causes unnecessary anxiety and stress

during a time when the dating dynamic should be fun. And typically, it's one of the most common things to end a relationship before it even gets started.

## Playing “Hard to Get”

Let's admit that we all do this to a certain extent, because we want some kind of assurance that the other person is into us — but there's a limit to how far this should go. Not responding to someone's phone call or text message for a certain period of time because you want to appear “cool” or unavailable is typically going to make them think you aren't into them. And when someone thinks you aren't into them, they start to lose interest. Why invest time in someone who doesn't seem to want to invest in you?

## Never Making the First Move

Similar to playing the hard-to-get game, many of us are scared to make the first move — whether it's asking for the person's number when you

sense interest or following up with a flirty text or phone call after a date that went well.

Why do we do this? Is it so hard to let the person we're interested in know how we feel about them without feeling like we're going to combust? Apparently it is, since so many of us are doing this. But then we're regretful later when a person we had real feelings for walks away because they think we're not into them. Take a chance — own your feelings. Really, what's the worst that could happen?

## **Expecting Too Much Too Soon**

Whether it's time spent together, constant communication throughout the day, some kind of commitment that you're exclusive . . . everybody moves at their own pace. Sometimes one person is more sure than the other and wants things to move faster, while the other person is like, "*Whoa nelly...I'm not even sure I want to be in a relationship yet!*" Respect the others' comfort zones and don't force it.

The number one way to be disappointed is to have a fantasy already created in your mind about how this relationship should look and how it should play out. The reality is, unless your man is somebody you've known for years, you'll need to give the relationship space to organically become what it's meant to be. Don't have any expectations going into it, and if it turns out to be a wild, burning hot and lifelong romance, then think how much sweeter it will feel since you never saw it coming! Remember, it's all part of the game. Relationships don't need to be rushed. Take it slow and enjoy the ride.

## **Jealousy Over Past Partners**

We've all been in love with somebody else at some point in our lives. Those people have helped mold us into who we are today. Why should we hold it against someone that they cared about the person we care about? How can you be angry at someone for being a part of your loved one's past? You can't. Not without seeing unfair and possibly crazy. Of course, it's natural to feel a little awkward or uncomfortable in their presence, but



being jealous over your current partner's exes is really nothing but a mirror on your own insecurities and will cause a whole lot of conflict and fighting if you can't get past it in the beginning. If you really can't trust that the person you're dating isn't over an ex or is still pining for them, you might ask yourself whether you really want to be

in the relationship with that person. There are very few things that turn both men and women off more than a jealous partner.

## Making Assumptions

It's common in the beginning of any new relationship to be a bit more guarded with our emotions and feelings in order to protect ourselves. And sometimes this can lead to one party making assumptions about how the other person is feeling or not feeling, as a way to "fill in the gaps" about what is not being said. When in doubt, it's better to just put it all out on the table and ask. Open and honest communication is the only way any relationship has a shot at working.

## Keeping Score

Whether it's phone calls or paying bills, when we start keeping score as to who did what and who owes us something, we're sure to end up frustrated and disappointed. One person is ultimately going to feel that the other person isn't keeping up their end of the polo match and walk off the court before the game has ended. And that would be rather unfortunate since the game was just getting started. So many of the things we do are really just a matter of wrestling with our egos. If you want to give a potential relationship a real chance, try patience, honesty, a willingness to put yourself out there and genuine trust in the other person. They will go a long way to increasing the chances of happiness.



## Insecurities

There comes a time in most relationships when you stop and reflect on how happy you are and how great things are going. When this period of reflection comes along, it's not uncommon for women to start worrying



about whether or not it will last. When you allow these insecurities to creep in you'll find yourself obsessing over small changes – looking for signs that he's losing interest, or asking him for constant reassurance. To avoid this kind of sabotage, stop focusing on the past or the future and learn to enjoy the moment.

## Fear of Intimacy

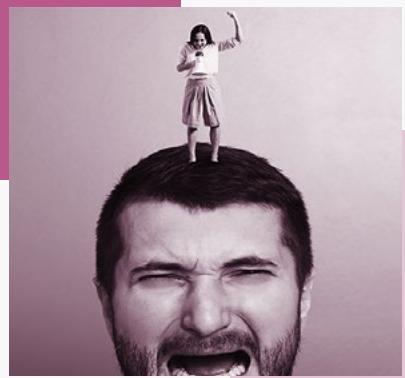
When someone new comes into your life it's important that you make time and space for them. If you're worried that "letting them in" will mean giving up your independence, then you may start to sabotage it. Feeling or fearing the idea of being trapped will lead you to push your partner away. If you want the relationship to last, then talk to your man about your need for space. Balance is key in loving, lasting relationships.

## Needing the Spotlight

Are you the type of person whose blood boils when your man gives someone else attention, or the kind to rage with jealousy when he talks to another female? Do you get bored or upset when the focus isn't on you, or have a habit of cutting him off or changing the conversation? If so, your relationship could be on the brink of destruction, and it's because of you. Instead of asking for all of his attention, consider what is reasonable and learn to live with the moments when his focus isn't on you. You man needs space and has the right to speak to others. And you shouldn't need every second of his time to know your worth. Don't beg for his attention, instead be happy to be a part of his life.



## Pessimism



Men feel great when they make you happy. It gives him great pleasure and a sense of empowerment to know that something he's done has lifted your spirits or has improved the quality of your life. If nothing is ever good enough for you and your partner feels like he can't ever make you happy, he'll end up feeling helpless and hopeless around you. He'll become frustrated in the relationship, and this will ultimately lead to its demise.

## Controlling

Relationships are built when two individuals come together to create a bond. When only one partner is calling the shots and laying down the rules, the relationship is a ticking time bomb. If you have a habit of overtaking plans or telling your partner who they can't talk to, where they can't go, or what they can't be into, then you need to make some changes, fast! Instead of taking the reins all the time, realize that before your relationship your man was his own person with his own set of interests. Don't take those away from him. To put an end to this type of sabotaging behaviour it's important that you stay focused and take baby steps — remember that change takes time. You may slip up here and there, but hang in there and keep trying. A helpful tip is to seek advice from couples who have overcome similar challenges.

## Defensiveness

Do you find yourself constantly on edge, defending yourself from perceived criticism, or justifying your actions? If so, you may be blocking the passage to clear, constructive communication. Instead of getting your knickers in a twist anytime your man says something you feel is critical, find it in yourself to listen carefully to what he is saying before you launch into defence mode. If you're unable to even consider the situation before you react, then your man is going to feel like he's up against a wall. The first step to breaking this habit is noticing this behaviour in yourself. You

may be able to find the root of your behaviour, or you may not. But just noticing it will help you to change your ways and save your relationship.

## Being Selfish

The whole point of a relationship is to share your life with your partner. This means sharing your thoughts, feelings, time and possessions with them. If you're withholding, your partner will feel shut out and will wonder if you really care about him. Consistently putting your needs and feelings ahead of your partner's will not make you closer. In fact, most times selfishness leads to alienation, disconnection and ultimately the breakdown of intimacy in a relationship.

## Showing contempt

The reason to be with someone is because you care about them. This means that you should also like them, respect them, enjoy their company and be glad to know them. Ideally, you should be best friends as well as



lovers. Contempt is the opposite of what a healthy relationship requires, so when a partner becomes the recipient of these feelings of worthlessness or malice, he'll be hurt, angry and confused. Choose to be proud of your man and to make him feel good about who he is.

## Relentless Nagging

Everyone wants to feel like their relationship is their refuge, their "safe space." If you continually nag your partner, he'll feel harassed and will want to withdraw from you. In a loving relationship, your partner will respect you and gladly respond to your needs and feelings. If he refuses to listen to you, nagging isn't the answer. Believe it or not, nagging is a leading cause of breakups and divorce. No man wants a nagging girlfriend or wife, period. He doesn't want to be around you if all you have for him is constant criticism. He wants to be physically loved and psychologically respected. Advice for women who nag: Stop.



## **Undermining Him or Failing to Be Supportive**

Your partner should feel like he can depend on you. He should trust that you'll encourage him when he needs a boost and that you'll be there for him when he's down. If you aren't supportive, your partner will feel abandoned. Furthermore, if you constantly let him down or if you behave in ways which cause him to doubt his abilities or his value, he'll start to feel that being in a relationship with you is actually worse than being on his own.

## **Breaking Trust or Cheating**

Have you ever kept your partner in the dark about something that would hurt him, or withheld information that could have influenced his life's course? If you answered "yes," then you have betrayed your partner's trust. In healthy relationships both partners are on the same team and want what's best for one another. If you're living a double standard or in a secret way that your partner would not approve of, then your relationship is in jeopardy. Breaking trust like this is never a good idea.

## **Abuse (Verbal or Physical)**

Some people believe that being in a relationship gives them license to take out their hurt or angry feelings on their partner. This is utterly wrong. Loving someone means that you should treat them — at all times — with consideration and respect. There is no place in a relationship for any

sort of abuse. When abuse is present, by definition, it's a bad relationship. You have every right to become angry or upset with your partner on occasion, but it's never acceptable to be abusive toward them. Many women believe that screaming at their man isn't abuse in same the way that a man hitting a woman is. They're wrong. Going off on your partner, whether by yelling or hitting, is a deal breaker and will eventually destroy the love between you.



## Mothering Him

It's one thing to love and support your man, but it's another to mother or coddle him. Some women are naturally bossy. Some of us have major alpha personalities. We like to feel in control. That plus an instinctive knack for "nurturing" sometimes creates romantic atomic bombs and, instead of being the wife or girlfriend our man needs, we act more like his mother, telling him what to do, when to do it, how to do it and why your way is best. Don't do it. You'll suffocate him. ■



# Final Words

*Well, you did it! You made it all the way to end the program... congratulations!*

At this point you should be feeling confident and ready to welcome the man of your dreams into your heart. Once you do find him, be sure to bring adventure and freshness into your daily relationship and keep the spark alive. Getting stuck in a rut is a major relationship killer, which is why introducing new elements into your love life will keep it alive.

**Above all, remember that you are a strong, beautiful woman that any guy should feel lucky to have in his life.** Believe in yourself and see your self-worth. Be humble in your confidence and courageous in your character. Listen to your heart and live the life you've always imagined. Expect the man in your life to do the same.

When you put what you have learnt into action your man will feel appreciated and loved and head over heels for you, and you should feel the same. •



**FINAL**  
*thoughts*

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