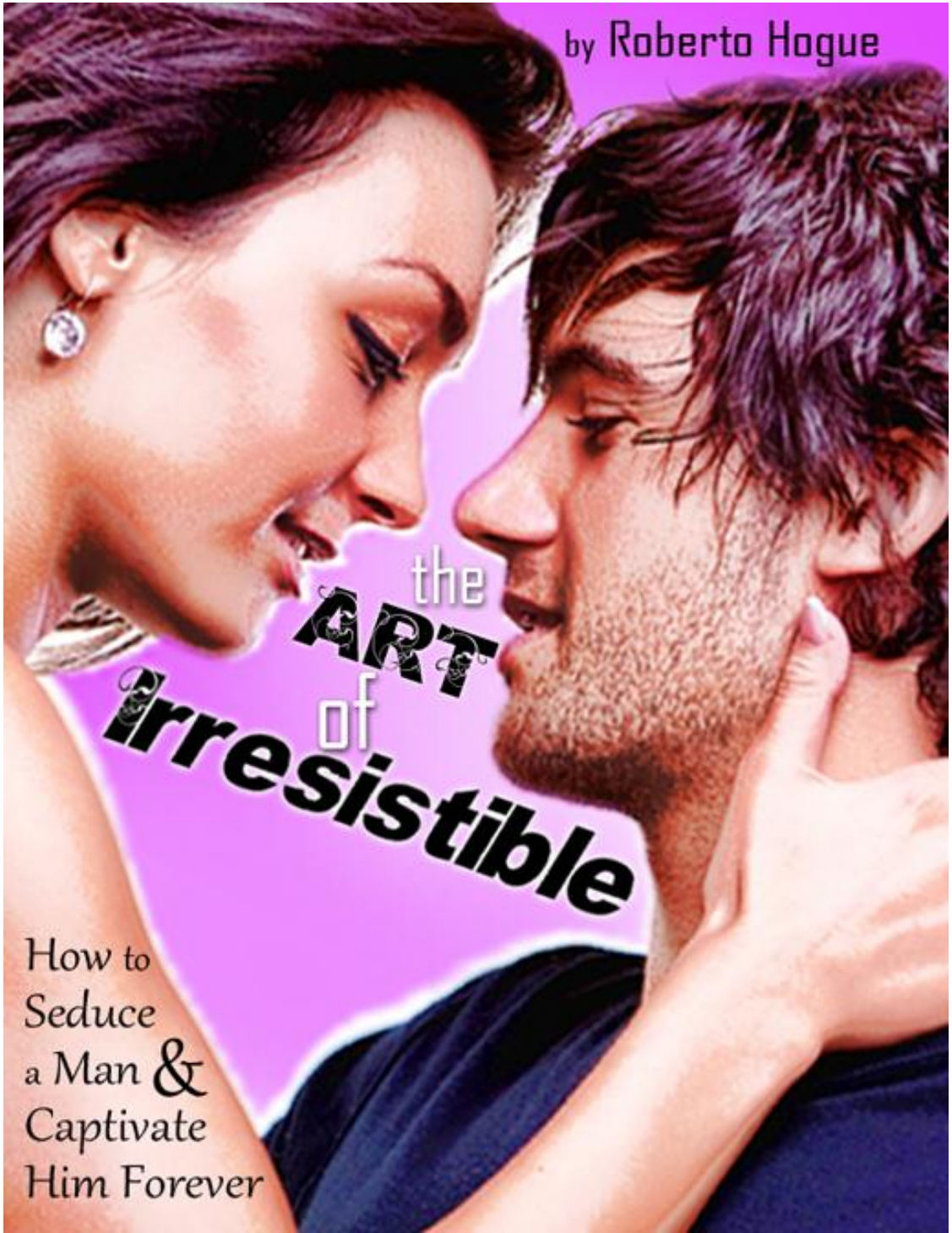


A romantic close-up photograph of a man and a woman about to kiss. The woman is on the left, looking down at the man on the right. She has dark hair and is wearing a small earring. The man has dark, wavy hair and a light beard. He is looking up at the woman. The background is a solid light blue color.

by Roberto Hogue

the
ART
of
Irresistible

How to
Seduce
a Man &
Captivate
Him Forever

The Art of Irresistible

How to Seduce a Man
And Captivate Him Forever

Roberto Hogue



Lost in Temptation Publications

Publisher's Note

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering psychological, financial, legal, or other professional services. If expert assistance or counseling is needed, the services of a competent professional should be sought.

Copyright © 2015 by Roberto Hogue

Lost in Temptation Publications

LostinTemptation.com

ArtofIrresistible.com

RiotintheSheets.com

RealSecretsofSex.com

All Rights Reserved. No part of this publication may be reproduced in any form or by any means, including scanning, photocopying, or otherwise without prior written permission of the copyright holder.

Acquired by Melanie Freiden; Cover Design by Damon Silverwood;

Edited by Trin Cooper; Text Design by Marie Jacobs

20150004017

First Edition December 2010

10 9 8 7 6 5 4 3

Find me on Facebook

Got any Dating Questions?

Swing by my Facebook Page and leave your amazing questions there!

Table of Contents

SECTION 1: CHANGING YOUR LIFE

- About the Author
- How to Use This Book
- Key Relationship Concepts
- The Decision to be Irresistible
 - Think About Your Future
 - The "Last Time" Mentality
- Understanding What Motivates You
 - Identifying that Nagging Little Voice
 - Misconceptions About Yourself
- Knowing Your REAL Expectations
- Abundance is Your Reality
- What is Emulation
- Right Now is all that Counts

SECTION 2: In Search of the Perfect Man

- The Importance of Being Selective
- He's Just My Type
- What are You Looking For?
- Look for Common Themes
- Your Past Defines Attraction
- Identify Deep Seated Issues
- What are Your Deal Breakers?
- A New Look at What's Actually Important
- The Guide to Identifying Men
 - Difference between a Nice Man and a GOOD Man
 - The Bad Boy
 - The Fixer-Upper
 - The Conqueror
 - The Commitment-Phobe
 - Men with Experience
 - Beware of "The Pretties"
 - The Perfect Guy
- Questions about Men
- Understanding Men
- Meeting Men
 - Active People are Rarely Depressed
 - Where are the Good Guys?
 - Don't Swim in Stagnant Ponds
- Get Him Interested

SECTION 3: Becoming the Perfect Woman

- The List: Inverted
- What Men Want
- How do I Become the Perfect Woman?
- Becoming the Perfect Woman in 3 Easy Steps
 - You are Beautiful to Him
 - You are an Amazing Cheerleader
 - Make Him Work for It
- Other Ways to Become Perfect
 - Emulate Fame: Become Famous
 - The Mystery of Fame

Do More than "Just Get By"
Create a Dynamic You
Are You Truly Available?
Like Yourself
Love Yourself: Part One
Know Why
Creating Deep Attraction
Remaining Happy in Adversity
Being with you is Effortless
You are Very Capable
Be the Business Manager
You are so Freakin' Cool!
Your Creativity is Irresistible
You Can Take a Compliment
You Can Give a Compliment Too
Beware of Excessive Behavior
You Have Complete Control
His Friends and Family Love You
Ready for Any Contingency
Be Aware of Serendipity
Becoming Uninsultable
Becoming the Social Diva
How to Wreck Your Hotness
Becoming Something You're not
The Competition
Negativity is Killing Your Hotness
Help! I'm Stuck in the Future!
Responsibility is Really Hot!
Unaware of Your Tonality
The Definition of a Relationship
Why do I have to do All this Stuff?

SECTION 4: The Irresistible Nature of Self Improvement

Self Improvement: How To
Build in Failure
Paying yourself to be Awesome
Start Right Away
Invest in You
Develop Your Interests
Higher Learning
Fix Appearance Issues
Quit Your Soul Crushing Job
The Importance of Happiness
The Definition of Happiness
Do something to be Happy
Be Happy About Yourself
What about My Relationships?

Section 5: The Importance of Looking Good

The Myth about Appearances
Does My Butt Look Big?
What Does Your Clothing Say?
What to do with the Wardrobe
What About Your Boobs?
Tips on Style
A Blasphemous Look at Shoes

- Sexy Hair
 - Keeping Hair Healthy
 - Don't Forget the Lashes
 - Dealing with Body/Facial Hair
- The Perfect Makeup
 - Day Makeup vs. Night Makeup
- Your Beautiful Body
 - Automate Your Diet
 - Drinks Have Calories
 - Thoughts on Getting in Shape
 - Don't Give up on Your Workout Routine
 - Procrastination and Willpower
- Appearances: Things to Avoid
 - Bad Posture
 - Fashion Mishaps
 - Clothing Should Accentuate
- What Does Your Place Say About You?
 - Just Clean Enough
 - A Well Decorated House
 - Create Your Nest

SECTION 6: The Irresistible Dater

- How to Date: a Smart Girl's Guide
 - Be Present on Your Dates
 - No More "One-at-a-Time"
 - You Are Completely in Charge
 - Guide Him to Making Good Decisions
 - Set Boundaries Early
 - Always Try Something Once
- I Hate Dating
- Going Out on a Date
 - Plan a Few Dates
 - Pay Attention
 - Keep Him on His Toes
 - Ask Leading Questions
 - Talk as if You Know Him Already
 - Playing the Game
 - Play into His Base Desires
 - If you're Impressed, He Planned it
 - "Is She Serious?"
 - Take it Slow
 - The Myth of Submission
- Sex and Dating: Uncomplicating the Complicated
 - Don't Feed a Weak Man's Ego
 - When is it Time for Sex?
 - Experienced Men
 - Practical Sex
 - Getting to Know Someone
- Assert Yourself=Get What You Want
- Relationships: the Transition
 - Keep the Line Tight
 - You Haven't Done Enough to Keep Him... Yet
 - Things that Prevent the Next Level
 - Never Give Him what He Wants

SECTION 7: Keep Him Attracted Forever

- Relationships: from the Beginning
 - State Your Needs Early
 - Treat Him like Your Lover
 - Don't Forget to Touch
 - Allow Him to be the Man
- The Barebones Needs of a Man
 - Get Your Cute On
 - Treat Him like a King
 - Embrace Your Sexuality
- The Dynamics of Emotions
 - Overanalyzing
 - Minds Programmed to Love Drama
 - Good Relationships are Effortless
 - Fear of Commitment
 - Don't be a Dream Killer
 - Avoid Being the Nag at all Costs
 - Have a Plan but Apologize if Needed
- The "I'm in Love" Freakout
- Who to be in a Relationship
 - Feel with Your Heart, Lead with Your Head
 - Giving 100%?
 - The Uniqueness of Goals and Boundaries
 - You Must be Incredible
 - Be Unpredictable
 - Throw a Wrench into it
- Common Ways the Woman can Mess up a Good Thing
 - You can Only Change for the Better
 - You Can Change, Really!
 - Open Your Mind
 - Avoid Saying Things You Can't Reverse
- Always Getting What You Want
 - Life is About Negotiation
 - A Better Way to Talk to Him
 - Not Even Close to an Argument
 - The Battle of Wants
- What's Sex got to do with it?
 - Choosing an Evolved Man
 - The Right Kind of Bad Boy

SECTION 8: Men Love Sex

- Sex: Our Genetic Imperative
 - The Fishing Tackle
 - Signs a Man is Good in Bed
 - Signs a Woman is Good in Bed
- How to be Better at Sex
 - Kegel Exercises
 - Get All of You into it
 - Tell Him What You Want
 - Be Specific if You Can
 - Love Yourself: Part Two
 - Be Down for Everything
 - Using Sex as Currency

The Erection: a Cautionary Tale
Is He Just Grossed out by me?
The "Romance" Guys Want
Dirty Talk
The Madonna/Whore Complex
Your Body is Beautiful
Love Hides More Faults than You Ever Could
Don't Fear the Penis
The Penis Inspection
Show it Some Love
The Anatomy of Manual Stimulation
The Big (Hand) Leagues
Glorious Oral Sex
Go Easy on Sensitive Skin
Not just in and out
Not Just the Lips
SEX: Not Just for Makin' Babies Anymore
You are the Co-Star
Step One--The Orgasm
You are in Charge
Shattering Myths about the Orgasm
He doesn't Like the Same Things You do
Be Assertive
The University of Vagina
Step Two:--Building Tension
You ALWAYS Set the Pace
Unpredictable = Satisfied
Be Safe
Become the Master

SECTION 9: Never Stop Learning

More Research Into a Better You
Must Have Books
Dating and Relationship Books
Health and Beauty Books
Confidence and Influence Books
More Action
Now it's All in Your Hands

Thank You!

SECTION 1: CHANGING YOUR LIFE

**“We’re all seeking that special person who is right for us.
But if you’ve been through enough relationships,
you begin to suspect there’s no right person,
just different flavors of wrong.
Why is this?
Because you yourself are wrong in some way,
and you seek out partners who are wrong
in some complementary way.
But it takes a lot of living to grow fully into your own wrongness.
And it isn’t until you finally run up against your deepest demons,
your unsolvable problems
—the ones that make you truly who you are—
that we’re ready to find a lifelong mate.
Only then do you finally know what you’re looking for.
You’re looking for the wrong person.
But not just any wrong person:
the right wrong person—someone you lovingly gaze upon
and think, “This is the problem I want to have.”

I will find that special person who is wrong for me
in just the right way.

Let our scars fall in love.”**

~Andrew Boyd

**“If your emotional abilities aren't in hand,
if you don't have self-awareness,
if you are not able to manage your distressing
emotions,
if you can't have empathy
and have effective relationships,
then no matter how smart you are,
you are not going to get very far.”**

~Daniel Goleman

FOREWORD: *or the slacker's warning...*

We lie to ourselves every single day. Some of us lie to ourselves so often—so much and so frequently that we start to believe that little liar inside our heads. It's way too easy to dismiss advice that requires effort as unrealistic or crazy talk. The reality is that many people have put this information to use and have created a better life for themselves. Of course, nothing great happens without setting some clear goals and working towards them. There are limitless ways to live financially free in this world, yet many of us wait years to win the lottery and never put anything in motion to create this wealth for ourselves. No one is silly enough to be unaware of the odds of hitting the jackpot. Yet we continue to put our energy (and money) into the easy way when in reality, the hard way (or the way that requires you to work towards) is ultimately more satisfying.

*Hope is one of the greatest accomplishments of mankind: looking forward to something better. If it weren't for hope, there would be no medicine or business owners or people flooding into the streets calling for peace. However, if you have hope without action, then you are only a prisoner trapped by your dreams with no way to make them real. Let me begin this book with a warning: finding powerful, lasting relationships with incredible, successful, attentive confidantes and lovers is perhaps one of the most incredible goals you can ever make for yourself. This desire is not enough. You will need to take steps to make this a reality. Some of these are easy. Some are frightening. Many are completely ridiculous. Open yourself to having some fun with this. **Happiness and fun is phenomenally attractive TO EVERYONE.***

Don't be the prisoner of hope, be irresistible!

About the Author

Instead of one of those third person accounts of my travels, conquests, and accomplishments, I thought I might write this myself. Since I don't have a "Dr." in front of my name, the standard question would be, "What are your qualifications to write a book about dating for the opposite sex?"

There are hundreds of books about dating, sex, sexuality, love and all other gentler pursuits. Most are clinical tomes written by doctors and therapists and self-help gurus and you know what, **they are all right!** There is nothing in this book that hasn't been done before or postulated about or experimented with. What makes this book unique is that I have tried to put it all together in one place.

This is where I come in. I am a researcher. I'm one of those analytical guys who looks at a piece of new technology and wants to tear it apart to see how it works. If it's new knowledge or a different way to look at an age-old problem, I'm already trying to figure it out. Essentially (much to the chagrin of my mother and former school teachers), I'm the guy that asks the questions no one ever thought to ask. They are usually not the most important questions since all of those have likely been asked already, but they are based in the tiny details. I find that **one slight adjustment** in method for any activity could make whatever that is better, easier, or more enjoyable.

I made an interesting discovery a couple years ago. I was working as a professional fashion photographer but I came to the realization that after doing it for a couple years, I still had no idea what I was doing. I enrolled in the Art Institute and was on my way. At the same time, I was in a long-term relationship that was slowly and painfully failing. It dawned on me that I was willing to spend money on making myself better at my career, BUT I never really attempted to learn about something that was way more important to me: this relationship.

At first I thought that I must be a loser for not knowing something that is essentially an instinct, but then I realized it is so much more than that. Being a great mate involves so much more than sex and sitcoms. To really make someone completely happy and completely desire you, you have to know a little bit about honesty, communication, seduction, attraction, listening, attention to detail, knowing yourself, snuggling, kissing, psychology, and sex among many important others. Unfortunately the base survival instincts for all of us only get us to the part where we make a baby and then go hunt down something tasty.

There really hasn't been much time that has passed since the cavemen and mankind wasn't interested in love until they had a steady source of food and shelter (and underpants). It took industrialization for them to truly start to care about their children. How many old love stories are there about peasants? Princesses were the only ones with the time to think about glorious love and lovemaking.

The rest of us had to survive.

When you think about it, relationships outside of just a survival mechanism or a business transaction have only existed for the past few generations. Current day humanity, compared to its vast history, is still in just a newborn when it comes to the complexity of intrapersonal relationships.

It's amazing we have made it this far given that the vast majority of us are so horrible at how we act, react, misinterpret, and fight with each other.

I set out to figure out where I went wrong in my long-term relationship. I read books, combed the internet, listened to self-help seminars, learned about quantum linguistics (?!!). I even read one or two of those kitschy mini-books about spooning. Amazingly, there are people all over the world figuring this stuff out. Some ideas are over a century old.

In my searching, I found that most people's attitude about someone learning how to help themselves is quite negative. "*Just be yourself*" is the most common response. The reality is that if what you are doing now is not working, you can't work harder doing the wrong things. You must do something else. Our brains are still almost a complete mystery to modern science, **yet 99% of our capacity to find a better mate lies in personal growth.**

The reality I found is that an incredible person who truly knows herself will find an incredible mate and lead an incredible life. Oversimplified? Indeed! But the underlying message is still absolutely true: the better the package deal you have to offer, the more attractive you are to a compellingly capable partner.

Throughout this process, I have met some outstanding people. I have also met some really damaged people, a few of whom I befriended and helped in any way I could. This led me to becoming a life coach. I have been helping private clients and writing articles for dating websites going on over 12 years now. When you hear the same words, "*Wow, that really worked! You should write a book.*" Over and over again, the most logical next step is to actually put all of that information down and write that book. Most of this ongoing process became this book.

So if you want my credentials, that's about it. In the process of healing my own heart, I became a guy who turned into a man and brought a few others up with me along the way. I learned to see the world of relationships with a fresh new perspective and with this book, I strive to give you tons of little life hacks, brain reprogrammings, common sense, and magical new ways to approach love and relationships.

I offer this book to you with all the pride of writing it, but the humility of understanding that you will find some real answers here and some things that seem totally ridiculous. Have fun with this process and find amazing, earth-shattering, heart-pounding love.

Thank you for spending this time with me. It is an honor to share my discoveries.

~Roberto Hogue

How to Use This Book

On the surface, this book might seem like a total train wreck of a million different ideas. I have tried to put them in some semblance of order so we go from the easier concepts to the more difficult.

In the process of researching for this book, I came across a bit of information that floored me: **Only about 20% of any self-help book ever gets read.** That means you'll only read the first 30 pages and then never touch this thing again! I did some serious rewriting to make this book way more digestible. Basically, it's all the best information broken down into small chunks. That way, if you are reading through something that just doesn't apply, **skip it!** You aren't going to miss out if you hop around taking in the information you really need. It would be sweet if you read it cover to cover a few times and really let things soak in, but that's just my ego speaking.

You will notice throughout **The Art of Irresistible**, some ideas get repeated and revisited. Anything that you read more than once is bound to be an elusive great idea. Pay close attention to any themes that pop up throughout this book.

In this book there are links to great books and great products. I believe that armed with this book and a great attitude, you have everything you need to become an awesome girl who will have tons of guys after you. However, there are recommendations for things that just aren't covered in the scope of this book that will give you an excellent perspective and further information that might help you on your journey.

To say it as plainly as possible: the more you know, the more irresistible you become. Feel free to check out some or all of these links if only to get a quick look at what I'm referring to. If something catches your eye, give it a try. I don't recommend anything that doesn't come with a guaranty from its author or creator so don't worry about "internet scams" or shady characters.

I also recommend several products for skin care, health, beauty, getting in shape, weight loss and fun sexy things. Obviously, being a guy prevents me from actually using some of these products (an example being [the Kegelmaster](#)), but I have witnessed firsthand its incredible effects. Beyond that, I am a professional photographer by trade and know the benefits of skin care, hair care and being healthy in general.

You might have your own name brands for some of these products and that's fine. Continue to use what you already have, but the fact remains using these beauty products gets results (especially when it comes to skin care). Did you ever wonder how some Hollywood stars continue to look so fabulous even as they get well into their 50's and beyond? There is no secret; they use **a lot of skin care products!** This is not something that only the elite have access to. You can go down to the mall and pick up some eye cream today and start the process of looking younger.

Key Relationship Concepts

Here's what to expect throughout this book. Modern psychology has determined that barring any mental disorders, human beings all tend to act exactly as you would expect them to. This is based on their looks, their socio-economic backgrounds, their belief systems and several other factors that make up their personality.

We will strive to use this information to work in your favor. Your goal in studying this guide is to put these ideas into practice so that you can enchant a worthy mate and keep him excited with you.

The first key concept is **emulation**.

By developing the confidence of someone you might admire, any aspects that you might consider a limitation to getting a great guy melt away. Things like intelligence, body type, looks, background, bad jobs, or any other reason you might consider yourself "undatable" start to mean less when you act like you are in love with your life and he'd be a fool not to notice how awesome you are.

Successful and beautiful people have their way with this world and we all allow them because they are so dreamy. By emulating their acts, clothing, and gestures, you essentially fool that part of a man's brain that expects something else. People that go against expectation are surprising and intriguing. This will get you further than you might have thought possible.

The second key concept is **selection**.

Too much of our lives is spent giving time to people that don't deserve the effort it would take to wipe your feet on them. It doesn't matter how cute their buns are or how successful or driven or interesting they may be; a bad boyfriend is a bad boyfriend (and will ALWAYS be a bad bad boyfriend).

I'll show you what to look for to avoid cheaters, liars, narcissists, and sociopaths and how to keep your wits about you so they don't get into your heart before it's too late.

The third key concept is **challenge**.

No one completely loves something they get for free. I will show you the many things you can do to keep a man on his toes. When you make a man work for something, it triggers his deep psychological desires to conquer. If a man sincerely feels he's won you, he's way more likely to cherish you.

The Decision to be Irresistible

By picking this book, some of you have made the decision that you are done messing around and you're going to fix this part of your life. You are sick of guys that are emotionally unavailable. You are sick of having sex with a guy and then never seeing him again. You are sick of the never-ending stream of one to three month relationships that end pathetically and trounce all over your self-esteem.

For the next relationship, you are all in, no messing around, this one you are going to take totally seriously. This man will have no other option than to fall madly in love with you...

Sound familiar?

Or maybe you just tried the "all in" approach and you are finding yourself miserable at almost a year or so later. You kept all your promises to yourself. You found a guy and put everything you have into him. You've even cooked and cleaned for him. You did things for him you never thought you'd do for anyone. Did it work? He repays you by remaining distant. Sometimes he even breaks up with you when he feels you two are getting too close. He blames you for the problems in his life and casually forgets all the sweet things you do for him all the time. He does many of the things you tell him directly that you want, but never would lift a finger on his own to try and make you happy.

He tells you that he loves you. Sometimes... Or maybe he tries the, "me too," approach.

And yet you love this guy with all you have while your friends tell you how much of a loser he is. How could you do everything right and still end up miserable?

The answer is complicated but easy to avoid. You made this promise to yourself to fix your world and find true love. This is a tremendous goal and I think it's one that everyone should actively seek. The problem is you are starting with the end and have given yourself no direction other than the goal.

So what happens is that this guy who's quite possibly completely *unlovable* to begin with stumbles into your world the moment you make your proclamation. You grab him and hold on tight and do everything you can to claw your way to true love. He's the guy you are dumping all this effort into so just by the sake of being so invested in him, you are magically, yet tragically in love.

You picked the wrong guy!

You picked the wrong guy!

(One more time)

You picked the wrong guy!

The very first step in any relationship is finding the right dude to start one with. You simply **can't** take a guy with serious character flaws, mommy issues, blamers, women haters, narcissistic crybabies, ambitionless pot smokers, victims, perpetual video gamers and turn them into your knight in shining armor.

Let's start out with a statement so bold, it might make you cringe a little: **some people don't deserve love!**

That's a horrible thing to say! It's also true. If you truly believe that everyone on earth deserves an awesome relationship, then go ahead and continue to throw your time and emotions away on someone who could probably care less about you. Some dudes just don't get it. They will never get it. They don't understand women and truly have no desire to. They see you as a life support system for the all-mighty-vagina. They see all women as worthless and weak and they would openly hate you if it wasn't for this overarching urge for sex. You will never make this guy magically turn into a loving gentleman. He was a hater and a user way before he met you and, honestly, you don't have anything powerful enough to un-break him.

Think About Your Future

Before you go for the "all in" approach, step back a little bit. Give this guy a month to show his true colors. The beginning of any relationship is always the most exciting: the anticipation, the uncertainty, the elevated levels of kissing and attention. If you aren't seeing this or feeling the giddy butterflies, get out now! It will only get worse. The month you just invested (wasted) is no comparison to the year you might waste if you decide to give it a chance. Really pay attention to what he represents and imagine what your life will be like in ten years with this guy.

Stop! It's so easy to think of a future with someone and envision living in a castle with servants and two beautiful children. You spend each day poolside lying next to each other and every so often one of you leans in and gives a kiss, "I love you sooo much!" Each night is spent making passionate love in a room filled with candles and gossamer hanging from the ceiling.

Stop it!

When you consider a future with someone, consider where they are right now and if they are heading upwards, downwards or staying stagnant. If your guy has a job he hates and doesn't do very well, chances are in ten years, he will be in the exact same place as he is now. If he's having issues getting his sh*t together now, chances are you will be supporting him in ten years. If he's showing signs of intelligence and ambition, he might do well for himself. If he's rich but stupid, those riches could fade away.

Just play out a bunch of different scenarios that could happen between the both of you. Keep in mind; we all like to think that our choice in mates is smart, funny and ambitious. Is he *really*? If he's in a band or some kind of artist, is his art or music really *that good*? Compare it to what successful people are doing. Does it compare or surpass what **paid** people are doing?

The "Last Time" Mentality

Making that final decision to go out on your “last first date” or you’re looking for “Mr. Right Now” only benefits sociopaths. Sure, you could decide to give it your all and the next guy who comes along is Mr. Perfect. You might actually know people that did it this way and they are living happily ever after. There are a few winners in every lottery. Someone might not hit the million dollar jackpot every time, but there are a few who win \$10,000 or so and a few more who win \$1,000 and a whole bunch of people who win five bucks.

Five bucks is pretty cool. You cover the cost of your ticket plus a few dollars that you can spend on some gum and a movie rental. Just like that, it’s gone. Even a thousand bucks gets you a nice dress and a TV set, but that dress will go out of style and the TV will last long enough to distract you for a few years. Ten grand pays off a bunch of your debt and gets you a nice living room furniture set, but even that furniture will end up in front of your house with a free sign on it after years of use.

The prize here is not the living, breathing man you get to come home to and feel comfortable around, it’s a living breathing man **who makes you feel truly loved**. If you are not feeling it, it’s not there and all the “loving for the both of us” that you can muster takes you so far away from your declaration to make a relationship work. You definitely have a working relationship, but you’re the only one working while he gets all the “dividends.”

Understanding What Motivates You

Do you realize there are only two core motivating factors behind everything you do? They are quite simple: you do whatever you do to either move closer to comfort or move further away from pain. Everything you do is done for the specific reason to find pleasure or avoid pain. Obviously, you should have a good mixture of both motivating factors in your life but people usually get caught up on avoiding pain.

I’m not saying it’s wrong to not want to feel pain and heartache, but can you see the big difference here? If you live your life solely avoiding pain, you never really get anything you want. You might find a comfortable life, but it will never be completely satisfying. Maybe you wake up every day feeling like there is so much more you could be doing. Your brain has gotten so used to avoiding grief that it’s not sure how to actually get what it wants. So you end up waking up tomorrow with the same tedium. You can live a perfectly OK life avoiding anything that will affect you negatively as long as you are fine feeling unfulfilled.

Can you see that you must train your brain to seek out what it wants? Next time you find yourself thinking, “I don’t want that” or “I can’t do that” stop and ask yourself if this is pain avoidance. Is it possible you really *do* want that and you actually *can* do that?

Identifying that Nagging Little Voice

It is actually very easy to retrain your mind into getting what you want. You need to actively monitor all the thoughts that pop up into your head. **If it's a negative thought, question it.** "Is this me being wise or is it me being a wimp?" Of course, you don't need to debate the thoughts telling you not to put your hand in machinery or not to drink and drive, but if it's telling you not to talk to a cute guy, ask yourself why you shouldn't. That brain might say, "*Because you'll make a fool of yourself.*" "*You'll spill a drink on him.*" "*He'll think you're ugly or fat or smelly.*" Take note of the reason you come up with, pleasantly tell your brain to shut the hell up and go talk to that hunky fella.

Does that seem too harsh? It really is time to take control of your own brain. If you are plagued with a mindset that is always bringing you down, then it's time to get angry. It's time to let it know that you are pretty awesome, and yes, it's time to tell that nagging little voice where she can stick it.

The important thing is to remember what excuses you came up with. After you have made some small talk with this particular gentleman, think about how your reasons to not talk matched up to what really happened. Don't get frustrated with yourself when you find out how much and how long you have been allowing this voice to run your life. It's there to keep you safe. After a couple weeks of questioning it and proving it wrong, it will shut up on its own.

Some of us have super powerful inner-pessimists that hover over us like a champion wrestler standing on our necks. Does this sound like you? Does your inner monologue have you so beat down and depressed that you can't even function? Well, the first step is identifying when it is talking and telling you **anything** negative. The next step is to do the exact opposite right away and not care about the outcome. In the very beginning, we are not trying to necessarily to prove that voice wrong, you are only showing your brain that you don't believe what it's telling you. Please understand that at the very beginning of this process, you might not have the skills to prove it wrong. You might actually prove it right in some circumstances, but you must defy what it is telling you and you must do it right away.

For example, you're hanging out with some friends and one of them is playing a video game and offers to let you try. Your brain (the lying liar that it is) tells you that you're no good at video games. **Immediately say yes and go for it!** Today's technology is really complex. The fact that you really can't play that video game very well has nothing to do with a deficiency inside you. *It has to do with the fact there are three hundred buttons on the controller!* If you went through the tutorial on how to control things, eventually you would get the hang of it. In this case, your inner voice was telling you the truth, but it was telling you something negative. Don't let it ever tell you that you're no good again. Fight against any thoughts that prevent you from being happy.

We will get more into how your thought processes work later, but I want to start you with an idea that I know is true. You don't need years of therapy or a life-altering event to change yourself for the better today. Right now. Once you identify your problems and completely accept them as a *current* part of you, then you can work towards healing those issues. Anything you want to

change, you have to **do it today**. Right now! Quit putting it off. No more excuses. No more finding reasons why you shouldn't get what you desire.

Misconceptions about Yourself

What are your current obsessions? Maybe you're out of shape. Maybe your glasses are too thick. Maybe you have a dead-end job or you're in some pretty sizable debt. Perhaps you had some childhood trauma that you think defines you. There could be any number of things about your life that pop into your head and give you anxiety. Stop for a second and tell yourself, *"This is who I am right now."* Make peace with your problems. It doesn't mean they go away. It just means they are what they are. Most of them can't be fixed overnight so relax, set these problems down and take a deep breath.

Think of it as moving into a "fixer-upper" house. You are standing at the door threshold looking at the shag orange carpet and the bizarre 70's wallpaper. It might feel a little overwhelming at first thinking of the months of work you have just committed yourself to. However, can you picture yourself sitting in the perfect front room after all your hard work knowing you created all this? That first step through the front door takes the most courage. You knew the issues this house had way before you signed on the dotted line. You knew what you were in for. Your only decision is where to start.

So picture yourself right now in the ideal body. See yourself getting contacts or laser eye surgery. Imagine you sitting at a desk at your new, exciting job. See yourself creating a budget that has all of your debt covered. You will be free of your debt in five years without creating a financial burden. See yourself making peace with the problems of the past. Sure, those were bad times, but they have shaped you into the strong person you are today. Picture yourself in a time where the problems that seem so insurmountable today are now distant memories. Think about how ridiculous they all were.

When all you do is wring your hands over all the issues happening in your life, you tend to get besieged. This overwhelming state paralyzes you into inaction. Allow your problems to just "be." Accept them and then move on. The world is an abundant place and there are always solutions to every well-defined problem.

WARNING: As with everything in this book, **change takes time**. Change takes dedication. Change is about doing things differently and making that commitment. You can't expect to put some "miracle cream" on your crow's feet at night and expect to wake up looking 18 again. However, after using it for a couple months, you will be able to tell the difference.

Knowing Your **REAL** Expectations

Over and over, in online profiles you will see women who say, “Looking for my last first date” or any of the cutesy ways of saying that you want one guy, right now... permanently. Let’s examine what this communicates:

1. At best, it shows your loyalty. You are a one-man woman and your man can rest assured that you won’t cheat.
2. It also communicates a little bit of pushiness. This guy better come to this first date with the expectation that you will be dating afterwards.
3. You are not picky. No one wants to feel they got the girl because they just showed up. We all want to think we are loved because we provide something for our mate that no one else can, not because we can find a coffee shop.
4. At worst, you are communicating desperation! The entire “ticking biological clock” aspect might cross his mind.

The purpose of a first date is to get a second date if the guy is compatible enough. On that second date, you should be working towards the third date and so on. Searching for that elusive “long term relationship” is one of the final steps in the process, not first date material. Beyond that, it’s completely unrealistic not to mention a little scary. Start from the beginning and work your way up to true love. Would you commit to buying a house before even seeing it?

Now let’s examine what kind of a man will walk into a first date with this weight tied to his neck: He’s probably not very assertive. He’s probably not very choosy either or even worse, might be looking to replace his mommy. Honestly, anyone who essentially relinquishes the possibility that love happens mysteriously and organically is not going to be that much fun to be around anyways. You’ll hear your friends say over and over that there just aren’t any men that meet their expectations, when in reality it’s the expectations that are flawed.

Abundance is Your Reality

There are over six BILLION people on this earth roughly half are men. If you are pretty choosy and you take out all of the married men, children and old guys (unless that is your demographic), you still have about 300,000 men that would be pretty good for you. Let’s say you are super-ultra-picky, that’s still 30,000 guys who fall into perfect status. Now we examine the notion of a soul mate. Could there really be just one guy out of 3 billion that is the ultimate mate for you? And how coincidental he lives a couple blocks from you? Unlikely. The idea of a soul mate alludes to some great quest riddled with obstacles and higher purposes. That’s not to say that you can’t meet your perfect mate at a dive bar down the street, but realistically, there are probably over 3000 guys out in this vast world who can give you **exactly** what you are looking for.

On your journey to find a better man, you will have to wade through a bunch of no's and a few maybe's to find that ultimate yes. Your guy is out there, but you will have to work at finding him. This is your quest but be forewarned: **it's a lot of fun!** Meeting new people and learning interesting things about them is a blast. Of course, you might have to go through some bizarre or even worse, painfully boring dates, but now you have something funny to tell your friends.

Do you look at the dating scene with dread and disgust? Knock it off! Only sociopaths fall for women with bad attitudes. Your excitement to meet new people is infectious. You will find people crave others who make them feel passionate. Become that woman who will do anything as long as it has the possibility to become a great story.

But... The moment you aren't having fun, cut the date short.

The great part about going out on a lot of different dates is that it enables you to truly define what it is you don't want in a person. It's hard to know for sure especially if you've only had a few boyfriends in your life. By getting to meet and see many different personalities, you really get a good grasp on the ones that are most compatible with your own.

What is Emulation?

This book is designed to give you both the psychological reasons for what you must do to achieve great (or better) relationships and practical ways to work toward this outstanding goal. The key concept here is that you might know people in your life who just seem to "get it." They have great relationships and happy lives. You might think they're lucky and you don't have the same chances because you don't have the same face or figure. Although great looks makes everything so much easier, their ATTITUDE and MANNERISMS can be learned and used for your benefit. Naturals lead lives of privilege usually outside of expectations and difficulties. If you put enough effort into yourself and the ideas in this book, **you will become a natural at this skill.** The best part is, when you truly understand how interpersonal relationships work, you'll find that it has incredible benefits to all other aspects of what makes you so irresistible to your family, your boss and coworkers, your friends, and your lovers.

How many times have you heard some poor beautiful girl complain that no one sees her as anything other than a piece of meat? She could have a PhD in astrophysics and guys are still talking to her breasts. Tragedy huh? But on the other hand, she has hundreds of cute boys swarming around her. Someone is paying for her to go on illustrious vacations and maybe even paying her rent! With this book, you get the best of both worlds: The knowledge to compete with the tens and you still get to keep your head on your shoulders. Admittedly, some of this is accomplished by letting a man feel like he's valuable. Before you throw this book across the room, take a little pause and consider this:

How much would you pay to find a guy who's perfect for you in every way? Someone who understands you and your needs and desires? Someone who fulfills you in ways you've never imagined?

Most people would agree that just the myth of such a guy is pretty priceless. There is real psychology behind everything proposed in this book. Some of it is completely obvious and some of it is much more subtle. Some of it will just make you feel foolish. I suggest you try it all and discard what doesn't work for you, but the foundation is here. Once you figure out why things work, you can figure out a way that fits your personality to work for you.

I would like you to pause for a second to think about yourself one year from now. You read this book a couple times, printed it out and wrote all over it, and took much of it to heart and you have a completely different life. You have a body that you love. You have a job that fulfills your need to be creative and appreciated. You have some new, interesting, and hilarious friends. Above everything else, you have attracted a man into your life who is everything you have ever dreamed of. He's his own man, but he loves being around you. He's confident, funny, handsome, and has a spectacular set of buns. Being around him gives you the confidence that echoes into every aspect of your life. People compliment you that there's just "something about you" that they can't figure out, but it's so appealing. You feel this perfect sense of calm that no matter what happens with this great guy, you love yourself enough that it doesn't matter. There's no shortage of so many other great guys who flirt with you all the time.

Picture that satisfied feeling of being exactly where you deserve to be. Feels good, huh? It feels good to know that you can find success in your professional and personal life. It feels great to know that you can change for the better and these changes are permanent because every success gives you more confidence which gives you more success and it only keeps building.

Now, while you are here one year in the future, look back at the old you and how frustrated you used to be. Think about how you used to look at dating with disappointment because you were picking the wrong guys and didn't really have any focus as to what you needed in man. Think about the old you and how low your standards were. The guys in your life now seem like an entire different species then those apes you used to think were so cool.

If you can open your mind and your heart to the concepts in this book, you will have a better life a year from now. From now on, everything you do serves to make your life better. Try all the concepts you can in this book. Throw out what doesn't work for you and master everything that really feels right to you.

*Some people see life as an endless series of failures. All bad things happen to them. There is a very good explanation for this: **it's called being born.** Everyone experiences failure in varying degrees in their life. The people who don't seem to mess up so much chose to accept that they got themselves into this situation and then chose to learn from their mistakes. Everything you are about to learn here requires a whole lot of mastery. What that means is you won't be able to read this book from cover to cover, walk to a coffee house and enchant the best man in the world. You will mess this up ...a lot. Everything you do will show you how you shouldn't react in certain situations and what traits in a guy you don't want.*

Going straight from, “I really messed this one up” to “I’m a complete loser” accomplishes nothing. Whereas, if you went from, “Wow, I just did something really stupid” to “What can I do to not mess this up with the next guy,” you will gain understanding which leads to mastery.

Resign yourself right now that you will fail and allow yourself to be OK with it. The art of being irresistible is all about baby steps. Get really good at one thing and then move on to the next.

It is the curse of mankind to always think there is something better out there. For the sake of taking in all you need to learn, make that one of your mottos. “There is a better man out there. When I am truly ready, I will find him.” Be careful with this line of thinking. Don’t burn a bridge with a truly awesome guy because you are not ready yet. All rules are meant to be broken except for one. Lights and drum roll please:

Self-improvement is a one-way, linear process. Once you have found your perfect man, you cannot fall back into who you were in relationship mode. If you can become and stay amazing, your relationships will not only seem effortless, they will be magical.

Right Now is all that Counts

So many people are stuck living in their pasts or they are paralyzed into inaction by living in their futures. The only time you truly own is right now.

Yet we still struggle with our past problems and future worries.

Think about it. How often have you dismissed a man because he wore his hat the same way one of your ex’s did? How many times have you been in the moment kissing on a guy and wondering how he would look as a groom? You don’t want to be hurt again (the past) so badly that you can’t open up to an intriguing new stranger. You want a relationship (the future) so badly that you move things along too quickly and it scares the guy away.

Right now is all you really have and it’s great to make decisions based on past experience for the good of your future. However, it’s not so good to **avoid** decisions for fear of reliving the past or **force** decisions to get to the future.

In the realm of relationships, you put yourself at a serious disadvantage if you are anything but **fully present**. If you’ve ever needed an answer to the question “Why do I get stuck with all these losers?” This is it. You were too busy in your own head not thinking of right now to miss all the *loser signals* he’s giving off. Pay attention. Turn the “me” part of your brain off and put some serious thought into what he’s saying. There are only two thoughts you need to direct at yourself during a date. The first is a quick self-assessment if you are doing OK: not saying anything stupid, no food hanging off your face, etc. The second is how does this guy make you feel? Is he exciting? Is he boring you? Are you thinking about him naked or does that gross you out? No

need to act on any of these thoughts. You're just making mental notes on how good he seems for now.

How are you living your life right now? Is your job a career that's going in some direction or is it just helping you bide your time 'til something better comes along. How many of your friends do you truly love and how many are just distractions? Does your place feel like it's really yours or is it just somewhere you're living until something better happens?

What you don't realize is that by not living right now and owning everything that happens, you are training yourself to wait... **for everything**. You will never get what you want because you are simply waiting for it to happen. The problem is that you always hear about someone getting that one big break and becoming famous. You hear about someone buying a lottery ticket on a whim and winning millions. So we get trained to believe that ridiculously great things will also happen to us eventually.

What you don't hear is the kajillions of people who bought a ticket and didn't win. What you didn't hear is that even though that one dude made it big, hundreds of thousands of talented hopefuls live their whole lives working transitional jobs and die poor.

Your visions of the future will never come true if you don't do something right now to make it happen. You will never escape your past until you decide to make decisions based on what is right for you right now. Dream about the future, but work for the present. You are well on your way to learning **The Art of Irresistible**.

SECTION 2:

In Search of the Perfect Man

**“Whatever he had found, it made him a better person.
Maybe that's what love was,
finding the person who brings out the best in you
and eliminates the worst.”**

~Diana Holquist

The Importance of Being Selective

Let's move on to the concept of selection.

Before we take any steps in any direction, it's important to study up on your prey. That's right, let's take a look at men. Why do I call them "prey?" This, my friends, is one of the most important lessons in this book.

Back when we were all cavemen and cavewomen, we'd stumble around eating twigs and berries off the ground. Any food we would find went directly into our mouths. Then one day, some cave dude stumbles onto something big and furry. The clan would gather around it trying to beat it down with pointy sticks and rocks (many cave dudes dying in the process).

It wasn't until someone figured out that the tasty animals always followed a certain path to water that they learned to hunt much more safely and efficiently. Up until now, your dating life might have seemed like you are picking twigs and berries off the ground and deciding to love them. Always taking what comes along will almost always lead to disappointment (i.e.: the piece of pizza lying on the floor will never taste as good as the one straight out of the oven).

This section is designed to look at men from many different angles. Some you are well aware of; some are a little bit more esoteric. Make no mistake, the more you know about men: how they think, what they want, what drives them, how they experience love, the better you get at choosing the best man for the job. That job is to be the perfect man for you.

He's Just My Type

No he's not! Developing a "type" that you are universally attracted to is bad business. Having one specific kind of guy that you must have, no exceptions, can only lead you down the path to failure. What happens here is that in your quest to find a dark haired, skinny rocker boy that reminds you of your first serious crush, you start to project all the qualities on the replacement rocker boy. So if your first crush could tell you exactly what you were thinking at any given moment, you'll find a guy who looks like him and expect him to do the same.

Your mind will jump in and interfere with all those signals that this rocker boy is actually a jerk. *"He must be perfect because he's my type!"* Even worse, you might be looking to replace that high school sweetheart that moved away right when things were at their best or maybe he died in a tragic accident. The problem with this scenario is that in the beginning of every relationship, people are ideal, at their best behavior, and you are stricken with emotions. These emotions cloud all the other aspects about this person that might be pretty lousy.

Later on, your mind has turned this person into a god as it filters out the rest of the negatives it can find. Yes, the mind tends to remove the bad parts of our memories and make our past into non-stop happy time. OK, this might be an exaggeration, but you have seen this in action before.

What about that one boyfriend who you dumped for being a complete jerk for doing [insert painful scenario here]? Some time passes and you find yourself getting friendly with him again, perhaps even sexual... You promised yourself you would never forgive him, yet somehow he's found his way back into your bed.

How did this happen? Yep, your brain has diminished that pain so that your heart could heal. It was so effective that it softened them memories enough to make another escapade possible.

Don't trust anyone who falls within your "type." In fact, I might go as far as to say **avoid your type altogether**. This is more of an issue with the ghosts from your past than it is to find a great relationship. Make every effort to eradicate any hang-ups you have on a certain look or demeanor and learn how to detach yourself from those projections. It's great to have standards for what you require in a man, but make sure they are not based on something illogical or *pathological*.

On the other end of this, you might not date people because they are not in your race, they are too young or old, or they are shorter than you. Understand that all of your preconceptions could be wrong. The *perfect* man for you might fall well out of bounds of your *ideal* man. Opening your mind to experiences is a great step to finding love. Ask some of your friends in successful relationships and you might hear them say how he wasn't her type because of X, and now they are inseparable.

Sometimes what we truly want is right there in front of us. You might already have some really great guys in your life, but because they are not "your type" you have completely dismissed them or just never considered them at all. Look for the basic requirements in people already there; chances are they hang around because they like you already.

What are You Looking For?

Many people get stuck with a guy it turns out they are completely incompatible with. Why? Because they never bothered to consider what their minimum expectations are. We all have a few things that really get us going. Shouldn't these characteristics be a must-have in any guy that you go out with? Now is the time to figure these things out and write them down. This is *your* list, so BE HONEST! I know I just warned you about "your type," but we must get a good look at what you really like before we can dissect it and create the model of the best man for you.

If you are only looking for hot-bodied sex gods, write it down. If you have a thing for bald hairdressers, write it down. In this stage, there are no wrong answers. Get as specific as you possibly can and be thorough. My friend, Rachael, absolutely gushes when she meets Scottish men. I know, perhaps a little too specific and given that she lives in small town, USA, maybe a bit unrealistic. The point is to really think about what you find attractive.

Think about any ex-boyfriends or ex-crushes you have had and what it is about them that turned on your magnets. We don't have to focus on the bad things about those relationships, just those little (or big) things about them that got their foot in the door. For now, let's only deal with the

positive things about him. We are creating the blueprint for what might make up an awesome mate for you.

Now let's examine the list.

Are there any items that might be a little difficult or unrealistic?

The proclivity for Scots is a great example. As eccentric as this attraction is, it's still not impossible. Let me explain. Rachael, if she is truly serious about bagging a Scotsman, all she has to do is figure out where to find them. Without really understanding her fondness, I'll assume it could be the accent she finds most enticing. So, she needs to find a true Scottish immigrant. Are there any cities in her state or region that have high Scottish populations? Is there a dating website for Scots?

Maybe you said you're attracted to professional football players. Since there are only a few hundred of them around, you have seriously limited the fish in your pond. Not to mention that there are tons of other women going for the same guys. But it's not impossible... Do you live in a city that has a team? Do you know what clubs they tend to go to after their games?

There are a million ways to make yourself "available" to be found if you are truly serious about what you want. Given your list, it might not be as difficult as moving to Scotland or being a sports-groupie either. It's relatively easy to find out where your prey congregates and to be there dressed provocatively and ready to make with some interesting conversation.

Let's say you are attracted to doctor types. Your area probably has a convention center or meeting facilities. Doctors have seminars and conventions for whatever reason all the time. Guest speakers come lecture at colleges about new procedures. If hanging out at a doctor convention moves you to tears of boredom, they will be rushing into restaurants and bars in the surrounding areas throughout the day. You can look into nursing or medical billing. The easiest way to get to know a doctor is to have a professional reason that he would see you frequently. Well, I suppose the easiest way would be to be hospitalized, but...

OK, back to the list.

Look for Common Themes

Are there any things that you find attractive on the list that all your ex-boyfriends have? Is it physical or a personality trait? If it's physical like hairstyle or whatever, you have nothing to worry about. If it's a personality trait like badboy, etc., you might want to examine this one. *There is a reason all of these guys are ex-boyfriends.* Most of your little book of what you find attractive gets written when you are very young. Sometimes negative events get imprinted on your brain and sexualized. If this is your case, you are bound to repeat the failures of past relationships because you are initially picking guys who are bad for you.

Let's start with one of the biggest misconceptions about dating:

The people you love will never, ever, *EVER* change.

Sure they can adjust their habits, get better (or worse) jobs, move to different places, learn how to put the toilet seat down, but the way they act and their core set of beliefs are **permanent**. Just as your book of attraction was written when you were a child, so have theirs and some people cling to that little book until their fingers turn painfully white. Don't ever assume that you can change someone in a significant way that goes against his nature. If he's cold and distant now, he will be cold and distant when you're married. He's likely to be cold and distant to the children you might have together. Not only that, some of these traits are likely to develop in your children too. So now you have an entire household of people you could care less about you.

So what can you do? Pick the right guy from the very beginning! The very first step to relationship happiness is to figure out if you have any extreme nuisances in what you are attracted to. Ideally you might spend some time coming to terms with why you feel this way, but for now the fact that you recognize that this is an issue is better than a decade of dates with guys bearing this bad characteristic.

Your Past Defines Attraction

Let me explain this by giving my experience of how my attraction model was a little "off." Just about my whole life, I have always been attracted to reactionary, warrior women. The problem with this is that I don't really have the temperament to make for a harmonious relationship with this type of person. Things would be great for a long stretch of time, but then I would find myself worn down from the drama and the negative attitudes. Somehow, I had been fundamentally attracted to what could never really make me happy.

If you really want to get deeper, I had realized that all of these "fiery" characteristics I sought out in my mates were the exact description of my Italian grandmother. She was the matriarch and ran her family through sheer force of will. I was trying to replicate my grandmother in all of my relationships. It wasn't an attraction thing at all. Deep down, I was attempting to prove to myself that I could have a deep emotional connection with someone who is... ahem... "difficult" to create a connection with.

When I did this list (the same one you are doing now), I started to realize this was the same trait in most of my former girlfriends and it all started to click. These relationships were doomed from the beginning because they couldn't fulfill me. I needed to reconsider what traits will make me happy. I thought about ex's that were still good friends, the friends in my life and people I looked up to and I figured out what they had in common. I recognized that they all shared a few common traits, one of which was the stand out paradigm: They were all genuinely happy positive people.

Strange huh? I never considered a positive person as a sexual being before. I never looked for someone whose happiness could uplift *me* in a close relationship. To some of you, this might sound ridiculous because you've known it all along. But for others, this might be worth the price

of this book. However, mine is just one example. Yours could be something completely different. You really have to look hard at what you wrote down here and determine if you have any attractions that will ultimately ruin the relationship.

Identify Deep Seated Issues

Isn't that amazing? You might have a terrible opinion of the opposite sex because you have always attracted the wrong kind of man for you. By figuring this stuff out now, you can learn to avoid something that might sound fun in the beginning but is a one-way ticket to heartbreak. Identify and select the right kind of guy from the very first meeting and you are set!

As we look down the rest of the list, making sure we've weeded out all of the hazards and separated the unlikely's. Now transfer this list in order of importance to a fresh piece of paper. You can include the wackier ones in a separate "bonus" column at the bottom. If any of these requirements are must-haves, put a star next to them and promise yourself that you will not compromise on the very basics. **If you don't get your absolute must-haves in a relationship, you will resent the person you choose to love later for it.** But remember it was you that went against what you desired in the first place.

Now it's time for another look at this new list. Are you focusing more on physical traits or are you aiming for what's inside? Are you looking for the same kind of person that populates your list of ex's? Are you developing a type? We fall in love with a person's mind and heart. If you are going under the misconception that you absolutely must have an underwear model or someone who's at a certain age range or height, you might be destroying your chances with your soul mate (I know, I've already dissed on this notion). But if you truly believe in soul mates, think of what it actually means. Someone who's **soul** was destined to be the perfect complement to yours.

I'm not saying it's wrong to look for a hot little boy toy, but if a relationship is your goal, focus on what defines a man, not just his rippling stomach muscles or how he towers over you.

Let me tell you a little secret. In all the guys I interviewed about what they were seeking in a woman, the same traits kept popping up over and over again. These aren't physical attributes either. It seems that women who were defined as "keepers" had some really phenomenal core attributes. Do any of these apply to you? They were optimistic, adventurous, socially savvy, strong, often artistic in some way, sophisticated, and open minded. Men that could be described as high quality also added that their ideal mate has to have some kind of direction to their lives. Even if they were mind numbingly gorgeous, women working dead-end jobs with no goals and no real future had no chance with these guys.

Many women define their future by what their significant others do so they end up living transitional lives until they can snag a man who's going somewhere. Great men are looking for someone who shares their greatness. Someone with their own dreams and desires. If you believe the maxim, "behind every great man is a great woman," then, by

definition, you will have to be great. No one ever said, “Behind every great man is a girl with a dead-end job who constantly brags about what her husband is doing, but has nothing to say about herself.”

Some other traits that popped up were: happy, clean, sexually liberated, sarcastic, funny, intelligent and capable.

On the other side of this, many discerning men included traits in women they would absolutely not tolerate. These included: neediness, disrespectful, judgmental, compulsiveness, negative, dishonest, always creating some kind of drama, and of course, no direction.

At this point, you might be starting to feel discouraged because you don’t have many of the good qualities and too many of the bad ones. Fortunately, changing your actions is as easy as acknowledging them when they pop up and adjusting what you do in the future. Sure you can fake being optimistic and adventurous to get a guy, but if you can synthesize that trait and make it part of what defines you, you can create the whole package of being irresistibly attractive.

So hopefully by now you have a piece of paper that represents the perfect man for you. Most of this list will be comprised of those little things you would love to have in your lover, but a set few will be no-compromise, must-haves. Memorize these mandatory traits and promise yourself to let anyone go who doesn’t fulfill the basics. No mental negotiations like, “He’s a disgusting slob, but he has such cute buns.” If cleanliness is on the must-have list, Mr. Cute Buns must be sent packing. That is *unless you don’t mind being a maid for the rest of your life.*

What are Your Deal Breakers?

Now let’s get out another piece of paper. On this one, we need to write down all the mean, weird, and gross things guys do that you just won’t tolerate. This should be pretty easy. There are always the big ones like lying, cheating, jobless, smelly, homeless, etc., but think of the little things too that always end up getting tossed onto the camel’s back leading to a brutal break-up. Think of all the little things that made you freak out in previous relationships.

This list has the capacity to be endless, but for your sake, stay focused and only put down the really angering things. You don’t need to prioritize this list, but once again, put stars next to the absolute deal breakers.

This exercise is the first step for you to start being selective. If you’ve ever said any of the common statements disparaging the downfalls of man, this doesn’t mean the man is any less good or cool or lovable. The reason is because you are hooking up with guys who are unsuitable **for you**. Without this list, you are essentially buying houses that look good on the outside, but could be built on a crappy foundation.

Now you have the spec sheet for what you desire in a man. You have a concrete idea what you

need to make yourself happy in a relationship. The next guy that comes along can't just impress you with some stupid parlor tricks. He has to bring substance along with him. The great thing about doing this exercise is that it is now impossible for you to fall crazy in love with another loser. Those first few months of new love have the capacity to blind you to what some people are actually all about. If you have standards and requirements, the losers can't get far enough into the door for you to fall for them in the first place.

A New Look at What's Actually Important

The great thing about writing this stuff down and as you date more and more people, you will get more and more discerning on what you need in a man. Keep this list and check back on it when you think about it. You'll be amazed how much your standards have grown as you go out on more dates and meet more guys. It all starts here though, figuring out what floats your boat.

Another caution is to make sure you are being realistic in your desires. With your current job, financial, or social situation, you might never get a chance to meet a certain "must have" in a guy without some really hard effort on your part. For example, you said you're looking for a millionaire but you work at Wal-Mart, how will you ever be able to fulfill this desire by even being in the same place as him? I am by no means telling you to lower this standard, but you better base this requirement on your commitment to actively seeking it to be fulfilled. Love has a lot to do with compromise. If a guy can meet you on almost all of the characteristics, but is missing something, how do you know if you need to toss this fish back into the lake and keep fishing? This is a tough decision and **must be based on how he *really* makes you feel.** If he's not giving you what you need emotionally, then **don't hesitate** to walk away. If he has the capacity to make you feel great, give him some more time. For cornsakes, don't allow yourself to fall for an iffy dude! Take time and see how you feel about it a little later. This is where you might benefit from keeping a journal.

Keep in mind when creating your list; you are dealing with another human being perfectly capable of asserting his own wishes and forcing his own ideals onto you. The more you require of a man for him to have a chance with you, the more you need to bring to the table yourself.

MEN:

The Guide to Identifying Men

There are many commonalities amongst men and how they might fit into your life. The truth is that most people have some aspect of all of these traits. Let's explore the common pitfalls women might encounter on the dating scene.

Difference between a Nice Man and a GOOD Man

You've heard it over and over again, perhaps from your own lips, "I want a nice man." This couldn't be further from the truth. Beyond the whole "women love jerks" rationale is something even deeper. There is a big difference between a nice guy and a good one. It lies somewhere between give and take. Nice guys have always been taught to give compliments, pay for everything, do what is asked of them, talk about their feelings, and do a whole exhaustive list of other embarrassments because the end result can only mean the woman feels compelled to sleep with him. Somehow she owes him for all of his boundless attention. A good guy gives heartfelt compliments because he is sincere about his observation. He will do things for a woman only if he wants to. He'll talk about loving you, but not in a "please, please love me back" kind of way. Some good guys might have the resources to pay for everything, but he enjoys his friends and doesn't mind sharing his good fortune.

Unfortunately, nice guys will probably always carry this supplicating weight around and never learn why they are always only friends. This makes them more desperate and more eager to please. They act like you are a goddess and kneel before you like a beaten dog waiting for the next harsh command from his master. In the end, they are complete jellyfish gushing out their feelings and frustrations. You'll always hear the interviews of the neighbors on the news where they say the serial killing guy next door always seemed like a nice guy...

These are never fun guys to be around. It is good to be loved, but being worshipped can only last for so long. The most successful long-term relationships are where both people are at the same place emotionally.

So what you are really looking for is a **good** man. One who has his own world in place. A guy who has a good awareness on who he is and where he's going. He is a complete man looking for someone to make everything perfect. You are both co-pilots on this ride and neither one of you is bound and stuffed in the trunk.

The Bad Boy

Even though this whole book is about finding the kind of guy who treats you like you deserve to be treated, let's be honest. They don't write any romance novels about the strong, stand-by guy who will always opt to make you happy. We all need some *drama* sometimes. What happens if you fall for the classic "wanderer" or "free spirit?" The initial reaction is the need to tame this stallion and make him yours.

Yet another bad idea.

You can hold on to this type of guy as long as he knows that he can be much freer devoted to you than with anyone else. With this guy, understanding is the ultimate goal. Before making any plans, try to figure him out as best as you can. Even the tough guy has dreams and weaknesses. The more you develop a deep understanding of him, the more he'll realize you are genuine and he can be himself around you.

Your bad boy will only give what he can spare. Find out what you truly want in a relationship with him and only demand what you know he can give. The less you try to cage him, the more you will get from him and the more he will want to give.

Celebrate his independence. Few people in this world are truly free thinkers. It's his ruggedness and freedom that probably made you fall for him in the first place. So it's probably not a great idea to punish him for little things like being late or taking risks. If he's risking your life, now that's another story.

Be consistent. If you decide that he deserves your trust. Then give it 'til it hurts. You might just be the only person who never gave up on him. In true romance novel fashion, he falls to his knees and pledges his eternal, undying love for you.

...

It could happen. It actually does happen, probably not as much as you like, but it's a possibility.

The aim here is to help him to *choose* you over everyone else. If he knows that by abusing your trust, he'll be losing the best thing that ever happened to him, then he won't put himself in those situations. Think of him as a falcon. Let him fly. He will always come back to his nest.

The Fixer-Upper

One of the most dangerous things a woman can do in a relationship is “hedge your bets.” Have you ever had a boyfriend who you knew had a tremendous potential but never really accomplished anything? Or maybe he had that one over-reaching flaw that you waited forever for him to change. Maybe your girl friend is seeing a guy who is, by all accounts, a loser. Yet she’ll never have a bad word to say about him.

We all do this on some level with our friends, our delinquent family, perhaps even our ego-maniacal children. For whatever reason (and family is a pretty big reason), we choose to keep these people in our lives even though they are not the best for us.

The issue here is that we see their capability to be better. It’s a sad fact that even though we are all born with such potential, few of us actually accomplish all that we can. It’s often not that we are lazy. Life has a way of sneaking up and “delaying” our greatness.

The important concept here is whether those delays are temporary or permanent. Waiting for someone to change or to hit it big is often a tragic waste of time. You find yourself either living a life of broken promises and false hope or even worse, your man finally makes it and leaves you for someone he considers better. The reality is that hedging your bets on your boyfriend’s accomplishments often ends in your downfall, not his.

The only way to prevent this is to always live for you and your desires. As romantic as it might sound, the notion that “you complete me” assumes you are only half a person to begin with. That’s definitely not something that makes you attractive to a strong mate.

It is pretty great to get in on an investment on the ground floor and watch your interest grow, but many times your investment in time and money might not always pay off. Over and over, you’ll hear the stories of one person in the relationship making the sacrifice of working while their partner goes through law school or some other goal with a large pay off. Once that partner achieves their goals, they often look at their mate (whose hard work helped them get success) with disdain. “I am much too important now to bother with such a common person.” They bail and get a trophy mate.

The trick here is to find men with potential that actually DO SOMETHING. If he’s an aspiring musician, is his band any good? *Is it really?* Come on now... **is it REALLY?** Are his band mates a bunch of idiots or drug fiends? If he’s an artist, is his art good? Take away any feelings you have for this guy and ask yourself, “Does this art really speak to me?”

People put their passions into every kind of pursuit, but if that passion doesn’t have any drive or talent, it’s worthless. He can know everything about everything, but if he never puts any of this knowledge to use, he’s just an annoying know-it-all.

Beware the fixer-upper. He has a way of sucking time away with his promises of a future that will never happen.

The Conqueror

The conqueror is very attractive indeed. He's an adventure-seeker, a champion, he jumps out of airplanes. He is quite successful at whatever he does. He is so dynamic that you would be stupid not to sleep with him right away. ...Right?

When it comes right down to it, there are worse things a guy can be. The problem with the conqueror is that he has to conquer... everything! Every challenge and every person is something that needs to be vanquished. That includes you.

This kind of guy tends to get bored with things really fast. He has a slew of very short-term relationships because he will always get distracted by the next thing. The beginning of a relationship with a conqueror is amazing. He takes you out on great dates. He speaks passionately about all the things he's done and makes you feel incredible.

Six months later, he has discovered extreme mountain biking and doesn't call you anymore.

Ever fallen for this guy? The secret to this guy is that you must always maintain the challenge. Never let him think he's got you figured out. Never get into a place where you think he really knows the real you. Maintain your mystery and the conqueror will keep his attention focused on you. Sound like work? You bet it is! But when you can conquer the conqueror, you are a very special person indeed.

The Commitment-Phobe

Guys, by definition, pretty much all have this in varying degrees. In my book [Commitment Phobic](#), you can learn how destructive someone with commitment issues can be to your world. Like the conqueror, he comes on strongly and passionately. He insinuates himself into every part of your life making you absolutely crave him.

And then, poof! He's gone. There's no real reason or explanation, but you're left with nothing but devastation.

What happened? Any number of things, but more specifically, something set off his panic button of "getting in too deep." It could be the first "I love you's." It could be soon after you move in together or even that joint bank account. He might even wait all the way up until marriage and then he feels trapped and starts to panic. He bails on the relationship in a very unbelievable way often getting a new girlfriend with unbelievable speed.

Later, he panics and comes back to you for a few moments of bliss only to do it all over again. You can see how horrible this can be (or maybe you know firsthand).

So how do you protect yourself from this guy? Get some information as soon as possible! Commitment-phobic people do this to **ALL** of their lovers. They also leave **all of them** pretty much the exact same way. If someone is getting really close to you really fast, ask about their

prior dating history. If it's littered with intense relationships that end suddenly and tragically, or if he says someone was getting too intense or clingy, that might be an indication of his fears of commitment.

If you have to hold on to this guy, then do whatever you can to keep it fun and casual. You have a much better chance of keeping him if you don't try to push him in any direction. Be cool. Lay back. **Never** act jealous in any way and just get to know each other. There is a great book, [1000 Questions for Couples](#), that has tons of great questions that one actually would want to know about someone they're in to. The great thing about something like this is that you are really making an effort to get to know him that **NO ONE** has ever done.

If you feel you're getting in too deep, do yourselves both a favor and walk away. Tell him to figure out his life and if he figures out that you two really had something special, then he should come find you. But it has to be a conscious decision and one he really wants.

Don't base your decision on your own needs. It's so easy to want to be selfish and do everything you can to hold on to him, but he is conflicted. He **will** hurt you.

Men with Experience

Let me give you a concept that will help you manage your prospects. There is an entire class of men in society who are good with women. Beyond their income or their looks, they have a certain confidence and really know how to keep you on your toes. These guys are not really looking for a long-term relationship because they know they can have their pick. I know you're thinking "player" here, but there are the sleazy dudes who sleep with you and are thinking about your sister and there are the men who treat fun and romance like a master concert violinist. If you look for the signs and really listen to your instincts, you will be able to pick out the shady characters.

So why do even bring this up? Because if you have ever had a fantasy, if you've ever read a romance novel, if you've ever wanted something other than sex every Sunday followed by a week of sitcoms and TV dinners, a guy that has a grasp on what women want can take you pretty far down that road. You might be thinking that you really *do* want a long-term relationship. That's fine, but a guy like this spends much of his time avoiding being held down. Ultimately, when this guy meets you (the new you) and discovers how cool you are, all other girls fade out of the picture. Not only do you get all that you are looking for, you get the pride of knowing that you're the chosen one. You're not the second choice or someone he's settling for. You stand alone above all the other girls he could have had.

The secret to catching a guy like this is to never show your desire to have him exclusively. In fact, being the elusive one that he can't pin down will make him want you more. Whether you take my advice or not on this one, you must be dating many men at once. If this is too far out of your reality, you must at least allude to the notion.

Think about how difficult it is for you to imagine your new beau out with other girls. Multiply that feeling and it's what a guy feels. This goes back to us as a caveman. Somehow, men have managed to have harems of some kind or another throughout history. You might be able to count the women who've pulled this off on one hand. One of whom, Cleopatra, managed to send several countries into war by playing on man's possessive instincts. You see, traditionally, the only counter-action women have to being one of many has been righteous indignity: enough for a guy to take note, but perhaps not enough for him to stop tomcatting around. When a man is placed in the same situation, he will absolutely go insane and he will think about how to have you completely day and night.

WARNING: I am by no means recommending that you pit your lovers against each other in a death cage match. Never mistake jealousy for attention. Jealous guys are more than capable of ruining your life by running away all of your friends, keeping constant tabs on you and when you get sick of him, stalking you and wrecking any relationship you can subsequently have. Jealousy is a sick, infantile emotion that never is used in a good way. **AVOID** any guy that shows any type of jealousy especially in a violent or abusive manner.

Our goal here is much more subtle and it has to be established from the very beginning. Always make a man work harder for your attention. In the same way you would never actually date that one friend of yours that acts like a supplicating puppy dog, no one values something they didn't have to work for. Be unavailable from the very beginning. People fall in love with each other when they are alone with their thoughts and have time to replay all the things they like about a person. So give him this opportunity! Leave him alone. The idea that you might be out with another guy will really have you on his mind.

I know, this sounds like crazy talk to many of you and it's probably hard to figure out how you'd get away with it. It all comes down to precedent. If a cute guy meets you at the coffee shop and asks for your number, when he calls, be unavailable for the first day he mentions. The simple phrase, "Oh, I have a date that night" communicates all you need to say. Don't explain it, just leave it at that. He can extrapolate all the scenarios of what that entails in his mind. By that simple phrase, you have planted a seed that you already have an active social scene, you don't particularly need him, and you are desirable to other guys. All great qualities that guys are looking for in their mates.

Beware of "The Pretties"

My friend, McKenzie has a weakness for guys she calls “the Pretties.” She absolutely loves super stunning guys. We’ll be hanging out somewhere and she will be looking over at the bar and start drooling, “Oooh... Pretties!” Actually, it’s kinda cute she’s this way, but she has a long history of unfulfilling and downright bad luck relationships with some gorgeous men.

Why is that? Why are hottie dudes so cruel? I’m not sure I’d call them cruel because this higher level of rudeness is not entirely intentional. Think about how good-looking people affect you. You see a sexy guy or a model type girl and it makes you a little nervous, doesn’t it? It’s as if he or she is somehow magical and walks through this world floating above the rest of us. Fabulous looking people get better service at restaurants, bars and clubs. They are given things for free all the time. They lead a life of exclusivity and they get pampered by everyone in their life. There is the standard stereotype that beautiful people are pretty stupid and in many cases, it’s true. Why? Why would you have to do any better in the world if everything is handed to you?

Why would you have to love the one you’re with when girls are throwing themselves at your feet?

In the 1800’s an Italian economist, Vilfredo Pareto, came up with the Pareto Principle. He noticed that 80% of the land in Italy is held by 20% of the people. Not only that, he started to notice that this ratio applies throughout economics, geography, biology and many other fields. This applies to us because in the dating world, 20% of the men are sleeping with 80% of the women in any given location. Conversely, 20% of the women are actively sought after by 80% of the men.

Think about your past sexual history. How many of your “formers” did you know were total players? You knew he had slept with a whole bunch of other girls, but you slept with him anyways because he was so freaking cute. I’m not saying it’s wrong or you are shallow for this. It’s actually completely natural and a direct desire of your genetics to want to be with the alpha male who is most likely to give you pretty (i.e. successful) babies.

Your DNA wants you to sleep with hot guys!

In the book, [Sperm Wars](#) by Robin Baker, he exposes that fathers of about 10% of the kids walking around the world today are not who the kid thinks it is. The reason for this is that your biology doesn’t necessarily care if the guy who impregnates you is a good provider; it wants babies with whoever has the best genes.

Sorry for another tangent, but you need to understand that there are some pretty serious forces behind that desire for one of the Pretties. But just as you are making footsies with Adonis at the bar, his biological drive is in high gear too. As an alpha man with awesome genetics, his drive to fulfill his biological imperative involves impregnating as many women as possible.

Of course, we all have brains and we all have choices in this world, but if you’ve ever found

yourself compelled to do something that just isn't you, you might find that the very basic set of instructions built into your survival pushes you at the Pretties like a captivated moth on its way to the bug zapper.

McKenzie's problem is that she confuses this attraction as love and stays with guys long after they have exposed themselves as jerks. She gives and gives and ends up feeling used and ultimately alone. In the end, she usually gets cheated on and finds herself broken hearted.

Why does this happen? She is picking guys based on looks alone and not bothering to go any deeper. She sleeps with them right away without determining if they have any other good qualities and if they stick around, she falls in love right away based on nothing other than the fact they called back.

Is my friend McKenzie shallow? Yeah, kinda. In many cases, we all are. I've loved some gorgeous women who weren't "complex" enough to return that love. I let Pretties walk all over me sometimes just so they will be around me for a little while longer. If you've ever worked in a service industry, you'll notice that you always do at least a little extra for good-looking people. There is a reason the world is obsessed with famous people. We really can't help it.

So how do we gain control of this supplicating behavior and stop falling for pretties who don't seem to care about us? The first step is to go out on some dates with some of the Less Pretties and witness how real people will treat you. McKenzie has a serious addiction though. We decided that there is a certain kind of pretty that is more likely to understand compassion and make a good boyfriend. **She needs a guy that went through an awkward phase!** If someone went through their entire life where everything was handed to them, he or she will be a lot less likely to put value on all the things they have. What if, during his childhood, he went through a stage where he was kinda nerdy or weird or outcast? Maybe he was poor or was cursed with an unfortunate nickname. He will have a great concept of humility and compassion. He will respect the way he looks now and not use his charisma for evil.

Daytime television is packed with segments about taking super-hot women, taking off their makeup (sometimes making them look really ugly), putting them in ugly clothes, and making them go out in public. Near the end, some of these women are reduced to tears because they honestly have no idea what it's like to look plain. Think about this when are looking for a boyfriend. Is this person able to feel for the people around them? Are they able to give instead of only taking?

Love has a lot to do with surrender. It takes a whole bunch of self-searching and humility to realize your heart belongs to someone else. It takes even more courage to admit it to the one you love and commit to their happiness. The trick is to find someone who will commit to **your** happiness also.

The Perfect Guy

When you pick the perfect man to love, relationships are a breeze. By perfect man, I mean perfect for you. A guy who's got your back, who knows you well, who says all the right things. He's an overall great guy.

So why doesn't anyone ever think about it? It's just not romantic, huh? There is no contemplation or decision making in "happily ever after." If you believe there is someone out there just for you, picking the first guy to come along has nothing to do with fate, destiny, or true love. You have to go out and find the right man and not settle for "just OK."

Another pitfall in finding the perfect man is thinking *"He's got all this stuff going for him, but there's this one thing I'll have to fix later..."* The things about him that aren't so cool now will really have you climbing the wall later. **Never** bank on the idea that he'll ever change for you. **Guys are pretty much what you see is what you get.**

When you ask a lot of questions and you ask *the right questions*, you not only get a glimpse of what life will be like with this new perfect man, you also engage him on a very deep level. He will think you're pretty cool because people love to talk about themselves. If you have great questions to ask, then he automatically thinks you're smart, social, and very interesting. Besides, it's always a great idea to get a guy talking and keep him talking; it adds to your mystery.

Questions about Men

Don't stop with just asking him all the questions. We need to check in on how you feel. Any man you are considering should be held up to the following questions to see if he really could be the one.

- Can I spend the rest of my life with this guy? What is his current lifestyle like? Could he be part of your circle of friends? Can you take him along for family activities? Does he compliment your lifestyle and career choice or would he be embarrassing to bring along? Will your friends and family see him as the perfect man?
- Does he make my life easier? Think hard about this one. The whole purpose of being in a relationship is having someone to share the human experience with. Two people getting together to conquer the world as a team. Is he really part of your team or are you more like his assistant, his bank, or his mother?
- Does he have a future? Whether in relationships or in business, poor partners make poor partners. I'm not saying you can only set your sights on rich dudes, but you should be looking for someone who at least has some kind of income potential. If he'll probably still be living with his parents in five years or has no desire to work hard for anything, he will probably treat your relationship with the same enthusiasm.
- Are there any "issues" keeping him from giving 100% to me? Was he hurt by an ex-girlfriend or ex-wife and now he hates women? Does he have "baby mama drama?" Did he have a terrible childhood and now he can't open up emotionally to anyone? Bless you

for giving him a chance, but you have a truckload of work ahead of you in this relationship. Great relationships are effortless. The more the right man is ready and willing to give his love to you, the happier your life will be.

- Does he interest me intellectually? Are you guys both on the same page? It sucks dating someone you look down on. Pick someone you can talk to endlessly about things you're interested in too.
- Does he understand my emotional needs? If you have no problems showing your emotions and pick a guy with the emotional maturity of a bag of sand, you're in for some problems. Some guys have no attachment to their emotions and showing any emotions might make them "fruity." If you're into ultra-manly men, this might not be an issue, but if you need to know he's thinking about you, it might be a better idea to choose a man who can say it.
- Do we match spiritually? If you're religious, religion will become a major issue if the relationship gets really serious. But beyond that, your beliefs are very important to you. If he's going to make fun of whatever you hold true, it's going to create huge issues later on.
- Am I attracted to him sexually? Why is this one so overlooked?

Eventually, all those happy, lovey feelings fade and if you are stuck in a relationship that doesn't have a strong foundation, you are in for the pain of a break up or a lifetime of silent misery. The trick is to only allow the great guys a chance at your heart and pick the perfect man from the very beginning.

Understanding Men

We have all been told from a very young age that men and women are equal. We are all humans and essentially exactly alike. In the dating world, this is dangerous thinking and the wrong way to go to understanding men. The stark reality is there is a big difference in how men think versus how women think.

The following is a semi-scientific (and not too boring) look into the inner workings of a man's mind. If you've ever asked yourself, "What is he thinking?" this should be something you should have a fundamental grasp of, so definitely read the whole thing.

OK, back to the science. To put it simply, men and women have different goals when it comes to what we need from a relationship. Not only that, men and women have completely different sets of "basic commands" pushed on us from our own genetic drives.

We certainly have all of that great free will, but have you ever found yourself doing something or getting into a situation you just knew was stupid? In some cases, the will of your genetic makeup tries to take over and do things that make no sense at all.

When we look at a man's brain and what is he thinking, these directives go through an entirely different set of filters. If you've ever wondered how men think, or why men do the things they do, things are about to get interesting. (It's also about to get a little technical.)

Psychology describes in each person's brain there are actually three different brains, each handling a different process. This makes it so we don't need to think about breathing or walking. It also helps us to immediately react when the body senses danger so we don't always need to think of saving ourselves. For our purposes, we only need to think about how this fits into mating, understanding men, and how feelings of desire and love are formed.

The Lizard Brain

The first part of the brain is the "lizard" part. It doesn't deal with any complex thoughts, just plain old survival. It keeps us safe and fed, but it also does the most basic calculations when it comes to choosing a mate such as desire and lust. It does simple basic comparisons like:

- "Is this person healthy?"
- "Is this person dangerous?"
- "Does this person have good genetics (can I create successful offspring with him/her?"
- Most importantly, it asks, "Am I sexually attracted to this person?"

The Monkey Brain

The next part of the brain is the "monkey" part. It handles a bit more complex thinking and forms your subconscious mind. It is the basis of your emotions and also the home of your self-esteem. This is where you decide things like:

- "Does this person understand me?"
- "How does this person make me feel?"
- Its main function is to ask, "Am I emotionally attracted to this person?"

The (Wo)Man Brain

The last part of the brain is what separates us from the lizards and the monkeys. Here is where we make all the super-complex decisions and also where we house our function to think. This brain looks the prospective partner over and asks:

- "Will I be intellectually stimulated by this person?"
- "Is this person in my 'clan' or in a group I am interested in?"
- "What does this person make me think?"

- Its basic function is to determine, "Am I intellectually attracted to this person?"

So what does this all have to do with getting a cute guy to hang out with you? First of all, it determines the order in which men get "hooked." Typically when a woman sees a cute guy, her first thoughts are based on more intellectual factors than his endowments. She starts from the human part of her brain, goes to her monkey brain and determines her emotions on the subject, and then checks in with her lust.

When a man sees a woman, his split-second calculations start from the sexual and work their way into the intellectual.

The attraction blueprints for men and women are opposites of each other.

The common cliché on understanding men is that men think with their privates isn't entirely true. It's more like they think with their... um... lizards.

Men don't think like you do, sister!

What can you do with this crazy knowledge? What does it have to do with understanding men? First of all, it helps to recognize that men don't think like you do. While we're here, it's pretty safe to say that men are never thinking what you're thinking. So for the next date you're on, here's a good reason to quit obsessing over something and be totally 100% there. He's really not thinking what you're thinking!

You can use this information to grab hold of his monkey brain and make a deep emotional connection with him before he starts checking in with logic. How? By having an incredible amount of confidence! Confidence is emotional status. You can be so-so in the looks and smarts department, yet still hook him with how confident you are.

How does this work? When you act like you're a pretty big deal, you trick the monkey brain into wondering "why?" You create intrigue and more questions where there usually are just split-second yes or no questions. Let's face it, confident people are more trustworthy. What? No way! OK, maybe not "trustworthy," but you can trust a confident person to act and react confidently. A shy person gives you no indication how they might react to something. The brain knows this and doesn't even consider the shy person as a potential partner.

To put it plainly, a confident person "gets it." She shows not only a fundamental knowledge of understanding men, but of herself. That gets us back to trustworthy. A girl who understands herself is way less likely to be unstable or crazy.

So we've connected with the monkey brain by getting it to really notice you, now it's time to do the slam dunk and really captivate his chimp. When you captivate a man emotionally, you own him. This isn't manipulation here; this is getting in touch with your inner cheerleader. If you're really interested in understanding men, being his support system is by far the most important weapon in getting a great guy.

Most guys are just OK in their relationships, but the key to understanding men is knowing that the ones who stay infatuated are that ones that know you will always have his back. Just saying that you do isn't enough.

You should also note the importance of looking clean and healthy. Great hair and shiny skin speak directly to Mister Lizard. If you need more tips on how to look your best, check in with how to be beautiful and how to look healthy. Once you can show a guy that you have a great understanding of men, your “cool chick” factor skyrockets!

Meeting Men

So where do I meet quality guys?

Wrong question.

Quality guys are all around you. The better your life is and the more compelling person you can make yourself into, the more location doesn't matter. Good men are attracted to women that exude personal power.

I do know where the men aren't. IN YOUR HOUSE! Get out of the house. It doesn't matter where you go or what you do, just train yourself to be active. Foster a little restlessness. Next time you plop down to watch TV. Pay more attention. Most shows on TV are pretty stupid. Most of the commercials play to a stereotype. Seriously start to critique your shows. If they don't have you 100% compelled to watch, don't watch them. Never watch another re-run. That should be your key to leave your house.

Active People are Rarely Depressed

Getting out and getting active isn't just about getting some exercise. People that play sports and spend fun time with their friends rarely feel the pain of depression. That is because your emotions are directly tied to how active you are. Whatever direction you point yourself your emotions will step up and give you the appropriate feeling. If you are out seeking fun, you feel excited. If you are at home doing a whole lotta nothing, you will feel deflated.

If you're the kind of person who battles with negativity and depression, look at what you do in your life. Is there anything you do to blow off steam? Are there any ways you have to channel these negative feelings? Emotion is about **motion**. The more of **any** type of activities you can engage in, the better those emotions are.

The more you go out, the more you want to go out. Greet people (men and women) and expand your circle of friends. Get involved in something. Find things to be passionate about. Seriously, the men will find you.

Think about this. **Does anybody wish they were like you?** Take care of that one and you have your pick of guys to date.

Beyond all this, a great idea is to go to places where you can take your time. Find places where you might likely see the same guy(s) over a length of time. There are so many places you can meet someone, but the chances are (especially if you live in a big city) that if you didn't make a big enough impression, you will probably never see this guy again. When you find a place that people might frequent, you get a chance to develop a familiarity with the guys you talk to.

Consider what you are ultimately looking for. If you are just looking for a casual hook up, then the guys you work with or at church are probably not the best men for the job. If you are looking to get married, then the club guys might not have to right lifestyle to be marriage minded.

Obviously, you can meet the man of your dreams anywhere. The question is: are you ready for him? Do you look cute when you go out or do you look like you slept in the clothes you are wearing? Are you ready to chat up that cutie or are you too hungover to socialize? Are you approachable? Most guys won't even bother if you look angry or mean, look homeless, look too busy or preoccupied, and especially if you have your headphones on wherever you go.

Once you have your "available" switched on, you can meet great men everywhere. What does that mean exactly? Men (and women) absolutely loathe rejection. It's as if your polite "no thanks" is a personal affront to his dignity. They would never guess that whatever you tell them to get them out of your hair was just you being busy or sad or preoccupied or just not ready. He thinks you hate him for all his meddlesome ugliness.

Think about that next time you really roll out the rudeness when a guy comes up to talk to you. So in order to have your availability, you have to show that you aren't going to freak out on him at the very least. Clean (cute) clothes, some makeup, a pleasant smile. That's it. You bring those three things out in public and you are 100% more likely to get attention than if you did otherwise.

Let's address what was just said there about makeup. More and more women today are foregoing the time suck of makeup. Personally, I think that's cool, but if you check in with my lizard brain, I guaranty he loathes this idea. Why? Because when you put ANY effort into the way you look (and thereby appealing to the lizard brain), you have done pretty much 80% of the work when it comes to a guy approaching you. Whether you want to believe it or not, putting on makeup says, "I've gone through all this effort to look prettier because I want your attention." This is handing guys the golden ticket to lessening their fears of rejection.

Also notice, it said above, "SOME makeup" not "ALL THE MAKEUP YOU OWN." There certainly is a "club look" for makeup when you're spending the night on the town and you want to look stunning. Makeup as with clothing should be situation specific. When you put on a little makeup, the man's brain says, "available" when you put on a lot of makeup, but you aren't in a dance club or at a grand gala, the man's brain is more likely to say, "whore" than to say "relationship material."

Where are the Good Guys?

So where are all the dudes at? *Everywhere* is a terrible answer.

Let's be a bit more specific. It starts with what you're interested in. You have a much better chance to find an interesting guy and hold on to him if you share common interests. Remember the last time you traveled and you met someone from your city/state/country? You chatted them up expertly and had a great conversation. That is because you both shared a common experience or lifestyle. Both of you were in your area of expertise so the interaction flowed smoothly and was fun.

What else do you know a bit about? What else are you interested in? What kind of smarts can you bust out to impress the fellas?

Always ask how happy couples met. It's almost always because they both met sharing a common interest, through work or social groups, or within their circle of friends. Where are your best bets? By joining some social groups, getting more friends, and getting involved in some activities. Someone always knows someone who would be "perfect for you." Afraid of your friends trying to hook you up? The blind date thing give you the willies? There are ways to make it less painful. If your friends must do these things to you, then it has to be in a social situation. They can go out for cocktails and you and the mystery beau just happen to be invited. There are ways to make it a lot less awkward.

Did you ever hear about the whole Six Degrees of Separation thing? This idea says that you can pick any person in the world and you know someone who knows someone who knows someone (etc.) who knows that person. Well in the dating world, it's more like two degrees of separation. One of your friends *is a friend of your future boyfriend*. It's that simple. Let them know you need a man and you'd be surprised how easy it works. This is also where you need to have a large and varied set of friends. If all of your friends sit around and play Scrabble every night, then your dating pool is a small and stagnant pond. Find married friends. Find friends outside your circle. Get some people in your life that are different from the ones already there. The more people you bring into your world, the more people you have working for you to find you love.

Don't Swim in Stagnant Ponds

My friend Trina goes to the same couple bars every time she goes out. She's a regular at both and consequently knows all the other regulars quite well. She's also dated a couple of them slept with a few more. There's no way for her to feel frisky in her favorite spots anymore because EVERYONE knows. It's not that it's completely devastating for her; it's just a little awkward. When you catch and release all the fish in a small pond, pretty soon there isn't much joy in fishing.

Not only do you need to get out of your house, you also need to get out of your town. Go check out another town's nightlife. It could be possible you are much more self-conscious somewhere that everyone knows who you are. If you go somewhere where you are new and interesting, not only are you free to be whomever you want, everyone is interested in the new girl. If you and your girlfriends always hang out in the same coffee shop/bar/restaurant, then your pool of men is seriously diminished. How many times do you need to go to the same place where you have already made out with, dated, or slept with all the available apes? Change your scenery! Not only do you have a room full of guys who are "cockblocking" you; you might also be developing a reputation. Change is good.

Get Him Interested

It is impossible to get someone attracted to you who simply doesn't feel it. Men tend to take this to extremes: harassment and stalking. As a woman, there is no much you can do about a "crush" that doesn't show or reciprocate your desire. You can't reason him into your life. You can't compliment him until he feels something for you. You can bake a million cookies for him. He'll be grateful, but he still doesn't think of you "that way."

Let's just smash the idea of "the one" for a second. How could someone be The One if he doesn't reciprocate your feelings for him? How can he be perfect for you if he hasn't really acknowledged you exist? Stop obsessing over that one cute guy at your gym, school, or office. If someone was truly The One, he would step up at some point and show you how perfect he is for you.

OK, maybe that's not entirely true. Some guys are just so afraid of making that first move that he probably never will. If this guy is so important to you, then you need to step up. Stop dropping the subtle hints and get a little bit more deliberate! Give him an easy situation to divulge his interest... if that interest is actually there.

Next time you speak with him, tell him how your friends are trying to set you up on a blind date. You can voice your apprehension about this kind of date and then describe what you are looking for in a man. Many of the qualities you mention will be traits he obviously has.

Now he has his "in" with you. Will he go for it? Maybe. Your job is to gauge his body language (it is best to do this in person). Is he responding to your description of him? Is he showing intent interest in what you are saying? Was he taken aback by the comment about you seeing a blind date?

If yes, then you are in a pretty good place. He still might be too scared or overwhelmed to dive in and offer his services. This is your last chance. Say something like "I really don't want to do this blind date. I'd rather do something fun with someone I already know and tell my friends to forget it." If you're really feeling it, add, "Maybe *you* should save me." The key to this is to keep it friendly and just a little bit flirty. If you don't get too pushy or whiney, then you're just being cute. You haven't exposed yourself to any real rejection because it was done playfully. If he's into you, you just handed him your cute little heart. He will respond.

If he doesn't respond at all or makes excuses, then you know 100% that you don't have a chance. Either that or he is so painfully shy or stupid, he'll never respond to anything but you saying "Go out on a date with me." In that case, the guy is just too spineless to consider as boyfriend material. You would be in for a long, drawn-out, boring heartbreak.

SECTION 3:

Becoming the Perfect Woman

**“With good reason, love's messengers,
Eros and Kama, are armed with bows
and long-distance arrows.
No being, god or mortal, can choose love.
Love comes despite ourselves;
and then, if we have not already done so,
we have the task of becoming our selves
so we may welcome love.”**

~Diane Wolkstein

The List: Inverted

Now let's step back and think about this perfect man. What is he looking for in a woman? Never thought about that one, huh? Although we are essentially dealing with an imaginary person, he's still a person. He still has his own wants and desires. You have to fill your shoes as much as he does.

Pull yourself out of your body for a moment and think of all the things you think an awesome guy is looking for in his girl. What kind of personality does she have? What does she do for a living? What are her interests? Sense of style? Looks? Write down what you think he digs about his women. Most people are looking for the same traits so you can refer to your list if you get stumped. Be honest here. If your list describes the upper echelon on manhood, he is likely to be seeking someone equal on his socio-economic level.

A great (and fun) way to complete this exercise is to walk up to guy who looks like he has his life together and ask him what he's looking for in an ideal woman. I guaranty you will at least get a few one-line responses, but more than likely, he'll give you a big list of his desires. Not only are you getting insights into who you need to become, you're chatting this guy up. See, it's really not that complicated to start conversations with men you are attracted to.

Let's look at what you came up with. How does this compare to who you are? How close are you to being his perfect mate? This might serve as your biggest wakeup call. Relationships are not just all about your needs and what he can do for you. You have to be remarkable as well. If you find this outstanding man, do you honestly have the skills to keep him satisfied on many different levels?

What Men Want: a Pipedream

Let's go from your list and take a little peek at his. The following list might not appear on *all* men's desires, but many of these characteristics will definitely show up on the list of a guy who has his stuff together.

If you set a quality man down and let him be totally honest about what he would consider the perfect woman, here are a few things he would list:

- **She would be emotionally reliable.** One great personality based on happiness, curiosity, passion, self-esteem, and humor. She will definitely have her ups and downs, but he could always count on her to be secure in her feelings. She always speaks her mind and if upset, she'll say it instead of making him read her mind.
- **She respects him.** She loves herself and is 100% comfortable in her own skin. She also respects him, his passions, his career, his talent and opinions. That's not to say she doesn't value her own opinions, she realizes you both can be right. Respect also includes acknowledging who he is and that he will only change if he is ready and willing.

- **She's brilliant.** She doesn't have to be a scientist or a mathematician, but she has to have a decent head on her shoulders. She can be taken out in public and can charm all of his friends and family. She's witty and sarcastic and has a great sense of humor. She's her own girl and doesn't rely on her friends or The National Enquirer to provide her opinions. She isn't overrun by rash decisions and things she has to apologize for, but she realizes when she is wrong and can be honest about it.
- **She's socially adept.** She can hold her own with his family and his jokester friends. She can carry on conversations about many topics without turning them into arguments or getting upset if they differ from her own opinions. She loves to have fun but doesn't get out of control. She can play along with his friends and tease back if necessary. She'll defend him if he needs it and is strong-willed enough to keep him in check when he's making an ass of himself.
- **She has a purpose.** Her job or her beliefs and passions enrich her and she is eager to go to work each day. She believes in something and is willing to work hard for it and is always looking for ways to make herself better.
- **She has a life.** She doesn't get her identity through her man. In fact, she has to make time for him in her schedule, but she does this graciously and willingly and loves to share her experiences with him. She loves her interests and hobbies and won't stop doing them even if he teases her about it. She has goals in life that go beyond "finding a soulmate" and her man doesn't save her or complete her. She is whole on her own. She has a close group of girlfriends that don't bring her down or turn her against others. She has no issues with being around other women and doesn't despise women who are better looking than her.
- **She has her finances taken care of.** She doesn't have to be rich or even successful at her career. She only has to be able to take care of her business. Someone who doesn't have issues with getting fired or repeatedly getting the utilities shut off. Disputes with store clerks, buying bizarre expensive things she can't afford? All of these things don't translate well into a marriage or long-term relationship.
- **She's sexually curious.** A man might never stray if he gets everything he wants at home. Even the most straight-laced dude will find himself in "a mood" every once in a while and want something a little out of the ordinary. She is there to accommodate (within her boundaries) with excitement and without judgment.
- **She doesn't have any body issues.** We all have issues with our bodies. There is always something that we can find to feel self-conscious about. The ability to stand nude in front of her man with complete comfort is very sexy. If she's feeling self-conscious and exposed, then he's feeling nervous too. She has a sense of personal style and takes pride in her looks. She is active and can hold her own. She doesn't have any issues with food or if something "makes her ass look big." She *feels* beautiful.

- **She is unique.** There is something about her that keeps him captivated. She has her own set of talents and knowledge that makes her stand out. She goes out of her way to maintain an air of mystery and to keep him guessing.

As you read this, you might have noticed that many of these things are what you seek in a man. See, we're not that different when it comes to whom we want to share our lives with.

So then what makes it a pipedream?

The concept that everyone gets lost on is: why do **you** deserve someone so perfect? Most guys can't handle a woman who has everything going for her. What makes you think you can handle the perfect man? Do you have the skills to keep him interested? How many of the characteristics do you have from the list above?

The concept of this book is simple: finding a great guy is pretty easy, but keeping him means that you have to be great yourself. Great relationships are incredibly easy, provided you bring greatness into it. Love is effortless. The only effort needed is the work you do on yourself.

In other words:

Q: How do I find love?

A: *Be lovable!*

How do I Become the Perfect Woman?

There is no easy answer. However, there are hundreds of tiny easy answers that you can work on at your leisure to mold yourself into a perfect mate. Now is a great time to remind you that this is not an overnight process. It's not something that can be done in a week or a month. It's something that you have to decide will be one of those long-term goals. Yet, there are major things about you right now that make you difficult to date that you can definitely start working on today.

Some of this stuff requires you to seriously think about where you are in your life. Obviously, if you're young (or feel young) and you're looking just for fun, then developing the kind of characteristics that will make you an awesome wife aren't necessarily needed right now.

...but that doesn't mean you shouldn't bother becoming someone a guy would want to keep around...

Becoming the Perfect Woman in 3 Easy Steps

So you've seen the list of what the perfect man seeks in a woman, but in reality, guys are not *that* picky. They actually only need 3 basic things. The great thing about this mini-list is that if you don't have everything here, you can bump up the other two and still contend with other great women.

STEP ONE: You are Beautiful

...to him. It never hurts to be born tall with great assets and flawless skin with big eyes, lips and great hair, but an interesting reality is that all guys have a certain "flavor" that they are looking for. You could be drop dead gorgeous and there is some guy out there who will find you unappealing.

We ALL ogle hot women and there's something breathtaking about meeting a model-type woman, but guys (as fixated as they seem) are practical creatures. They know what beauty is, but they also know what they can get.

Your goal is to put a little effort into the way you look. ALWAYS put an effort into your personal appearance and sense of style. Guys are visual creatures and will really appreciate when his woman has many different looks.

This accomplishes a very deep-seated psychological need. Men crave variety. Depending on what kind of a man you have, some appease this urge by looking at girlie mags or pornography. Some guys actually go out and sleep with a bunch of women... but if you can pull off a whole bunch of different looks, you are actually infidelity-proofing your relationship.

If he unconsciously feels like he's with several different women, he will never have that wandering eye because it seems like he's wandering already. A woman with naughty costumes and sexy underwear has a very happy man.

STEP TWO: You are an Amazing Cheerleader

We're not talking about putting on a skirt and hopping around with pom poms (although given what you just read, you might as well), we're talking about how you support your man.

A guy will love you for the way you make him feel. If you stand behind his dreams and interests, he will feel stronger in himself. He will feel like a warrior with a purpose... and he'll attribute all of these great feelings to the fact that you are there.

Any time you honestly make fun of what a guy loves, you are destroying his love for you. Women provide a very crucial role to a man's social standing. Stop for a second and contemplate this. Can you think of any of your friends or acquaintances that when you met his wife or girlfriend, it changed your ENTIRE OPINION OF HIM?

Chances are, if he had a dynamic, loving, graceful girlfriend, you might have seen him as way more attractive. Or if she was quiet or withdrawn, you might have thought he was creepy. What if she's a drunk or blasted him in public? You probably thought he was weak or stupid.

This is an amazing step in catching and keeping a quality man. If you get nothing else from what you read, always remember that by being your man's best cheerleader, he will be inspired to do great things.

STEP THREE: Make Him Work for It

Every great coming of age story involves a boy setting out to conquer the world. In the process, he becomes a man. Today's man has nothing at all to fight for. There's no cave to protect. There are no ruthless villains terrorizing the town. There's not even a rite of passage to prove himself as an adult.

Instead, there are video games, drinking games, television and a mother who's probably a bit too attached to allow him to find himself.

There are endless myths in today's world that you can change a man. You can actually get him to pick up after himself. You can turn him into a man, etc. etc... How does modern woman attempt this? Usually by nagging. She's already lost her fight.

How do you really change a man and in the process, make him a better guy and get him to worship the ground you walk on? Put him on a quest. A man's self-worth is in his accomplishments. He must prove himself a worthy provider and a savvy lover to ever love himself enough to love you.

This step is crucial. If you don't test him and make him show you how great he can be, then you are simply one of those girls who dates some dirtbag musician knowing one day he'll be famous, but he never goes anywhere. You find yourself ten years later with the same giant newborn who still loves his music more than you, but now he's living in your house and eating all your food. He'll get a job tomorrow...

Other Ways to Become Perfect

So where's the best place to start? We already started by looking at the guys you choose. This really is the most important step and it is a key aspect of being a great person. Not only that, it should apply to all the people in your life. If your girl friends suck and your guy friends are douchebags, then your perfect guy will either never hang out with your friends or get fed up and leave altogether. I know it's ridiculous to suggest you dump all of your friends, but be aware that dynamic friends are the biggest testament to how awesome you are too. Beyond that, bad friends are also a reflection on you.

Let's first start with things you have a bit more control of. Here are a bunch of random ideas to get you excited about the new you walking next to your perfect man:

Emulate Fame: Become Famous

Do you think it's too hard to fundamentally change who you are? Rubbish! Let's look at your favorite actress. Actually no, let's look at super sexy actresses. The one that comes to most people's minds is Angelina Jolie. She has an animal sexual magnetism that attracts both men and women. How many times have you heard one of your girlfriends say, "I'm not gay, but..." when referring to Angelina. What is her secret? It is the secret that most A-list actors and actresses have. **THEY ACT FOR A LIVING!** They shoot the same scene over and over **and over** again until they get it perfect. If the director wants a special kind of sexy, he will direct her until she gets what he's after. Once you get specifically taught what someone's looking for and you rehearse it for days at a time, it becomes a snap to make that part of who you are.

Actresses are trained how to be. It's easy to fall in love with them because they are given the perfect script and told what to do. Once you get enough great advice, you learn what people are looking for in a sex symbol. Sure, it's all Angelina up there, but she has been trained to be so refined at getting that heartbeat bumping. Go online and look at some photos of her. Notice that languid, squinty-eyed stare? Now go look at pictures of your favorite leading men. Same stare...

If you can replicate that same intense look, mixed with a little bit of mystery and a whole lot of badass, you'll see a little bit of how acting has created all of this Hollywood royalty. Try it! Walk around somewhere where there are a bunch of people dressed in your best starlet outfit with the stare of a huntress and the lips of a sex goddess. Walk slowly and deliberately with a little side-to-side swagger and a truckload of attitude and you **WILL** get noticed.

Have you ever been somewhere and saw someone who moved with the air of fame about them and for the life of you, you couldn't place who they were. You could swear you'd seen them in that one movie, but can't figure out their name. Chances are they are just a nobody with a whole lot of swagger. What if that was **you** people were agonizing over?

You see, in order to attract that knight in shining armor, you have to *be* the princess. You have to embody all the things he seeks in a woman. You have to make sensual, feminine, graceful, and sexual part of who you are. That doesn't mean you have to give up everything else that makes you who you are. You have to incorporate the animal magnetism stuff in there also.

Bait the hook with what the fish finds irresistible not with what looks pretty to you. If you hear a guy you like say his favorite actress is Mila Jovovich, You better start watching her movies and get a feel for what makes her so attractive. Sure, some of this posturing will feel silly at first because you will be acting. After a while, it will come naturally. Eventually, you will be able to pull off sex goddess without even thinking about it.

Become the leading lady and you can have your Casablanca.

The Mystery of Fame

Speaking of acting, how else can we emulate our heroes to attract that perfect fella? Take a look at your favorites off screen. What's the one major uniting aspect about all of them, men and women? Silence. You see them on the runways, you see them in the tabloids, you see them promoting their latest flick. The only information you get to find out about them is exactly what they want you to know about them. Nothing more. No wonder they are hounded day and night by paparazzi because we all want to know *the real story*.

They control the flow of information about what they are really like and it drives their fans rabid. The ones that are stalked the most are the ones with some apparent "secret" that no one else must know. Have you ever heard the rumor that Tom Cruise is gay? Has he ever said, "I am not gay"? Has ever defended himself at all on this topic? The fact that he's left it alone implies that it *might* be true. Who cares if it really is? But the fact of the matter is that by ignoring the subject, he has created a mystery about himself that makes people even more interested in everything about him. Have you heard the rumor that President Obama wasn't born in America? Wouldn't it be as simple as him just whipping out his birth certificate? The fact that he hasn't done this drives conspiracy nuts insane! But when you think about it, conspiracy nuts need SOMETHING to obsess over—ANYTHING really. By him not defending himself, he has given them something harmless to do and he is just that much more enigmatic.

Do you blab on endlessly about every aspect of your life to anyone who will listen? Do you defend every accusation thrown your way? Shush! Have some secrets about you. Even baseless rumors are giving people a reason to talk about you. Get back to mystery and intrigue. Never answer every question or learn to answer questions vaguely. Being an open book is *so boring*. Answer shocking accusations with bemused silence. Give that "if you only knew" look and change the subject. An old Hollywood maxim is that even bad publicity is still publicity.

Did you ever wonder how any one of the latest starlets could continue living even when the tabloids make it seem that their lives are falling into shambles? Think of it this way: every time you mention Mylie Cyrus' or Paris Hilton's name, it's essentially like putting a dollar in their pocket. You are simply adding to their fame/infamy, which proportionally adds to their bank accounts. The only downside to this is when you are labeled too impossible to work with, in which case you are flushed out of the social scene. Look at former star of the TV show, *Charmed*, Shannen Doherty...

Do More than "Just Get By"

Our brains have only one real basic function: survival. Every day we move about our lives in a "comfort zone." Since your brain doesn't want you to die or get hurt, we figure out ways to putt through our lives without stepping out of this zone of mediocrity. Nothing ever gets accomplished that takes too much risk or is very difficult to achieve. Your comfort zone is the mind space of predictability and doesn't require any extra effort to stay in there.

Everything happens in your world because it's adequate. Your friends are around because they don't cause too many waves. Your salary is completely adequate (not necessarily good, but adequate). Your job is adequate. Your car is sensible. There is nothing in your life you demand has to be up to your standards. There is nothing that you had to feel a little fear or discomfort to achieve. There is nothing you feel passionately about because there is nothing you truly earned.

A few decades later, you're sitting there wondering why you never accomplished anything you could be proud of. In actuality, most people see their children as their greatest accomplishment. I'm not knocking on child rearing, but face it, everyone on this planet who is not sterile has the same capacity for success and even kids who had relatively unfortunate childhoods can become eventually successful.

Even Hitler had a mother.

Your glory lies within you. It's not what your kids or husband accomplish. It's what **you** have done. You can live a life of value. All you have to do is force yourself to take steps out of your comfort zone. You don't even need to take radical leaps. Baby steps are fine.

Any time you actually step outside your comfort zone—that becomes the new boundary of comfort. By slowly expanding your zone, you can teach the relatively dumb instinctual part of your brain that it (and you) can do more. The brain will notice, "OK, that was fun *and I didn't die.*" Eventually, with enough training, your brain will also say, "Let's do more!"

Athletes weren't born with superior speed or agility. It had to be learned with goals of constant improvement. You can't wake up one day and decide to run a marathon, you have to train and consistently expand the distance you can run. Ask any runner and they will be able to remember how daunting it seemed to run a whole mile! Now that's just the first part of the warm-up.

Create a Dynamic You

Your current life is the result of how big your comfort zone is. It dictates your friends, your job, and what kind of man you can attract. If your job is boring, chances are your friends aren't risk-takers and past relationships have been relatively passionless or unfulfilling. The kind of life you can build for yourself will attract new, more dynamic friends and possible suitors. The more you step out of your comfort zone, the more people will recognize you as a go-getter. It could get you that promotion or a new job.

All of this is deliciously intertwined. The better you get at relationships, the more confidence you have, the more fun you have, the more quality friends you attract, the more money you make, the better relationships you have... *I don't have to tell you this goes in the negative direction too.* The best part of all of this is that you don't have to work on everything at once (although you might as well). You can just set out to get a better job that will make you happier and it will influence all the other aspects of your life. You might decide to get healthier and it will do wonders for your relationships. You might decide to go out and get some new, cool friends and they might help you get a better job where you meet that dashing guy in accounting, etc. etc..

If your comfort zone is misery, changing your outlook on life to something a bit more positive will do wonders for you. Any positive choices you make that take you outside your zone will all lead to success. People with massive comfort zones will rarely if ever say, “I can’t.”

Another thing that dictates your zone is the past. Are you the kind of person who’s been burned before in some situation and choose to never put yourself in the path of pain again? It really sucks to fail, I know, but a disappointment is only a failure if we choose to not learn from it. Your past, whether it’s dismal or even your glory days, is gone. What you do from now on is way more important.

Will you be full of regrets and “should haves” on your deathbed or will you be full of pride and satisfaction? Now, **right now**, is all you have. You can’t affect your past, but you can influence your future by starting to check off all the “things to do before I die” list.

By now, you’re starting to think, “This isn’t a dating book. It’s one of those crappy inner-light, self-help books.” Don’t throw me in the garbage just yet, I’m about to insult you too! If you are unhappy with your dating life, it is not *his* fault (whoever *he* is). It is because you need to make some fundamental changes in who *you* are.

Imagine yourself in your perfect state. Your looks are exactly how you want them to be. You have a well-paying, satisfying job that is the perfect mix of challenge and creativity. You live in a great place and drive your ideal car. Your friends are all dashing and brilliant. You’re pretty smart too. Your hair looks awesome... Now imagine the man who would come into your life and adore you with every molecule in his body.

Is he the same guy that you might meet tomorrow? Will he be compelled to you as you currently are? Not many people can honestly say yes to that.

The secret to finding great love is only within you. You will hear me throughout this book say, “If you build it, he will come.” This is a quote from a crappy 1989 baseball movie, *Field of Dreams*, starring Kevin Costner and Ray Liotta. It was referring to making a baseball field and all these famous (dead?) baseball players would show up. I only saw a little of the film, but the phrase holds such a powerful meaning that you could apply to so many things. In this case the “it” we are referring to is you. You don’t need to do anything else but become a great, active, cool, self-fulfilled person and guys will come looking for you. Build your life. Get past your hang-ups. Get healthy. Get happy.

There isn’t a person on this planet that doesn’t want someone in their life that will make them better. Did that make sense? Let me say it a different way. We don’t want someone who brings us down and complicates our life. Getting back to the perfect guy you envisioned earlier:

Would his life be *enriched* by you?

If you can’t emphatically say yes, then it’s time to pull this book out of the garbage and read on.

Are You Truly Available?

Take a look at your life. Do you actually have time for a man? Does your work schedule have you gone day and night? Does the day-to-day operation of your life get neglected because you are too busy?

What about emotionally? Do you feel like you need a man to center you yet you still obsess over the one that got away? Have you cleared up (or at least acknowledged) all your issues and made peace with past failures? Do you need a relationship so bad, you are willing to accept just about anything?

Physically? Maybe you were damaged by abuse and you feel gross when someone touches you. Do you fear physical intimacy or have very little experience?

Do you have space for a man? Is your place a mess or do you have a weird living situation?

Can you actually get comfortable in a relationship? Do you always feel the need to be right and will argue about anything? Or maybe having a man around makes you so nervous that you find it hard to be yourself?

What I'm getting at with this litany of questions is: are you truly available for a relationship? Does your lifestyle, your location and your emotions come ready-to-go for lovin'? Is your life available to bring another person in, make him comfortable and feel like you are at least somewhat ready for him?

Take stock in what's happening in your life. Is there something that is preventing men from getting close to you? By no means think that you can't get out there and start searching for the one, TODAY. You will, however, need to start cleaning up any time issues or emotional issues along the way. We are all seeking comfort in our lives. Dating someone who never lets us feel completely at home can never lead to something deeper and more permanent.

Like Yourself

What a silly thing to say! Yet most people you encounter have something they actively dislike about themselves. Why wouldn't we? We are given millions of reasons why we aren't good by media and acquaintances. We're too fat. We've got bad skin. We're smelly and we have bad breath.

We are taught from a very early age that we need MORE of everything. Some people live with a constant reminder from their brain just how much of a screw-up they are. Studies have shown that the human mind is barraged with tens of thousands of thoughts a day. Most (about 95%) of those thoughts were the same ones you had yesterday. What if a good portion of those thoughts are telling you how much you suck? You don't need to have completed a course in brainwashing to see what all these annoying little thoughts are doing to your self-esteem.

Many generations ago, our brains were survival machines. All of those thousands of thoughts were aimed at not dying, getting food, reproducing, and a whole lot more of not dying. Today, we don't have too many odds stacked up against our demise so our brains have to find something else to think about. From a very early age, we have been exposed to the prison of never being satisfied. We always need something more to define our happiness. All of those little thoughts that used to say, "Survive. Don't trip. Watch out for that. Eat some of this to live..." now say "You need a Honda. You need a latte. Look at your gross body. You've never accomplished anything. What is that smell? Fuller lips. You must have stuff for people to like you. You deserve to eat this." The brain hasn't stopped thinking at such a high rate; it has just found other mantras to repeat.

What happens is that eventually, the rest of your brain starts to believe that you actually do suck and that you never will find happiness and you live each day crushed by your own bored and overworked thought stream.

Everyone has this part of their brain that taunts them. The difference lies in how they choose to process this information. You can choose to listen to it and live a life of quiet, lonely desperation. You can choose to ignore those thoughts and decide you are pretty freakin' awesome the way you are. Or you can go out and get active and put your brain back into helping you to survive and be freakin' awesome. Either one of the last two will work just fine, but there is nothing like getting your heart pumping to get your mind back focusing on its primary function of survival.

For now, it's important to acknowledge these negative thoughts whenever they pop into your head. Realize that you are doing it and dispute it. When you think, "I messed up again. I'm so stupid!" Stop yourself and proclaim, "BULLS**T! I'm really smart and I'm going to stop messing up like this."

For some reason, we all seem to think that we would never do anything to harm ourselves, but we allow our negative thoughts to steamroll us daily in a very sinister way. A great exercise is to track your thoughts backwards. For example, you suddenly find yourself feeling low and guilty about nothing in particular. Our thoughts tend to jump from one thing to the next in a random, free association. Try to track the series of thoughts that got you to guilt. Maybe you started thinking about a fun day in high school, which leads you to thoughts of your high school sweetheart. You then jumped to the day you said goodbye to him to go off to college. Your brain then thinks about that one time you had to cheat on a test to pass a class. All of this happens without you actively noticing or guiding this random thought stream. But you suddenly find yourself feeling guilty "for no reason."

What happens is that you jump from one random thought to the next until your conscious brain fades out or you get distracted. The brain continues to hop around until suddenly you notice you are experiencing strong feelings. Your conscious brain, who wasn't really paying attention (and we all get embarrassed when getting caught daydreaming), now starts making up a reason for feeling this way. So it comes up with something like, "I am feeling guilty because... I am wasting my life." In reality, you felt this way for cheating in college. No doubt, a shameful memory, but not exactly the painful thought of leading a lousy life.

Pay attention to these sudden attacks of emotion. There is usually something very specific behind those thoughts than the oversimplified reason that pops into your mind to explain these feelings. It's kind of weird to think that your mind isn't exactly doing its best to help you be a great person, but with a little self-searching, you can figure out how your thoughts work and the effects on your emotions. More importantly, you will be able to acknowledge how this works and not let it interfere with the main goal of liking yourself.

Here's another secret. Has anyone ever done the mind trick on you and said something like, "Don't think about a pink elephant." Of course the first thing that pops into your mind is... a pink elephant. You can see his long pink trunk and big pink ears right now, can't you?

Basically, you can't un-think something that was just put in your head. By telling yourself to stop thinking about anything, you are embedding this thought process into your mind.

How do you fix that? The only real way to change those thought patterns is instead of telling your mind what not to do, you have to tell it what to do instead. For example, let's say someone you were deeply in love with viscosly dumped you. You still think about them today, don't you? Every day, like clockwork, they pop into your mind and do a little samba in a devil costume and you feel crushed all over again.

Why does it take so long to get over a heartbreak? As I said before, 95% of your daily thoughts are the same ones you had yesterday. Each day, you knock out only a couple hundred of the *tens of thousands* flitting through your mind any given day. So how do you speed up the process? It's as easy as setting a goal (and this really is amazing how it works). Instead of telling yourself to stop thinking about your ex or stop listening to any self-deprecating thoughts, instead tell yourself to think about a goal you've set.

You will freak out when you see how well this works! For example, maybe you want to [write a book](#) or [start painting](#) and have been on perpetual stall with it. Whenever those evil thoughts pop into your brain, tell it to think about your book or your garden or any other creative project. It's important that you pick something fun and elaborate to replace these thoughts with because if you pick something like cleaning your house or getting your car fixed, it might just be easier to think the bad thoughts or once the house is clean, then what?

Love Yourself: Part One

How can someone love you if you don't love you? How can you give your heart to someone if you don't have any love for yourself? This is a big problem in many relationships. When one person doesn't feel like they are lovable, they are open to all kinds of bad times.

Is there someone in your life that you don't like very much, but you keep them around because they always say yes? We all have someone like this. He or she is perfect when you need helping moving or need to borrow a car or some quick cash. In the end, we feel a little guilty for exploiting them, but if they weren't so damn willing then we wouldn't feel like a little "friendly exploitation."

Think of the opposite of this: someone who can't say "no" to anyone. In a sense they are the same person, but one is doing it to win your friendship, the other is doing it because they don't value their time or themselves. There is no guilt here. "If she doesn't care, then I don't care." Somewhere along the lines, a person who doesn't love herself gets in a relationship and finds herself lost. She thinks her man will somehow heal her pain. Eventually he sees how low her self-esteem is and it's not too much of a stretch for him to start mistreating or just stop caring for her at all.

Does this sound familiar?

You absolutely must love yourself first in the process of finding someone to love. If you don't find yourself loveable, why should anyone else? When you value your time, goals, dreams, emotions, and opinions, other people will too. This is the way it works like magic. Set a high standard and your voice will be heard. More than that, it will be listened to and followed. People who genuinely love themselves (without being egotistical or weird about it) are fantastic to be around.

If you've ever heard the term, "No one eats in an empty restaurant," you know what I mean. When you go into a place where no one else is eating, you immediately think something must be wrong. And the restaurant with a line out the door usually has some of the best food in town. The same goes with people. Someone who has a lot of friends will always have more people who want to know them. Someone with a couple friends probably won't find too many more in their life. It all starts with your first friend—you! If your first friend is your best friend, then everyone else will be drawn to you. "If you like yourself so much, then I gotta get in on some of that action too!" Even the egotistical people are kinda compelling because they make you curious as to why they believe themselves to be so cool.

Know Why

So how do I turn around a lifetime of telling myself how much I suck and get to some real self-appreciation? You can do one of those fruity affirmation things where you repeat over and over something like “I am lovable and capable...” or you can really put some thought into it. Put this book down. Go to a mirror. Look deep into your eyes and give yourself a real compliment. Don’t just say a meek, “I love you.” You have to say why.

“I love you because you are so creative.”

“I love your dimples.”

“I love the way you handled yourself when...”

When you compliment yourself or anyone else for that matter, always say why. You can tell someone they are great and they’ll like it, but they’ll love it when you noticed their effort. Get in the habit of giving heartfelt compliments to everyone especially yourself and the world will be drawn to you.

Having this skill of knowing what to say to people to make them feel like they’re doing something great is invaluable in the world of relationships. No one gets the acknowledgement that they really feel they deserve. When someone puts in the effort, let them know you are paying attention. “I love how much work you put into your job. You are so dedicated.” “You have such great fashion sense. Those shoes match perfectly with your belt.”

People love to be acknowledged!

From this day forward, you must say what you love about yourself at least once a day. It has to be real. It has to be heartfelt. And it has to be sincere.

Beware the “but!” Never add any conditional phrases after a great compliment. You ruin any progress you just achieved. If you tell yourself, “I love you because you are working so hard at getting in shape... but, you still eat like a pig.” You have not given a compliment. You have given an insult and wrapped it in a cute sweater. In order for a compliment to really have meaning, you can’t add anything else with a “but” after it.

Creating Deep Attraction

Virtually all great relationships survive when both man and woman have the ability to create and maintain attraction for one another. Consider some of your failed past relationships. There was a point that one or both of you realized that you just weren’t attracted any more. You were left with no other alternative than to cut your losses and move on.

So whose fault is it that things fizzled? He was a great guy, why did things grow cold? It's all too easy to blame someone other than yourself and guys *are* stupid/pigs/jerks/etc., but you had a part in this too. Maybe you got a little too comfortable a little too soon. Maybe you revealed a little too much of yourself and he wasn't emotionally invested enough to accept "the real you."

Whatever the real reason was, without a sustained attraction both emotionally and physically, the relationship was doomed. If you become emotionally predictable, he has no new reasons to think about you day and night. If you constantly engage in stupid behavior, he will be thinking about you, but only as a foreboding worry. If his physical attraction for you fades, then there is no basic foundation for him to want to stick around.

Your success as a perfect girlfriend lies in your ability to keep him attracted long after that first exhilarating rush of a new relationship. For some couples, the sexy-ing up of the relationship is the last ditch effort to reignite the flames that used to make the bedroom more of a gymnasium than a place to rest. Who says that has to be the last ditch? What if you were always working on your sexy? What if you were always letting him know how much he pushes all your buttons? If out of the blue, you told your man how thinking about him got you so turned on, how would he react? Would he take the hint and plant a fat kiss on your lips, or would he question, "Are you talking to *me*?"

It takes very little extra effort to shower your man with affection. Not only does it make both of you feel good, it also keeps you at the **front** of his mind. This is a good thing. It is a strange concept to think that you constantly have to attract the man you are already with, but it's a successful one. Why? *Because NOONE else does it.* We find a mate, fall in love, and let ourselves go which leads to taking each other for granted. How many times does this need to happen to you until you realize that when you stop attracting your man, he's on his way out the door?

Another big part of attraction is happiness. We can't help it: we totally love happy people. Even the crabbiest old coot will crave a positive influence on his life. Believe it or not, being curious, excited and positive is infectious. Do you have a friend that you want to be around all the time because they are so much fun? There is NOTHING stopping you from being **that** person.

Remaining Happy in Adversity

Handling adversity is a big part of this. Does it drive you batty when you get bad service at a restaurant? Do you melt down when things deviate from your master plan? You need to handle that sh*t right away! Let's face it, life pretty much sucks for most people. Small things pop up every single day to monkey with your direction in life. Every so often, the big things pop up to really grind you into the dirt... and then your dog dies. This is a reality that all humans share. Your life isn't the only one with speed bumps. The way you handle yourself during drama is what sets you apart from everyone else. Perhaps it's time to look at your fellow humans and empathize with them as fellow victims instead of scapegoats.

Learn to control that immediate outrage when something unfair pops up. Your ability to handle everything with grace and positivity reassures him that everything is going to be awesome with you. By showing him that you can have fun even when things aren't going so well, you give him a happier perspective and he'll notice. This is one of those times when he convinces himself how valuable you really are. This could actually be one of those times he falls in love with you.

What?!! You mean by keeping my composure and having fun, even when things are miserable, I can get a dude to fall for me? Exactly. When you learn to act instead of react especially in tough times, it is a very attractive thing indeed.

How do things normally go? Let's say you and he are walking home and it starts to pour down rain. The typical reaction for both of you is one of suffering. You might take shelter under something and complain for a while. When it looks like the rain isn't about to stop, you both trudge home, soaking wet and wretched.

What if at the first sign of rain, you respond with glee? You spend the rest of the walk home, splashing each other, giggling, and chasing each other. Follow this by a hot bath and some wine when you make it home. He'll be sitting in the tub across from you amazed at how much you mean to him. What you did out there was nothing spectacular, but I guaranty it will become a defining moment in your relationship. Once again, you show him how unique you are by not being affected by adversity. He gets to revel in the idea that there is nothing that you two can't conquer together.

Your happy positivity is what he's always been searching for in a mate (it's secretly what we're all searching for). If you can keep it up, you truly will become "the one." The best part about staying happy is that the more you do it, the easier it becomes and the more it starts to define you.

The very first step to feeling happy is to define it. Many people say that they want to have more joy in their life, but what does that mean? How do you define joy? How will you know if you've made it there when you might not know what it feels like? You have to create some kind of benchmark for what you want and then be willing to adjust that mark higher as more of that emotion comes into your life. Think back to a time where you felt true happiness and use that as your ruler to measure if you are on track or not. As you bring more and more happiness into your life, take note of this new level of joy and make that your new definition.

WARNING: When you give a fella good times when the chips are down, expect him to be a bit more open and "feely" afterwards. He's definitely falling for you. Be ready for this extra affection and don't get freaked out or scared and back away from it. Be ready to accept his affection and return it.

Even if you are just trying to keep things casual, it's still a good idea to *go with it* every once in a while and reward him for being open to you.

Being with you is Effortless

The women who are the best with men usually never have to learn by failing. Somewhere deep down, they understand that the best way to be around a guy is to be exceedingly easy. We're not talking about *sleazy* either. Easy is a way of being a cool compadre. What this includes is being a skilled attendant, an aide, a bodyguard, a friend, buddy and cohort, a copilot, and a lovely escort. All of this is done seamlessly and without distracting him into worrying about "managing" you.

Casual. A cool woman never deals with that "internal dialogue" that analyzes everything he says and does making her nervous or scared. She doesn't obsess about her own issues because those issues will never affect their relationships. The time she spends with her man just—is.

Obviously, speed bumps are bound to happen when two different people spend enough time together, but even then, your smooth collectedness never turns obstacles in to issues. You know that fights only serve to weaken the relationship and you avoid discussions from heading ugly by being composed and rational. Never head down scary paths like discussing exes, religion, politics, etc. if you care way too much about it and you know it's going to rattle the other person. It's great to have some great ideas about random things and think of yourself as a fun conversationalist.

You should enjoy flirting with your guy and make him feel good about who he is. When you have to do anything that's not fun or get into bad situations together, keep your spirits up and make it through hardship smiling.

When he does something that annoys you, bring it up and discuss it with him in a way that isn't accusatory or emotional. He never feels like a scolded child. In all, the relationship feels equal. He never feels the need to "cut loose" and overcompensate when he's with his friends because he doesn't feel like there is anything you forbid him to do.

You're an open-minded seeker of happiness and always seem to stumble into good times.

Is any of this starting to sound like total bulls**t to you? Then disregarding the concept of effortless is where you have gone wrong in your past relationships. You might think that it's impossible to be in a relationship without finding conflict. Someone might have told you that you need to keep your man on a short leash because he'll try to get away with anything he can. Maybe you are a conversationalist, but you hold onto your position and will argue it until you are both screaming.

These ideas and many other ones are absolutely true. If you want to fight, you'll find one. If you watch him like a hawk, then he will try to be sly. If your opinion is the right one, it sure is. You are welcome to hold on to all of the negatives you have learned and been taught about men and relationships throughout your life. Just expect to continue your streak of failures with men.

Or... you can take the easy way—**by being easy!** Let go of all those preconceptions that turn your relationships into battlegrounds. The dude you are looking for is pretty cool. It's true. Yeah, he does one or two things that drive you batty, but as a whole, you are pretty proud to call him your boyfriend. Stop trying to claw for control and simply relish in the enveloping warmth of being happy, lovable little you.

Wasn't that easy?

You are Very Capable

Everyone, both men and women want to be in relationships with convincingly capable partners. We're not talking about love or sex here. Being capable in day-to-day life is one thing we never really look for in a mate, yet this simple ability could often lead to that extra little reason for someone to leave you. How good are you at handling your personal business? Does getting things done often take forever? Do you run out of clean clothes? Do you have the same financial problems you had a year ago?

Getting your life together and on track is a major, yet overlooked aspect of building a better you. You could lose all your extra weight and have the best hair ever, yet you still keep getting fired from jobs. You might be able to attract a great guy, but he won't stick around for long when he realizes how flaky you are.

Relationships, by definition, are entered into to create some sort of stability. If there is nothing stable in your life, you can't expect a man to wait it out while you are immersed in easily avoidable drama. The key here is "easily avoidable." When you repeatedly make the same mistakes, one would assume there is a point where you would learn or create a system to prevent it from happening again.

The best example would be the frequent birth control scare. Men probably don't know a whole lot about women's birth control options, but they have the concept that a pill is taken every day. Every day, a pill is taken. Something done every single day of an adult's life would be considered a habit; something done without thinking. If you mess it up once, that's a silly mistake. If you do it again, then you are untrustworthy. Plain and simple. If you do it more than that, you are too stupid to use this method. Maybe consider the long-term options like the IUD or Norplant.

The fact that other, more reliable options are readily available make you look even worse (this is not an endorsement as to how well they work). That's a big example, but there are millions of other ways you can make yourself look foolish.

Take great care of your life and he will find you inspirational.

Be the Business Manager

If you are thinking marriage minded, this skill is indispensable to a man. Think about this: list all of the benefits for a woman to get married. Now think of a man's benefits. Many of those items are the same, but some are different between the sexes. What if your "get married to me" resume includes your innate ability to take care of details? What if you were a personal finance wiz? What if you understood investing? Everything *else* you can do besides the obvious are icing on the cake (your wedding cake).

A common thought is that a relationship is a partnership between two lovers to join together and benefit each other more than being alone. What do you think he's thinking when you get your power shut off because you forgot to pay it or you lose things all the time? If he's considering marrying you, he might come to the realization that your problems will become his problems. What if you always got your taxes done early, have money budgeted for fun things, and remind him to pick up his dry cleaning? Although neither marriage nor relationships are to gain a personal assistant, dating someone who has their ducks in a line is far superior than dating someone you have to treat like a baby.

If your goal is truly to find someone far superior to the men you're dating now, then you have to learn to do things a bit more deliberately. If you are always forgetful, start writing things down. If you always do things impulsively, learn to give those impulsive ideas another 15 minutes to stew. Character flaws that make you look childish, scatterbrained, or stupid need to be dealt with.

If you won't tolerate stupidity in your man, he's pretty much on the same page as you are.

You are so Freakin' Cool!

Develop a lifestyle that helps you meet the caliber of man you want. You don't have to be high society to weasel your way into situations where you can meet upscale men. You don't have to be a rock star to date musicians. You don't have ride horses to score yourself a cowboy. If you have a certain genre of men you'd like to introduce yourself to, go to events and gathering places these guys will be at.

If you're religious and faith is an important value you want your man to have, go to church! OK, maybe it's not that simple especially if you've gone to the same place your whole life. You've known all the available guys since they were children and you want to meet someone new. Then go to another church across town. You've got it easier than most since you are at church, they *have* to be nice to you! God made us to seek each other out for companionship.

Be the kind of woman that men would be proud to have on their arm. This encompasses more than just your looks. Trust me, some of my friends have beautiful girls as their partners, but some of their girlfriends are mean, or witless or annoying. They are great to parade around *until* they open their mouths and then they are just an embarrassment. Always have some tricks up your sleeve. Think of things to say that will amaze his friends. This one may require a little research and it has to be something genuine. Memorizing a bunch of baseball scores won't impress them.

Writing a letter to his favorite baseball hero and getting an autographed picture for your boyfriend's birthday will speak volumes of how cool of a girl you are.

I believe in presents. Not expensive car-and-diamond-necklace presents. Little things that are fun and playful. Showing up with a really nice tie as a spur of the moment gift won't make him think about you when you're gone. Showing up with a couple cans of silly string and having showdown with him will be a memory that he will come back to often. Bringing enough cans for all his friends will make you the queen of the party.

Men as well as women will always compare you to the significant others of their friends. That's why when your friend's boyfriend, Steve takes her on a trip to Spain; your boyfriend gets a week of surliness from you. Men are the same way. If his buddy's girl gets him concert tickets to see his favorite band, then you look boring and uncaring by comparison. These little playful things you try to do often, especially if he tells his friends about it will make them envious to have someone so vivacious for themselves.

Your Creativity is Irresistible

Going further down the road of attraction, it's important that a man thinks of you as creative. If you just go to your crap job all day and watch TV all night, you are not showing him much of a future. Although I have warned you about not banking on a man's possibility of doing something bigger with his life, the opposite is true for women. Men never look for a woman based on her creativity and intelligence because that's not really what male society values in a woman. (Don't get angry at that statement, this works in your favor.) So when a man finds someone who's into creating art or music or writing or tagging or whatever, it's very appealing.

It doesn't even have to be good art or either. You just have to have a desire to do it. You are doing something unexpected and that will always separate you from the herd. Your ability to show him you are capable of going after what you want in life no matter what "it" is will always keep him attracted. The tricky part here is to show your talents, don't talk about them or do them in an obvious way or "look what I can do."

You Can Take a Compliment

Learn to take compliments! Hotties get complimented all the time for their eyes or hair or shoes or whatever any desperate sucker can come up with. She knows as well as the rest of us what this guy's intentions are, but the hottie will accept the compliment graciously even if she's a little creeped out. For the rest of us normal people, there aren't 50 people a day noticing something about us to praise. When a compliment does come along, it's met with a little suspicion.

How do you respond when someone pays you a compliment? Do you have a smart-ass remark or do you give a self-deprecating answer? Like if a guy says he likes your hair do you say, "I haven't washed it in a week." Let me be the first to tell you, **to demand**, that the only answer to a compliment is, "Thank you." Nothing else unless it's a compliment back to whomever offered it to you.

Never complain about anything after someone says something genuinely nice to you. Even if you know the guy isn't being genuine, never answer with a, "Yeah right" or anything else smarmy. Only offer a thanks and maybe a smile.

Can you think about a time when you told someone how much you liked their singing or other talent and they've said something about how much they dislike what you just complimented on? Doesn't that suck? How did it make you feel? People handle compliments like this all the time without even thinking. What they are really saying is that they don't like themselves so they are not worth liking. That goes totally against what we are trying to achieve in the realm of dating.

The more graciously you can take a compliment, the more people see how much you appreciate yourself, which in turn make you all the more lovable.

You Can Give a Compliment Too

As much as you love attention, he loves it too! Noticing and commenting about his uniqueness goes a long way to warming his heart. It also makes him feel better about himself which makes him feel better about the relationship which makes him feel like you understand him better than anyone else ever could.

Guys react a little differently than women do when it comes to attention. Men are not masters of body language like women are. He won't really notice that you are sitting across from him admiring his stunning rugged good looks. This is something he must be told. Repeatedly.

Compliments!?

Don't just stop with, "You are so hot." Although this is a good start, change it up. Admire his talents. Admire his taste. Admire the things he actually puts effort into. When he really takes his time with something to make it perfect, tell him you appreciate it (unless it's into something you loathe). Keep in mind, you won't be able to pull a man away from his passions, but you don't have to celebrate his dorkiness. But if there is something that he does and you'd prefer him to do it more, compliment that at every opportunity. Compliments are permanent signs of approval, so only praise the things you actually like or you'll end up hearing, "I thought you liked the way I play video games..." some time in the future.

Men love to think they are sex machines. He wants to know that you just can't get enough of his masterful lovin'. Hopefully, you've found a guy who actually is masterful, but at any rate, let your man know that you think about him sexually. This is probably the best compliment you can give him. Start light with something like, "I can taste you on my lips," and work your way up to, "I thought about you last night and couldn't help touching myself." Obviously, adjust to your comfort level.

Sexy texting to his cell phone while he's at work will rate you pretty high on the perfect girlfriend/wife scale.

There are so many things you can do to keep attraction going in your relationship. Promise yourself to think about new ideas every day to surprise your man. Along those lines, the base premise of all of these tips on attraction is to keep things unpredictable and playful. Never say things like, "Whatever you say, Dear." Think about all the romantic comedies you've seen or relationship TV shows and try hard to never repeat anything you've seen. I know I've said that great relationships are effortless, but none of this is really hard work. Spending a half hour in your day to devise a little scheme to throw him off guard and show how cool you are is a lot of fun.

Think of your love as one of those "virtual pets." Have you seen these? They are little key chains or handheld video games where you have a little creature that you have to interact with every so often or it will die. You must pet it, feed it, and play with it or it won't survive. Play with your love or it will die. Does it get any simpler than that?

When a man says, "I've never met anyone like you before," that's a good thing! It's a good thing to hear in *any* context. He could be musing about this after some mind-blowing sex or while holding back your hair when you throw up dangerously close to his new shoes. It doesn't matter when he says it. If he's saying it, he's falling in love with you. Remember what you are doing when he mentions this and make sure you give him more of it... but not too much.

Beware of Excessive Behavior

Ineptitude is not sexy. Although it's pretty bad to not be capable of doing something, it's worse to think you can do it and do it wrong. Are you a compulsive shopper who spends way beyond her means? Do you smoke or drink so much that it constantly makes you sick? Do you drive too fast and get speeding tickets or cause accidents? All of these things, if done with skill or moderation never pose a problem. When it negatively affects your life or the lives of the people around you, then you have a problem.

Being capable is just as much getting things done as it is crisis avoidance. For the most part, it's an invisible skill. We all kind of expect the people in our lives to have a basic capacity to handle their business. He should never have to know or care about how your bills get paid until and unless you merge your finances. If you are buried in debt, it should be none of his concern but you might consider this as disclosure **before** you marry him.

The unfortunate byproduct of being incapable is that every time he gets a glimpse of your problems, the more he is forced to re-consider you as a long-term girl.

Typically, your problem areas will tend to attract people with the same issues, i.e. a party girl will often end up with another problem drinker. We all know that only having friends and boyfriends that enable your problems will only serve to make them worse.

As trusting human beings, we don't always assume the person we choose to share our lives with is unintelligent. The more you do things that cast you in a bad light, the more that perfect image of you gets tarnished. Do you wonder why the passion between you and whoever you're with always seems to fade over time? Here is one of the biggest reasons. Learn how to take care of yourself and all your personal issues and allow your man to maintain his enchantment of you.

You Have Complete Control

No, we're not talking about harnessing up your fella and parading him around the yard. This is about self-control. There is something that's so sexy about men and women who exude a distinguished sophisticated control over their emotions that permeates all the other aspects of their lives.

We are constantly testing and being tested by all the people we come in contact with. The persistence of unflappable self-confidence renders all of these tests worthless. Did you have a sibling who knew how to press all of your buttons? Once they discovered your sore spots, they were there rubbing salt into them whenever they were feeling cantankerous. Eventually you might have learned that responding to this torment meant that it would become never-ending.

As a single girl out there looking for someone to love, control is your best ally. Never get upset about anything in the beginning. Any time a man can get you to lose your cool, he is in charge of the situation. Any time you can establish that there is nothing he can do to get you, he is effectively put in his place. You are showing that you are the owner of your life and he is but a guest in your world. This is very sexy and it also implies that you, alone, are making the decisions and will take a bit more effort on his part to seduce you.

Along with your control comes honesty. We're not talking about to him either. Say whatever you want to him, but **always be honest to yourself**. If you don't like something, say it. If you feel like you're being used or taken advantage of, don't try and make an excuse. Acknowledge that you are upset and do something about it.

Back up...

One of the most important parts of a great relationship is boundaries. A great man would never want someone they can walk all over. They are looking for all these things in a "perfect woman" but moreover; they are looking for an equal. Your guy **needs** you to stick up for yourself or he will push your buttons until he knows how big his territory is. All humans do this instinctively. We want to know how much influence we have over the people in our lives.

Always be honest about what your limitations are. That doesn't mean you can't expand your horizons. Just make sure it's something you want.

His Friends and Family Love You

The best way to attract a man with a higher social value is to be higher status yourself. For women, this is relatively easy. You don't have to go out and start a Fortune 500 company, all you have to have is a social savvy. Any woman that can hold her own when confronted with his circle of friends will be handed a set of keys to his heart. After you've met them a few times, you get the idea of what your boundaries are. If you can figure out how to masterfully control and engage his friends, you will always have them on your side.

Did you get that? Make his friends your friends. If he ever has anything disparaging to say about you, they will stick up for you. And besides, if you ever break up, it's a great payback to know they will ask him, "How's Tammy? I really liked her." He'll never be able to get away from you.

Friends, especially the ones from way back, are there to stay. It is not your position to make judgments on their character. Admittedly, there are those friends that completely suck. No redeeming value. They are just a drain on society and your boyfriend has decided he and his loser friend are inseparable. You will never change this. If having this waste of skin in your life makes it unlivable, cut your losses and get out. Sorry, but there is no other way if this gentleman affects you so negatively.

Your only other option with worthless friends is to make them your friends. If you are the only girl to ever tolerate the guy everyone affectionately refers to as "The Toad," your boyfriend might see you as someone who truly understands the bond he and Toadie share. This gets you big keeper points.

WARNING: There are friends of his that suck because they are socially retarded. There are others that suck because they are sociopathic. If your offensive nemesis is the latter, you are in for a lot of pain. This guy might be the guy who gets your boyfriend to partake in all kinds of unsavory conduct. Granted, your guy has his own free will and makes his own decisions, but there is a reason why one of the first things you learn at rehab is to get rid of your addicted friends: temptation.

This leads me to mom and dad. What do you do if the parents hate you? Whoo boy... First of all it's important to understand that this guy, your boyfriend, is their baby. They have every intention of protecting their spawn. What specifically did you do to get on their bad side? Is it something you can set right or is it too late? Is your man doing anything to defend you to his parents? Sometimes no one is good enough for their child or there is a family dynamic you just can't stand up to. The trick is to figure this out quickly and determine if it's a salvageable situation.

Marrying into a family that hates you is so tragic. Sure, open animosity often turns to obligatory tolerance, but that's still no way to live your life. If the parents are a big part of your husband's life, you are looking at a small eternity of uncomfortable holidays.

As far as strategy, there are very few things that you can do. When meeting them for the first time, listen to any warnings that your boyfriend tells you about them and think of some strategies. The easiest thing is to go COMPLETELY with the flow. Agree with everything, even the off-color comments or bizarre behavior. If he truly is “the one,” you’re going to have to suck it up, grab an oar and start paddling. Besides, getting loathsome people on your side from the beginning and slowly talking them into humanity is much easier than burning the bridge from day one and trying to rebuild it.

If it gets to the point of no return, the only recourse is confrontation. I don’t suggest you call them out on a fistfight, just a discussion. The way these situations always play out is so cowardly. Mom and dad decide to hate you. They never let an opportunity pass without a comment on your shortcomings. They might even make rude comments with you right there. Never confront them in front of your man. Bad idea. It forces him to take a side and he is now a witness of how “rude” you are.

You have to set a time to meet them and ask them what issues they have with you. Make them tell you to your face why they don’t like you. Offer to make changes to everything they offer as a reason. The key is to never accuse them of their childish behavior and NEVER get upset.

“I understand why this might have upset you and I will do everything I can to make it right.”

By doing this, they actually have to verbalize what their problem is and when said out loud, most issues sound kind of... stupid. By you acknowledging their stupidity and offering to change, they now have *nothing* to use against you.

If nothing else works, either don’t get married or plan on moving very far away. I also suggest you re-read the section about abundance...

Ready for Any Contingency

Being attractive to men is not just how you look; it’s also in who you **are**. Sure men are visual creatures, but being completely cool goes a ways longer than you think.

The number one job of your subconscious is to keep you safe and keep you alive. Throughout your entire life, your subconscious has developed a default system of commands to do whenever it doesn’t have any major input from the conscious mind. That basically boils down to not taking any risks, not engaging in new activities and probably sitting at home watching TV. Maybe it’s included some kind of eating ritual too. Think about all those automatic responses you have in certain situations. Are you the kind of person who always wished you would have said or done something different? Does your subconscious automatically make you react a certain way and you hate it?

You can train the primitive side of your brain to automatically choose a better path. It does take a lot of effort, but you can learn how to routinely react in ways that don’t make you feel stupid.

The trick here is to always be thinking about scenarios that might pop up. Obviously, you can't predict everything that might cross your path, but the more you prepare yourself for adversity, the better off you will be when a situation presents itself. Consider the things that have already happened to you. Think about a few things you could have said and a few ways you could have reacted better. It's easy to determine what situations pop up again and again. Devise a bulletproof response and commit it to memory. That way when your subconscious tries to take over where it usually makes you look bad, it will have another set of information to choose from.

Anytime you walk away from a situation and feel like you should have said something better or smarter or even more smart-ass, make it a point to learn from that delayed reaction. Write down good come-back lines. Watch some more comedy. Read a book on [How to be Funny](#). Train your brain to come up with witty responses on the fly. Again, this is where taking some improv comedy classes will benefit you greatly.

On the other end of being prepared, what would you say in response to some of the common relationship clichés a boyfriend might come up with? For example:

"I think we should see other people."

It's amazing that as much as you see this term in cultural references, we all seem to get blindsided and have no great response. Even if we do, is that response in the proper context? Say you pick a smarmy response like, "See other people?! I've been doing that since day one!" You might think that's pretty badass. Your boyfriend is trying to dump you and you just made him look like a chump. OK, that works if you want to hurt him, but what if you want to keep him around? Is there something much more cool and understanding that you can tell him? What if you really want to see other people but you want to keep him around too? There are thousands of "states" you can be at in any given moment. Think about how many ways this one scenario could play out. What is the worst case scenario? Resolve yourself to handling all adverse situations with style and grace. He really won't know what hit him.

Be Aware of Serendipity

Being open to all experiences feeds your ability to find relationships and your social life grows exponentially. Think about it. On a typical day, you might walk by hundreds of people (thousands if you live in a big city). What if you stopped and talked to all of them? Maybe not all of them, but what if you randomly picked out 10 of them and started a conversation? Maybe you're in a crowded coffee shop or restaurant and instead of taking your coffee and leaving, you ask someone if you could sit at their table.

This isn't as bizarre as it seems. Europeans do this all the time even if there are tons of empty tables available. You simply ask if you may and if they say yes, sit down. If they are open for a conversation, go for it. This is especially great when you are traveling. Ask them where all the good stuff to do is. I promise you will have awesome vacations when you decide to meet the locals.

You don't even have to be on vacation to ask where the great stuff is. They'll ask you where you're from and you'll say, "Here." Think back to your experiences. People that act this forward are very charming. You don't even have to seek out only men; you can talk to cool looking women too.

Keep in mind, when you enter into someone's day like this, you might have to carry the bulk of the conversation until they are comfortable. Pay attention to their body language. Once you sense they are getting comfortable, give them a compliment about something to bring them more into comfort. Keep these conversations light and fun. Don't forget to "innocently" touch them (men or women) when they say something really great.

The most important thing here is to really pay attention to the feelings you are getting from these people. If it's a cute boy and you don't think you have him all the way sold, give him your phone number, "Hey, this was really nice. Here's my number. I think you should call me and we can continue this conversation." If he might be hooked, ask for his email or number and plan to make that call. If it's a girl and you think she would make a great friend, exchange information.

When you are out in the world making your journey, let serendipity guide you. Listen to those little urgings whispering in your mind, "That place looks fun, let's go there." Say yes and try to find out what drew you there. The more open you are to good things happening in your life, the more you'll notice them. You'll never find great friendships or relationships if you don't open yourself up for them.

Becoming Uninsultable

There is one thing that genuinely separates a girl who gets everything she wants because she's good looking and, well, the rest of womankind: it's in how you respond to teasing. This is another one of those "guys are dumb" situations that I'm sure you have seen in your guy friends. They will talk trash all day long and as soon as they get in the presence of a hot girl, they clam up. They don't know what to say. It's this dumbfounded reverence they display that creates the situation here. Hotties don't often get messed with or outright insulted unless it's some ape calling her a bitch because she won't talk to him. When a guy actually comes along and can treat her like one of the guys, she's astounded and strangely intrigued.

Backhanded compliments and playful insults are the kindling to building the fire of attraction. I've said it before, but it always bears repeating. No one wants something they feel they haven't worked hard to get.

An example of this happened to me the other day. I was at a club and met a friend at her friend's bachelorette party. She introduced me to everyone and I soon found myself the only guy sitting with all these girls. A guy friend came by and was joking about how I had insinuated myself into this girl party. Jokingly, I said, "Yep, this is my stable." OK, I admit, not a nice thing to say, actually a little shocking too. Most of the women there burst into laughter and started playfully hitting me. But there was one girl who got really offended and started admonishing me. It killed the mood and I left them in silence a few minutes later.

To be honest, this was the catalyst to writing this book. Let's examine the angry girl. Of all the women out that night, she was the least interesting and did not seem to be having any fun at all. Her friends were all high energy and happy and it was spilling over to all the people around them. There was a constant queue of guys coming by to talk to them enticed by their energy. She was making rude comments to some of them that they were only over there to "screw her friends."

Before we go any further, I think guys understand that a bachelorette party is a time for all the girls to get together and hang out for one last night of freedom. They don't want guys trying to break up their party and this girl was functioning as the den mother or "cock blocker." She was doing a good job at it to her credit. But the point she was missing is that the reason that these parties are usually done out in public is to get the *attention*. To convince yourself you still got it before you give it up.

I had insulted her group in a funny way, but she took it seriously when everyone else went along with the joke.

The willingness to defend is often misguided. If you are the den mother of your friends, I'm sure they appreciate you keeping the creeps at bay, but when fun arrives (and it's not pushy or stupid), let it spread.

Becoming the Social Diva

I think it's fair to say that both men and women want a socially capable mate. They want someone to match wits with. People thrive on playful banter in social interactions. The reason why dating is referred to as a game is because it's *supposed* to be fun. However, there is also strategy, planning, and practice involved.

There is a known fact among men who are good at the game of dating that you can say horrible things to gorgeous women in a joking manner and they will love it. You would never say the same things to a girl who doesn't survive on her looks alone because she's going to get mad. Think about this. Pretties just want someone to treat them as an equal and rarely will a guy do anything other than supplicate to them. If a guy makes a joke about what she is wearing, it's often a new experience for them so they are intrigued, **not offended**. Depending on their ability to think on their feet, they either jab back or laugh or fake offense but only in a playful way.

The angry girl only accomplished one thing by getting upset in this situation. The guys around considered her either:

1. humorless
2. socially retarded
3. too stupid to tell it was a joke
4. or an angry bitch

None of these are good labels over your head when your goal is to have fun with your friends (and, ultimately, to find a quality man).

So what is the lesson here? I'm not telling you to tolerate complete a-holes; go easy and see the situation for what it is. If you feel you're being insulted but it's in a funny way, learn how to push back instead of resorting to anger. When I say push back, I'm suggesting you do this in a funny way. If you have no grip on what's funny, stay away from humor because it will only make you look obtuse or stupid. Don't return with an obvious insult either. If she would have said, "well you're bald" or something that might be considered a personal attack, it would have only served to make everyone a little nervous.

The best thing that one of the girls said was, "You're the oldest pimp I've ever seen." Late-thirties are not considered that old in this society, but given that I was definitely older than the rest of the bachelorettes it was a perfect comeback. We could have kept on laughing and making fun of each other.

Observe how this works amongst your friends. People love to laugh. They crave that one friend that always makes them feel happy. Become that person. Nothing can insult you any more (unless someone is truly trying to insult you, then you're free to do whatever you'd do normally). Keep in mind that humans tend to fear confrontation. If you are unsure if a guy is trying to be an a-hole and you're in a group social situation, chances are you've just misinterpreted what he said. You'll come off as a much cooler person if you respond in any way other than by getting upset.

How to Wreck Your Hotness

Now that we've seen a picture of a totally self-aware woman who rocks her own world, let's look at the ways things go wrong. There are a million ways we wreck our relationships, but the good news is that 99% of that is in our own control. Of course, there's not much you can do about the perfect guy who's still pining away for his ex-girlfriend, or the mama's boy, or permanently unavailable guy EXCEPT by not choosing him in the first place.

So essentially, you actually do have 100% control over keeping relationships solid and loving!

It appears that all relationships seem to break down whenever things become excessive. Excessive? Yeah, it's never a good idea to be too interested in anything. Let me explain. Perhaps you're an artist. Maybe you're really good at it and you get tons of recognition for your skills. What if you disappear for days in some art-creating fugue state once a month? Sure, the stuff you create might be breathtaking or even masterpieces, but how fair is that for a guy who loves you to never know where you are or if you are even safe?

How about another example you might have actually seen. Maybe you are a scrapbooker. You read all the magazines about scrapbooking, you have all the stickers and wacky scissors and interesting paper. Maybe there is even a room in your house dedicated to your craft. You have little get-togethers with other creative friends. The books you create are amazing. Pretty much all of your waking thoughts are devising new techniques and trying out a new device.

Where does either example leave room for a man in your life? In both, you are married to creating art and your man is just a distraction or subject for another themed page. It is rare and very attractive that anyone is so passionate about anything, but when your passion takes on a kind of madness, eventually it will take apart your relationships.

Men love to feel that they are number one in your world (just as you wish the same for them). So why not spend some free time figuring out how to always make them feel this way. You can still disappear to create great art or even smaller, very personal art, but don't make this seem like your only obsession. Talk about other things too. Talk about him. You don't need to bring him into your world because he many cases he's not that interested in your interests.

Your interests make you interesting, but the way you make him feel is what makes you irresistible.

Becoming Something You're not

If you think you're pulling the wool over anyone's eyes with little comments and lies that put you in a better light, no dice. We all believe that most of the world is dumber than ourselves. They give us a great reason, too. Whether it's their choice in politics or religion, their sense of fashion or crappy social skills, or even their infuriating lack of driving skills, it's pretty easy to think people suck.

The reality is that most people on this planet, although attached to some pretty stupid ideas are all pretty smart. When you say or do things that aren't true or just don't fit you, everyone else knows right away. Trying to be someone you're not or covering up things that make you self-conscious only draws attention to you. It's not going to be the good attention either.

You can't all of the sudden reformulate yourself into a skater chick to try and score with that cute skater boy you've had your eyes on. He will know immediately that you are posing to impress him. Nothing makes people hate you more than being a poser. Besides, men and women don't have to be part of the same "tribe" to fall for each other. They just have to be interested enough in that other tribe to give it a try. You don't (and shouldn't) have to become someone that plainly isn't you to get the guy. In fact, if you are getting those feelings of exhilaration from bagging a cowboy for your very own, he's getting the same pride in bagging a banker babe.

It's fun to date someone outside of your circle, just keep in mind that some aspects of your world are interesting to him, but most of it is painfully boring. If you really want to keep someone who doesn't operate within your world, limit his exposure to the crappier aspects of it. If he's a jeans and t-shirts guy, don't force him into black tie events. If he's a Jazz guy, don't drag him to Metallica concerts. Don't bother describing the intricacies of your molecular biology job to a construction guy.

Don't—under any circumstances—stop loving what you love because he's not into it. He might even tease you for your Christmas villager collection or your ABBA fetish, but if it brings you joy than he can go to hell before you give up on it. If there is something that is a big part of your life, hold on to it. There is nothing he can say or do to make you quit.

There is an exception (of course). If one of your passions is wrecking your life or your health, you might consider backing off of it for the sake of love. Otherwise, “piss off, buddy!” He knew you were a smoker when he met you. If it's not affecting your life or his life significantly, then you will do what you have always done. You might consider limiting his exposure to your dirtier habits, but if something brings you deep joy, it's part of your life.

...and sticking to your guns showing him how strong you are is much more sexy than you might imagine!

The Competition

It always makes me laugh when car drivers get in accidents because they were trying so hard not to let a person merge in front of them. Have you ever seen the people who weave half way into a merging lane so the people behind them can't pass? Worse yet, are *you* one of those people? Is it that you don't want to consider the fact that the smart (also weasel-ly) people (the ones who get in at the last moment) are pulling one over on the righteous or law abiding drivers or are you just trying to be a jerk? Sure you might counter that the last minute cutters are being jerks, but then the government would only make merge lanes a couple feet long if that were true.

The point I'm trying to make is to stop looking to see if anyone is doing better than you or trying to steal away the guy you picked. If we're actually talking about love here, then the guy will also have a choice on whom he chooses. It's not you against the world. It's not even you and your dream guy against the world. There's over six billion of us all trying to find some kind of meaning. They can all live in your world comfortably and find their happiness.

Do you dismiss other women as sluts or airheads? What does that accomplish? When you and your friends are out, the topics of conversation don't have to always focus on demeaning women having more fun than you are. Instead, you should be making friends with those fun women and get to the real task: finding your sweetheart. OK, you can make fun of that girl's ugly shoes and 80's hairstyle if you must, but be kind to happy people living the life you want.

Maybe you see a couple at the bus stop or in the library or club making out and it makes you angry? Knock it off. Quit screaming, “get a room!” out of your car window. Stop being jealous

or judgmental over public displays of affection. Instead honk your horn and give an encouraging “Woohoo!” for our public lovers. Do this in front of your man. Show everyone that you worship love and affection and think everyone should get a piece. Send out the right messages and people will get it. They’ll also know that you are someone who is open to love and be much friendlier in return.

On the flip side, are you busy trying to show your fierceness in the world of men? Do you find yourself overcompensating just so you can be respected by your manly peers? Slow down sister! I will not dispute the difficulties women face in some working environments nor will I try to minimize sexual harassment. However, I will note that **your true strength as a woman lies in your femininity**. If you always try to compete with the men in your life with your masculine force, you will get the same brutal locker room treatment as the rest of them. If you hit them with your enchanting femininity and salt that every once in a while with necessary force, you will find that you actually have an edge. When you mean business, everyone will take you seriously.

And along those same lines...

Negativity is Killing Your Hotness

Your job sucks. Your car breaks down. Your apartment is crummy and dirty. Your family is dysfunctional. Your bank account is empty and your debt is insurmountable. Your cat hates you. Your clothing is all old and frumpy. You broke a nail and your hair is doing that “spazzy” thing today.

Truth is, there’s a million reasons your life sucks, but they are the same reasons for everyone. The other day, I was at a coffee shop and was sitting next to this couple. It had the whole first-date feel to it. I watched as the woman went through a list of complaints about everything wrong in her life. The guy was getting more and more anxious and you could tell by his body language that he wanted to flee. The worst part in all of this was a guy in a wheelchair sitting right next to them. I could see him rolling his eyes as she complained about the power door locks on her car not working.

Someone **always** has it much worse than you.

There is always a reason to complain in any situation, but the world hates complainers. We all know how much everything sucks and we don’t need a constant reminder of it. If you think the world is stacked up against you and enjoy your endless “pity parties,” get used to being alone. Even worse, you might just attract someone equally miserable and you can both live happily ever after as victims.

How do I get out of this spiral of blame and shame?

The answer is easy. Stop being frustrated with frustration. Any time things aren't going your way, instead of going straight to, "Figures, this always happens to me," turn on your curiosity. "Why is this happening to me?" Stop lamenting your life and your situation. Think of your new goal in life is to play and explore. Play and explore. Go to your dead end job and decide that you are going to make it fun. You are going to really get to know the people you work with. Compliment them and see how they react. Figure out a way to do your job easier and spend your extra time making things more pleasant around you. Stop looking at the debt you got yourself into with dread and disgust, think of ways to pay it down quicker and make a plan. Make an easy plan *that fits with your level of dedication* so you don't get discouraged about failing at your plan too.

Be fascinated with every interaction. Even the bad things that happen to you are something different in your life. See what you can learn from everything. Knowledge is awesome and actively seeking it is really sexy.

The first step in all of this is to turn off that voice in your head telling you how much you suck. It's LYING to you! You are funny/smart/cute/talented/trustworthy/sexy enough! And (more than anything) if you put the ideas in this book into action, you are *deserving* enough to find a fantastic love!

Help! I'm Stuck in the Future!

A problem many people have to suffer is that they feel paralyzed to make a decision because they are either lamenting how things screwed up in the past or worried about the future. Don't freak out, we all do it.

So what can I do to get myself into RIGHT NOW? The answer is pretty simple. Tap into all of your five senses. Your senses are the main thing that put you right in this moment. By stopping and making note of the world around you, the present moment is placed at your fingertips.

Instant Homework Assignment Alert!

That's right. It's time for your homework. Read through this section, put this book down and go out and do it. I mean it!

For this homework, you need to leave your house. If you're already out of the house and you are reading this in public, make sure there are some people around. So get out there and find a nice place to sit. It can be at a park bench or coffee shop or a table at the mall.

The first thing you need to do is relax. Take note of a few of your last thoughts. Were they worries about something you have to do later on? Acknowledge whatever you were thinking about but put it out of your mind. Briefly close your eyes and take note of how everything feels around you. Feel yourself pressing into the seat you've chosen. Is it comfortable or is it hard? What is the room temperature? Are you sitting close enough to a door or outside so you can feel an intermittent breeze? How does your clothing feel

against your skin? What are your toes doing? Maybe you got a cup of coffee or something to drink. How does it feel against your fingertips? Take note of everything you are touching and your environment. Once you have made note of all your touchy feelings, it's time to move on.

Next, focus on your hearing. Listen for everything going on around you. Maybe you hear music or conversations of the people sitting next to you. You might hear the click of high heels as a woman passes nearby. Can you hear the humming of machinery or kids playing? Cars, planes, or trains are motoring along in the distance. What about that low hissing or ringing in your ears that is always there? Try to isolate as many different sounds as you can.

Now we will go to the smells in the area. What scents are wafting past you? Can you smell coffee brewing or food being prepared in the distance? Can you smell your own soap or perfume on you? Maybe there's a garbage bin nearby and you can smell a tinge of that. Does it smell like rain? Can you smell the flowers at your table?

The sense of taste is a bit trickier since you probably won't go around licking everything within your reach. Just note the current taste in your mouth. Does it feel fresh or a little stale? Take a drink of your drink and note every place on your tongue that feels the sensation. What is the after taste like?

Now open your eyes and observe the world around you. Look at the ground. What is it made of? If you're outside, can you see the trees or grass? Does it look healthy? Make note of as many things as you can see. Look at the colors and how the light is caressing each item. Can you see what was making those noises or smells? Now look at the people. Try to guess their names and assign each one a story. Is that cute guy over there looking at you?

Now we'll tap into that elusive "sixth sense." Without actually talking out loud, send the people around you a silent "Hello." Smile a bit if anyone is looking at you. Pick out a cute guy and tell him with your mind that he would be lucky to know you. Maybe think him a compliment and then continue to observe your surroundings. Take in all your senses at the same time. Pay special attention if you "feel" the cute guy or anyone else in the place is sending you greetings or information.

Now you are 100% in the present moment. Any time you stop and take note of what your senses are doing, you can bring yourself into the now. Not only does this take your mind off of your troubles, it makes you open for all kinds of different experiences. Once you can live entirely in the moment, you can actually start living that moment in time. Everything will be completely real and not seem like you're watching it on TV.

So that's it. Put this book down. If you are at home, put some clothes on that make you feel beautiful and comfortable and go someplace public. You should do this little exercise any time you feel trapped in your head. Not only does it open you up for new experiences, it can also help you to relax or even fall asleep.

Now, when we talk about living in the present and making yourself available to having fun in the present, this doesn't mean you are allowed to do things that you will regret later. Our ability to consider the future is one of our greatest assets. Never lose sight of what you want and how things will play out. Essentially, you need to be all in, right now, but you also need to consider how you will feel about it tomorrow.

Now go go GO!

Responsibility is Really Hot!

Did you have a crappy childhood? Do you hate your snotty sister for always having everything handed to her in life? Are there things in life you simply can't do because you aren't smart/educated/pretty/privileged enough? Does the world seem to push you around like driftwood out in the ocean? Are you cursed with a string of loveless, unfulfilling relationships with both your friends and boyfriends?

If this is true for you, then (I hate to tell you this) you are doomed for a lifetime of the same misery. Some people call this being a victim, but essentially, you are a blamer. Blamers have so much power in this society. Schools are making our kids stupid. TV is making us all perverted. Gangsta Rap is turning everyone into violent wannabe's. Alcohol is ruining our morals. Second hand smoke is killing us quicker than actual smoking. Satan is making us do things we don't want to. McDonald's is making us all obese. Men are scumbags only interested in sex. Rich people are intentionally making us all poor, subservient sheep...

The forces of the world are endlessly stacked up against the blamer. They are rendered hopelessly unable to do anything to make their lives better and all of the failures they achieve in their lives we're specifically orchestrated by Halliburton and Baskin Robbins.

Blamers suck!

They are universally unattractive to everyone but other blamers. We have all made excuses for shortcomings in our lives, but blamers actually believe they are powerless. You are much better off taking the blame for everything that happens to you than not owning up to the downfalls spurred on by your own decisions.

Part of being irresistible is the ability to take note of your screw-ups and shortcomings, learn from them, and take action to make it better. The first step in all of that is realizing that it's not anyone's fault but your own that you are right here right now. I suppose you can look at that and feel the crushing weight of society and failure standing square on your shoulders wearing stiletto heels, or you can realize that since you got yourself here, YOU ALONE have the power to make things awesome.

That's right! There are things you can do today to put yourself on a path to love. There are things you can *stop* doing today to get you closer to that love. You don't have to wait 'til global conflict ends. You don't have to wait 'til the stock market changes direction. You don't have to wait 'til the kids are grown or you get out of college. Your knight in shining armor is **not** on his way, but he might be around the corner. YOU need to GO OUT and find him. YOU need to become the fair maiden he's searching for.

It's one thing to think that you are a princess or queen or diva, but what really makes this true is the emotional maturity and self-responsibility to stop blaming (thereby making yourself powerless) and start doing (thereby making yourself a mega-hottie).

Unaware of Your Tonality

Have you ever noticed that when men make fun of women, they take on a high-pitched, whiney Marge Simpson voice? Interestingly, if you look at just about every culture on Earth, it's a common thread that unites teasers worldwide. When women mock men, they usually take on a low, slow stupid tone of voice. Are these the standard opinions that the sexes have about each other across the planet?

The way you speak. The pace, articulation, tonality, volume, inflection, clarity among other things plays a big part in your seduction. Do you have a smooth, sensual voice, or does it sound high pitched or nervous? Is it really painful to listen to you singing karaoke?

Think about ways you can use your voice to get your message across. If your voice is in the higher ranges, can you speak a little deeper or whisper when you need to be extra sexy? Maybe if you always find yourself gabbing very quickly about anything, teach yourself to slow down. Slow talkers get very wary of speed talkers. They think of them as used car salesmen and shysters. Fast talkers tend to think slow talkers are somehow stupid. As you listen to someone new, always note the rate at which they speak. Try to copy that rate and you will create a better rapport. This works with every situation and can help in business and other personal relationships.

Your voice is just one small aspect of a whole package, but when you look at it, any "problem areas" you can work on fixing just adds to how awesome you are. Try to keep your voice steady and deliberate. Speak softer as much as possible. Not only does it add to your entire famine presence, it also draws people closer so that they can make out what you are saying. Close enough to touch you...

Always be relaxed and confident whenever you speak. You might never catch your boyfriend using the whiney voice when he teases you.

Do you vary your voice at all when you talk or is it even and monotone? When you take on a dynamic voice, you automatically become more dynamic. Is there a super cute voice you use whenever you answer a phone call from him? This is a tiny little thing you can start doing right away that makes a huge difference to him. You are so excited to talk to him, you sound like an overjoyed child opening birthday presents. He will always want to call you just to hear your cuteness.

Never lose sight of the fact that you should be listening as much if not more than you talk.

The Definition of a Relationship

If dealing with men is so difficult, why even bother? Why do men and women open themselves up to all this pain and heartbreak? Can't we all just get a cat and call it a day? I suppose you could, but the reality is that without someone to share the human experience with, nothing is the same. Can you think of a movie that had you cracking up in the theater, but when you watched it at home it wasn't that funny?

The truth is that everything is better when there are people around to share the experience with. We all desire to find a mate and great friends because without someone to connect with daily, we tend to slip into a lesser existence.

So what is a relationship? To put it simply, it's finding a companion to share life with. Note the key word "share." Many people tend to approach sharing by keeping a running tally of who owes what. If you gave him a backrub last night he owes you one tonight. God forbid he get too in debt by not reciprocating on the "I cook, you clean" agreement. This is stressing me out just thinking about it, yet some people manage to keep it all in order like a supercomputer with pigtails. A relationship is not about what you can get out of it, it's what you put in.

Men can be a preoccupied lot. They are saddled by the incessant thoughts about their job, their finances, their competitions and any other daily troubles. Sometimes it's almost impossible to get them to remember your birthday. Why should you put in all this effort to do special things for him if you never get anything special in return? There are two answers to this question. First of all, he just may be an inconsiderate loser. There's nothing short of a near-death experience that will get an inconsiderate man to turn all lovey. *Get rid of him or get used to feeling unwanted.* For the rest of 'em, it does come down to the underlying notion of equality. The more you give without any need or implied reciprocation, the more he'll *want* to give back.

It's a great experiment to try. For the next week, try to be as thoughtful and giving as you can with just your friends. I guaranty by the end of that week, you will have not only created more thoughtful friends, you will have also strengthened your relationships with them.

So now you have an idea how a relationship is defined, but what does it usually turn into? Often it's just two people getting their needs fulfilled by having someone sitting on the couch next to them. You get to not feel so lonely; he gets someone to look after him and some sex. How much further can you get away from all the fairy tales you read as a little girl? Once again, this is the "what's in it for me?" theory of relationships. Two people with no real regard for each other besides occasional distraction.

Where is the emotion? Where is the passion? Where is the spirituality of crawling into someone else's soul and getting enveloped in its warmth? This can only come when you decide to start giving and being pleasantly surprised and grateful when you receive. It happens when you change the way you look at your man from one of silent, low-grade contempt to seeing him as the bullfighter, the tour guide, the lover, the teacher, and the confidant. And when you become super-grateful when he gives you affection or presents or does the dishes, he will be much more excited to contribute next time.

Above all, it is an opportunity for you both to grow into something more amazing than you can accomplish on your own.

Why do I have to do All this Stuff?

The answer is simple and it will be repeated: You have to be the prize. There is no other way to simplify it. You aren't getting the caliber of guys you want because you lack some of the things men crave. With this book and a little effort, you will find your honey and have a blast doing it.

Think of it this way: when you wrote out the list of the qualities you are searching for in a man, there were at least fifteen to fifty characteristics you are seeking. Guys don't think of things with such detail. When it comes right down to it, they only really have four to seven basics they need covered. The main ones being, cute, nice, sensual, and maybe capable. He might also want smart, sane, and trustworthy among others.

What happens if you can't make with the nice or have a really hard time with the sensual? That's a quarter or a sixth of what he's looking for and he won't get it from you. By contrast, if he doesn't measure up in a couple of your top twenty, it's annoying, but you let yourself learn to live with it. If you don't have a couple of his top six, that's an insurmountable percentage to expect he will stick around too long after the first time you have sex. *Yes, he will still want to sleep with you*, but won't consider you dating material.

SECTION 4:

The Irresistible Nature of Self Improvement

**“No matter who you are,
no matter what you did,
no matter where you've come from,
you can always change,
become a better version of yourself.”**

~Madonna

**“I went to a bookstore
and asked the saleswoman,
‘Where’s the self-help section?’
She said if she told me,
it would defeat the purpose.”**

~George Carlin

Self-Improvement: How To

As I've already said, self-improvement is a life-long process. You should always be looking for ways to make you better, more intelligent, interesting and vivacious.

One of the biggest problems with self-improvement is the improvement part. We all tend to read these books, get overwhelmed with good information, a pretty much do nothing we have just learned. I'm not saying you should quit learning more stuff about how cool you are, but there is a point where you can't see any results without *doing*.

The one common thread in almost all how-to-make-yourself-better books is goal setting. I know, I know... more of that esoteric crap about making lists and hanging them on the mirror. It just never works, huh? The problem with setting goals is basing them on reality! Sure, it's easy to write down, "I'm going to be a millionaire," but where do you start?!! Even, "I'm going to be a millionaire in the real estate market" is way too vague and still there is no first step in that statement. Something like, "I'm going to save \$5 a day" is what I'm talking about.

Start with something tangible that doesn't require any interpretation. I don't want you to say to yourself a couple weeks from now, "I know I said no more candy, but this is a celebration." Once we break our goals list, we usually end up getting discouraged and dumping the whole thing. This leads to us feeling pathetic and worse than we did before learning all this stuff.

Build in Failure

If you say no, mean absolutely NO. If you know you will be weak, build in some wiggle room like, "I will only smoke as a REWARD for finishing my project at work."

Notice the word "reward."

If you do something that wrecks your life or health, but you absolutely love to do it, from now on you can only do it if you meet one of your goals. No longer will you eat something bad for you or drink a 1500-calorie grande-double-mochachino because you are having a bad day. You have to earn the right to go against what you want.

The operating idea here is that you can allow yourself some indulgence if you have plainly stated that it will be OK and thought of the circumstances when it will be OK. Once you let guilt into your little backslides, you are going down the path of frustration. This will eventually lead to you giving up and finding yourself worse off than you were before.

Let's say your goal is to get in shape and lose 30 pounds but you love ice cream. Be realistic on building in this function to treat yourself. If you say, "I will eat a banana split after running every three miles," probably not such a great idea since you are adding as much if not more than you are taking away.

Even if you did the banana split/workout thing, you will still be better off than not doing anything at all. You might not ever lose the 30 pounds, but you will get in better shape and feel healthier.

But if your goal was a banana split once a week provided you worked out 3 times in that week, now you're on to something...

Paying yourself to be Awesome

Here is what I did when I decided I wanted to be a better person. Set aside one third of a month's salary every three months that is dedicated to making you smarter or funner or whatever you feel you're lacking as a "total package." Huh? Did that make sense? Let me say that a different way. For super easy math's sake, let's say you make \$1000 a month. A third of that is around \$300 (\$333 if you really care). Divided by 3 is \$100 a month. Set up completely separate savings account attached to your current bank account. Have \$100 a month automatically deducted out of your main account and placed here so you don't spend it. If you're really savvy, you can also use this account as overdraft protection.

So now you have managed to amass a surplus three hundred bucks in three months (assuming you only make a grand a month). Whatcha gonna do with it? What interests you? What have you always wanted to do or where have you always wanted to go? What can you do to make yourself attractive to the perfect mate?

A great place to start is to look at things about you that you'd like to fix. Maybe you think you could be a lot funnier, take a comedy class or go to a few comedy shows. Or maybe you're a little more traditional. Take some cooking classes. Wanna meet some boys, look into classes that the local college is offering and take something a little "boy friendly." Meeting people in learning situations is probably the easiest thing in the world. You all have to be there and be friendly to each other. There might even be times where you have to hang out after class for homework or to complete a project. If you're shy, this is a great way to get started.

What else can we do with our self-improvement money? How about work on the way we look. Do you have a gym membership yet? The cost of that can be deducted from the top of your one-third.

Let me stress the importance of exercise for two reasons. Both men and women crave being with healthy lovers. We can't help it. It truly is part of our genetic code. Quite literally it's the survival of the fittest. Transforming yourself into health is the best possible thing you can do to get a better, more successful, smart, go-getting mate because it changes **you**. Great health brings confidence, gives you tons of energy and helps you sleep like a fat baby. Buying new clothes to fit your new frame brings even more confidence. Even the knowledge that you can kick a date's butt if he gets out of line is awesome!

The second reason to get a gym membership is, duh, guys go there. I know it's a difficult prospect to pick up on sweaty men, but being the new girl goes a long way. "Hi, I'm new here. Can you show me how to use this machine?" It's tricky to chat up people when they are in full work out mode, but there will be a million other situations to show your charms.

So maybe you are too embarrassed to have people see you working out. There are many women-only gyms popping up all over the place. Start there, but as soon as you get to a place where you feel comfortable, definitely look into going to a co-ed gym.

If you intend to spend this money on fitness classes, make sure you are picking ones that don't just make you stretch, you want to build muscles and get in shape. Obviously, any physical activities you engage in will benefit you greatly, but specifically toning your body gets you much closer to your goals.

For example, Pilates is a great system for toning your midsection. A strong torso and belly does wonders for your sexual capacity. Essentially, it's your core muscles that make you a better lover. Being able to really move during sex will blow your man away. Not only do you get the benefits of increased strength, you also train your body to be more flexible. Imagine actually trying some of those wackier moves illustrated in the Kama Sutra...

Start Right Away

So now we've created a more realistic model to goal-setting, we still need a place to start. Let me suggest a few mandatory things to start you on your way. We'll explain these better in the APPEARANCES section:

- Get the hell out of the house.
- Start watching good-looking people and emulate some of the successful things they do. An even better thing is to introduce yourself to them. A woman (that's not in a hurry) won't blow you off when you compliment her style and ask for fashion advice.
- Get healthy. If you are the kind of person who always has health problems to complain about. Figure that stuff out. If there's nothing you can do about it, then quit complaining about it. Keep in mind we are all genetically programmed to seek out the healthiest people to reproduce with. Even if you have absolutely nothing going in the looks department, health is the next important thing we look for.
- Start talking. If you have a problem with shyness, you are at a great disadvantage in this society. If you force yourself to talk to everyone who provides an opportunity, you will get over shyness. I promise.
- Exercise. Of all the next steps listed here, this one is **mandatory**. You can never be in too good a shape. Personally, I hate working out. I hate getting sweaty. I hate the soreness afterwards. But, I feel great, I sleep like a baby, and I have increased stamina for... other

things.

- Examine your wardrobe. At the very least, get rid of your least flattering clothing. Even your comfy clothes should make you feel good about yourself.
- Put up an online dating profile. If you're super new to this, make sure you chat up everyone who writes to you (who's not a total scumbag).
- Go out on a few low-risk coffee dates. Don't get sucked into full-on dinner and a movie dates if you're not ready for them. Have coffee. Commit to something that will only take up 20 minutes of your time. Sure, if he's worth it, you can stretch it out as long as you want, but get stuck in an activity that will take all night when you know he's a loser within the first 5 minutes of meeting him.

Invest in You

Here we are at my favorite topic I alluded to in the beginning. NEVER STOP LEARNING! The day you are totally done learning, there is nothing left for you but living out your repetitive boredom and dying as dumb as you are now. Interesting people lead interesting lives. They have subtle mastery in intriguing things. They can talk elegantly about interesting subjects. People are drawn to others blessed with knowledge. Even useless knowledge is great as long as it's interesting.

Did you know that even though a dragonfly has six legs, it never walks? Its legs aren't hinged so it has to fly everywhere it wants to go.

Who cares? Kinda interesting though... Anything that makes someone think is great to know.

Getting back to my point, is there something that you have always wanted to do or try? What's stopping you? I know: money and time. All the cool things cost too much and you couldn't possibly fit another three-hour brick of time into your busy schedule.

Come on...

When is the last time you felt like being lazy and spent five hours watching bad re-runs? The reality is you have way more money than you think and barring that whole death thing, you have tons of free time. You just need to make a plan.

Develop Your Interests

Become more interesting. We all look for something admirable in our mates. If you take part in an activity that your man wishes he did, not only does it make you look cool. You can also assume the role of teacher if he decides to try it too. Keep in mind when I say teacher, I'm not talking about the ruler-swinging schoolmarm, more along the lines of sexy teacher. So maybe we consider spending our money to learn how to do something cool. If you like guys with motorcycles, take a class on how to ride one yourself. Granted you're meeting newbies here, but getting into that lifestyle is a start. Or maybe you want to skydive or surf. Then go for it. You have the money to spend on classes; all you need is to make the time. Even if you find that you have no skill or capacity for an activity you are interested in, you are still learning how to speak that language. You are still hanging out with sexy surfer guys or skydiver guys.

Not only that, you are getting out of the house and meeting a bunch of new people. Use this self-improvement savings to create an incredible you. People that lead active and fascinating lives are, by default, captivating. If you have problems with holding an interesting conversation, just talking about a perfect day of bungee jumping is all you need. Your date will actually be envious!

The reality is that you can't fake being interesting. You have to actually do something interesting and interest will happen naturally.

It seems all I have talked about is "death" sports here. Perhaps that's a little extreme for many of us. What I am getting at most is to find activities that will either (a) have a bunch of hunky guys already involved or (b) make you seem really cool when you talk about it. Using the self-improvement cash to take origami classes or embroidery classes is missing the point of what we are trying to accomplish. Sure that stuff is great, but talking about that stuff on dates does not make you more interesting to men. In general, when men hear about that kind of stuff, we start to glaze over.

Higher Learning

So far, we've only talked about small things to do to make you great person. Don't stop with the little things. What about the things that take a little more effort and some more commitment? Have you thought of going (or going back) to college? Does your job suck or could you make more money if you had a degree? Think about it. When you were younger, you might not have had the capacity or the patience for higher education. As an adult, you have a better idea on your interests and possible dream jobs.

College isn't just for kids right out of high school. There are thousands of adults who are working on getting smarter (many of them are single!). Have you ever thought, "Wouldn't it be really cool to be able to do [insert dream job here]?" It's usually followed by your brain taunting you that you don't have enough education. What's stopping you? Not enough time? Wrong! With a little self-discipline, you can do night school and hold on to your day job. You can also work fewer hours if your job allows and go to school.

Too expensive? Nope. Financial aid is sweet and it's not hard [finding college money](#). And depending on how much you make now, you might qualify for all kinds of grants that you don't have to pay back. Assuming you will go the easiest route and go to school close to your home, you're already a state resident so it's cheaper there, plus you already have a job and an established life so you aren't digging too much of a financial hole. Right out of high school, you had a crappy job, no money, and transitional friends. You are much better suited both mentally and financially to do this right now.

Financial aid is a strange little system. You ask for money, and if you qualify, either the federal government or your state will guaranty you get a loan. Also, if you really qualify, both state and the feds give out "need grants." The great thing about this is that the older you are, the more you qualify for the grant money. Basically, anyone older than about 24 years old who hasn't gotten a degree is, statistically, very unlikely to get a degree. The government realizes this and does as much as it can to hook up the "older" students with some free finances. If you are significantly older than mid-twenties, there is even more assistance.

TOO DUMB FOR COLLEGE?

Nonsense! That's the whole purpose of college to take all the kids who didn't bother to learn squat in high school and give them a better foundation for the real world. Sure, they might still ask to see your transcripts from high school, but they don't scrutinize them as much if you've been out of school for a while. If you have absolutely no school and crap high school grades, there isn't a college in the country that will turn you down for Associate's Degree level classes.

You can also consider technical college. The great thing about technical college is that it teaches you skills that can directly help you get a job. Many of them have job placement services that hook you up with a job even before you graduate.

Colleges **love** older students! They are far more likely to take learning seriously. They are less likely to drop out mid-quarter and they get better grades. They are also far less likely to fall out of a balcony while beer-bonging or getting hospitalized from getting the dope shakes...

Either way, getting into college gets you a long way to building a better, more attractive you. If you feel like you're wasting your life right now, it might be the only option.

Fix Appearance Issues

Is there anything about your appearance you'd like to change? You can use this money to fix your teeth. The first thing that most actors take care of is their teeth. An awesome smile will bring the guys right to you just as a twisted, discolored, and gap-toothed smile will send them packing. Whitening, capping, or braces are all options depending on what your needs are. Many times insurance covers this, so you might not even have to dip into your money (but it's there).

Do your super thick glasses not work for you anymore? Laser eye surgery! No insurance for this one, so it will cost you around a couple grand. For some people this is the scariest thing they can imagine. Admittedly, messing with your sight is terrifying, but having had this done myself, let me join everyone else who's had it done by saying it was one of the best things I've ever done. Since I had it done in 2005, the technology has gotten even better. They run you through a pretty rigorous screening to make sure you are a good candidate for the surgery so the chances of a mishap are close to nothing. Even if you have really thick lenses and they can't fix you all the way, they can get you to the point where you can wear thinner, more stylish lenses. Being able to see after years of wearing glasses and countless hours of messing with contact lenses is a great feeling. Plus, you won't be hiding your beautiful face anymore.

COSMETIC SURGERY?

I was going to avoid this topic all together because a guy pushing boob jobs on people with image issues is a major problem with society today. The more women make themselves freakishly endowed, the more men will want that in their women. Plastic surgery has the capacity to teach us to never deal with diversity and to crave perfection at all costs. Not only is it a trap for women, it's a trap for the man dooming him to always condemn the woman he is with because all the girls on TV are stacked. It turns "love the one you're with" into "change the one you're with so you can love her."

Here is how I might approach it. If you truly have a loathing for something about the way you look, only then should you even consider it. If your looks prevent you from living the life you want, then...

If I may ask a little favor? *Go easy, please...?*

Going from no boobs to massive udders is a horrible idea. Talk to any woman with naturally large breasts and they will complain about back pain. All that extra weight is a terrible strain on your skin. You will find yourself going under the knife many times as gravity has its way with you. Go for a more natural look and not deal with the problems associated with excess. If you are getting a nose job, endeavor to keep the same "theme" with your new nose. By changing your looks completely, you run the risk of altering all the unique things about you that are already there.

Think of the children! What? With the advent of plastic surgery, humankind (more specifically, Americankind) is doomed to get uglier and uglier with each generation. All those flaws you hide with surgery will still get passed on to your children. By getting that nosejob, you have doomed your child to the same self-loathing because she will most likely get the big-nose gene too. She will look at her beautiful mother and always think she is ugly by comparison. I know it's silly to think about humanity, but spend a quick second to ponder what you are passing along when you finally meet the perfect guy and have kids.

Quit Your Soul-Crushing Job

That's right. If your job brings you nothing but soul-sucking heartache, get out of there! Nothing makes you less attractive than having a job so bad, it makes you complain about it non-stop. What do most of your daily conversations consist of? Pretty much what happened at work that day. If you come home day after day and bitch to your boyfriend how much of a jerk your boss is or what that bitch in accounting said to you or just how uninspired your job makes you feel, you boyfriend will start to think you have nothing to do but complain. It kills romance faster than farting.

No matter how you add it up, your job is a big part of who you are. You spend the bulk of your life in one place. That is why, "What do you do?" is one of the first things that new people ask you. Do you have something cool to say when it comes to your occupation? Does it embarrass you to say what you really do for a living? Do you have to make excuses for working at Arby's?

Then quit your job!

It would be irresponsible of me to suggest you just go into work, flip off your boss, call the girl in accounting an evil bitch and high five the underlings on the way out. **FIRST**, find yourself another job. Depending on where you live, this might not be such a great prospect. If you're in a small town, your choices aren't as vast if you live in a city. But replace the job you have first before you go on your tirade.

It's probably not a great idea to do a tirade anyways. You might need the reference.

Find yourself a better job, one that inspires you. Look for something you will feel proud to tell whomever asks you. You have so many more options than your parents did. In their generation, you pick what you're gonna do for a living, get a job, work there your entire life, and retire to get your crappy gold watch. Nowadays, you have infinitely more options what to do for a profession.

Have you worked somewhere for a long time? Here's another great reason to roll out: **salary compaction**. What the? What it means is that if you are in a skilled trade, your company would have to pay more to hire someone who knows as much as you. After working at a place a long time, your raises generally don't measure up to what the industry is currently paying for your position. That's right, that dude that just got hired under you might be making more than you are. Ouch...

You don't have to quit your accounting job to go work at a llama farm. Find a similar company that will love you more and pay you what you are worth. Obviously, the grass is always greener. You could get yourself in a similar situation (or worse). Change might be all you need to get your groove back and make yourself way more attractive in the process.

The Importance of Happiness

THE ALLURE OF A HAPPY PERSON

On your quest on how to find happiness, you have been looking for it to magically show up with the next great guy who happens into your life. Happiness is something that **only you** have control over. Sure, cute guys do a damn good job making you feel great about yourself, *but only up to a point*.

You seem to be hitting this point over and over again at the same point you lose that “magic feeling” of a great new relationship. Basically, once the honeymoon is over... it's **all over!** That's a pretty hard way to go through life.

What might be the sticking point here is that you show up to a relationship with **everything** you already need: your happy little self! The moment you find yourself relying on someone else to fulfill your emotional needs, is the moment you start to suffer.

The Definition of Happiness

There is a dictionary term, but in the relationship world, suffering is when you expect your lover to complete you. In a perfect world, he has all those qualities you wish you had, a cute butt, a great job with a huge house, dimples, and an encyclopedic knowledge of great wines and fascinating subjects. He's an avid skydiver and part-time cowboy...

In the real world, he has his own set of problems and shortcomings. He might even be waiting for you to make him be happy. People you love have their own free will to do whatever they wish and many of those things are not what you want them to be.

When it comes to how to be happy in your relationships, acceptance and compromise are at the top of the list. You simply have to let your love be exactly who they are going to be. If the person they *really are* is not that interesting, or mean, ignorant, and disrespectful, it's time to pack up and leave, sister!

To put it plainly, **people never change!** You can't spend one minute waiting for him to become more attentive, smarter, driven or even better looking. If your man's negatives outweigh the positives, there's not much more you can do but leave or suffer.

So if he's a great guy and he's doing all the great things that make up an ideal boyfriend, why are you still not happy? Once again, he can't bring you *real* happiness no matter what he does. Happiness is the one thing you have complete control over.

First off, we need to remove those thoughts that are telling you whatever you're doing now isn't making you happy. Think of it this way: if there is something you do over and over or feel compelled to do that isn't making you happy, why is that? You might say that it's learned behavior and your stupid brain is stuck in a pattern. That could very well be true. OR this thing you do **might actually make you happy** in spite of what society, your teachers, your mom, your friends, your priest, or the kid who sells you newspapers has told you to believe.

Wait a second, you mean the things I do that I *think* are making me miserable are actually making me happy?!! That, also, could very well be true. If you really want to get past all of your troubles, you need to check out [Panic Away](#). If you read through this book, you'll find how highly I recommend this system. What it does is train your mind to think in ways that actually help you instead of making you feel worse about yourself. What better way to learn how to be happy than to **unlearn** all those thoughts that are keeping you from feeling good?

If you've been plagued by feeling unhappy in your relationships or with your life in general, now is the time to do something about it! If you really want to be happy, this system works wonders.

Do something to be Happy

Waiting around for something to happen to give you that happy feeling might work sometimes, but come on, do you really want to spend the rest of your life anxiously waiting for *something to happen*?

You have to actually follow your dreams to be happy! Scientists have actually found that "happy chemicals" are released in your brain whenever you accomplish your goals. Start researching that one thing you've always wanted to do. What's stopping you? Is it money? If you want something bad enough, you will find a way to finance it. Student loans are always available. Maybe you can get a grant if you look hard enough. If what you want to do can somehow help humanity, there's bound to be someone out there who wants to help pay for it.

Just the idea of getting on the internet and checking out the first steps in doing something new is pretty exhilarating! Want to learn an instrument? Check out some websites for beginners online and get inspired to start this process. Massive action is what gets you the things you want in this world. And all of that starts with the very first step.

Be Happy About Yourself

It's hard to feel happy about your life when you don't feel good about yourself. Then DO SOMETHING ABOUT IT! There are a million ways out there for you to feel good about yourself. Since the world is pretty much forcing this down your throat, let's start with what we know and start with the outside and work our way in. You don't have to look very hard to find all the products and services you need to look better. In fact, you can [cure your acne](#) , [fix your excessive hair loss](#) , [get better skin](#), or maybe even [lighten your skin](#) (if that makes you feel sexier) and get yourself out there!

The reality is that if there is something you don't like about yourself, someone, somewhere has figured out a way to fix it. What if it's your body that's bringing you down? Then it's a matter of changing your perspective.

Confidence is the best step towards happiness regardless of what all the fluffy pictures on Facebook are telling you. If you absolutely need something fixed to start this whole process, don't feel guilty about what society tells you about it.

What about My Relationships?

If you haven't already figured it out yet, *having a man in your life is not going to magically make you happy!* True happiness comes from an unstoppable feeling that you are worthy of love. An awesome relationship will do tons to help you feel good about yourself, but you can't find the perfect guy without having a little "perfect" going on in yourself first.

That is why this is the first step to being irresistible. No one in the world is sitting alone thinking, "I really wish I had a grumpy girlfriend to make me feel whole." People find happiness captivating! Work on you and how to be happy and that one great relationship will fall right into your lap. I promise!

Section 5:

The Importance of Looking Good

**“In Italy, even the policemen
look like they've just come off a catwalk.
One I found, standing on a rostrum
in the middle of a Roman square,
was immaculate,
as was his routine.**

**Each wave of the hand, each toot of the whistle
and each twist of the body was Pans People perfect.
Never mind that the traffic was completely ignoring
him, he looked good, and that's what mattered.**

**Looking good in Italy
is even more important
than looking where you're going.”**

~Jeremy Clarkson, *Motorworld*

The Myth about Appearances

Let's face it. All humans can appreciate or at least recognize beauty. The basic instinct in all of us is to find a mate to create children who have the best chance of survival. Men are much more compelled by external looks than women. Some have speculated that this is because if he has a child with an unhealthy woman, he will have to take on more responsibility to care for the child. This extra responsibility would take away from his task of hunting for food for the family. You can imagine how this spirals into failure.

Evolutionary reasons aside, we all have our certain "type." There is no possible way to predict how your attraction map is formed. The reality is that there are certain things a man can do or a certain look that will always get you going.

Let's consider this a little more.

Have you ever met a guy that reminded you of a sexy ex-boyfriend and were instantly attracted? This guy might not even come close to your ex, but there is that certain something that makes you *drawn* to him. Or maybe you smell cologne on him that reminds you of something you used to love.

The possibilities are endless on how this might go down, but the fact remains that this dude who might or might not be an interesting person in his own right is benefiting from some obscure space of your attraction map.

Let's go a little further. Let's say you chose to start talking to this guy based on this strange attraction. You might even start dating him only to question why you got involved with such a dork in the first place. It's because of that certain thing about him that reminded you of whatever. Are you starting to see how what you are inherently attracted to can cloud your judgment?

The awesome thing is that men have this exact same mechanism! You can get in under his radar by tickling something in his subconscious. Knowing exactly what it is would be pretty much impossible, BUT you can raise your odds by emulating the general appearance of attractive people. That whole "no second chance for a first impression" thing is undeniably true. But let's say that that first impression includes a memory of a hottie from his past...

Does My Butt Look Big?

Wrong question. If you've read *The DaVinci Code*, there was a pretty elaborate explanation of the "Divine Number" or Phi (pronounced: "fee"). This is represented by the number 1.618. Like Pi, the number stretches out to infinity after the decimal and also like Pi, this number has some pretty amazing properties. I'll try to explain without dorking out too much. What this number represents is that in a perfect specimen, the proportions of the body are all percentages of the whole. What percentage? Phi. In fact, mathematicians have determined that not only is the body proportioned with the Divine Number, but so is the face, the hands, a perfect set of teeth all the way down to your body temperature and heartbeat! Even your DNA follows this number.

So what does this have to do with your bottom? Everything. Scientists have determined that men are genetically attracted to women who display a waist to hip ratio between 60 to 70%. What this means is that your hips should be wider than your midsection. Essentially this is our born intuition looking for Phi. The reason behind this is that women with this ratio are proven to be the most fertile and therefore, the most desirable. Our reptile minds are adding this up without us even thinking about your fertility. Somehow, we know what we like. What does this mean to you? Big butts are perfect as long as the waistline is smaller than your butt.

There you have it. Proportion is sexy, not size. In fact, if you go back through history and look at all the Miss America winners back from the fifties, you might at first notice that they are way more voluptuous than the winners of today. However, their body ratios are exactly the same. Can you guess the winning number? Phi...

Victorian women understood this. Actually, women got this all the way up until about the fifties. Women would wear all kinds of horrific devices to give them the perfect (if not exaggerated) hourglass shape. Now am I actually proposing the use of corsets? It's a new millennium for crissakes! Nope. But I am offering you as many options as I can come up with to give you an advantage. Besides, most men (as well as women) find some of the wacky old-fashioned ways of doing things sexy.

Either way, the point of this chapter was to point out, it's not butt size that is crucial. It's belly size in relation to the butt that makes more of a difference. AND the smaller your belly is in relation to your butt the more you wordlessly talk right to the attraction centers of a man's brain.

What Does Your Clothing Say?

What you wear communicates what clan you belong to. Are you the corporate girl, the sports girl, the hippy girl, the goth girl, the student, etc.? Although many studies have proven that clothing has little bearing on attraction in men, what you wear indicates to him if you share the same tribe or a tribe that's accessible to his "kind." A business guy might be intimidated to approach a goth girl. The college guy might not go for the businesswoman. Here is an area where having a clear picture on what kind of a guy you are looking for should dictate your actions. If you're sick of dating drywallers and want someone a little more white-collar, the first step is to emulate their girlfriends and wives in how they present themselves.

No matter what, most women need some better clothes across the board. If this is not you, keep reading anyways, you might get an inspiration.

Step one. Go get yourself some \$200 designer jeans. Let's pause and let that soak in. \$200 jeans...

What does that mean? Why do I need to spend \$200 on one piece of clothing if you say that men don't care what I wear anyways? The goal here is to make your ass and legs look fabulous. Have you ever seen a guy turn to check out a woman's ass? We are giving him a reason, moreover, a reason to be impressed. People in general tend to buy clothing because it looks good to them, but does it really look good on? Expensive clothing comes (or should come) much more tailored to hold your goods in the optimal places. The goal here is to wear clothing that **accentuates** your figure, not *exaggerates*.

\$200 jeans...

Go take a look through your wardrobe. Pull things out one at a time and ask yourself, "What does this communicate?" Even if you are a jeans and sweats girl, there are jeans and sweats that can make you look inviting and sophisticated and the rest just make you look like a slob. Does your wardrobe make you look like a bargain shopper or a seductress? Are all of your clothes essentially different versions of the same theme? Do they define you specifically or do they all tell a different story about who you are? Does any one piece or pieces stand out and make you unique? Can you see yourself wearing any of this when you are out with your ideal guy?

\$200 jeans...

If any part of your wardrobe makes you look *dummy*, makes you look fat, makes you look un-sexual or anti-sensual, makes you look boring, get rid of it! Clothing should make you look great, makes you feel great, not like you're mourning the closing of K-Mart. I am not suggesting that you only keep your slutty club wear, but just consider how your clothing automatically makes someone form an opinion of you. Does a certain shirt make you look bulgy? Do you have pants that give you flat-butt? If they don't make you look better, **they don't belong in your house.**

\$200 jeans...

Most decisions on attractiveness are made in the human mind within about .7 seconds. Before your conscious mind has even had a thought, your unconscious has already made about 20 decisions. Having great clothing makes a few of those unconscious decisions go in your favor. Besides, even though most guys aren't incredibly vain creatures, they are when it comes to the women on their arms. The better you look, the better it makes them feel, the better social standing it gets them, and the more they can quietly or blatantly brag to their friends. One of the roles of the perfect girlfriend is to function as arm candy.

\$200 jeans... OK, OK, shut up about it!

Now that we've established the value of designer clothing, allow me let some of you off the hook. The jeans do not *have to* cost 200 bucks. They should, however, make you look awesome. End of story. You can get them on sale. You can get them at an outlet store. You can borrow them from your friends. Just get something that makes you feel confident when you wear it. Once you find the perfect pair, get all the measurements and buy them cheap on eBay. Stop asking, "Does this make my butt look big?" instead ask, "Does it make my butt look *good*?" Big and good could be the same thing. An ideal rump is well-rounded and high, not flat and low. If you don't come to the table with such genetics, your clothing better make it happen and it will if you search in the right places.

What I'm really trying to establish here is that phenomenal clothing that makes YOU look phenomenal can cost as much as appliances. This is just the world we live in. If you are serious about finding a mate who *gets it*, this is a necessary step.

What to do with the Wardrobe

So now you have a stack of clothing that fall into the frumpy pile. What do you do? If they are nice, take them to a consignment store. You can take a store credit and get something nice. If the clothes aren't consignment quality, take them to the thrift store and donate them. Keep in mind; you can buy some **awesome** clothes at a thrift store. People gain or lose weight, people move and can't take everything, people die and their expensive clothing ends up on the racks. It doesn't happen all the time, but I've seen Dolce & Gabbana and Yves St. Laurent dresses at the local Goodwill. With a little creativity, you can put together a stunning \$20 outfit.

What About your Boobs?

Step two. What's the deal with your bra? If you agree that a lot of guys are booby obsessed, you need to examine this area. No matter what your breasts look like, there is a bra to make them look **great** under clothing. Your boobs shouldn't spill out over the top. They shouldn't be too far apart or too close together. Your bra shouldn't squish your boobs into looking weird and shouldn't cut too deeply into your skin. Obviously, all women are working with various sizes, but I promise: a great bra can do the trick. A great bra fitting will make **ALL** the difference. Breasts should look round and symmetrical. Beyond that, accentuate what you have. The best

information I've found on this subject is on the [Silkies](#) website. You owe it to some of your best assets to make them look perfect!

Look at your breasts in a bra and t-shirt. Is there a bulge where your breasts are falling over the top? Do they look low or flattened? Are they properly spaced? Do they look natural or do they look like you have a couple bulgy red peppers in there? The best way to get this under control is to go to a nicer department store to the undergarments section and ask for help. Don't be embarrassed to ask. They are actually there to measure you and get you fitted into something perfect. Listen to what the clerk is saying because you'll need to do this on your own for buying other bras. Keep in mind, depending on your cup size, some bras can get quite elaborate and therefore quite expensive. It's money well spent if you can roll out of there with the rack of a goddess. Also keep in mind that the size you think you are might not even be close to the size you actually are.

There are all kind of "utilitarian bras out there: ones that lift and separate, ones that push everything up. The truth is even if you think your breasts defy explanation, someone, somewhere has made a bra to make that look hot too.

What about cup size? It's not that big a deal. Obviously there are guys completely fixated on huge breasts and there is nothing you can do about that. These same guys tend to be completely obsessed with the size of their penis also. The reality is that you could have the breasts of a little boy and if you are cool enough, it won't really matter. Men getting worked up about breast size is essentially as silly as women getting worked up about guys being over 6 feet tall... Did I say that?

Tips on Style

So we have your butt and boobs looking fantastic, what's next? The rest of this is all on your style, but here are a few key points. A boring wardrobe can be invigorated by just a few nice pieces. You don't need a whole closet full of Givenchy. You should have a pair or two of nice jeans, a couple nice tops, shoes with heels, and a really cool jacket and mix in your regular stuff with it. Some guys might find this tacky, but unless you are looking to date a self-professed metrosexual or a gay guy, it doesn't matter what they think.

Look through style magazines and take note of the photo shoots with clothing that speaks to you. Most magazines will list the designer and price. If it's out of your range, can you find something close? My friend, Tammy goes to the fabric store and then takes the fabric and the picture to her seamstress in Chinatown who makes something close. It's beautiful and it's tailored to her. It's brilliant!

A Blasphemous Look at Shoes

I'm going to go outside of conventional wisdom here and say something many people (including my friends) might find a little shocking. Shoes aren't that big a deal. In fact, I might go as far as to say that unless a guy is a foot fetishist, guys don't look at that at all. Exceptions are when you have dangerously high heels, really sexy shoes, or really bizarre or oversized shoes. Oh no, I might be inclined to say that men could give a crap about what handbag you carry. That's right, I said it.

Obviously, there are tons of exceptions to this. In general your accessories might register as being part of a fashionable package, but unless these accessories are eye-popping cool, sexy or strange, they aren't as important as you have been led to believe.

If this little revelation just fried a few circuits, put the book down and take a personal moment...

The reason I am going against everything I know about fashion and telling you this is because I think your money is better spent elsewhere on your wardrobe. If you don't have a lot to spend to get started, you might be tempted to go with what they say on "Sex in the City" and spend it all on things that don't make as big an impact as a really flattering dress.

Stop dressing to impress other women and start dressing to attract a man. Most guys will not know the name brand of anything you are wearing, but they will notice when it makes you look stunning. A pair of \$600 shoes will not cover up the fact you are wearing dollar store pants.

If you have an unlimited supply of cash to spend on clothing, by all means, go for the shoe and bag collection. If you aren't in the money, follow this simple notion: the bigger the area you are covering, the more money you should spend there.

Sexy Hair

What's with your hair? Is it short or long? Is it thin or full? Do you tease it all up or is it straight? Who cares?

What I want you to think about instead is do you have a **youthful haircut**? Have you seen your same style on old ladies? Have you had the same hairstyle since the 90's... the 80's... *the 70's*? Does it frame your face and make you look good? Is it a style you can replicate on your own or do you need help?

Before we go any further, I want you to consider one thing: have you ever noticed that most cheerleaders, diva actresses, pornstars, and the hotties in your hometown all have long hair? *Men love long hair*. They want their woman to be feminine and well kempt. Granted, there are tons of guys that like short hair and every other style in between, but to reach a broader range of guys, long hair is a good thing to consider. You can chop it short as soon as you've bagged a guy who says he prefers it short.

So you've taken a long look at your hair and you've decided you're ready for something new. Something cute that just screams "Look at me!" What to do now? I understand that suggesting going to a new stylist could mean the equivalent of stabbing a good friend in the back, but we need a fresh perspective here. Your old stylist knows your comfort zone and will not help you to step out of it. You need to start over! Go to a higher end salon in your town and ask for something great. Look at hairstyle mags and find the style you can pull off with your length, type, and body of hair. When the cutting is all done and it's time to put everything in place, ask the stylist it describe what she is doing and give you pointers on how you can achieve the same results consistently. Pay attention to the products she is putting in your hair and if you can afford it, buy some while you're there. Please keep in mind, a whole color, cut, curl session could cost well over \$100 depending on where you live. But that first compliment from that cute guy will make it all worth it.

A new, **great** hairstyle does magic for your self-esteem as well as making you more attractive to the opposite sex. It's possible everyone loves your new style but you. Stick with it as long as you are getting the right kind of compliments, it will grow on you. I promise.

WARNING: If your hairstyle has a name other than being named after a **CURRENT** actress or musician who is working on a TV show or in movies, **GET RID OF IT!** Styles like "the mullet" or "the claw" or any other themed hairstyle are not called that because people love them so much, they are making fun of you! If your stylist has allowed you to have bad hair for extended periods of time, **never** go back there!

Keeping Hair Healthy

Now on to hair care. Stop buying the crappy bargain shampoo. If your hair feels lifeless and dull and it still feels that way after using the shampoo that the commercial said would fix that, stop using that one too. Many salons sell great shampoos with all kinds of natural ingredients. It would be impossible for me to recommend one line since everyone's hair is different. I can, however, recommend you buy the smallest bottle and try many different brands until you find the one that's perfect for you.

Use conditioner! Stringy or poofy hair (unless it is done in a deliberate manner) indicates that you don't really care what you look like or you're sick or you just woke up which communicates you aren't currently looking for a mate or you're a slob. You won't get approached in either situation. Do what you can in all aspects of your life to appear available. There is no better way than by looking your best.

Feed your hair! Shampoo is a cleaner and conditioner is more of a softener, but are you actually adding vitamins to your hair? [Nisim International](#) has a great fortified amino formula that works so well, it actually helps your hair grow up to 45% faster. If it can do that, you bet it can make your hair healthier and **thicker** as well. Are you experiencing [female hair loss](#)? You owe it to yourself to check out this 5-minute video...

Do you color your hair? Beware: many home hair treatments are chemical based and are damaging your hair. Does your hair look dull or brassy after the dye job? You might consider spending more for your hair color or have it professionally done. Stay away from really bizarre color combos unless that's truly the look you are going for. Things like dark hair with platinum highlights make you look a little comical. Highlights are just that. They give the illusion of sun reflecting off your hair. When you take this to extremes, you're missing the point.

Don't Forget the Lashes

Super-sexy secret: Did you ever notice all those girls in close-up face shots have such long and luscious eyelashes? Aren't they awesome to look at? It pulls all the attention right up to the eyes. Unfortunately, hardly any of us were born with such instant beauty devices (including most of those models). The secret is fake eyelashes or falsies. You can pick these up at just about any makeup store, or even drug stores that sell makeup. The styles range from understated to all-out drag queen bizarre. Although I always gravitate to the wackier ones, the more natural ones can do WONDERS for your looks especially if you've never used them before.

Eyelash application requires a little dexterity and some patience so if you're truly new at falsies get a makeup professional to teach you how it's done. You will need a set of lashes and the glue. All high end makeup counters sell the glue and some lashes come as a kit with lashes, glue, and a weird plastic applicator thing. I've never been able to get the plastic tongs to work so it might just be easier to wing it. Go easy on the glue! You might (temporarily) glue your eyes shut if you use too much. Don't worry though, the glue is very pliable and comes apart easily. The best part is that if you care for the lashes, they can be reused indefinitely.

Dealing with Body/Facial Hair

Some girls are embarrassed by how much hair they grow. Of course, there are guys that dig this sort of thing, but generally guys prefer only other guys to have the mustaches. If you're one of the girls who's spent her whole life shaving, waxing, creaming, burning and ripping hair out, please allow me to **change your whole world!** The [TRIA Beauty](#) is a home laser hair removal system. That's right! Now you can do PERMANENT hair removal treatments from home for roughly the same price as a couple treatments.

I've seen this thing in action and it's cool!

The way that laser hair removal works is by zapping the follicle. After each treatment, the hair grows back finer and softer until eventually it's gone. Each pulse feels like a warm rubber band snapping on your skin and the skin feels fine almost immediately or if you crank up the power settings, the sensation will go away within an hour or two.

Beyond its hair removal properties, the TRIA actually repairs acne scarring by stimulating the lower levels of the skin! If you had bad skin, you can actually fix it! I can't tell you how sweet this little device is. If you have hair or scars, prepare to live without them...

The Perfect Makeup

Ideally you look flawless without any makeup: luscious, full, red lips, rosy cheeks and an overall healthy glow to the skin on your face. From what we all already know, this is total crap. Some women spend hours on their makeup covering blemishes, accentuating desirable traits, and downplaying shortcomings. In the end, the man never seems to notice. Maybe makeup is just a waste of time.

Never.

If anything, even poorly done makeup shows effort. It communicates to the man that you are trying to look better in search of a mate. Let's say you're the natural kind of girl. You usually wear covering clothing and never wear makeup. This is perfectly cool and there is absolutely nothing wrong with it. However, you might have already noticed, the dating game is really slow for you. You can get a guy to respond to you, but only after a billion signals of interest. The reason is your day-to-day outward appearance is one of casual coolness—which in the realm of dating is the same as disinterest. Are you communicating sexuality?

Makeup is perhaps, one of the best ways to make yourself better looking. *It's also one of the easiest things to screw up.* The key to great makeup is subtlety. Your color palette should complement your natural skin color as well as your current hair color. I say current hair color because the current colors you use now will look totally different if you go from blonde hair to red. Darker hair colors might be complimented by a darker palette of eye shadow and all of this depends on the base color of your skin which changes with the seasons and your exposure to the sun.

Whew! If guys ever sat and thought about all the variables that go into making you hot, they would never again complain that you take too long to get ready. If you are a no-makeup kind of girl, this might have just sent your head spinning. Before we lose you completely, let's examine the basic reason for makeup. It covers imperfections and blemishes and draws attention to your beautiful eyes and lips. Eyes on just about every creature on earth are miniature works of art. And yes, they are *windows into your soul*, et cetera, et cetera... Having a great guy staring deep into your eyes is a great thing not to mention a very sensual experience. Short of taking a black felt pen and drawing arrows on your face pointing to the eyes, your only other option is makeup.

Even if you have been applying makeup since you were eight years old, it doesn't mean you are doing it **effectively**. I hate to tell you this, girls, but some of you look like sideshow freaks.

The first rule, if you don't listen to any other pointers, is that your face has to be the same color as your neck. If your base is too light, you start to look like a mime. A more common mistake is to have a face darker than your neck. It makes you look like a clown or even worse, some laboratory experiment gone wrong. If you are always in makeup, you have to realize that your makeup gets lighter as your skin lightens throughout the winter. For people who live in areas that have sun year-round, this might not be so much of a problem. But for you up north, you will have to have a couple different shades of base in your arsenal.

The second mistake is that you might use too much or unflattering colors. I know, fashion magazines often show women with big, bold makeup, but there aren't too many women with the perfect skin tone to pull off orange eyeliner. Yes, it's fun to dress up and look different, but for now, we're only talking about daily makeup. Your daily makeup should only accomplish what I explained above: cover blemishes and draw attention to the sexy parts of your face.

A great example of makeup done wrong is the character of "Vesper" in the James Bond movie, *Casino Royale* played by Eva Green. In the scenes of her in the casino with her fabulous dress on, she has dark eye makeup and bright red lipstick on. She looks great. However, there is a scene where James Bond hands her that dress inside her bathroom where she has "no" makeup on and she looks stunning. More isn't always better. The reason she looks worse in the dark makeup is because she has very deep-set eyes. Putting dark makeup on her makes her look like a raccoon. And the red lipstick? It doesn't match the rest of the color palette and is distracting. What if she had kept the red but in a bit darker, more purple tone to match the dress and eye shadow?

Make no mistake, great makeup is great art and your face is the canvas. Would you rather look like a baroque painting or a "Cathy" cartoon?

Day Makeup vs. Night Makeup

We have a day look. We also need a night look. Yes, a completely different makeup style than what you do every day for nightlife and special occasions. Really, the only reason for this is to make you look different than what he sees every day. The brain is wired to mostly notice differences. This gives him a reason to notice the differences and make compliments if he's prone to that type of behavior. Even if he doesn't say anything, believe me he notices and appreciates it.

The purpose of the night look is ***pure sex appeal***. Here is your chance to go for more. All of the things I said were bad go out the window EXCEPT the face and neck matching. If you're good at what you do and you have a bigger set of makeup, you can change this look up as much as you are skilled to do. I will humbly request not to go completely thick on the makeup. If you have large pores or bad skin, a pound of makeup might make you look good from far away, but makes you look a little weird up close.

Once again, the goal here is to avoid looking like a hooker. A good judgment on how elaborate you can go with the makeup should be based on what you are wearing. If you have jeans and a cute top on, you might need to tone down the night look a little.

So now I've confused you about what is possible with the whole makeup thing; it all comes back to what kind of attention are you looking for. Trashy looking makeup might have its place in some clubs and in the hopes to attract a certain type of guy. Nevertheless, it may intimidate the kind of guy you are actually looking for. Does your "look" fit into his lifestyle? Can he bring you to a dinner at his boss's house looking like that?

Here is what I recommend for everyone reading this book even if you think you have the makeup thing locked up. Go to the makeup counter and schedule a makeup appointment. These are generally in the upscale department stores in any mall. Personally, I try to use the MAC makeup line for all of my photography, but the artists from any makeup line will have some great ideas. On the day of your appointment, come there with a clean face and just your base makeup on (if nothing at all). Ask for a good day-to-day look and have him or her describe how everything is done. Repeat this for a good night look too. You can even go to a makeup counter before you go out on a date. Not only that, you can go to several different makeup counters and get great tips from all of them. The great part is that it is a free service provided by most of them knowing that you be buying product afterwards.

Can I ask you a favor? All the people I send you to are paid to do their jobs, but for the most part, this is a free service. Makeup artists are technically not supposed to accept tips. If one does an exceptional job on you and teaches you how to do it yourself, think about slipping them a tip. If they plain refuse to take your tip, offer to buy them a coffee or something else.

Your Beautiful Body

Make no mistake, the closer your body is to being completely in shape, the bigger your dating pool gets and the higher the quality of man you will attract. Of course, “quality” is an arbitrary idea. So for the sake of this section, let’s define it: a quality guy has a car, a job, an education, and doesn’t live with his mom. He also has social skills, bathes regularly, and isn’t considered ugly by a majority of society. That is not to say there aren’t quality guys who love women with a little (to a lot) of meat on their bones.

The further you get from in shape, the more *specialized* of a taste you become. Basically, the dude has to be into big women from the get go. You will never be able to bag a man who doesn’t have this taste already in him. So how do you get the guy who’s not down with the pounds? Lose weight.

Simple, right? As I’m sure you already know, **it is so f**king hard to lose weight!** There are so many factors stacked up against you. Billions of dollars are thrown around every year to tempt and un-educate you to live unhealthy. On top of that, you have the bad examples set by your friends and parents. You learn early that if you want something, you can have it. It takes less than ten minutes to drive into a fast food joint and score some really tasty food. To top it all off, there are thousands of diets promising all kinds of miracles. When you actually do make some headway towards getting in shape, something always happens to derail you.

It is so hard to get in shape only if you allow yourself to get derailed.

So here comes the question... What's worse: being fat, or being lonely? How many more times will you be a booty call for some dude that could care less about you? How many more times will you feel the embarrassment of letting a guy know you are in to him only for him to call you fat? It's great to be "Large and in charge," but it's better to not have your looks negatively define you.

Recently, the American Institute for Cancer Research and the Britain-based World Cancer Research Fund determined that obesity and many of the habits linked to weight gain also are factors contributing to increased risk of cancer. Karen Collins from the AICR explains, "Extra weight is not dead weight," she said. "It's an active metabolic tissue that produces substances that promote the development of cancer."

That's pretty scary.

I know that there have been many advances in overweight acceptance, but that doesn't mean that everyone will love you for who you are. Of course, the very first step in self-improvement is accepting yourself and defining your problem areas. Perhaps you don't know where to start or maybe you go from one fad diet to the next and they all ultimately make you feel helpless.

Let's start with something simple: NO MORE DIETS. Sure, diets give you some results in a very short time frame, but once you are off that diet, the weight seems to go right back to where it was. What we are looking for here is a permanent way to make you healthy and it's much simpler than you think. There are little things you can start with right away that get you to your goals.

- Stop using salt. Take your table salt shaker and put it in the cupboard. You can cook with salt per the recipe and eat foods that have salt in them, but stop shaking salt on your food before you eat it. After doing this for a month or so, you'll wonder why you always did in the first place.
- Eat an apple **before** every meal. The apple takes up room that your meal would otherwise occupy. You'll eat less off your plate and get the benefit of three servings of fruit a day. Change it up! There are many different varieties of apples, buy and try them all.
- No processed meats. Any time an animal ends up in a blender, you are eating unhealthy. The meat isn't the bad part, it's all the chemicals they dump in so it will retain its shape and shelf-life. If you can see the grain and marbling of the flesh, you are good to go.
- Define your ideal weight. Be reasonable here. Notice I didn't say perfect weight. If you live a sedentary lifestyle, it will be very difficult to get down to 115 pounds. Think back to a time when you were at a decent body shape and size for an extended period of time. This is your goal. You can shoot for something better only after you made it to your benchmark.
- Throw away your bathroom scale. If you are the type of person who checks their weight all the time or their portfolio or emails, you are slowly driving yourself insane. Nothing is better than a cursory look of your body every once in a while. As you get more active, you are building muscle mass. Muscle weighs much more than fat so you could be losing fat, but still gaining weight. The important goal here is to look and feel better as well as look sexy to that guy over there. There is no specific weight limit for that.
- 30 minutes of activity per day. C'mon, people generally watch TV eight times longer

than that. Get out and do something! If you are a TV junkie, you can go for a walk or a jog in the half hour that you usually waste watching reruns between your favorite shows.

- Join a sport. Get on a team. Find a scheduled group activity that you can do daily. Compete. Think of something that appeals to you that you won't feel like you are torturing yourself to get out and do. What if you choose something really interesting? I've never gone on a date with a girl who's into fencing...
- Don't try to fix your weaknesses, focus on your strengths. If you are doing everything else right, but can't get past your obsession with... say... chocolate, find a healthier chocolate! Getting in shape is not about agony. If you are having fun with it, you have a much better chance of making your weight loss permanent. This is not about a stopgap fix; this is about creating a lifestyle.
- Don't eat anything at least three hours before you go to sleep. Going to sleep with a stomach full of food not only leads to problems like heartburn, you are also giving that food nowhere else to go but straight into fat. If you are a midnight snacker, learn to wean yourself off of the late night goodies. You can also stock your cupboard with single-serve healthy snacks.
- Avoid "white food." Things like white flour, salt, sugar, milk, rice and potatoes are all packed with complex carbohydrates. These also stimulate insulin make you crave more sugars and sweets. This does not eliminate wheat flour, soy products, and brown rice. If you have a question, all you need to really ask is, "Is it white?"
- Go to your doctor and get a physical. You might have the beginning stages of Adult Onset Diabetes or a thyroid problem or any other number of issues that are preventing you from real health. Make sure one of the pros tells you there aren't any other issues to you getting in shape.

Of course there are hundreds of other brilliant pieces of advice to getting in better shape, but the only one that really matters is that you have fun with it. Pick a few healthy ideas that sound appealing to you and go with them. The more stringent you get and the more it consumes your thoughts, *the more likely you are to fail*. If you promise yourself to just be more conscious about your food and your activities, better shape will magically happen. Granted, the easier items usually provide the slowest weight loss, but if you couple any of these ideas with regular activity, you are well on the road to a better physique.

Automate Your Diet

Diets do a whole bunch of telling us what to do. Does *anybody* like being told what to do? They say you have to eat all protein. They say you have to eat a bunch of cabbage. They say you have to boost metabolism by eating a bunch of cayenne pepper. Blah blah blah.

After a week of eating only meat or only cabbage, you'll be ready to freak out and will have completely diminished any weight loss motivation you might have had. This brings us to automating this part.

Do you know how many calories you need per day? Do you know what that looks like? The problem with most diets is that it will tell you how many nutrients are in broccoli, but it never really lets you know that you can switch it up with asparagus or many other similar veggies. Or it might be helpful to know that you can substitute certain kinds of pork with that boring serving of chicken you have been eating every single day.

What if you could know all of the equivalencies of similar foods? What if you could do that for over 13 THOUSAND different foods? Do you think you would get sick of your "diet" then? Do you think you could turn this into a lifestyle instead of the next weight loss roller coaster ride?

There is an amazing bit of software called [Meal Plans 101](#) that allows you to pick the foods you want to eat and build a weight loss plan around that. It's so simple and intuitive that it becomes a habit way before you have a chance to get sick of it.

The magic of automating what you eat is that *you stop obsessing over what you are going to eat next*. Eating then becomes a function of living and not something that rules over you.

Above all, if you are a failed chronic dieter, you need to resist that urge to lose all your weight right away. Getting in shape takes time. Set your goals small and maintainable. Celebrate when you reach each goal and then set a new one.

WARNING: Although getting in better shape is something you need to get handled in your life, DO NOT put off going out and finding a man until you are svelte. You need to work on your cool chick skills and there is no other way to do that than by getting out there and meeting guys in person and interacting with them. There is absolutely nothing that you need to work on first in order to socialize.

Stay open to everything. Any rehab-type program will tell you that you should avoid any serious relationship for at least a year after going through serious changes. This is pretty awesome advice. Although we're not dealing with kicking a heroin addiction or something like that, we are talking about a fundamental change in the way you approach life and love. As you get more and more proficient at all of the aspects of this book, the caliber of man you can attract increases exponentially. You might find someone who is good *enough* a week after you finish this book. You don't have to run away screaming, but you also don't need to dig your claws in and hold on for dear life. YOU don't have to settle for mediocrity any more.

Don't let any guy sidetrack your journey to becoming remarkable. If you do find a fella that has it all, by all means, get to know him. You can even love him, but keep some space in there for you to keep learning. You are on your journey. Besides, putting distance between yourself and anyone who digs you will only make them crave you more. You are on a mission here. Success in the way you see and feel about yourself and learning to make yourself appealing to everyone is the true goal here. When you have that locked in, dealing with a love will be effortless.

The more you learn how to properly handle any situation, the more you distance yourself from bad habits and relationship killing behavior, the better looking you get through all the advice in this and other chapters, the better the man who will come into your life. They have always been there, but you've just never had the opportunity to show them how irresistible you are.

Don't tell yourself any excuses to get started. You can't wait until you lose ten pounds or until you start your new job or after your birthday, or until you learn how to yodel. There is nothing that prevents you from getting out there TODAY and finding yourself.

Drinks Have Calories

Now I really mess with your head... Stop drinking those extra-large super-sugary coffee drinks. Did you know that a 16 oz. Java Chip Frappuccino® Blended Coffee with whipped cream has 460 calories, 19 grams of fat and 55 grams of sugar? That's the small size! Every one of those equals a complete meal. A simple 16 oz. Mocha has around 300 calories whereas a normal cup of drip coffee has only 5 calories. If you need your fix, switch to the regular stuff.

The sodas, energy drinks, and even many of the "healthy teas" are all packed with sugar. To top it all off, anything you drink doesn't give you that full feeling so you still feel hungry after your calorie-packed-ultra-power drink. Perhaps it's time to get back to your roots and start drinking water again...

Thoughts on Getting in Shape

This has got to be the part of this book where you hit delete. If I wasn't already an active person, being told to get in shape would piss me off. *I know that I need to get in shape.* I also know that I don't have time for it or maybe my lifestyle doesn't really allow for me to be that active.

The magical thing about these statements is that it only takes 20 minutes out of your day to do some kind of activity. And to top it off: the worse shape you're in, the better results you'll get from **any kind** of physical activity.

A healthy diet is only about 20% of weight loss. The rest comes from physical activity. You don't need to get out and run a marathon. You don't need to lift weights until you look like an Ultimate Warrior. You *do* need to get out of the house.

Find an activity that you enjoy and join a team. There are groups in your city right now that get together and play tennis or go swimming or even walk around the park for an hour every day.

So what's keeping you from being active and getting in shape? Think of all the reasons why you just can't do it and write them down. You don't have the proper gear? Go out and buy some shoes. Embarrassed about how you look? There are many "women only" gyms popping up all over the place. Join one of them and get started.

There are millions of reasons you tell yourself not to do anything. If you conquer each little problem separately and systematically, you'll find you ran out of excuses and now you have to get out of the house.

If you just don't have the patience, the time, or the dedication, or maybe even a downright fear of working out, then think of this. All men (all humans for that matter) are attracted *most* to healthy people. We can't help it. Our genes want us to reproduce with whomever can give us the most superior children. If you are sick of being lonely or just sick of the quality of men you seem to attract: the better you look and the healthier you are, the higher you can climb that ladder. Don't let your fears get in the way of you finding love with a great man.

Don't give up on Your Workout Routine

So you've taken care of all the "issues" that are keeping you from getting out there and getting in shape. You found an activity or a workout that seems to be doing the trick. You've got more energy and you are starting to see a difference in the shapeliness of your body.

and then BOOM!

You reach a certain point where all of those gains seem to slow down. The visible signs you are getting in shape aren't so pronounced. You start to get discouraged. You start to get bored with the same workout every day and slowly... you stop going to the gym. You make excuses why you "just don't have the energy to work out" or you had a hard day at work so you decide to treat yourself with some good, old fashioned sloth.

A couple weeks pass and you are back to sitting at home watching TV, consumed by the guilt you had before. This time it's worse. **You were actually making progress!** Now you can feel the weight slowly filling back in.

Don't let this be you!

This time you are committed to getting in shape no matter what. There is a great man out there waiting for you to hit the peak of your self-confidence and then he'll roll in *and scoop you up!* This is how these things work!

So how do you get past the hump and truly commit to making fitness a permanent lifestyle change? It's not a failure to admit you need help. What are your options? You can just power through those feelings of discouragement. You can get a personal trainer. They can get expensive, but remember, you are making a promise to get healthy and this is a great investment in your life. Or you can do what I do. I use the **iTRAIN** workout system. This is the same workout system Courtney Cox, Sarah Silverman, and many other stars use to help keep them motivated.

To use the iTRAIN system, all you need to do is download one of their over 200 MP3 workout files, put them on your iPod or other portable device and follow along. You can get whole workout routines or you can download them one at a time so it doesn't break the bank. This program is **awesome** and it makes working out way more interesting. The best part is that you can save 10% on All The Right Moves workout videos from [iTRAIN](#) when you use code: TRAIN10. This is a great step towards getting in shape that you will really enjoy!

Working out doesn't have to be miserable. The best part about it is that after you do it for a few weeks, it becomes just another thing you do. You start to look at it indifferently. Without thinking, you're strapping on your sneakers and you're off.

Procrastination and Willpower

The next giant step in weight loss motivation is actually doing something about the problem with willpower. As explained earlier, we all have what is called a "triune brain." What that means is that there are three different parts of our brain: the "lizard brain" which is basically all of your instincts. Lust, hunger, desire, and safety are some of the functions here. The next is the "monkey brain" or the emotional side. This takes care of love and fear among many others. The last part is our human or rational brain. This is where all the higher reasoning comes from.

Have you ever wondered how you are such a smart person, yet you don't even have enough weight loss motivation to even lose 10 pounds for longer than a month? You chow down a bag of Doritos feeling guilty the entire time...

Much of this ravenous desire stems from our caveman days. Back then, you ate when there was food. If the tribe killed a mastodon, you had to eat the whole thing fast. There were no refrigerators and you had no idea the next time a kill would happen. So our instinctual brain tells us, "There's still food on your plate... Don't know when we'll eat again, buddy!" Even though your rational brain knows you can eat whenever and wherever you want.

Your rational brain can't figure out why it can't stop eating so it rationalizes it to appease the emotional part of your brain, "I did a great job on that report today so I really deserve to eat this tub of caramel ice cream."

The cycle only continues until the next time you hit a low point and make a resolution (a definite one this time) and get some serious weight loss motivation. That is until something seriously decadent plops on your plate. All bets are off again. Now you feel guilty and decide to punish yourself with even more food.

It's a horrible way to live (but you don't need me to tell you that). So what are you gonna do? What makes this time different from all the others. What is going to give you some serious weight loss motivation?

This can only come from you.

HOW TO GET WILLPOWER: THE EASY WAY

The best weight loss motivation is kicking your lizard brain in the teeth and letting the rational brain take over. Add to that the monkey brain that's sick of feeling so badly about yourself all the time and you've got yourself some **resolve!**

Resolve doesn't just happen because you say it does. You need to dig deep into your psyche and do a little psychological warfare on the instinctual part of your brain.

And given how I absolutely love to make this process a no-brainer, I'm going to point you to another piece of fabulous software: [The ACTION Machine](#) is like having your own little valet to remind you of all the things you need to do during the day. Not only will it crush your procrastination, you can make sure it trains you to learn *how to eat* so your body never feels hungry.

You can also have it remind you to plan your meals on **Meal Plans 101!**

Appearances: Things to Avoid

**“I don't mind making jokes,
but I don't want to look like one.”**

~Marilyn Monroe

There are so many things you can do to make yourself more appealing, but there are even more ways you can mess simple attraction up. Here is a very small list of things you need to consider when you leave the house. Keep in mind, these aren't those fashion runway "what not to wear" cat-fests. Most of the things that you think might not be OK to wear, the truth is, most guys don't really care. So here's a list of stuff from a purely attraction standpoint.

Bad Posture

Look in the mirror. You can look ten pounds lighter just by standing up as straight as you can. Hold your head high and your shoulders back. Suck in that tummy and elongate your torso. Beyond hiding your less flattering areas, doing this also makes you look elegant and graceful. Even when sitting, elongating and sitting forward with your back straight will make you look perfect.

Understandably, having great posture takes a little effort, but if done often enough, you'll find yourself doing it automatically without even thinking.

Fashion Mishaps

Besides “Visual panty lines” or VPL (which men don't mind at all), avoid most fashion faux pas that someone has bothered to assign a name. To be completely frank, we don't really care about the rest of them either.

If you have a great body, ANYTHING that draws attention to it accomplishes the goal. If your body is less than fit, take a look at what you're wearing. Most fashion is created with only the tallest and tiniest of waifs in mind, just because tight fitting, midriff-bearing, tank tops might come into style doesn't mean that it is a style fit for you. At best, you might look a little trashy, at worst; you look like a prostitute circus act. You can commit to the latest styles but ONLY if it accentuates your figure and doesn't make you look lumpy or bulgy. Take a look at pictures of actresses from the black and white era. Even the bigger ones had sleek straight lines to their figures. Look for styles and fabrics that enhance imperfections. Isn't the whole point of attracting a mate putting your best features forward?

Not all the latest styles are fit for your body type. Even girl with a killer body, only she's really short, can make a stunning dress look comical. There are three types of attention you'll receive from men: the first is genuine interest from a guy that thinks you look classy enough to keep around, the other is the 2 in the morning, drunken desperate bootycall. The last is complete indifference. The way you dress, groom and present yourself will dictate which category you end up in.

What about your panties? If you are fit or have very little fat on you, thongs or small bottoms will look great. Otherwise, stick with more supportive underwear especially if you are wearing a fabric that shows off every bump and dimple. Underwear should fit like skin and not be too tight as to make you look like your spilling out of them.

While we're on the subject, if you are larger, avoid colors like pink or orange unless you want the correlation of pig or pumpkin. Think about what each item in your wardrobe is saying. Is the unflattering shirt with the tiny floral print saying that you are looking for a quality mate? Do the holiday themed embroidered sweaters communicate that you are sexy or someone's grandmother? At the very least, your clothing should indicate that you are not a child or crazy or boring. Would you date a guy wearing a shirt portraying a Japanese anime character or video game? He feels the same way about your Garfield t-shirt. The exception to this might be a cartoon creature that somehow is considered cool or retro.

Clothing Should Accentuate

Decide if there are areas that you want to hide and wear the right kind of clothing for this. For example, if you want to hide big thighs, a miniskirt is not a good option. Go for a flowing skirt that lies below the knees. If you're hiding a little belly then skin tight tank tops or boleros are going to draw attention to that area. With the help of supportive undies and a tunic, you'll flatter this area nicely.

Are you the girl that likes to wear shiny, sparkly clothing? Never wear anything shiny over an area you are trying to downplay.

Black. You can never go wrong with black. It is a very forgiving color and hides all your topography quite nicely. Always have a few great black pieces in your wardrobe ready to go. If you decide to go the all-black route, make sure they are the same shade of black. There are bluish blacks, brownish blacks, reddish blacks. The only real way to tell for sure is to walk out into the sun. If you are only wearing outfits with different shades of black at night, no worries. Also, if you aren't going for the gothic look, add color to the outfit with accessories.

Black is a difficult color to keep new looking. Eventually, black clothing fades towards gray making your wardrobe look older than it might be. Always wash black in cold water with mild detergent or hand washing might be better. Hang your clothes to dry as much as possible. The dryer beats the hell out of fabric.

What Does Your Place Say About You?

Look around you. Does the place you live in represent who you are? Is it saying the right thing to the fellas? If you live alone, then your entire place is making statements about you. If you have roommates then your room has to do all the talking.

Where you live and how you decorate and accessorize your surroundings says a lot about you. It's also a way of communicating what you want a man to know about you.

The way you live is an indication of how he will have to live too *IF* you become serious. In the same way that you may need to feel comfortable in your surroundings, he will too. Granted, it might be to a bit lesser extent than you may need.

An important factor to consider is that after a while, the person with the more comfortable house will experience way more sleepovers. If you're the kind of person who needs to be with all of your stuff, then it is crucial that you have a more accommodating nest.

Just Clean Enough

Are you a slob or a clean freak? The goal here is to not swing too far in either direction. Even a guy with his manly grubbiness can get grossed out. I'm not saying it's a bad thing being sloppy. Some people have much more important things going on in their lives than their dirty dishes. You should, at the very least, adhere to things like food safety and take your garbage out. An apartment covered in laundry is completely different than one stinking of rotting food and flies. Even if he has no plans of having children, his genes will be screaming at him that you are a bad candidate for a mate and he'll somehow die of Legionnaire's Disease.

I don't suggest that you magically turn into a well-organized neatnik. What you might consider is a maid. Seriously! Getting a maid to come to your house a couple times a month is surprisingly cheaper than you might think.

At the other end of the spectrum is the ultra-neat freak. Is everything in your place *just so*? Exactly how you want it? Can a man get comfortable there, or will he be afraid to sit down? Do you have those plastic seat covers on all the seats? A really tidy place is not as good as you think. On one hand, everyone can appreciate cleanliness, but going too far might communicate you have Obsessive Compulsive Disorder or you're crazy. For the purpose of this book, **it does not convey sexuality**. Women who truly despise clutter and disorder tend to have the same opinion about the inherent messiness of sex. This is the least sexy thing you can ever portray to a man!

In either situation, this might be a clear indicator why the men you date don't stick around for too long. They can't get comfortable in either situation. What's better? The somewhat true myth is that messy women are great in bed but a professional man would prefer someone who keeps a nice house. It really doesn't matter. Be who you are, but if you let things go to extremes, endeavor to try a little harder or work a little less as the case may be.

My friend, Melissa, is a notorious clutter queen. She just never brings a guy to her place. For now, it seems to work out fine, but it might work against her if she finds herself in a serious relationship...

A Well Decorated House

Beyond the order/disarray of your pad, let's look at what you have in there. Is it decorated along some theme or is it decorated at all? Does it show that you have impeccable taste or a deep love of music? Maybe your artistic talents? Does it indicate your intelligence or love of travel? Does it show your sensuality or is it stark and minimal? Does it say anything?

What about your books and music collection? Music is a big thing to most people. Do you only listen to one type of music or do you have an eclectic mix? Do you think it will be appealing to the guy who's looking through it right now? Maybe on the first date he said he hates country music. You never told him you have a few country faves in your collection. Are they laying out where he can see them? I'm not saying you should throw them away, but if country is not a very big deal to you, wait for a later time to leak this information. If you are a truck-driving-cowboy-hat-sporting cowgirl, then maybe he's not going to be a good match for you. The trick here is to not change your likes to suit who you are with. Figure out what he hates and determine how important this is in your life. If you **can't** live without it, you **can** live without him. If it's only something you fancy, he'll just have to find out about it eventually and accept it because the rest of you is completely irresistible!

Look at your bookshelf. Is it full of books that men would never find interesting? Worse yet, is it full of books that make you look smart but you have never read them? Your library says a lot about who you are. Consider what that message really is.

The bathroom... What's up with your bathroom? Clean and tidy or scattered with skin and hair products? Neither one is bad, just consider this: not that he ever will, but if he moved in tomorrow, is there room for him to put his toothbrush and shaving gear? Men never think about these things, but somewhere deep down, he is thinking about *territory*. Maybe create a little space in that bathroom that might give him **the hope of territory** however slim.

In fact, every part of your pad should have the air of accommodation. He should subconsciously be able to sense there is a space for him there. I know I'm really jumping the gun here, but everyone comes with their own stuff. One day you might decide to live together. Is there room for any of his stuff if he moved in with you? If you make room, he will come...

Now into your bedroom. The sacred den where dreams come true. No? Mainly, let's focus on the bed. Let's just say if the bed is not comfy and can accommodate two people to sleep on, get rid of it. It doesn't really matter if it's just a mattress on the floor. It better not be caved in and painful to sleep on. If you have a crap bed, this should be on the top of your list to spend self-improvement money on. Even if the thought of a sleepover appalls you, what are you doing sleeping on something that makes you miserable? Get rid of it!

Personally, I don't think you can ever go wrong with one of those "marshmallow beds." You know, the memory foam beds. You can pay upwards of \$15,000 for one of these, but really, memory foam is memory foam. You can grab one for about \$400-\$600 from Costco or Sam's Club. Not a member? You can order one from Amazon and if you're a prime member, shipping is free.

I have seen well-appointed, color-matched beds fit for a queen and I've seen beds fit for the dump. A great bed is impressive to anyone. Strive to create a bed that people would want to spend their entire weekend in.

Is the bed covered with pillows? Covered with dolls? The pillow hoarding beds are tolerable but promise to be a pain in the ass down the road. If it takes twenty minutes to make the bed every morning and you insist on making it every morning, eventually this is going to piss a guy off. Not only that, a passionate moment could be ruined with pillow removal prep time. A bed covered in dolls is **off-limits**. That's right, no way. *You are no longer a child*. It's not sexual. It's not sensual. It's... pretty freaking creepy and smacks of the beginning of a bad girl-kills-guy horror movie. Put your dolls away. I'm not saying it's wrong to have a doll collection; they just have no place on the bed. One is OK, but it better have some deep sentimental meaning.

****Advanced technique**** Even if you are not a robe wearing kind of girl. Get a robe. Get two robes especially if you live with roommates. They can (and probably should) be girly robes, but one should be big enough a guy can fit into it without showing too much when sitting down. You don't want it to look like you have a guy's robe handy because he'll wonder about another guy or think you might be bringing tons of guys home.

The idea of lounging all morning in your robes as you drink coffee while he makes breakfast in a kimono is pretty enticing, huh? The more luxurious they are, the less likely you two will make it back into clothing.

In all, your home is your manifesto on what kind of a girlfriend you will be. Think about what terms you want that manifesto to be interpreted. What underlying messages are you conveying with the stuff in your house? Does it show you are girly or dominant, sensual or asexual, smart or dull? Does it feel like you really live there or more like you are perpetually on the verge of moving? This is a great opportunity to silently say all of those things about yourself that you never can out loud. A well-placed set of (matching) sexy underwear drying on the shower curtain says way more than a devious look...

Create Your Nest

Why do I always have to sleep at his place? What's wrong with mine? When a couple starts dating and they sleep at each other's place, it tends to be the most well-appointed place. If it is your goal to make your abode the default choice, then you have to make him perfectly welcome.

One of the best ways to make sure you provide the primary residence is to have the better bed. As mentioned before, if you have a really awesome bed, he'll never create a fuss to sleepover. Also, stock your house with food, drinks, and other necessities. Remember that one friend from grade school whose mom always had the best of everything. You would sleepover at that house in a heartbeat. What about that other girl who's family wasn't quite as well off? Which house would you prefer to go to? Consider this when you are building your nest.

Are you currently looking for a new place? Imagine how you will spend time there with your new boyfriend. Is there convenient parking if a second car spends the night? Will he get ticketed at 7am or will his car get broken into? In some cities, this is the ultimate deal-breaker. If you will be living with roommates, are the bedrooms close together in case they might hear some "activity?" Is the bathroom convenient to your room and will he get woken up from your roommate peeing in the early morning hours? How loud is it outside? Are you living right next to a train track or semi-truck loading facility? Are there noisy people living above or below you? Before getting any new place, it's vital you see in both in the daytime AND at night when all the neighbors are home.

To become the queen of sleepovers, you don't have to have the best, most-expensive place you can get, it just has to be a little bit better than your boyfriend's. It has to have more convenience and as many of the things he loves.

I'm not saying you open up a drawer for him to put his socks in just yet (unless you've been together for a while). Instead, there should be similar amenities as you might find at his place. For example, when you buy a toothbrush, try to get them in the value packs so he will have one when he needs it. Buy the more generic razors (not the pink, girly ones) so he will have something to shave with. By now you would have been to his place. Get a few things that he eats for your cupboards. Even if he's a health nut and you're not, try to buy a few organic items especially things like soymilk and organic cereal. If he ever leaves socks or underwear over there, clean it and have it ready if he ever needs it. Don't make a big deal out of it. When he says, "Oh crap. I forgot to bring my..." you will have one ready for him.

You might even consider buying him a cool t-shirt or something and not ever give it to him. That one day when he needs a clean shirt, you call pull it out and tell him you got it as an upcoming holiday present, but he can have it now. How cool is that? You were awesome enough to think about him and bought him a present, but now he will feel compelled to get you something cool for Groundhog Day too!

Do you have pets? Does your place look or smell like you have pets? If you want a cat and a boyfriend, you better be especially attentive to the litter box. Make sure there isn't hair and cat litter grit all over the floors. If your cat or dog sleeps on your bed, that better be a well groomed and pleasant smelling animal. What is your pet's disposition? If your dog growls at every guy who comes around, these guys are definitely not going to spend the night that often. Could it be that your ferocious attack cat is keeping you dateless? Hmmm.

Build your nest exactly how you want it, but always consider how sleepover friendly it is.

SECTION 6:

The Irresistible Dater

**“The world is little,
people are little,
human life is little.
There is only one big thing
—desire.”**

~Willa Cather, *The Song of the Lark*

How to Date: a Smart Girl's Guide

For the sake of this guide, when I talk about dating, I'm referring to the first 15 to 20 times you hang out with the same guy or until one of you blows it and drops the "I love you" bomb. We'll get to that part later.

As I said earlier, we are looking to change the whole expectations surrounding these dates. The beginning of any relationship is always the scariest part. Since you still don't really know this person well, you're tormented by how everything you say will be interpreted. You're worried if he's judging your imperfections. You're preoccupied whether or not he keeps his house clean or if he loves his mom a little *too* much. No wonder so many people are so down on dating. The little details can be overwhelming.

The more you think of how lucky you are to be dating such a good guy, the more you get scared of messing it up. Women tend to get so stuck in their own minds that they forget to just have a good time.

Let me tell you a secret. *Men are way worse than you.*

While girls like my friend, Allison, are worrying about that ever-present run in every pair of nylons she owns, I promise you the guy is going through a huge list of his physical appearance that he's embarrassed you'll discover.

Once again, men are visual creatures and are uncontrollably fixated on your looks and their own. He's worrying if you can notice his bald spot or when his athlete's foot is going to heal up. He's afraid that you'll notice that his abs aren't fireman calendar ripped. He's terrified that he doesn't make enough money and once you find out, you're gone. He's desperately trying to impress you enough to see you naked. He shudders at what you will do when you see that his fishing tackle isn't as grand as what he has seen in certain movies. He could even be struggling to hold in bad gas (but we've probably all had to face that one at one time or another).

The reality of this little dance is that both people are secretly crapping themselves on how they are measuring up. The part where you are freaking out about the burgeoning zit growing out the side of your nose is the same part where he's preoccupied with the size of his belly. Sure, he might notice something like a zit, but in his mind it's no comparison to his problems.

Be Present on Your Dates

Settle down. Take a deep breath and **focus on the right now**. Obviously, this guy is here. He didn't go bolting out of the room when he saw your imperfections and now he's quaintly sitting across from you waiting for you to do something to distract him from his own self-loathing.

You should be seeking nothing more than not embarrassing yourself and being cool enough to get to the next date especially before you bring sex into the equation.

Make no mistake; the purpose of these first few interactions is more of a job screening process than anything. Does he meet your minimum requirements? Will he do well at the job of making you happy? Can he commit the amount of attention you will be needing? Does he bring some easily recognizable skills to the table that makes him a better candidate for the position than the other guys? Does his resume match what you see in person, i.e. is he trying too hard to impress you with status and money when he is obviously lacking in other areas? Is he trying too hard in general? If humor is an important quality you seek, is he actually funny or is the guy laughing at his own bad jokes?

Understand that you did everything you could about how you look leading up to this date. You have that part locked in and there is nothing else you can do about it. Now all you need is to be charming. Don't forget why you're there. You are trying to see if he's good enough for you. Get outside of your head and into his. Remember to be funny and charming, but be present.

No More "One-at-a-Time"

I will say many times that dating is best when done in bulk. The more people you hang out with on a personal level, the more you will discover what you don't want. Conversely, the more ready you'll be when the perfect guy comes around. All of that first date tension, all of the standard mishaps and questions will all have been managed by this point. Your irresistible poise will be ingrained.

Most women find a cute enough guy who's cool enough, spend a few months with him only to discover he has some pretty big issues that make them incompatible. They throw away three months of their lives (which is time enough to start feeling love) on a dude that never would have worked out anyway.

When you date several people at once (*note: date doesn't necessarily mean sleep with*), you have *options*. Not only do you get an active social life, you also get to see how many different guys can romance you. You get to comparison shop and find out what you like about each guy. In essence, you get to pick the best one!

The old days of waiting for the other shoe to drop and discover your new boyfriend's hidden secret are gone. If one guy "exposes himself" as a weirdo... bye! "I'm going over to Steve's house." What seeing many different guys does is that it takes away that scarcity feeling that encouraged you to buy a whole bunch of books (including this one). You'll never have to think, "Well that was weird. In fact, it really upset me... but I love him and have to make it work." You have *other options*! You don't have to accept the crappy things about your guy because there is another guy without a major character flaw who's ready to take you out **tonight**.

If you take away anything from this book, this is it: when you are dating—date as many people as you can. The purpose with dating en masse is as much to find a great guy to settle down with as it is for you to get social and gain confidence.

I'm going to say this right now. If you have been out of the dating scene for a while, don't start with a guy you really, really like. The first few dates are practice runs. Don't blow out the keepers early. By doing this, you are also able to ramp up some tension between you and a crush. If he knows you're out dating, he'll have time to worry.

You Are Completely in Charge

Believe it or not, you are in charge of the emotional direction the dates are heading. Most guys could live their whole lives without ever contemplating the finer points of love. They have no idea where they are headed with a woman beyond the overwhelming desire to sleep with her.

Let's simplify that even further. Studies have shown that a complete stranger is more likely to predict your next action than you are. This is true for both men and women. We simply don't put any thought into what will happen next. We make snap decisions based on random variables grounded in either the past or our vision of the future that rarely fit into right now.

Knowing this, you are now in charge of guiding this prospective plaything to see things a little more your way. How does that work? Believe it or not, through good old-fashioned child psychology. You can call it reverse psychology too. The way this works is that a child (especially when they are in their defiant stage) will want or do whatever is the complete opposite of what "authority" tells him. Basically, if you tell him fruits and vegetables are bad, he will most likely want them more.

So your fella is puttering through his life, following that gentle downhill slope and bumps into you. You both hit it off and hang out a little while. Judging by the fact you spend a whole bunch of time together, you have eyes on the future. By now, many women would lay in on more *serious* topics and lines of questioning that are a complete drag. "Where are we going with this? Do you have any feelings for me? What do you think about children? Will you come with me to meet my parents? I want you to throw away those pictures you have of your ex-girlfriends." The list of horrors could go on and on.

By your pushing any certain agenda, he is likely to resist especially since it wasn't his idea in the first place. You might think that by becoming increasingly lovey and clingy, he will start to see things your way and come over to your "Sound of Music" field where you both run at each other through the snapdragons and the nodding sorghum as the orchestra swells into a passionate tune matching the overwhelming love you share for each other... It could happen. Then again, the "Sound of Music" was released in 1965. The definition of passionate love has been rewritten a million times since then.

Guide Him to Making Good Decisions

Knowing that he probably doesn't know that he might be ready to settle down, you pretty much have to give him reason to ponder his intentions. He actually has to stop, think about how you make him feel, compare it to his history to see if he's had better, compare it to his future (are there any chicks in the wings that could do a better job?) and then decide that you must be the one. Once again, you are completely powerless on this decision other than all of the general awesomeness that you have shown him.

So what can you do to get him to think things your way? It all starts from the way you communicate from the very beginning. If you never speak your mind or call him on his crap, then you essentially have no voice.

It is essential to set the tone from the very beginning. Think of it this way, most likely you are two people who met each other randomly and decided each other is cute. Everything after that is **brand new** to the both of you. If you have always had problems asserting yourself in the past, he doesn't know that! Everything you show him about yourself is new information and if you are the girl who calls him out when he's being childish or selfish or creepy, then simply put, **you are that girl**. You owe it to yourself and your future love to be confident enough to get everything you've ever wanted.

When you set up rules and establish deal breakers from the very beginning (when he is MOST compliant), you are most likely to have those rules stick. That is huge so I will repeat it. If there is something you don't want or really need in a relationship, mention it early and he will probably follow your lead if he decides to like/love you. Once you've really gotten to know each other, he will have figured out your boundaries enough to know whether or not he *really* has to comply.

Set Boundaries Early

Let's give an example just so you can see it in action. What if your last boyfriend cheated on you and it devastated you horribly. So cheating has become the ultimate deal breaker for you. You simply have to tell the next guy (preferably after the first date or two), "I hate cheaters. If we decide to be exclusive and you think you ever might cheat on me, then you should leave now." Simple. Now he knows your boundary and he has a little time to contemplate his actions. Chances are, if you get to him early enough, he won't cheat on you. ***It really is that simple.***

Always Try Something Once

Keep an open mind when it comes to new experiences. My friend, Steve, loves to take first dates out to a gun range. He said there are women who flat-out refuse to take part and are disgusted that he would even offer. Your political views aside, if you have never done something and choose to despise it, how are you being true to your beliefs without finding out what the big deal is all about?

Keep in mind; in America (where Steve is suggesting this activity) guns are legal. He's not asking these women to do anything illegal. Plus with the added supervision and safety of being on a gun range, nearly all the dangers have been taken care of. The funny thing is that Steve isn't a gun nut or a hunter or National Rifle Association member. He doesn't own any guns and he's a rather vocal vegetarian. He takes his dates here to see if they can have fun in any situation. Will she go for it for the sake of having fun? Yes... a test! How many of these tests have you failed because you let your judgmental side take over?

Be open to "yes." Why are there so many things in your life that you'd like to do, but you say no when the opportunity presents itself? Make a commitment to say yes to one offer that is outside your comfort zone each week. Your comfort zone is only based on what you have experienced in the past. It has no real bearing on what you are *capable* of. When you get offers to do things that sound like fun, but it's something you've never done before, consider saying yes.

Yes is hard. No is easy. It would be simple to go through life saying no to everything and rolling up to your deathbed with a life of missed opportunities. Can you think of any times where you really should have said yes? Do you think your life would be different if had said yes? There is no doubt that your life would be different if you had just gone for it. The power of yes is infectious! Let's say you said yes to that trip to Paris. That would have given you a taste of all it has to offer and it will make you crave more experiences like that. That desire will make you say yes to the Australian cruise, which will make you say yes to any number of other fun things. If one of your goals is to become a much more interesting person, it all starts with **yes**.

I Hate Dating

In researching this book, I was surprised at how many women and men admitted to this same loathing. Here are some actual comments in no particular order:

- I feel like I'm talking too much, but I can't stop it.
- I get all excited about a guy and he never calls back.
- I'm kinda shy and don't feel comfortable opening up to new people.
- It feels like an endless job interview.
- Everything gets so awkward when it comes to the first kiss and getting intimate.
- I can't stop talking about my ex.
- It all feels so contrived. He's on his best behavior and I know I'm not being myself.
- Sometimes I feel like I'm stepping way outside of my comfort zone.
- Have you seen what's out there?!! I could just go to the zoo to get my share of wildlife.
- If I go on a date with one more loser, I'm going gay.
- His breath smelled like an open sewer. At the end of the night, he wanted to make out. Ewww!
- I honestly believe that there's a separate stupid part of my brain that takes over when I'm with someone I really like.
- I want to have sex, but I'm afraid he'll think I'm a slut and won't ever call me again.

- He was a really cool guy; I just couldn't get past X.

Yes, yes, and yes. All of these observations can be true in a lot of dating situations, but there are many common threads in all of these statements.

- **Many of these people feel like their floating.** No direction, getting pushed around by the tide. They know what they want: a loving, caring, fulfilling relationship with the best guy in the world. Yet, they just keep floating, constantly bumping into men with the same issues as them (or worse).
- **They expect the person in front of them will save them.** Many people feel they are living a much smaller life than they deserve. They shuffle through life expecting the mythical shining knight who will thunder in, pull them on to his heaving steed and whisk them away from all the disappointment that is their life.
- **They are fixating on the wrong things.** Through some gentle coercion, you can get someone to change their hairstyle or shave off their ugly mustache or dress more stylishly. People do have bad days that will seriously affect your impression of them. Although things like bad hygiene might indicate a chronic problem, you might consider a second chance if they were cool enough.
- **They are new or inexperienced with dating in general.** With the reading of this book and putting some serious effort into the exercises, you will build a confidence that will put you back in control.
- **They are too focused on the outcome.** By spending the entire date wondering if the guy would make a good father or if he snores, you are missing out on some serious fun time. Be present at your dates. If he's impressive, stop worrying about what he's thinking about you and focus instead on simply being impressive yourself.
- **They are trapped in the past.** Your ex-boyfriends or ex-husband no longer have control over you. Sure, it hurts to move on and truly admit that you failed in a previous relationship, but everyone should get their own chance. Maybe this guy doesn't compare to what's-his-name on many levels, but he probably exceeds your ex on levels that might really count for building and sustaining a great relationship.

Going Out on a Date

Whether you like to admit it or not, times have changed. The days of men planning and paying for the whole date are long gone. Out in the dating world, you will be expected to at least have an opinion as to where you two should meet and at least go dutch or pay for every other rendezvous.

In the very beginning, try to keep your interactions brief. Meet at a public place for coffee or dessert. Spending an entire night with someone you hardly know is a hit or miss proposition. If he's interesting, then you scored, but if he isn't... how much longer do you have to suffer?

The goal here is to end on a high note and leave him wanting more. In a 20 minute mini-date you can establish whether he's interesting enough to spend more time with, make up your mind about if he's worthy enough to consider sleeping with and be flirty enough to make him want to see you again.

Get in, get out. Even if you have nothing else to do for the rest of the day, have an excuse to take off after the meeting is done. It's always good to be in demand.

Well what if he's a really outstanding guy and wants to keep going? The great thing is that even though there are some rules to this game, you don't have to follow any of them! If you are getting a good feeling about this guy, then you can "make some more time" for him. Be cautious, though. Don't ever put yourself in a situation that puts you in danger just because you've been hit by cupid's arrow.

Plan a Few Dates

Every once in a while, you might also be required to plan a date. Actually even if he is an "always take charge" kind of guy, you should still think of something great you can do together. It shows that you are creative and really cool and like him enough to entertain him. Even the decision makers love to follow when expertly led.

The dates you plan should be outrageously fun. Take him to places he won't often go to or has never been before. Some suggestions might be the zoo or aquarium or maybe one of those cheesy fun parks if you have one in the area. Miniature golf? The whole idea is to be *different* here. How many guys have you ever heard brag about a date where a woman took him to a French restaurant? Now think of what he'd tell his friends if you took him go-cart racing or to a paintball course.

Doing things that involve a little friendly competition are great ideas. You get to interact on a much higher level and you get to engage his manly, primal urges which are quite sexy for a guy. You also get to see if he plays well. If, for example, he is ruthless or cruel during a friendly paintball match, this would be a pretty good indication of his true nature when it comes to more serious matters. If he has a blast, plays fair (or cheats in a humorous manner), or lets you win, then you know he'll be giving and loving in other ways too.

If you do take him out to a competitive event, the goal here is to not win and humiliate him in a very public manner. Say you go to play chess in the park and you are a raving genius at the game; DO NOT wipe the floors with him. If you hurt his ego, he probably won't want to hang out with you again.

Pay Attention

No matter who is leading who on the date, always pay attention to what's happening at all times.

Many people tend to turn off their filtering system especially when sex and sexuality is involved. Don't make this mistake. Remember that the things he does now that might peeve you off will be unbearable once the newness has faded.

Avoid dinner and a movie for the first few meetings. The goal with the first few dates is to get to know each other: to see if you both are compatible. You don't really get that from not talking to each other at dinner and then not talking to each other for an entire movie. Besides, do you really want to commit that much time with someone who turns out to be dull or just doesn't create that spark?

Keep Him on His Toes

You have no other goal during the first few times you two hang out than to be **unpredictable**. You absolutely must differentiate yourself from all the other girls in his life. Just as you are measuring him up to ex-boyfriends, he's doing the same thing to you. Your ultimate goal is to make all the girls in his past look like boring simpletons who didn't know the first thing about him. Of course, hitting this mark depends on the caliber of the former competition.

Keep things light and easy. Go along with anything that sounds like fun. Imagine that for these first few dates (even longer if you're up for it), you two are tourists in your city. Do all the stupid things available to tourists. If one of those people comes through the club selling individually packaged roses, buy *him* one.

"Where did you grow up? What do you do? How many brothers and sisters?" BORING! Avoid the resume questions until later dates. If he's not worth seeing again, then it's not worth knowing his life story. You should, however, ask tons of goofy questions; one's he's probably never heard before. "If humans had tails, what would yours look like? If you could have dinner with anyone living or dead, who would it be? If you could 'unknow' anything in your head, what would it be? If you could become rich off of one of your talents, what would it be? If you had to sleep with someone you hated in exchange for one thing, what would you ask for? If you could hold a world record for any one thing, what would it be?"

The more bizarre your questions, the more fun you both will have with this common dating ritual. On top of that, you might get some really interesting insight on the guy sitting across from you and he leaves the date thinking how unique and awesome you are. Be sure to add in some questions that are a bit more telling: “Do you like eyes or lips better? What dumb things that women do are absolute deal breakers for you? What do they do that you respect? If you could witness anyone’s life for a week like in the movie, “Being John Malkovich,” who would you choose?”

Ask Leading Questions

Ask questions that you can use later on. As long as you make them fun and pepper them in with the wackier questions, he won’t even notice the subtle grilling he’s getting. You can find out a lot about someone and not expose your intentions. For example: let’s say you really, really want kids, but you don’t want to scare him away by moving too fast. Instead of asking if he wants kids, you ask him what he would name his future kids. If he has an answer right away, he has thought about having kids. If he has to think about it or give any other type of answer, you might find out he’s not down for babies. Instead of asking him if he wants to get married, ask him if he could get married anywhere on the planet, where would it be? By noticing the timing, how he reacts, and what he says, you get a good idea where he stands on any number of topics. You also get to witness how romantic, compassionate, caring, imaginative and interesting he can be.

Get a [book of questions](#) and memorize your favorites. There is no better way to crawl into his mind and really get to know someone unless you have a bunch of great questions to ask him.

Your questions can also be a way for you to hint at your accomplishments without bragging. Keep in mind that any of the questions you ask can be posed back at you. If you want to say something impressive, it’s better to lead him into asking for it. You could ask him what musical instrument he’s always wanted to play. After he answers, he might ask you the same question. This is where you drop the fact that you used to play saxophone in a jazz band. It’s much more impressive when he has to ask then it is for you to work it into a conversation.

“If you could assassinate anyone alive today and never get caught, who would it be?”

You can get a sense of his political leanings, his attachment to TV and pop culture, the way he reacts with the people in his life, family issues, and get a little peek at his darker side when he answers this question. We jokingly consider murdering the people in our world whom we disagree with. He might answer with a political figure, his teacher, someone in his family, someone famous. It could be anyone, but you can figure out what he loathes with questions like these. If the answer is his ex-girlfriend or ex-wife, you might consider grabbing your purse and making a Scooby Doo dash for the front door.

Think of a few things you want to know about a prospective mate and come up with some wacky questions that might allow him to show his cards to you. Direct questions suck. They make you look boring and obvious. If you are asking him if he wants to get married, he automatically thinks you are commitment fixated and psychologically backs away.

Pay attention to his questions. He's asking things about you that he's also fixated on.

Talk as if You Know Him Already

Ask questions about the typical dating scenarios from the very beginning. Anything that starts with a "Why do guys..." is excellent.

- "Why do guys sleep with women the first night they meet them and think the women are whores?" "Why do guys obsess over football?"
- "Why do guys wear those horrible 'tighty whitey' underwear?"
- "Why do guys sleep with women they are completely not attracted to?"
- "Why do guys spend so much time playing video games?"

Think about the things that piss you off about guys and ask him point blank why they do these things. The awesome thing here is that you are both laughing about it and you aren't specifically referring to him. By confiding in him about these things, you are elevating him above his caveman brothers and giving him insight to the things that you don't look for in a man. Again, it is important to listen to what he's saying (especially to his body language). Perhaps you can't stand a man who plays video games all day. If he is a hardcore gamer and responds nervously—boom—you just exposed his flaw. You don't have to wait for ten more dates to find this out. OR... he might just give you such a convincing argument for gaming that you have to change your mind.

These are those tough questions that no one will ever ask because they are so invasive and have the possibility of scaring a man away. Since you never ask **why HE does these things**, he doesn't have to feel threatened and can make mental notes about the things he might have to hide or drop completely to be around you.

The wacky question game is fun and it really makes both of you think. Any time you can stimulate his intellectual side, his emotional side will follow. Plus you become unique in his mind since all the previous dates have been all about the standard resume questions. In fact, avoid ever asking the most obvious questions especially, "where do you work?" Most people define themselves by how they make their money. If he has a great job, it will be killing him that he hasn't had the opportunity to brag about it. If he has an awesome car, believe me, he's dying to mention it to you. Avoid that subject altogether (including the obligatory, "nice car") and he will be silently freaking out about it. Are you the first girl that ever got him so worked up? Perfect!

The things you say and question him about in those first few dates set the tone and direction for the rest of the possible relationship. Every man needs to know that you expect a certain level of quality in a man. Don't be afraid to set the bar high when you're

speaking to him. Suddenly, he's not sitting there judging what he doesn't like about you and now he has to compete to win your hand. I promise you, if he sucks, he will walk. If he has a chance, he will learn to crave you.

There is a brilliant marketing scheme in sales. The higher something is priced, the more the consumer elevates its value. Take a jar of pickles and charge a couple bucks for it, people will think of it as any other jar of pickles. Slap a fancier label on it with italic text on it and maybe add some Italian or French sounding words and all of a sudden, the same jar of pickles is gourmet. Your customers will now gladly pay eight bucks for it.

Would you rather go out on a date with four \$2 guys or one \$8 guy? How do you find the \$8 guy? Label yourself as gourmet. How do you do that? By appearing like you're worth the extra money and be demanding enough to not accept any less.

No one wants to feel like they are someone's second or third choice. If you set the bar high and then select him, he will feel that he is worth it too. You just paid him a serious compliment by "realizing his quality."

Playing the Game

If you are "sick of playing games" or "can't stand another player" or "tired of dating and just want something permanent," *you have already lost* and relegated yourself to the most boring guys out there. You will end up with a man who knows nothing about women and live the rest of your life as a real "desperate housewife," not one of the funny, sweet, cute ones with lots of interesting things happening daily to her either.

Make no mistake, all mammals, fish, birds, insects and otherwise have to do a little dance before they are selected for mating. **It is part of our genetic makeup to pick a mate that is the most successful at something!** If you don't learn to flirt and get good at it, you will only attract a mate that no one else wanted. All of these techniques and posturing have very specific triggers they set off in both man and women. Ramping up his natural attraction is inherently necessary in this whole process. If your goal is to hang on to this guy, then you have to play this game better than everyone else before you.

Tell that part of you who has no interest in playing games to lighten up. It is a necessary stage to the entire process. Not only that, it is also a permanent part of a solid relationship. For the record, let's define gaming: flirting, unpredictability, a fun mindset, confidence, and playful challenging. It does not include toying with his personal "issues" to get what you want, doing things to intentionally hurt or destroy him and his ego, using sex as currency or withholding it to make him pay and many other negative things.

If you're not keeping him on his toes with your flirty banter, if you're not calling him on his crap, if you're not making all non-serious conversations an opportunity to flirt, then you are damaging your reputation in his mind that you can be irresistible. We all love going to the movies because it portrays people who are so much more funny, sexy, complicated, and

compelling than we are. Seriously, why can't you act like that amazingly blithe starlet that makes all the fellas swoon? Why can't you leave him wanting more? All couples with amazing relationships that last very long times create their own "language" with each other. Your language can be direct and unsurprising OR it can be lively and mysterious and fun. Which way do you think you'll have a better rest-of-your-life with?

Play into His Base Desires

As I've said before, men are conquerors without a cause. There is nothing left in their lives to struggle against. There are no quests. There is no glory. You are the very last conquest. Do you choose to be a challenge and make him work for each level of escalated romance and physicality, or do you choose to be easy? Once again, **easy does not equal sleazy**. There is absolutely nothing wrong with sleeping with him on the first date, but he must leave that night feeling like he was trying to reel in a marlin. Be a playful challenge at every step of the game.

If you're Impressed, He Planned it

You can let him know that you're on to him. Listen to that little voice inside your head that makes the observations. Perhaps he does something really smooth that is destined to impress the pants off of you or "*the ladies*." Call him on it! Just make sure you are smiling and don't say it in a smarmy way, "Look at you, little Playa. That was smooth! What other moves do you have in your arsenal?" Or maybe, "wow! That was impressive! I bet you get laid a lot..." You might think that this is a bad idea and will scare him away. It actually has the opposite effect. Now he knows that you have some street smarts and he's going to have to bring his "A" game if he wants to take this any further.

Let's face it; in a man's mind, he believes most women are absolute suckers for romance. He might have figured his moves out on his own, or some locker room conversation has shown him the way. Either way, he has developed a pickup line that might work 40% of the time and he's feeling pretty confident about it. A more refined guy will see this as a gateway to developing himself into something irresistible to women. The average guy will revere his 40% line as a devastating nuclear missile that pops the panties off of all girls in range and use it on every girl he meets until the day he dies.

You might actually trip him up when you comment on his signature moves. Way to go, girl! Some guys only have one or two "silver bullets" in their back pocket and use them endlessly on woman after woman. When you let him know that you're a bit more sophisticated, you have automatically moved to the top of the list. The one who figured him out. He might be tripped up at the moment, but believe it, he will always think about you with respect after that.

For now, you have him scrambling to regain his cool. Pay attention to his responses when you **playfully** challenge him. If you really like this guy and you have him too rattled to continue, you'll have to do some damage control. Easy! All you need to do is touch him on the arm and tell him how cute he is. Any time you feel you've gone too far, you can always pull him back in with a warm touch and a compliment. At the end of it all, he will think he struggled victoriously to win your heart (even though you know different), but he will also have the respect of knowing that this little kitten has some claws.

"Is She Serious?"

The best place you can have any man when you are gaming him is when he's wondering if you are serious or not. You are suddenly the most intriguing woman he's ever met. Why? Because none of his charms hold power over you, but you're still there listening to what he has to say. You automatically assume the role of calm authority like more of a schoolteacher that pretty much has to sit there and listen. Even way before the Mary Kay Letourneau scandal, what guy *hasn't* had the hot for teacher fantasy?

If you don't already have this skill of challenging men, you need to work on it... and fast. Or maybe you think you are pretty good at it, but you still never get past the first date. You might be laying it on a little too strong. It's pretty easy to go way too far especially if you're dealing with a guy who's a bit more fragile. One easy trick to keep things fun is to always be a smartass **with a smile on your face**. If you ever challenge a man with a surly look on your face, he'll write you off as a bitch and then he's gone.

Take it Slow

Another common pitfall is getting serious or emotional way too early. The other day, my friends and I were talking about a girl one of them had met. She worked at a convenience store he went to every couple of days for coffee. Eventually he got up the courage to ask her out on a date. They went out, went back to her place and he left before things got too physical. He did sleep with her the next night after which she told him that she loved him.

Everyone who was close enough to hear his story stopped in shock followed by everyone muttering, "Whoa" in a low chorus of disbelief. You could actually sense everyone's hair standing up in fear.

Very, VERY bad idea.

Let's just say he had been flirting with her for a month or two so it's possible that she was developing feelings for him. We could even rationalize that by him not taking advantage of her the first night was a giant display of respect to her given her past experiences with scummier men. Let's even say it was the best sex she ever had in her entire life. Dropping the "L-bomb" on day two is an absolute no-no. Saying it in the first WEEK is still off limits.

If you really want to scare off a good guy, get way too serious way too fast. She didn't even need to say she liked him. The act of sex said enough.

What you basically are saying is that you are not a strong enough person on your own and need a relationship to define who you are. Spinelessness and desperation are ugly traits especially hidden under the guise of love.

The Myth of Submission

Most women have the mindset that challenging and being a smartass when they first start dating is a bad idea. Some of my more feisty friends will actually tone it down on those first few encounters. You are setting a bad precedent here. If you come off as all shy and demure, he's gonna freak out the first time you show your fierceness.

It's always best to be as much of you as you actually are. Wait a second... if you are always abrasive and it's not getting you the relationships you want, maybe it's time to consider lightening up a bit, but this has to be a **permanent** change in you. Otherwise, if you are prone to being *a little bit outside of normal*, that might be super attractive to a guy that's into that sort of thing.

People like knowing what they're in for in dating situations. If he's going to dump you because of your wackiness, isn't it best you get over with that right away? Or would you rather actually fall for him before you bust out your Super-Girl costume and send him packing at a time when it actually can hurt you? Basically, everyone has their own special "flavor." That is part of what makes you different from all the other girls out there. Don't hide your spice because you're embarrassed about it, rock it!

Sex and Dating: Uncomplicating the Complicated

There's a more comprehensive chapter in this book with sexy advice, but for now, let's just consider the when's and if's and especially your reputation...

There will be a point in the beginning of a relationship when you will consider giving it up. Scandalous, I know, but you will come to this bridge. Many women are terrified of this place. For the sake of argument, we will assume your religion doesn't forbid sex and there are no strange physical ailments or chastity belts preventing you from action. If you have these problems, read on anyways and get some common sense advice.

First off, **sex is not a big deal**. It's a great way to show someone how much you like, or want, or need them at any given point. You can sleep with a guy within the first few hours of knowing him. You can make him wait a month or two. These are modern times. You will not be forced to wear a scarlet letter or be thrown over a cliff for being a witch.

There is always the fear of being labeled a whore, but once again, this has everything to do with picking quality guys in the first place.

Let's say you are labeled a whore. The remedy for this depends on your age and location. Let's say you get a reputation and you're still in high school. There really isn't much you can do here (until you're 18 and handle things on your own). If you are on your own but you live in a small town, it's time to consider a move.

Moving?!! I don't have any advice on how to change society. Once you get labeled for whatever reason, the small-town gossip machine will keep every detail alive forever (we're going to work on how to not get labeled in the first place). If you are the slutty girl in a big city, who cares? Once you get over a certain population density, there is no possible way you can meet every guy in that town and there's even less possibility that you'll run into a guy who's *heard* of you.

I'm not saying all big-city girls are sluts and I'm not advising you to pack up, move to the big-time and be a prostitute. When people live in a town of say 4000 to 20,000 people, the bulk of people tend to know each other. You all went to school together and know just about everyone in your rival high school too. There's not a lot to do and the townies are restless. If you make it a habit of sleeping with weak boys who get all their status from who they've slept with, *you will be labeled*.

Before I get too deep into that, you think it would be the other way around. It accomplishes nothing for the man to vandalize a woman's character. Guys want to have sex, women want to have sex, but they make you feel bad about it—making it more difficult for them to get what they want. Pay attention to this when first meeting a guy. If he judges women for any reason (even if he's defaming a girl *you also* think is a slut), he might feel the same way about you if you let him in. This is all high school stuff anyways. Leave it there.

The simple fact is that all guys talk about who they're sleeping with just as you talk to your friends about it. The difference with men is that they may have the tendency to tell EVERYBODY even if you ended up slapping him in the face and leaving before any action started.

Don't Feed a Weak Man's Ego

You see there aren't any real dangers that can thin out the herd in modern society. You have to be really stupid or really unlucky to figure out a way to meet the reaper nowadays. Men are, by nature, conquerors, hunters, and providers. We rarely get to do any of these things outside of videogames. This ennui is growing. Again, the only thing we have left to conquer is... drum roll please... you guessed it: women.

So much of a man's identity is defined by how many and what caliber of woman he has slept with. Even more tragically, his worth is not classified by whether he satisfies each one or not. So many guys are caught up in this caveman behavior, it's important that you weed these guys out before they're given the chance to tarnish your name.

Actually, let's make a pact right here to not sleep with anyone who has a bad attitude towards women. You want to change society? Tell your friends. As I say in my book, "[The REAL Secrets of Sex](#)," Vote with your vagina!

When is it Time for Sex?

Back to sex. When is it OK to sleep with a guy? Honestly, it comes to your level of trust. How much can you trust this guy to be who he portrays himself? Even more importantly, how much can you trust YOUR intuition? If you have an endless string of guys leaving soon after sex and never calling back, you might have intuition problems here. You might have a flair for finding the sociopaths. You might have a deep-seated attraction to cavemen.

The truth is, today it doesn't matter. We've had our revolution, we've suffered through the backlash, and now sex is just a given. You and I both know that you already *know* in your mind whether or not that the guy walking up to you is "in" before he even opens his mouth. This is your raging genetics urging you to mate with a guy who will produce successful offspring. The trick here is to tell your genes to shut up and choose based on criteria that are best for you not just right now, but for the future too.

Let's say you meet a guy at a party. He's funny, he's well dressed, and he has a few of the traits that pop up on your list. He might be smooth enough to get you sexually excited enough that you go home with him. Breakfast is pleasant and you don't have that awkward feeling about having sex the night before because he's remarkably calm and easy about it. The only thing that remains to be seen is if he'll ever call you back.

There are so many factors that depend on this that predicting the outcome would be impossible. The awesome thing is that a whole bunch of those factors depend directly on you. Were you upbeat the whole time? Were you nice to him? Did you "play the game?" What I mean by this is—did you do your part to ramp up desire? Did you make him feel like he was working for this moment or did you fling off your clothes and flop on his bed with the same nonchalance of a gynecological exam?

It makes no difference if you have known him for your whole life or a couple hours. That very first time with a new guy should have all the passion and tension of a couple dancing the tango. There are a whole bunch of yes's, but every once in a while there should be some poignant no's too. These aren't the "no means no" kind either. They could be sly, suspicious looks followed by a sultry, "Are you trying to seduce me?" Innocent works well with such accusations too. The point is you both know that sex is in the cards. The more you can ramp up the anticipation, the more of an impression you will make.

We all are looking for capable and enticing lovers.

Watch old film noir movies. There's never any sex in them, but you feel that same sexual tension by the way the woman takes over when she walks into the private eye's dirty office.

Experienced Men

Getting back to the one-nighter. If sex is the ultimate pressing goal for this gentleman and you have shared in taking care of this need, what else is there? Let's look at the anatomy of this smooth cat. Studies have shown that in many mammals, just about 20% of the males sleep with 80% of the females in any given location. That is to say the top specimens get the most opportunity to breed. In many ways, this is applicable to men and women also. You may know guys in your life right now who have been with literally hundreds of women. You definitely know guys who have been with one or none. Chances are your one-night guy has a whole bunch of experience.

There is nothing wrong with this. You haven't been tricked and you're not stupid. Some dudes just "get it" and that is wildly attractive. Here is where your emotions start to kick in. Here is also where many women get lost. Is he ever going to actually call you back? The trick to these guys is to be different. There's his whole past full of eager women and there's a whole future of the same. Just because you are similar to many women he's already slept with doesn't mean he won't sleep with you.

Hey girl, build it and he will come! Even the most scandalous player can see uniqueness. He will not want to lose the best thing he's ever had. Make no mistake: I am not talking just about sex here. This is why I am saying it doesn't matter how soon sex happens. If you are truly worth it, he won't think you're a slut and he *will* call back.

Practical Sex

Maybe you're just starting out and you're not fully realized on the super cool chick part yet and the guy isn't an all-out lady's man either. How about some guidelines for the real world...

A common idea considered by most guys and made famous by the former radio DJ, Tom Leykis, is the "Three strikes, you're out" rule. Simply stated: if you don't give it up after three dates, the guy bails and tough luck all around.

On one hand, this is a pretty decent rule to live by for dudes who are used to being doormats. On the other, some guys just can't establish themselves as trustworthy in such a short time frame. You have no reason to reward someone you don't feel a deep rapport with. If he bails, he bails. You have weeded out another caveman.

What we have here is men seeking for some real answers and the advice is golden because it works a lot more than being a wimp. We can all agree that no one sees a whimpering suck up as sexy. More and more men are adopting the three dates rule as scripture.

Great, so now you're on a deadline...

Getting to Know Someone

Let me give you another angle. How long does it take to get to know someone? Let's say you go out on a weekend with some friends and some of her friends who you haven't met before. The first day, everyone is cordial, being polite, and complimentary. By the middle of the second day, someone finally starts to kid around with the newcomers. Things just start to get better from there.

How long does it take to get to know someone well enough to comfortably make jokes at their expense? For some of you shy girls, probably never, so just trust me here. It takes a couple half days or so before you build that type of comfort. Maybe those first few hours are soaked up by the standard "what do you do/how do you know my friend" questions so those count too. To make it simple, we'll say it takes fifteen hours to truly discern that you know someone enough that you won't hurt them by teasing.

This is oversimplifying, I know. Likely, some of you tease from the first moment or never tease at all. Have you ever turned to your mutual friend and said playfully, "I love this person." How long until you were that bonded to a new friend? For some people this is vastly different. For most, it's a little over a half day.

So am I saying you just have to be around someone for half a day before going X-rated? Nope, but I think you'll like this concept (which was actually explained to me by my friend). A typical date lasts two to three hours. If your comfort zone starts at 12 hours or so, that's 4 dates. If it's 15 hours, that's 5 dates. Of course, some dates go long or short, so adjust accordingly.

The concept here is that only you know how long it takes to get a complete "read" on where someone is coming from. Your zone might be only two dates. The overriding goal here is that you only consider sex when you are sure of the guy's intentions and you are OK with whatever they may be.

In that time, he might have revealed he only wants sex. If you are golden with that and that fits into your master plan... yeehaw! If he's talking about long term and that's what you're looking for, etc...

This is not to be considered a law or any type of restriction. It's only an interesting way of looking at the confusion around sleeping with a guy too early. However, if you want to make it one of your guidelines, let's build a little wiggle room into it. For example, you meet this guy and he's absolutely perfect for you. He is funny, sweet, and confident. He's also into skydiving (something you've always wanted to do) and is willing to teach you. You've only made it to the second date and you find his manliness irresistible. Those 15 hours are not just the time spent face-to-face. You can include time on the phone, emailing, and instant messaging. If it all adds up, BAM! Guilt-free naked time!

CAUTION: The countdown to sex has another bad side to it. You might be so eager to get to a certain date or accumulation of time that you might miss out on some mistakes

he's made. If you are on *that* date and tonight's the night, but he says something that you might find upsetting or offends you, **DON'T SLEEP WITH HIM**. Warning signs are warning signs and the whole purpose of waiting for something you decided on from the first date is to see if he is trying to deceive you. Just because you have your sexy leopard undies on tonight is not a promise of sex to either of you.

As silly as all those unwritten rules to how long it take to sleep with a guy or how long he must wait before calling you, the reality is that if you are 100% comfortable in who you are, then it doesn't matter what he or any other thinks for that matter. Seeking approval from anyone is a very weak position to start out in. You are not defined as a human being by any other factor than the way you feel about yourself. All the things described in this book will cease to matter once you get to a point where you make your own decisions about all aspects of your life.

Assert Yourself = Get What You Want

The beginning of the relationship is where you need to be the most assertive. There is really only so much time before you both fall into your routines. Change becomes harder and harder as time goes by and if you have set up or allowed bad routines or behaviors, Honey, you're pretty much stuck with them. *The secret to always getting what you want is focusing on what you want.* That might seem like a stupid statement, but what do most people do in their day-to-day lives? They focus on avoiding what they don't want so they never actually go for what they want instead. To put it plainly, not getting what you don't want (which essentially leaves you with nothing) is not as good as going after and getting what you do want.

The way to achieve this is by making statements, dropping hints, talking about things you heard or read. If you say something like, "You know, I was at the market today and I saw this clerk carrying out a huge bouquet of calla lilies. It reminded me of my childhood when... blah blah blah." A good guy with file that info and months from now, when there comes a flower giving occasion, you might just see your favorite flowers. He likely had no idea what calla lilies were until they were being bundled up with baby's breath, but he somehow remembered your little soliloquy.

This goes for the negatives too. If you tell him a story about how mad it makes you when someone does this one certain thing, you are essentially setting some ground rules for making you happy. It is essential to establish **important** pet peeves as soon as it looks like this guy might stay around for a while. I stress important because some of that stuff really doesn't matter. It won't destroy your entire being if he puts the toilet paper on the wrong way!

Relationships: the Transition

So the big question is: how do you get him out of dating mode into relationship mode? There is no “one thing” that makes a man stop seeing you as a distraction and start seeing you as part of his future. The more you show him how much of a total package you are, the closer he comes to realize that he loves you.

There is no amount of talking, coaxing, convincing, bribing, sharing, or communicating that you can do to get him to this place. There are, however, all kinds of playing, laughing, kissing, enjoying and seducing you can do to bring him there. For a man, finding his feelings is the result of action. He feels pride when he conquers something. He feels closest to his buddies when they have been through some “heavy sh*t.” The best times of his life are when he has been tested and prevailed. Just look at any army commercial. You are defined as a man by your accomplishments.

You need to become the “Be all you can be” girl. Make him feel like he has won you over by his valiant efforts. Make him struggle to conquer you. Give him a challenge and reward him with your affection. Make him feel like a man and he will be invigorated with love for you.

Yes, you have to be a challenge, but not in a bitchy way. You have to make it fun. You want him to think about you all the time when you are apart. What you don’t want is him thinking, “How am I going to get it over with and get in her pants?” He should definitely be thinking this a little, but your goal is more along the lines of, “I have no idea what’s going to happen next. She is totally unlike any girl I’ve met.”

Keep the Line Tight

That is not to say you can’t have sex with him until he’s frothing at the mouth. If he’s doing a good job and showing some skills, by all means, do what feels natural. What you do *afterwards* can still keep him on his toes. If you allow the sex, you must immediately push back to keep the tension there. Depending entirely on the situation, after your first sexual encounter, do something or say something to keep him guessing. As he’s lying there with the post sex glow, playfully tickle him or push him out of bed. Or as you’re leaving you can say something like, “You’re kinda cute. I **might** consider keeping you around.”

After that first intimate encounter is not the time to go all lovey on him. Sex is a big deal to him because he’s been taught by just about every type of influence that his mission is to seek it out. If you DON’T make a big deal out of it and let him know that there is more of you he needs to conquer, you have shattered his reality. He’s lying there picturing himself as a barbarian warrior holding his broadsword aloft with demure little you clutching at his beefy leg (see any Conan the Barbarian type artwork). And then out of nowhere, you say, “Go get me a sandwich!” and push him out of bed with your strong legs. You have just done something that men have joked about doing to you for centuries. You have stolen his game! You have somehow conquered *him*...

Of course, you will need to follow this outrageous action with fits of uncontrollable giggling to reclaim your cuteness.

The concept here is simple: he may have slept with you, but he is nowhere close to conquering you. He's got so much more work to do to get you completely. By not making that first sex a big deal, he's forced to ask himself, "Well then, what **is** the big deal?"

This is just one aspect of your interactions with him that will keep him second-guessing his intentions and (gasp) his feelings about you.

You Haven't Done Enough to Keep Him... Yet

A common misconception women have is that by showing him any kind of attention, he is now obligated to go directly into relationship mode. This is simply not true and by dashing your expectations he has now actually conquered you. By pushing for a commitment early on, you are not only doing what is predictable, you are also back in convincing mode and you will fail almost every time.

There is no set schedule from dating to boyfriend/girlfriend to husband/wife. You could meet a guy tomorrow who falls instantly, madly in love with you and proposes three weeks later. Just because this may be something you desire doesn't mean it's right for you with this guy. You might meet someone that you only date for the next decade or so and never get married to. That doesn't make it wrong because it doesn't fit your notion of the perfect romance.

You can still keep your traditional values, but consider that you can approach them in non-traditional ways. Predictability is one of the major factors that is keeping you from great relationships. Do you know any guys dating women that are completely insane? Why are they still there? Why would they put themselves through such misery? The answer is simple: Why do you slow down to look at car accidents? Because you have no idea what to expect and it's strangely fascinating! A man will stick around just to see what happens next.

You don't have to be crazy, you just shouldn't give him what he's expecting.

That emotional unbalance puts him in a state where he has to take stock in how he's feeling. For some guys, this might be their first time actually taking a mental inventory of their emotions. He will add up all of the cool things you do both for him and in your own life. He'll also take an inventory of all the women in his past and reflect on how cool they were. If you are in the top three, it will hit him... HE'S IN LOVE.

Go straight to the chapter on relationships.

Things that Prevent the Next Level

There are any number of things that will prevent him from boyfriendhood and since we already know we can't change someone, let's just stick to the mess-ups women do that keep them from deeper relationships.

- **Having a “perfect way” the relationship is supposed to work.** If everything went according to plan, this is exactly how the relationship is supposed to work. *Ain't gonna happen, Sister.* You are dealing with another human being who brings with him his own set of desires, expectations, and behaviors. Nothing will ever work out exactly how it was planned or predestined. Of all the problems you can encounter in a relationship, this one is bound to cause the most disappointment.

Women who always have to have things just right are the ones most likely to *get mean* when things don't go their way. It's a very ugly trait and it makes the people around her pray for her failure.

Watch the 1998 Cameron Diaz movie, “Very Bad Things” to get a glimpse of how seeking perfection only leads to downfall.

- **Expecting he “should know.”** This happens every time and **rarely** will a man ever pass this test. Some women think that her man will instinctively know what she wants and automatically comply with her unspoken wishes. This could be as small as knowing you're tired and getting a takeout dinner on his way home all the way to forgetting anniversaries or knowing you want to take things to the next level.

Bad idea. If you want something, say it or be happy without it. Granted, forgetting an anniversary is a pretty major offense, but if this guy has a problem remembering his own birthday, don't expect he'll do too well remembering yours. Knowing your man well is the only way to be able to predict what he might do. Never expect he will come through if you've never told him what you expected.

- **Too much, too fast.** Men are often guilty of this too and all it signals is a profound emotional insecurity. “Getting lost” in your emotions, contrary to what some people think, is an early warning sign of instability and a really bad break up. These are also the people who tend to give 120% in the relationship at the expense of their lifestyle, opinions, and health. They also tend to call with suicide threats when things aren't going well.

Slow down! Lean back! Take a good look around. Take a deep breath and consciously decide not to leave a twelfth message on his answering machine or a twentieth pleading email in his inbox.

- **Letting him know everything.** This is a hard one and most of us are guilty of this in one way or another. You found the perfect guy; you want him to know everything about you.

Sounds logical right? No no no! Save the resume for a job interview. Assume this guy is going to stick around for a while and trickle in your life story. Have lots of great things to say about what you've done in your past and (trust me on this one) save the really big secrets til after the first, "I love you's." Don't tell him about the bad stuff until he's already invested. Their impact will be much more diminished than if you told him you spent 3 years in a Mexican prison on the first date.

Dating is the process of discovering another person. Make sure you make it a process! The more he knows about you, the less your mystique holds his curiosity. Always hold back that one outstanding thing about you and save it for when it is the most effective. Eventually, you will have told all of your stories. He will know all there is to know. Even if that's true, always allude to some kind of unknowable past (and NOT the skeletons-in-the-closet kind of past, something bizarre and fun).

- **Alluding to rivals.** Don't get me wrong; it's awesome if you have other dates to make him feel a little jealous. None of those guys better be serious though. There is this pathetic double standard that guys hold on to. If they think you might be sleeping with other guys, they lose their sh*t. You can have other guys around your life, but they are threatened if they hear about it too much.

This could be your bestest gayest friend and they will still feel affronted. Some dudes will write you off for good if they feel like there is competition. You can talk about the "others," just don't lay it on too thick.

- **Overloving your pets or kids.** You can't love either too much, right? You can if it's within the first few dates with a guy. So you're a pet or child owner. It's cool. You don't need to tackle them and smother them with love any time they come near. This is just another rival your man will have to compete with.

Guys all understand that you were with your kids or pets way before they came along. That's not a problem, but if they witness how absolutely spastic you are about them, then they have cause for concern. You think you are showing them how loving a mother you can be. A subtle little hint about wanting to expand your family, but all they really see is that they will always be number two to Fluffy or your toddler.

Even if you are the super affectionate type, try to tone it down a little bit in the beginning and work your way into the songs you sing to your cat. Singing to kids is kinda cute, but singing to your pet about their poop is a tad ...off.

- **Assuming you and he are on the same page.** You can never truly know what someone else is thinking or doing when you are not there to witness their actions. You might be thinking about love and somewhere else, he might be thinking about TV dinners. There is just no way to know. Think about your girlfriend who's dating that scandalous scumbag of a boyfriend. "He would never cheat on me! I don't believe you," she cries when confronted. Don't be this kind of person. Everyone is capable of just about anything. You know only what you know. Never speak for the desires or needs of your mate. You might

be disappointed when you find out the truth.

- **Losing control.** Every once in a while, we all have the capacity to take things too far whether it's drinking too much and blacking out, making rash purchases, having emotional meltdowns, saying things we knew we shouldn't. Basically, the more you do this in his presence (or the more he finds out about it from friends), the more he deems you untrustworthy.

Being unpredictable does not apply to the big stuff. He has to know without a doubt that you can handle your own business. He can trust you to not crash up his car if you borrow it. He can trust that you won't try to seduce his best friend. He can trust you to keep your relationship problems private.

It's true; we all blow it every once in a while. Try to blow it around your best friend, not your boyfriend.

Never Give Him what He Wants

I'm a firm believer that people should never be given exactly what they ask for. Sure, it's super nice to follow directions perfectly and put a bow on it. He will be grateful. But what this sets up is a dangerous precedent. It shows him that you can and will follow directions and he's "trained you well."

Put your own spin on things whenever you can so he gets something similar to what he asked for, but make it somehow different and maybe better or more creative. Now if he sends you to a car parts store for a fuse and you come back with a steering wheel, now he'll think you're insane. This applies to his desires mainly.

Let's say you're coming over and he wants take out from a specific place. Go to the restaurant next door to it and get something better to bring to him. Challenge expectations as often as you can. If you've ever wondered how you can seem more mysterious to a man, this one is perfect. He doesn't know whether you are deaf or whacko or just self-absorbed, but as long as he's getting something and it's pretty cool, he'll still be impressed.

If you've ever wondered how to be cute... here ya go.

SECTION 7:

Keep Him Attracted Forever

**“I no longer believed in the idea of soul mates,
or love at first sight. But I was beginning to believe
that a very few times in your life,
if you were lucky, you might meet someone
who was exactly right for you.
Not because he was perfect, or because you were,
but because your combined flaws
were arranged in a way
that allowed two separate beings to hinge together.”**

~Lisa Kleypas

Relationships: from the Beginning

Congratulations! You have found a guy you want to keep around.

Now what?

This is the part we tend to screw up the worst. Why? When we fall into a new coupling, we all tend to be over-polite and over-accommodating. Then we find ourselves months or years later anguishing over that one thing our partner does that drives us batsh*t crazy.

We were so caught up with the newness and all the happy drugs our bodies release from sex with a new lover that we neglected to see the warning signs, drove through the barriers, and found ourselves hanging precariously from the cliff.

And then for like the hundredth time, we have to break up with someone once they have truly exposed their shortcomings. Here is the part you curse men in general for all their disgusting and childish ways. It's true, without women around, the world would be a messy smelly pile of dirty laundry and bathroom floors covered in pee. But there is typical manly grossness and then there are the things that you just cannot bear once the glow has faded (for some women, the man-troll behavior is enough). If you truly have peeves about certain things though, this needs to be established from the very beginning.

State your Needs Early

It's hard to say after six months of complacency that your partner's grooming habits disgust you. *BUT* if you say on like the third date that a guy with clean fingernails really turns you on or that you won't let him anywhere near your ladybits with those filthy hands...

You can get a man to do anything you want him to do as long as you mention it early and as long as you assist him into thinking it was his idea and it's a *good* idea. It comes down to instant correction. Most people see the futility of admonishing a dog for peeing on the carpet long after he made the mess. From his point of view, you came home, was happy to see him, played a bit, and now he's getting swatted for no apparent reason. People, in general, need to get caught in the act to be punished when they are liable to feel the guiltiest.

In almost every relationship, the interaction goes from one of intense passion downgrading to routine comfort. Sadly, this is unavoidable. When you start teaching your brain where to find safety, it will go straight for that goal every time. After a while the passion seems to vanish and both partners find themselves wondering what happened.

What if one of your needs was to be surprised? You can actually flat out say that to a dude on the first date and in that one moment, (if he's good) he will have been trained to adopt that mindset. Routine comfort? Not anymore!

Treat Him like Your Lover

There are a few key factors that you should never lose sight of: Your lover is not your roommate. He is not one of your girlfriends. He is not your business manager.

If you make it a habit to “unload” your feelings on him like you might with one of your friends, not only is he silently suffering but he is slowly assuming the role of one of your chatting buddies. It’s not sexy and it is poisoning the passion you have for each other. He’s losing the idea that you are a magical little sex kitten and slowly seeing you as just like the chatty hag he works with. Whether you believe it or not, this action is directly changing your view of him as a manly stud too.

He’s not going to come right out and tell you that you are boring him to tears and you aren’t making any sense to him. He should though. Secretly, you know he should tell you this too and it’s lowering your opinion of him.

Also, if you take on the masculine role and barking out, “Do the dishes. Take out the garbage.” Then he falls into the role as roommate which gets you even further from passion.

“I can’t just live like a pig,” you say. A man will do anything you wish as long as it is coming from the feminine side of you. Consider the difference, “I worked so hard today and then came home and made you dinner. Do the dishes, OK?” versus “I found this delicious recipe online today and I’m dying to make it for you. I’ll cook, you clean?” One way makes him feel guilty and resentful. **The other gives the illusion that he actually has a choice.**

Don't Forget to Touch

It seems that touching is the first thing to go once a relationship falls into comfort. Remember those first few weeks of endlessly making out and running your hands all over each other? Pretty soon, you take off your clothes, he takes off his. You crawl under the sheets and within five minutes you’re having sex. I know this is a woman’s primary complaint, but what are you doing to facilitate it? A guy who’s in the comfort stage will systematically go from point A (clothed) to point B (sex) in the quickest way possible UNLESS you slow him down.

So it’s your job to supervise foreplay? Unfortunately (and thankfully), yes. This is something you want so it’s something you must enforce.

There are many great ways to keep things passionate and it’s all about setting up some great precedents. What if you always undress him? He will be undressing you at the same time and you will be in some control of how long this can stretch out. A button, a kiss, repeat until desired state of nudity. Obviously, there will be times when speed is more desired, but for the most part, make the pre-sex time into a ritual. Stop and light some candles.

Never walk by your man without touching him. Even if you're just glide your fingers across his arm on your way to the bathroom. Touching is a very easy way to keep him deeply connected with you. Holding hands is fun and sweet, but playfully grabbing him from behind and running your fingers up and down his body is a lot more meaningful to him.

Men have thicker skin and require a bit more aggressive touching to get the same benefits as you do. Notice I'm not talking too much about groping, but it's very important to keep the physical contact to a maximum to let him feel that he is so deeply connected to you.

Allow Him to be the Man

If he's the guy you love, then treat him that way. Avoid making him do anything that makes him feel emasculated.

In fact, most problems arise because you want him to think more like you and he usually can't figure out what the big deal is.

No matter what you have been told about the equality of the sexes and that we are all the same, in actuality men and women think on totally different wavelengths. Women (for the sake of not making a completely blanket statement, we'll just say "the feminine") tend to make decisions based on intuition and feelings. The masculine tends to think linearly and is only concerned with fact and problem solving.

The Barebones Needs of a Man

There are only three jobs you have to keep a man around. Yes of course I'm oversimplifying. There are tons of things you need to do to keep a man happy, but if you cover these, you will have one of those relationships you dream about.

Here goes: Be cute, be nice, and have a sex drive close (enough) to his.

That's it. That's all a man needs. You can be a crappy cook. You can be addicted to all the chick flicks he's likely bound to hate. You can complain about your job, your wardrobe, and your friends all you want, but if he's got the main three, he'll make excuses all day long for the bottom fifty.

Look around. You'll see all these relationships that might have one of the three or none, yet they're still together. I promise you he's biding his time until he either gets up enough courage to dump her (which he never will) or he's secretly praying that he gets run over by a dump truck to end his misery. It's completely possible to provide a man with nothing he wants and keep him around forever, but I want to write a manual how to make everyone happy, not how to find a pathetic slave.

Get Your Cute On

Be cute. Women have made some awesome steps to finding a more equitable place in society. They have all kinds of rights that your sexist grandfather would balk at. There is one area that the pendulum has swung a little too far to the extreme. All of society, men and women, are worshiping all those masculine traits that make men so great. Less emphasis is given by women to their feminine side. Women are applauded for their masculine accomplishments and disregarding all those traits that men find irresistible. Yes, yes, you've come a long way, baby, but are you happy? For some women, this is totally easy because they've always been connected to their femininity, but for others, you need to check some things.

Be cute. Any dating guide will mention this in some way or another. That is because it is so crucial to a man. I'm not saying you need to lose fifty pounds and dress like a trampy celebrity, but you do need to look your best. Give your guy something to be proud of.

There is a reason old guys dump their old wives and get a hot trophy wife. Their success as a man is also directly tied to how cute their wife or girlfriend is. If their friends and co-workers are jealous because his woman is so good looking, he has come into his own. Other guys don't even care if she's a raging bitch to him, we are still jealous so he wins.

Cuteness also manifests in how you talk to him. You might work in a call center all day trying to get deadbeats to pay their bills, but when you talk to him, your voice should light up with uncontrollable glee. There isn't a person in the world that can resist you when you are showing them your affectionate side.

Treat Him like a King

Be nice. I just said we don't care, right? He does. A man will get themselves into all kinds of horrible situations because his girl is good looking and he just has to keep her. He doesn't see how cruel she is or any of her other faults. Eventually, he will...

His ability to blind himself to all kinds of torture eventually fades. For some guys with very high thresholds for punishment, it takes a looong time. This is proportional to how "out of his league" he thinks she is. As dumb as he can be, he will come to the crossroads eventually and have to make some decisions.

Be good to your man. That's it. That's the meaning of relationship life. Nurture and protect him. You can be a psycho with everyone else around you, but as long as you are giving him the best of all your love, he'll worship you forever. Remember, it's you and him against the world. He is not part of the enemy and if you even think he is, then don't keep him around for torturing, let him go and find a real ally.

Be nice to your guy. There are millions of ways to show this, but to really make this simple let's just leave it with: don't be mean to him at the very least. You know exactly what you can say to set him off. Don't EVER say it then. **Once you learn your lover's boundaries, don't ever compromise them.**

I have some friends who have this bizarre relationship. They've been married for probably six or seven years and on the surface, they look like they are doing OK. I did get a chance to witness one of their arguments a couple years ago. When fighting, they take off the gloves and swing as low as they can. They say the worst things they can think of to each other. It's like watching a train smash into a bus in slow motion. I was truly horrified and a bit shaken afterwards. They aren't married anymore...

Embrace Your Sexuality

Your sex drive. Sex is just about the best way to show your caring and affection for your partner. It's normal, natural and healthy. Men can always come up with other reasons why they dumped you. You can guaranty that even though they cited other reasons for the breakup, sex is usually in the top two reasons why they bailed.

The goal here is to have a sex drive equal or just below what your man has. Bonus points for wanting more sex than him. I have yet to hear a guy complain that his girlfriend wants more sex than him.

Maybe you are the kind of person who doesn't like sex or you just don't want it that much. You might be afraid of it for religious or past experience reasons. I hate to say this but this pretty much limits your ability to have one of those storybook romances. Great relationships are built on passion, sexual tension and desire. If you are serious about finding the perfect relationship, you must get this aspect taken care of. Maybe see a doctor or psychiatrist or talk to your pastor. It could be a medical or past sexual trauma issue. There are very few guys who are actively searching for a "fixer-upper" girlfriend. If they are, would you really want to date one?

When a relationship is breaking down, sex is usually the first thing to go. This is a pretty good indicator your man isn't happy with what's going on. It also leads to him turning into more of a caveman than he was before. You tell him he's not romancing you and you don't want sex without some real affection. When he tries to give you affection, you must respond. Acknowledge his effort (even if it's pretty lousy). You don't have to give it up every time he gives you a weak backrub, but show him affection back when he offers it. If you don't he'll come to the conclusion that "he's done everything he could." Now, he'll revert to grabbing your boob or pulling out his wiener whenever he wants to get frisky. He'll start doing THE OPPOSITE of what you asked for because he sees any effort as futile.

Always watch for fluctuations in his sex drive. The problems don't necessarily involve you. It could be work stress, financial troubles or whatever. Just pay attention to this. Your "sexual healing" could be just what the doctor ordered.

My friend Melissa often says, “Men are like rugs. Lay him right the first time then you can walk all over him.” This is so sadly true. Which brings us to what I’ve previously mentioned and it’s so important that I’m going to say it again. Sex is not a bargaining chip. It is not currency. It is not a reward for good behavior.

Once you go down this road, there is no turning back. Do you really want to *have* to have sex every time he mows the lawn? Or maybe you’re in the mood, but you’re apparently angry with him so you make both of you suffer.

The Dynamics of Emotions

Many people find themselves hurting when they contemplate and compare the levels of affection they are getting at any given moment. “He was so loving two days ago and now all I get are grunts as he watches TV.” You’re wondering what happened to your sweet lover boy.

Why does this happen in good relationships?

Even though our emotions stay at a relatively predictable pace. Millions of things can happen to a person throughout their day to wreck this predictability. Yeah, it could have been something you said or did, but chances are, it probably wasn’t. Whatever it is, it’s driving you nuts. If you wanted to be ignored, you’d get a fish tank.

Step away from the fish tank. Things are not as tragic as you are working them up to be. Think of it this way. Being stupid humans and dealing with that whole “don’t want what we already have” thing, the very nature of any relationship fluctuates. Over time, the level of love, interest, desire, lust, acceptance, reliance, trust, and need among other things goes up and down when it comes to each person’s feelings about the other. It’s perfectly natural for someone to decide completely randomly how much they care for the other. For a short period of time (maybe even a long one) they shower the other with affection. All this affection leads the other partner into a deeper state of affection.

Here’s the weird part: once the initiator of this good lovin’ senses all the returned affection, they eventually back away. Even the slightest step back is sensed by the one getting the attention. This scares them into believing something is wrong and sends the relationship in a negative direction.

What the hell just happened?

Essentially, nothing. The initiator realized how much the other really meant and set out to show that love. Once that love was returned with the same intensity, the initiator got what they wanted. Everything’s cool. Now let’s watch some cartoons.

Admittedly, this is a difficult concept to comprehend. To make it simple, just consider how it is supposed to work. At any given moment, someone in the relationship will be more into the other person. As that builds, it switches and goes the other direction. This process might happen over a few weeks, it might last years. Your love for each other is constantly evolving. There will be changes. Simply acknowledge them and understand if it was you being chased before, now it's your turn to chase. You have been tagged: you're it!

Overanalyzing

So you're seeing this guy and things are going great! The other day you said something stupid. He got angry and now it seems nothing is the "same" as it was. He's just not as present as he used to be and it's driving you crazy trying to figure out how to get him back to his old infatuated self.

You commiserate with your girlfriends. You cry to your mom. You might have even emailed a relationship website. Eventually, you decide to have a talk with him and ask him if something's bothering him. He looks at you like you're insane and now things are even worse. The relationship is self-destructing and you have no idea what to do to fix it. Now, every time you see him, you get painfully nervous and spend your time together trying to get some kind of clues as to what he's feeling. Is there anything you can do or say to get him back?

You don't know what to do and it's killing you.

So what can you do? Knock it off! People (especially men) are not that complicated. The reality is that the "thing" that started this whole thing off has been long forgotten. Yeah, he got mad at you, but it wasn't that big of a deal. He has moved on which is why your talk is met with confusion. And yes, he **is** starting to think you're crazy.

Minds Programmed to Love Drama

The problem with society today is that some really talented people are writing some really outstanding scripts for TV and movies. Everyone in these programs are all so smart and deliberate and sometimes these scripts take months or years to create. The characters know who they are and never fail to let their intentions be known. It's so easy to see all of these people who live so deliberately and think that real people act and react with the same intensity and cunning.

This is what makes drama so... dramatic.

There is a rule that you must turn into your mantra. He's not thinking what you think he's thinking. Period. Stop making this so difficult. By finding little nuances of how he "feels" around you, you are taking on the role of **the victim**. Trying to find problems that are not there is a tragic form of self-torture, but at least it gets you some sympathy from your girls and mom and some random Internet guy.

Knock it off! When you talk to women who have seemingly magical connections with their boyfriends, there is a common theme in those successes: it's all happening so effortlessly. No one is getting analyzed. No one is getting pressured into doing something that makes them feel compromised. Most importantly, no one is getting sat down for "the talk."

Good Relationships are Effortless

In successful relationships, these are two people who live their lives, following their passions and coming together to share their experiences and love. They aren't sitting at home agonizing over who called last and how long it's been since that call. Conversations don't get run through a super computer to detect hidden meanings and double entendres. Successful relationships are EFFORTLESS.

It's pretty easy to think there is something broken in your man because he's always so damn logical. If he's not being super affectionate, then he must be freaking out over the size of your butt or he took what you said about his friend the wrong way and he's contemplating whether or not to hate you.

Nah. The truth is that he actually is pretty damn logical. He doesn't feel emotions anywhere near the level you experience them. He is thinking about your butt, but only about seeing it naked and he knows his friend is an a**hole, but that's why he likes him.

There is a common stereotype men have for women. They think you're all completely frantic, out of control basket cases. That's a man's way of saying, "I can never completely give you what you need on a deep emotional level." No one person can. This is why you need "girls night out" or to spend time with your mom. A man can never recharge your feminine energy like your homies. You can talk to them all you want about how he's emotionally distant, but in the end, leave him out of it. You can think and do whatever you wish, just don't ever show him that he's somehow responsible for making you "unstable."

So he thinks you are an emotional trainwreck. Don't you think it's time to use this to your advantage? It really isn't your job to try and bust every stereotype. Sometimes it's just as intoxicating to be the stereotype. By acknowledging that women are supposed to act a certain way, you let him know that you "get it."

It makes you even cooler to let him know that you can think like him too. It's much easier to explain if you have an example.

A common assumption is that women are suckers when it comes to car repairs or many other technical services. The reality is you're smart enough to not get involved with stupid stuff like that. So you come home after paying \$400 to get your brakes fixed. He freaks out saying you got ripped off and he could have done it for like fifty bucks. You know and I know that he will never get around to it and meanwhile you end up hurling over a cliff because your brakes go out.

If you want to end this conversation the best way possible, pull out the “stupid girl” card and ham up it as much as you can. “I got scared. I had curlers in my hair. There was a shoe sale at the mall that I couldn’t miss, plus I broke a nail. I guess I’m just a hysterical little girl.” The key to this is to not be defensive or aggressive. Have a cute little smile on your face and demure body language. Try winking at him afterwards.

If you really want to go advanced with this technique, add in, “Sometimes I get so hysterical that I can’t even control my wanton lust.” Give him a big kiss and pull him into the bedroom...

Skilled women have used this technique for ages as a form of misdirection to avoid fighting. That’s right! You don’t have to fight and you can get a makeout session (or more) instead all because you just can’t seem to control those pesky emotions.

Fear of Commitment

Every girl will bump into this one at varying levels in their relationships. So why are guys so afraid to introduce you as their girlfriend? Why are they so scared of marriage? Why do they turn into jerks after a few great days of hanging out together? Why do they bail soon after the first time you have sex with him?

The answer is simple and probably sounds like total crap to you. Everything a man does, his job, his accomplishments, his dreams, all lead him in the direction of freedom.

Ask yourself: what is the biggest deal breaker when it comes to dating? Within the top three is **living with his parents**. A man’s first biggest drive after leaving high school is to achieve independence. Everything we’re taught about being a man is to find your own way above all.

By contrast, the most important priority for women is often love and interpersonal relationships.

Let me state this in a different way. A man is most likely to feel failure in his life by measuring his accomplishments. If he does not achieve a certain level of success with his job, finances, acclaim, etc. (thus affording him greater freedom), he sees his life as wasted. A woman is more likely to feel she failed in life by how her relationships are going. Her choice of man or any difficulties her children face have the potential to do more damage to her self-worth than any failures at work or anywhere else.

The common misconception is that guys don’t want to commit because they are waiting around to see if they can get a better girl. Of course, this is absolutely one of the factors, but usually not the overriding reason.

*****Notice how being the best person you can be will cancel out this urge. Nothing motivates more than the fear of losing something unique.***

If a guy hasn't achieved his glory, your chances of getting him to an altar are scarce. Consider this: someone comes along and offers your guy a job doing whatever he loves the most for great pay and benefits. The only catch is that he'd have to move to a place you might not be able to move to. Do you think he would take the job? Probably! Now would you if it meant losing him?

We're just talking run-of-the-mill fear of getting stuck. What if your man has some **SERIOUS** issues surrounding commitment? He might be talking about spending the rest of his life with you then he vanishes for a week without a word. You might have a much more serious issue here. It's covered in my book [Commitment Phobic](#). Check it out if he's roller-coastering your heart.

Don't be a Dream Killer

Another factor in his fear of taking the relationship to the next level is that love is so damn distracting. Sure, love is awesome, but it takes away from a man's direction and goals. Look at all the highest art in the world. Of course there are many outstanding accomplishments by married men and women in loving committed relationships, but the overwhelming majority of really great art is created by loners or scandalous womanizers. Rock stars usually only get married in their prime if they can snag an actress or supermodel. They are most likely to get married after their fame subsides and they make a desperate grab for the best girl they have left.

When he finds the perfect girl, he thinks about her all the time. He wants to be with her and do things for her. Damn! Could've been a Nobel Prize winner, but this girl is so damn awesome... A man more crass than I once said that women are dream killers. That's not exactly true. A man will actively disregard his destiny for the right woman. This is especially true for guys who don't have extensive experience with women.

Wait a second! So this whole time you've been telling me to be this ultra-cool girl and now you're saying my ultra-awesomeness will turn my perfect guy into a loser?!! Yep. Sorry girls. Which leads you to another responsibility that you have to heap into those \$200 jeans. The maxim, "Behind every successful man is a great woman" applies to you. Besides being cute, funny, nice, sexy, and smart, you also have to be **encouraging**.

Avoid Being the Nag at all Costs

Men hate to feel compelled to do anything even if it's something they don't mind doing. Learn how to get people to want to do something. The intricacies of this technique take a little effort to learn because you really have to know someone to know the right ways to get people motivated. In Dale Carnegie's book, **How to Win Friends and Influence People**, he talks about the principle of figuring out ways to get people to want to do what you want them to.

Basically, you never tell someone to do anything. Figure out ways to make them think it was your idea. Although it's a little sinister, here is a great article on [how to control men](#) you might enjoy.

Have a Plan but Apologize if Needed

The lesson here is that in a relationship, you must learn to stick up for yourself, but you also have to know when to back down. Assuming you are there because you love this guy, well then, love him dammit! You are not giving away your power or losing him if you divulge the true nature of your tantrums. Notice I never said that you *couldn't* have tantrums. You just need to notice when you have gone too far. Ideally, once a tantrum has been invoked, you should be thinking what you want out of it and how you can lead the elevated emotions (his and your own) to come to a good resolution.

I'm suggesting that you **think** here.

Fights are a good way to release some steam, shake things up a little bit and bring you closer together. They can be tests of how well your man can work under pressure and how well he understands you. Since we are being totally honest with ourselves, if you have been seeing this guy for any length of time, you should already know how he will handle a test. Therefore, you should only start fights with the outcome in mind. One more time: **only start fights with the outcome in mind**. What do you hope to achieve by starting a fight?

If you just want to be a brat, knock it off! You are ruining your relationship. Eventually, he will leave and hate you for a long time. Now if your goal is to accomplish something (like housework or a vacation), think about where you need to lead this BEFORE you start up.

Fighting is a natural and invigorating aspect of relationships, not to mention the “makeup sex,” but nagging, excessive fighting, and always needing to be right will only lead to destruction. He might not leave today, but it will always be on his mind. You might find yourself waking up years from now to find your relationship is crap and there is no real way to fix it.

The "I'm in Love" Freakout

Here is something that people universally get wrong. If you think about it, it makes perfect sense. Have you ever been in a relationship and out of the blue your guy stops you and says, “We need a little time apart.” This can take the form of any number of weasel phrases, but the message is clear. He wants to back away from the relationship in some way or another. A woman often blows this by thinking this means he doesn't want her. She takes this personally.

She couldn't be more wrong. Why would a guy blow a chance at such a great girl? It has nothing to do with him and everything to do with his **freedom**. He's not intimidated by you. He didn't all of the sudden notice your ugly feet and had to scatter. The moment he pushes you away is the moment he feels the closest to you. Emotions are brutal even for the most sensitive crybaby of a guy. We aren't very well equipped to handle the extremities and complications of love. We then proceed to blow our bad-boy gaskets and you're left there thinking, “Everything was going so well. What just happened here?”

For the first time in possibly his whole life, he's confronted with love—real love—and he's admittedly freaking out about it. So he bails, if only for a moment. This happens over and over in any great relationship and only the way **you** handle it will dictate if you get what you want or not.

The typical response is either sadness or anger. You might have a chance if you just stay with sadness and not say anything you don't mean. Unfortunately, anger usually takes over and within a short time; this great relationship gets crushed under bad words and misinterpretations.

STEP BACK, RELAX

There is a way to handle this where you still maintain control and, once again, prove how freaking awesome you are. It's so easy, yet so hard too. Actually if you've seen this happen a few times before, you can see when he gets overwhelmed with emotions and you just know this is coming. Just say, *"No problem, Sweetness. Go on your journey. I'm here for you, but can promise you that I'm not going to wait forever."*

Holy sh*t!

No one has ever said that to him when he tried to pull this maneuver in the past! "This girl is amazing! She knows that I'm not being a baby or weak or stupid. I just need a little time to get used to this whole **love thing**."

The true test is then to back away gracefully and wait. Give it a week or so, but dammit, don't waste that week sitting next to the phone wondering if he'll call. Get out and take care of business. Clean your house. Work your job like crazy. Get out with friends and have a blast. Do NOT answer the next time he calls you. Let his first call back to you be on an answering machine UNLESS he calls when you are out having fun with your friends. This is an ideal situation. If this does happen all you have to do is say, "Honey! (or whatever silly name you have for him) I was just thinking about you this morning. I'm out with [friend's name] at [location]. Come find us."

Don't answer the phone? Now who's doing the manipulating? Seriously! The reason for not answering your phone is because now he has to confess his stupidity and deepest love for you to your answering machine. Now you will have something to play at your wedding. I promise!

NOTHING HAPPENED

OK, so he calls when you aren't out being social, you still have to prove you're doing just fine and you're still the interesting girl he's so scared of losing. Hopefully in your waiting period, you have bothered to plan something to do. Have something that you can go do at a moment's notice for the next week or two. The purpose of this is you are about to go do something fun and he should come along. "Hey there! I'm heading out to see some roller derby. Wanna meet me over

there?” What you are communicating here is that you are not the girl who is tearing her hair out in anguish since he pulled his vanishing act. If he’s calling back to say he’s sorry, you have shown him that you’ll be OK no matter what. On one hand, this shows that you have the capacity to be “home” for him (a really great one at that). On the other, he better stay on his toes if he wants to keep you around.

You’re going to want to yappity yap on the phone and tell him how much you missed him. Less is more. Invite him to something that you’ve **already planned to do**. This works the best if he doesn’t even get a chance to talk and you’re off the phone.

Do both of you a favor and don’t talk about it EVER. Now you know what he’s really trying to say, be flattered that you are so lovable it makes a grown man mess his pants. Invite him back into your life with no restrictions or trial periods and live happily ever after.

So what did he do on his time away? Some guys don’t do anything but drink and think. Some guys call all their old girlfriends and **try** to rustle up some action to see if they still got it. Some guys **actually** rustle up some action. I’m not saying this to freak you out. You need to be aware of what a man is thinking of in these “emotional” times. In a weird moment right before he flew the coop, he figured out, quite innocently mind you, **that he actually LOVES you**. It made him mess his diapers and jump ship immediately. He wasn’t fleeing you or anything you did. He was fleeing HIM. This week or two was spent wrestling with his emotions trying to convince himself that he doesn’t actually fall in love as his heart sat there like a calm little Buddha repeating over and over, “You’re in love, Monkeyboy.”

Don’t get too enchanted here. It’s also possible that feelings are way too scary. Sometimes your guy never comes back. This is way more possible the younger he is. There are dudes out there who don’t deal with their emotions ever and he actually might be mad at you for making him *feel anything*. But you would have probably seen tons of warning signs against this kind of guy. What the hell are you doing with such a jerk in the first place? I know, love happens...

In your cooling off period, you will be tortured to call him every waking minute. You think that your only option is to tell him how much you love him and that will get him back. **DON’T DO IT FOR THE LOVE OF ALL THAT IS HOLY!** Don’t do it. Please, don’t do it. Has this method ever worked for you in the past? You have a man dealing with losing his freedom and your gentle words of worship are adding more bars to his imagined cell. Be cool and relax. This is one of those situations in the beginning of a relationship where you are totally powerless. Your guy has to deal with his problems and no amount of your nice words or your tears or your chocolate chip cookies are going to help him out of this problem. No phone calls, no emails. Do NOT do it!

Who to be in a Relationship

Do you have that one girlfriend that seems to have it all: smart, funny, vivacious, yet she has a boyfriend that you absolutely loathe? Maybe he's a player and has gone so far as to hit on you when she's in the bathroom. Maybe he's a self-absorbed prick who treats her like dirt? Or he berates her in front of you and your friends? He could be a jobless slob who mooches off of her? Maybe he's just a spaz who is beneath her. Whatever his glaring downfalls are, she utterly adores him and will defend him at the cost of losing her family and friends. Her typical defense is that you are just jealous or you don't know the real him or something about how pure their love is.

Feel with Your Heart, Lead with Your Head

Don't be this kind of girlfriend!

Sometimes it's so hard not to fall completely smitten for a charmer of one kind or another, but keep your head. If one of your friends tells you that your boyfriend sucks, that might be a suspect accusation. If most of your friends and family think the same way, you *might* consider listening to them. Although you might not consider it, this guy might be an abuser either subtly or blatantly. The thing about controllers like this is that no one will ever love you so passionately than an abuser. He'll say horrible things to you but then show up the next day with flowers and a tearful apology. The sweet things he does will always overshadow the crappy things. You get to the point where you unconsciously do something to start an argument just because you know the treat is waiting for you afterwards.

In reality, anyone can wake up one day and find themselves in this situation no matter how smart they are or what their socioeconomic background is. It's the same reason why we go to the movies: to be part of the action, to feel the intensity of emotion. No great movie has ever been made where two people sit around and watch TV eating TV dinners and not talking to each other. When you have someone who gives you tumultuous ranges of emotion like that from the degrading lows to the heart-felt highs, you become addicted. Your life becomes a movie and whether he does it consciously or not, he's turning you into his slave.

He might not be doing this on purpose, mind you. He could just be one of those tortured souls who really has no control over his unpredictability. The point you need to take away from this section is to listen to your friends and family especially when it comes to a unanimous loathing for the man you choose to love. They really aren't jealous. They really aren't acting like jerks. If you have awesome friends, they only care about your happiness (like you do for them). Yep, you love this guy like crazy, but if everyone sees something in him that you can't or won't, it's time to let your head take a look at this character instead of your heart.

Giving 100%?

Although the romantic notion of giving 100% of yourself to a relationship sounds appealing and noble, it's such a horrible idea. Losing your boundaries and identity will only lead to your crushing downfall. Beyond that, even though it seems that by giving all of you to your lover will make them love you more, it actually does just the opposite. Once your boyfriend realizes how much you are wrapped around his finger, he loses respect for you. We all talk about a 50-50 relationship where everyone is totally equal and important and equivalently loved and that is a great goal to strive for. In reality, someone always has just a little bit more power either because they are the breadwinner or they come from higher society, or they're smarter or better looking. For whatever reason, relationships tend to be more of a 60-40 ratio. When you commit yourself absolutely to your mate and that scale tips way outside of this ratio, prepare to get walked on.

Never give 100% of yourself to any man or job or cause. Extremism has only lead to crushed lives and terrorists. You need to hold back 30% or so for loving yourself. No one can truly respect a person with no self-respect. By giving all of yourself at the expense of your *self*, it's a setup for misery. And when this guy finally leaves you because you are so spineless, it will devastate you. If you left some room in all this loving to love yourself, he'd have no reason to leave you in the first place. Avoid defining your identity by who you are with. Have your own life and own interests. Sure, you can take interest in his passions, but you damn well better be passionate about something besides what he likes.

The Uniqueness of Goals and Boundaries

If you tend to be the kind of person who is "all in" all the time, learn to say "NO" and mean it. Be unique by having boundaries and sticking to them. Having boundaries is respectable. Never allow your relationships get to the point where you *have* to do something. You should always come from a position that you **want** to do something.

What I am getting at is that to be a truly great girlfriend/wife/lover/partner/friend, you need differentiate yourself from everyone else out there. Sure it's easy to proclaim you are unique and beautiful in your own way, but with over 6 billion people on this planet, you could probably fill a stadium with people who are very similar to you in many ways. *Saying* you are special is not even close to actively learning and developing yourself to actually *being* someone special. You need to evolve on many deep levels and actively strive to become unique. Beyond that, you must always be you and actively pursuing your needs.

There is a reason humans are fascinated with celebrity and higher-status people. Deep down we fantasize having the same kind of power over others, but somewhere even deeper down, we know we'll never achieve anything truly grand.

In my careers, I have encountered many Hollywood stars, famous musicians, and sports stars and let me tell you: **there is a massive difference between us and them.** They seem to vibrate at a totally different frequency than the rest of us. Almost all of them have an indefinable sub-communication that screams of confidence and prestige. They are unpredictable and more than a little self-absorbed. All of this in a way that is still enchanting and delightful.

REAL famous people (not the ones who are famous for being jackasses on reality TV) had to work their butts off to get where they are. They have had to do things that felt like selling their souls and they have probably managed to step on more than one set of toes on their way up. But once you hit the top, it seems like it's worth it. Always have a keen eye on your needs and you there's a great chance you will meet them.

You must be Incredible

Pay attention to that. I just told you a crucial step to achieving fame. Do you now understand how much you need to work on *your very essence* to achieve a higher form of love? The ultimate way to attract the perfect guy is to make yourself attractive to yourself. Do your friends dearly miss you when you're not there? When they get together, are you one of the topics of their conversation?

Think about that one friend that you and your crew always talk about. Do you say good or bad things about her? What makes her so newsworthy? What qualities does she possess that makes her activities so interesting?

Are you a true diva in your own right? If you said yes, what makes you so sure? What do you have that your friends don't?

Be Unpredictable

I'm saying this in the best possible way. No one will stick around forever if you go from hot to cold to cruel for no reason. However, mixing up your messages at strange intervals is confusing and strangely endearing. Being unpredictable in good ways is even better. Unexpected backrubs, sexy text messages for no reason, sensual comments at inopportune moments all keep your fella on his feet. Shake him up a little bit by whispering something dirty to him when he's on the phone with his boss. If you're the proper type, confound him by screaming obscenities at bad drivers. If you're all about cleanliness, leave the dishes dirty once in a while to opt for snuggling

The goal here is to make yourself look more enticing by off-character actions. I'm not proposing you should change from a proper woman to a foul-mouthed sailor or from a neatnik to a total pig farmer. This technique can only work if it happens rarely and for no tangible reason.

Everyone likes to think that the person they are with is dynamic and exciting. This is a tough call if it involves real danger or belligerent behavior, but a well-placed, "Motherf*cker!" will go a long way. Although this doesn't work so well if you cuss like a sailor in every sentence. Perhaps a little tolerance would be the arresting behavior in this case.

Throw a Wrench into it

Even crazy people get famous. Why? It's because unpredictability is so rare. Our brains thrive in predictable comfort. For some of us, change is pretty frightening. When we see someone doing things that don't make sense, but *they're getting away with it*, we can't help but want them around.

Throughout our days, hundreds of thoughts and ideas pop surreptitiously into our heads. About 90% of those thoughts get immediately filtered out as impossible, crazy, or difficult to accomplish. In essence, mentally unstable people don't really have this filter or the filter points in the wrong direction. They get an idea and go for it with varying degrees of success. People who witness this can't take their eyes away, eager to find out what will happen next. In any case, you are encouraged to go with some of those outlandish thoughts that pop into your head.

An even better method is to make it look like you are just flying by the seat of your pants when you actually have a legitimate plan.

The real downfall to unpredictability is that sometimes, you are bound to fail. If you can graciously say, "Oops! My bad," you accomplish two things. By being wrong every once in a while, your random outbursts will be more accepted. It also makes you loveable and human and people will crave your presence.

Common Ways a Woman can Mess up a Good Thing

At the very top of this list and the most common complaint of unsatisfied men is that a woman will let herself go.

Let's look at my friend, Tom. His girlfriend was a total success story. She got married and divorced at a very young age. This devastated her and she dealt with the pain by disappearing from the social scene and never leaving the house except to work. Over a year or two, she had put on 50 pounds and had very few friends. When she hit 25, she made the decision to get her life back on track and get herself a husband. She got a personal trainer and soon found herself back to her high school weight. But this time, she was well toned and muscular.

Tom met her at a party thrown by one of his friends and they hit it off immediately. He was dating her for about three years when he finally popped the question. They got married soon after and everything was fairytale. She got pregnant and they both decided she would quit her job and raise the kid for the first two years. He made a great salary so it wasn't a financial burden to lose the second income.

When she found herself at home, she fell back into her old routine that got her so out of shape the first time. Soon she had become over 80 pounds over what she was. She decided to not go back to work after the two years.

Five years into his marriage, Tom came to the frightening realization that this wasn't at all what

he had signed up for. He saw his wife as lazy and wasn't physically attracted to her anymore. Sure he loved her and would do anything for her, but she had changed in many significant ways and he was starting to feel trapped...

This is a common problem that faces a man. You can definitely say the same thing happens in varying degrees to women, but let's stick with this. The moment Tom decided he had lost that magical attraction to his wife was the same moment that **this marriage was over**. It's not over in a legal sense, but he's "lost that lovin' feeling" and he looks at his future with a certain silent desperation.

The actual reality could be that his wife got really depressed for going back to being a hermit. Maybe she felt like he insisted she quit her job and become a housewife. She could have a thousand reasons for everything that happened and yes, BOTH people have blame in this marriage, but who cares?!! The reality is that several things happened and all of them contributed to the lessening of love and possible eventual ending of this marriage.

You don't lose sight of the dynamic person you are today because saying "I love you" is a promise to this other person that you want to keep them and will do whatever it takes to have them in your life.

You can Only Change for the Better

Get one thing perfectly clear here: you bought this book because you want LOVE someone, not to trap some poor sucker into financing the rest of your life as a hedonist. Of course you always have that option, but isn't it so much better that you marry your best friend and you always look into each other's eyes with nothing but adoration?

The top worst thing you can do to kill a great relationship is to change in ANY significant way. It doesn't necessarily have to be just the shape you're in either. Depending on the guy, he might question the relationship over something like becoming a vegetarian or going back to eating meat or finding/losing religion or drastically changing your hairstyle especially if you go very short. Maybe you change political parties (an actual short-lived source of contention for my parents [dad voted for Jimmy Carter]).

Big changes are bad news unless they are **improvements** physically, sexually or intellectually. No guy will ever complain if you decided to get into great shape, wanted to experiment in bed or decided to take some interesting classes. If he's THAT kind of guy, there is a chance he might feel threatened by you hanging out with all those younger, sexier schoolmates, but if he really loves you, he'll appreciate your new knowledge. If he is threatened by your improvements, be very cautious of a man like this! Seriously... any man who is threatened in any way by you wanting to get smarter is a horrible human being.

Think of your relationship as a constant opportunity to make yourself better. Always try to figure out new ways to surprise and excite your lover and he will respond in kind. The day you get a wedding ring isn't the day you stop caring about how you look or how he feels. Never stop becoming a better person.

You Can Change, Really!

Allow yourself to be swept away by that special man worthy of all you have to offer. There really was no way of avoiding past heartbreak because of who you were and your limited experience of who you really want to be in a relationship. If you truly open up your heart and look at your past with an open mind, you will see that you were doing exactly what you thought was right. Your man wasn't to blame for your heartache. It was your level of experience that allowed you to put yourself in that position.

Expand your view of what is permissible in your life. It's easy to look at another sultry woman in a clingy dress and dismiss her as a whore. Consider this: maybe she grew up in an area like Los Angeles and everyone dresses that way. Your reality does not need to be so small. You are capable of anything and people who are truly capable are very attractive.

This just happened to a friend in my life. Since I've known her, she's always had a hang-up with certain kinds of sex. She met a really good guy and he was going "in that direction." At first, she kinda freaked out a bit thinking of all her previous traumas. In that moment, she decided that he was worthy and she had finally met someone who "getting over it" was worth striving for.

I'm not going to say that she tried it and loved it. She still has some ways to go to get comfortable with the other aspects of her sexuality, but she gave herself space to change because she wanted to be a more open person and this new, great guy was an inspiration to take that change seriously.

Open Your Mind

In relationships, it is crucial to keep your mind open for anything. If the secret to a successful bond is communication, then making it clear to your boyfriend that you are not going to judge him is the cornerstone of this communication. Always be open to consider a new point of view even if it challenges your long-standing beliefs.

Understand that almost all conflict arises in a loving couple because both of you are viewing the same situation through different filters. In both your minds, you feel you are right and the other is absolutely insane, but keep in mind, humans are notoriously fallible when it comes to what they observe. Just watch a football game with super-fans from each opposing team. Every call or penalty by the referee will be vigorously opposed if it affects their team negatively, "That guy must be blind!" While the fans on the other team see it a perfectly sound observance.

Once you add any excitement to what's being observed, the chances of your brain skewing that information increases. Just be willing to consider what you believe might not be in the right some times.

Avoid Saying Things You Can't Reverse

Avoid making statements you have to stand by. Research shows that once you state a position or belief out loud, you are likely never to change your opinion. It's simple really. We all think that once we take a stand, we are stuck to our words. Politicians get nailed for this all the time. If you stop taking sides all the time, you won't get stuck defending your position and retain your ability to keep your mind open.

Can you see how opening your mind will only benefit a great relationship? If you really have to be the devil's advocate, argue with your friends. Open yourself to your boyfriend and listen to what he's saying. You can still discuss the finer counterpoints, but always be receptive to the idea that what you believe can easily change.

Always Getting What You Want

In Simon Stanley's amazing system, [Influence Persuasion](#), he talks about better ways to get someone on to the same page as you. It teaches you to use the art of influence and persuasion to make positive changes in different areas of your life. You will learn to get what you want by making people say what they are going to do

The simple concept is that once someone says they are going to do something, they tend to do what they say. How does this apply to relationships? You can use it for just about anything. Maybe you've always wanted to go to the symphony but your boyfriend might put up a fuss like you are forcing him to get a sex change. You are expecting to get some free tickets from your boss and really want him to come along. If you ask him, "If I got some tickets to the symphony, would you consider going?" If he says yes—even if he thinks he's just dealing with something hypothetical—the chances of him going when you actually get the tickets are pretty high. Whereas, if you get the tickets first and then tell him he's going to the symphony, here is where he can complain and say no.

Are you starting to realize that once you figure out how to talk to your man, the chances of having a successful relationship grow exponentially?

Isn't all of this manipulation? It's kinda creepy...

Actually, no. We all want to be treated with kindness and respect. How does nagging, whining and complaining to get what you want get you any closer to respect? When you learn how to effectively communicate, all of the problems with past relationships never come in to play.

Life is About Negotiation

Do you understand the concept of negotiation? We're not talking about hostages and terrorists, just basic negotiation. You're selling a used car and you ask for more than what you think it's worth. For the sake of example, we'll say you want \$1,200, but you'll start the price out at \$1,500. Maybe some sucker will come along and pay full price, but usually, they offer a few hundred below your asking price. The buyer comes along and offers \$1,000 because the tires are a little worn. You counter with \$1,300. He offers \$1,100. At this point you can try to push for the \$1,200 or you can be satisfied you got close to what you wanted.

This simple exercise can apply to everything in your life. You can ask for a vacation in Hawaii and negotiate it down to going away for the weekend. You can ask your boss for a raise when all you really wanted was a couple of days off.

When it comes to your guy, this little technique is invaluable. Let's say you go to the mall. He goes off and does whatever guys do at the mall and eventually comes to find you. When he arrives, you show him this fabulous \$700 dress. Even though you are spending your own money, if you let him know you are about to buy a \$700 dress, he will think you are insane. Of course when he hears the price, he freaks out and starts planning your shop-a-holics anonymous intervention. You then ask, do you think I should get these \$200 shoes instead? What's he going to say?

If you just showed him the shoes when he arrived, he would think of you as the same kind of maniac for wanting to buy the dress. By comparison, you got what you really wanted (the shoes) and he can think of you as a much more rational person.

It's a common cliché that men already see you as a fruitcake who can't control her spending, so why not play up to this and make him think he could have done much... much worse?

How can this work in day to day situations? When he arrives home from work, you greet him with a kiss and offer him some options, "I'm cooking dinner. You can either rest now and do the dishes later or you can mow the lawn now and I'll take care of the dishes." Bingo, the dishes get cleaned (unless mowing the lawn is his thing). He comes away from the negotiation thinking he just dodged a bullet by picking the easiest or more preferable one.

A Better Way to Talk to Him

We've all heard the studies that women say a bajillion words a day and men say something like fourteen. The last thing any dude wants is to have an hour-long discussion about his feelings and where the relationship is heading. When talking about your feelings and desires, always follow one specific guideline: Just say it.

Go back and think of all the events that led up to the crucial, “Honey, we need to talk...” Perhaps he’s been distant and unfeeling when you are together. Maybe he just hasn’t called in a few days. Whatever his misdeeds are, there is no reason to give him a listing of his offences. Whether he’s doing these things intentionally or unintentionally, he knows what his crimes are before you even open your mouth.

So now you are forced to pressure him into some more quality lovin’ and you start with the, “You know how you’ve been doing [whatever]” in that strange high/low/high tone of voice. Immediately, your man is going into fight or flight mode. He can feel his pulse rising and his muscles start twitching. He can’t really hear anything you are saying from the split second your voice goes up an octave. He’s like a coyote contemplating chewing off his leg to get out of a hunter’s trap.

You lost him in the first few seconds.

So how can you tell him how frustrated you are? Picture that whole conversation in your head from start to finish. Think of all the points you need to make and every answer to every possible defense he might give you. Now take all that information and boil it down to NO MORE than three sentences. Don’t talk about your hurt feelings. Don’t list his problems or how he can better himself for the sake of the relationship. You can simply say, “[Whatever he’s doing wrong] is not what I’m looking for in a lover.”

Done! You’ve made your entire point in simple language he can understand without bringing your voice up into “nag frequency” and now you just shut up.

He might just ask for clarification. In an even lower, sexier tone of voice, calmly and slowly say, “I like what we have here. I like thinking about you throughout my day. I like thinking about your lips touching mine and your hands on my body. I like to think you are somewhere pondering the same things. If that’s true, feel free to call me whenever you get the urge. If it’s not, then this really isn’t what I’m looking for.”

Not Even Close to an Argument

You get to communicate so many great things by saying something like this. You haven’t accused him of anything so he’s not on the defensive. You let him know that he’s on your mind (which is completely adorable). You also let him know that he can make things better with the minimum of effort. More importantly, he gets the point that he can’t just walk all over you.

If he gives all the indications you are both at the same level, have some really great, kinky sex with him to add an exclamation point to your little speech. Make this part of your plan. It’s an invaluable idea to end any discussion with an already thought out action. If for example, he remains cold and distant throughout this conversation, make sure you have plans to leave him alone with his thoughts. If he actually gets what you’re saying and indicates he’s all about making things better, plan to reward him.

Keep in mind that you are not using sex as a bargaining chip. Don't allude that if he says yes, he gets action **because he will just say yes**. Once you are in total agreement, then he gets the prize.

Is this manipulation? Just a little, but you and I both know that once you come to an agreement with your special guy, you just get so overwhelmed with passion you can't help yourself [wink wink]. You are not holding yourself out there as a carrot for him to follow blindly around. He doesn't really know what might happen, but if that something is always something good, then he learns that compliance to your needs leads to treats. He will be eager to comply.

Use the "super fun sex as a reward" method sparingly because it makes it more effective. On the other side, if you do your little talk and then turn around and continue watching TV, in his mind, it's like it never happened. You've only given him a miniature nagfest and he dodged a bullet. If however, you calmly and intelligently tell him where you are and subtly let him know he's on your mind followed by some earth moving sex, he might actually finish the whole thing off with an, "I love you!"

By no means am I making any promises, but when you get right down to it, men are creatures of action and women are creatures of words and emotions. Men submit to words to get to the action. If you want the words, the easiest way to get there is through action. Essentially, let your fingers do the talking. If you throw in the body language and seductive little looks coupled with your sexy voice, you might just get him overwhelmed enough to have to share his feelings.

Beyond your body language, when you actually use your words as a persuasion method, make sure you get to the point quickly and painlessly. Make sure you actually have a point and keep your tone of voice low and steady.

Look at how guys correct their guy friends, "Dude, don't be a d*ck!" What prevents you from using a little less course method (albeit no less direct)? "Hey Dum Dum, I'm into you. Get over here and check me out!"

The Battle of Wants

Sometimes it's so easy to meet a guy. He does all the right things (or maybe just doesn't do any of the wrong things) and somehow you fall in love with him. It's even easier still to assume that since you are besieged with these amorous feelings, he's got to be feeling it too. A few weeks later, you find yourself crying to your friends about what an a**hole or idiot this guy is. What happened?

What just happened here? And my guess is that if you do this, it happens to all your relationships. You tend to believe that your desires are the same as his desires. Is the "connection" you two have just one way or does he reciprocate? So you fall into love mode without actually pacing to see if he's there with you. Being the typical commitment-phobe that he is, he freaks out and bails or pushes you away to slow down the whole interaction. You are left there with all of those glowing feelings and a size 11 shoe print on your heart.

Most of the time, people have no idea what they want in any given situation and it's possible what he really wants might make no sense to you. When you get into predicting or believing what someone else wants, there's a pretty good chance you're heading towards failure especially if you haven't known this person for a very long time.

Your goal in becoming the perfect woman is to seek a fundamental understanding of your man. Forcing your will on him does not help you achieve closeness. Considering everything that he could possibly be thinking puts you on that path. This does not refer to obsession. You are simply trying to see his side of the story. If you have come far enough that you are developing deep feelings for him, then you obviously know a bit about him. Women who have great relationships understand this is a group effort and part of success is seeing the way he sees while still holding onto her opinions. The women who find themselves in failing relationships can't even imagine what their man is thinking and if they could, it wouldn't make sense to them anyway.

What's Sex got to do with it?

Many women come from the opinion that men are only interested in sex. Granted, men can engage in sex with absolutely no emotional connection with a woman, but to assume sex is the only priority shows a basic misunderstanding of a man's sexuality. Just as the flood of estrogen has a dramatic effect on your emotions and desires, testosterone has a tremendous effect on a man's brain too. Basically, deep down in the man brain, he is constantly flooded with the desire for sex. This desire is what has helped humans to be one of the most prolific species on the planet.

The *underlying* drive in most men is procreation in the same way as it is for most women. The difference is that women usually can only provide about one egg per month for fertilization (some months, she won't drop any). A guy can ejaculate 500 million sperm right now and be able to ejaculate another 100 million in less than an hour. His capacity to further his own genes is astronomical. Fortunately for the planet, even the smoothest of gents will never live up to his true capacity to sire children.

That's it in a nutshell. Since men have an endless ability to procreate, their base desires reflect that function. Since women have a very limited ability to procreate and they have to carry the child for nine months (further limiting their "fertile" time), they have different and much more specific needs when it comes to reproduction.

So this proves men are pigs right? Yes! ...and no. Women are born with a biological drive to reproduce, so do you find yourself with a different guy in your bed every night? Men have a similar, yet amplified desire to reproduce but somehow, they aren't killin' it with the ladies for some of the same reasons you have. **The thinking part** of all of our brains wants significantly more than mindless sex.

Men, like you, all have the same intellectual drive to seek out the best possible mate. The major difference is that if physical attraction is all that's there, that'll work in the short term as well.

Choosing an Evolved Man

But men are capable of such depravity. That still makes them sex-obsessed piggies! True, but there is a sliding scale of scumbaggery. Obviously, the more emotionally mature a man is, a greater portion of his thoughts are generated in the northern hemisphere of his body. If a guy has no control over his emotions and has never contemplated what he really wants, the more his little guy is in charge. This tends to be the driving factor behind your man friends that continue to date cute women that treat them like slaves. They can't get past physical attraction to understand what's really good for them.

Yeah, the penis has a pretty powerful capacity to ruin lives... since the dawn of time!

Fortunately for you, your brain is equipped with a phenomenal intuition. Emotionally immature men are relatively easy to spot and in general, these cavemen are impossible to change. Your best bet is to listen to that "Asshole alarm" buried deep within your brain and avoid these guys altogether.

"Asshole Alarm?" *Every guy I get involved with is an asshole!*" Well, then your asshole alarm for you is also known as **"attraction."** All joking aside, some girls are just attracted to punks. Make this your mantra: **If what I'm doing is not working, I have to do something else.** Something inside your brain is off balance for whatever reason. Your instincts have made the wrong correlation between sketched-out and lust.

The Right Kind of Bad Boy

Many girls gush at the thought of an untamed bad boy, but there are limits to this. A bad boy might be a rebel with ripped abs and a Fabio haircut; he also might be a meth-peddling felon with baby-mamas all over the place. Let me be the first to propose this concept: a bad boy refers to a rebel who does what he wants and holds a hearty "F. YOU" to anything that interrupts his freedom. He is also a member of society who understands that his freedom doesn't come at the expense of anyone else's. He's not the guy who tries to have sex with your best friend and wrecks your credit.

One of the best keys to your success as a significant other is getting back in touch with your intuition. Sure it feels great to get attention, but attention from the wrong characters is not what you want in your life. Choosing and pursuing the right guy makes all the difference in the world.

If you always seem to get stuck with losers, break the cycle by dating a guy you never would have considered. Find out what it feels like to have someone be nice to you. In the end, it might make you restless, but you will get a benchmark for how a relationship is supposed to feel and you can show yourself that **a man can give you dignity.**

Think of it this way: every guy you date from now on sets the standard for the next guy. **If the next guy is no better than the guy before, he gets no chance.** When you approach everything you do deliberately, your life immediately gets better. If this guy isn't magic from the start, hold off on your projecting emotions until he does some significant things to show you he's all in and there for the long haul.

SECTION 8:

Men

Love

Sex!

**“Come sleep with me:
We won’t make Love,
Love will make us.”**

~ Julio Cortázar

Sex: Our Genetic Imperative

There is no way around this... sex is a part of dating. If you take everything else away and you were the meanest, nastiest bitch you could ever be, a man will be hooked if you are the best sex he's ever had. Sex is just about the best thing people can share with each other. To crave those intimate moments with a skilled lover... Spending hours thinking about his body and his touch... There's only one way to know for sure. You kinda have to have sex with him.

What if he sucks in bed?

For some women, this isn't necessarily a deal breaker. He could be great in every other way, but he might be meek or boring or comically terrible in bed and she'll still find reasons to love him. But... after a while... all the rest of the perfect-ness will be overshadowed by his lack of pep in the sack. Conversely, he might be a bit of a jerk, he might be a playa or a cheat, he might be unemployed and she'll keep him around because he can get the job done when it counts.

The Fishing Tackle

What if he has small... equipment? Nothing will wreck a man's confidence like tiny machinery. If you don't believe me, search the Internet for "penis enlarging schematics." It's mind numbing what lengths some guys go through to up-size their junk.

This affliction can affect a guy in pretty much one of two ways: he's obsessed with it. He gets embarrassed and self-aware of any looks or comments on your part often with tragic results. OR, he accepts his burden and becomes a virtuoso at foreplay and sex. I know that for some women size is very important and smallness is a total no-no, but if you're a bit less specific on your needs in this situation and you are willing to give a guy a chance, you might find a diamond in the rough (only with a smaller karat weight).

Signs a Man is Good in Bed

It's quite possible that both men and women want to be with gentlemen and ladies in public, but also want a "freak in the sheets" to quote modern philosopher, Ludacris.

Sadly, it's difficult to tell if someone is gifted until you actually do the deed, but there are some positive indicators/warning signs.

Good signs in a man:

- He can dance. This one is great. In all the women I've polled on this one, a good dancer has never let my sisters down.
- He touches you early and often. And I don't mean this in a lecherous way. If he subtly touches you throughout your interaction in ways that make you feel good and intrigued, he probably has some other useful knowledge.
- Eye contact. Timid guys tend to internalize sex. They are so busy thinking about

things so they won't orgasm, they tend to forget you're there also.

Bad signs in a man:

- Nervousness in your interactions. Some women might find this shyness sweet, but it doesn't ever lead to him turning into a tiger when his pants are off.
- Misogyny or ex-bashing. There is a big difference between a lovable jerk and a guy who hates women. Sure we've all had our heartbreaks, but talking about things like this with potential mates proves he just doesn't get it.
- He brags about his prowess or the size of his penis. This one can go either way, but usually ends up in the negative. Even if he has some skills, it usually is overshadowed by his pushiness and self-indulgence.
- Obsessions over movies, music, or sports. Unless he's an actor, musician or sports star, this is a pretty good indicator he'll be thinking about his fixations rather than thinking about your needs.
- He's cheap or stingy. Generous people are either genuinely generous or wimpy suckers, but cheapskates are all lousy in bed.

Signs a Woman is Good in Bed

How about the women? You better bet he's sizing you up too. Here are some things to think about that indicate who you are sexually in your own life.

Good signs in a woman:

- She can dance.
- She responds well to touch and touches back or even initiates touching. **Initiate!** It's a great way to innocently show your interest.
- Pausing when touch is initiated. He touches you on the small of your back or back of your neck and you freeze for a second... priceless.
- Any type of purring or moaning or hmmm-ing about anything. When a guy describes a delicious meal or a beautiful view, respond with a sultry "mmmmm." It sends the right message.
- Obsession for music or art. Really? I'm not entirely sure how this works, but it almost always works in favor of a good skill set.
- Unpredictability/craziness. Most dysfunction manifests itself in sexual compulsion. I'm not saying it's good or healthy, it's just a fact.

Bad signs in a woman:

- She alludes to the fact that she's got the vagina and it's a gift to the man. Top of the list WORST thing to ever do or think. It's the same situation as the person who talks about how good of a tipper they are. Ask anyone in the service industry. 95% of the time, this means you're getting shafted out of a tip. You are born with the same

- equipment half the world has. It does not mean you know how to use it.
- Ever-present relationship with her parents. There are good relationship with mom and dad and then there are obsessive ones. The bigger role the family plays in day-to-day life, the less likely the woman will be good in bed.
 - Ultra-religiousness. Sorry, but the “sex is evil” mantra that some people grow up with leads to bad feelings about it even in healthy marriages.
 - Ownership of more than two cats.

Skilled lovers have an underlying aura about themselves that often manifests in an irresistible confidence. When a guy possesses the key to making a woman orgasm, he just has that superior atmosphere surrounding him. This is the whole point of body language. Our bodies are constantly sending surreptitious messages that only your subconscious mind can interpret.

If you get a sense about someone, it's more than likely true. Now we get back to the whole lying to ourselves issue. Don't dismiss that little voice that tells you to walk away. And listen to it when you feel anything unusual about someone. In my book, [The Real Secrets of Sex](#), I go through this topic and many more in great detail. Of course, this guide to sex stands on its own, but if you are making a spicy chili, have having the right kind of spice is as important as having just enough...

How to be Better at Sex

If there is something in your life that you plan to engage in regularly, then it's worth doing it well. There is no doubt, some people just “get it” when it comes to this. The rest of us have to learn it. There is no shame in learning better techniques when it comes to sex. The fact remains, every one of your grandmothers in your entire lineage had to have it at least once...

When it comes right down to it, the more knowledge you learn on this subject, the more comfortable you will be. The more comfort you feel, the better the experience for him **and especially** you. Conversely, not knowing what to do leads to self-consciousness and inhibitions. Even the dumbest of dudes can pick up on this hesitation that makes matters worse. On top of all of this, there is the painful apprehension that knowing too much about sex will make you a slut.

So what are the juicy “how to make your man happy in bed” tidbits? Actually, there are several books on this subject that give positions and techniques and theory, but I'm only going to leave you with a few. If you do all of these, you will be better than 90% of your competitors between the sheets. Most importantly, you really should start with exploring your own sexuality in order to get a handle on what he needs.

Kegel Exercises

By far the most important thing you can do to impress your lover. When it comes down to it, genitals are dumb. In and out, repeat if necessary. Most of the activity happens in the hips. Both women and men can benefit exponentially from Kegel Exercises. The ability to use your inner muscles to clamp down on the penis is delicious experience most guys have never felt. Once again, if you can give someone a sensation they have never felt before, they will always remember you. It also makes for stronger, more intense orgasms.

So what do I do? Kegel exercises are simply the tightening and relaxing of the pubococcygeus muscles or PC muscles located between the vagina and the anus. It is a system of muscles that support the pelvis and surround your genitalia. Basically, it's what you sit on when you ride a bike. These muscles not only assist in urination, they are also important for childbirth (if these muscles are weak, you tear. If they're strong, you stretch) and absolutely crucial to the strength and intensity of your orgasms. The exercises are as simple as squeezing that muscle over and over again. The best way to determine if you are doing it right is to cut off the flow when you are urinating. Do this several times until you have the feeling for which muscle you are working on. Now that we've found it, start with tightening the muscle for three seconds followed by three seconds of rest. Do this for as long as you can until it feels sore or tired. Most likely, you'll get distracted before this happens. Eventually work your way up to 5 seconds of squeeze. You can also do rapid squeeze/release exercises too. Since it is completely invisible to the people around you, you can do it whenever you think about it. One good method is to do it when you are waiting at stoplights or any other event that gets repeated throughout your day. This is perhaps the easiest thing you can do in this whole book, **but it will give you some of your best relationship results.**

If you really want to be a pro at this (*and you better want to be a pro at this!*), you can get a Kegel exerciser. One of the best one's on the market is [the Kegelmaster](#). It's a spring-loaded device that helps create a mini-workout for your vagina. Not only is it vital for strengthening the muscles necessary before and after childbirth, it also turns your orgasms into mind numbing explosions that will have him wondering what happened.

Get All of You into it

It's difficult to imagine how great it is to feel when you can hold your lover in true ecstasy. That deep down pride in knowing that your man is more satisfied than he could ever be elsewhere. If you are truly an aficionado in the sexual realm, then he essentially becomes a gourmand. It's somehow painful to go from steak and lobster to corn dogs. The more you learn about sex and the more you can teach him about himself sexually, the deeper his love for you will grow. Put some effort into your own sexuality. Get back in touch with your body. Live for pleasure and strive to give pleasure selflessly.

Show some passion in your lovemaking. The top complaint guys have is sleeping with a lifeless partner. Whatever your qualms are about making noise during sex, get over it. The neighbors will be happy for you, your children will witness the foundation for a healthy sexual persona when they become adults, and the bible says nothing about silent sex. You are sharing one of the most fun things we can do with each other that's a natural expression of **all** of our emotions. Make some noise. Thrash around. Go for that orgasm. Fantasize about knights on horseback or rock stars or the dude that fixes the office copier, whatever you need to bring you to your ecstasy. This is a two-person show and you are the co-star. If you really can't make noise, showing how you are struggling to hold in moans of ecstasy gives the same effect.

For a guy, nothing is more spectacular than the ego boost of giving a woman ultimate pleasure. In fact, seeing you really get into having sex is the top desire of all men. We love to think we're studs and all of your commotion makes us feel like horse-backed knights or rock stars (you're on your own with the repair dude).

Having said that, NEVER fake an orgasm.

I'll repeat that, NEVER FAKE AN ORGASM.

Sure guys are stupid and, really, bless you for being so kind as to boost our egos in that manner, but you are going down a bad road here. Let's face it: most guys can be pretty clumsy when it comes to sex. Maybe a girl they hooked up with in college had an orgasm when he did a particular thing. That becomes his one-note symphony. Have you ever been with a guy that did something to you that didn't work but he did it over and over again? The last girl liked it so there must be something wrong with you. So you fake an orgasm because you're actually starting to get irritated. So from now on, he'll think that's your button. You have just rewarded him for sucking at sex and he will suck that way forever with you. Which leads us to...

Tell Him What You Want

This, for some women is the hardest thing to do. Sexual assertiveness is immodest and self-indulgent. Your sexual "map" is completely unique to you and some of your more hidden buttons might never be found. You must understand that for a man, in and out is really all we need. We will cum with the bare minimum of circumstances. Women's plumbing is often a complete mystery to the inexperienced. I'm not saying you need to come out and say, "Rub here for twenty minutes." But saying, "Yes" or "don't stop" when he hits the magic spots will educate him on your pleasure zones. Even things like, "gently" or "not so hard" or even "harder" need to find their way into your sexual dialog. If absolutely none of the verbal stuff works for you, at the very least, adopt a different way of moans or grunts or breathing when he's right there.

When it comes to the wackier behavior during sex, some women are completely terrified. Somehow it just feels... dirty. That's fine; you are completely entitled to your ideas of modesty. There is a great book called [Better Sex for Christians](#) that addresses many of your preconceived ideas about how to express your sexuality. Even if you are a different religion or not religious at all, it might give you some perspective on how to explore lovemaking with your partners.

Be Specific if You Can

In all the men and women I talked to in the research for this book, absolutely no one said they would be offended if their partner divulged their secret spots. Quite the opposite, almost all said they would be grateful. Even though we humans can often be sexually stupid, we are pretty much all eager to please.

The trick here is to be enlightened without barking orders like a drill sergeant. It could be as simple as grabbing his hand, picking a finger and VERY SLOWLY guide it where you want it or saying “ONE OF my favorite spots is right here.” Make sure you stress that this is only one of many or you will find that spot rubbed until it’s raw for the rest of your life.

Don’t be afraid to give these instructions. If he hasn’t found your locations after a few tries, chances are he NEVER will. Don’t doom yourself to mediocre sex forever when you know what works and can very easily tell him. Besides, it’s very liberating to give someone you really like one of your secrets!

WARNING: In the very end, you are still dealing with another human being. I guaranty he’s not thinking about anything close to what you’re thinking. As you have more sexual encounters with the same man (or men), it will be obvious when he is nearing orgasm. If you’re not finished, you can gently pull him into you before he does his finish-line routine. Help him to change his state so he can last longer. Being a great sex partner has the sad side effect of getting the guy too riled up and making him ejaculate quickly. Limit the vigorous activity or sexy talk if you’re not done yet. It may take a few tries to see how well it works, but say something sexy or squeeze him with your newly revitalized PC muscles and see if it makes him cum right away. Find a good combination that helps you get what you need too. By your delicate guidance, you can assist him to become *your* perfect lover.

Love Yourself: Part Two

I mean this in two ways. The more comfortable you are in your own skin. The more you can accept what you see as shortcomings, the sexier you feel and, by default, the sexier you ARE. If you’ve gotten to the point of clothes-off, you might as well be all the way into it. Men aren’t stupid; we have a pretty good idea what you will look like nude if we have seen you with your clothing on. So come to terms with your naked body. If you can’t, this should be the reason to [get into better shape](#), or to start [taking care of your skin](#), and to start taking better care of yourself in general.

The other way to love yourself is to masturbate. **Masturbate! Do it tonight!** Any guy with enough experience will tell you that every girl he’s been with is COMPLETELY different when it comes to what feels the best. Being a guy myself, I know for a fact that a very large percentage of guys have only a “gossip and rumor” understanding of the female orgasm. And yes, many of them have been fake orgasm trained by the last dimwit. How can you help your man with a map to your pleasure zones if you have no idea where they are? Guys love a little direction when it

comes to sex. They feel like you just gave them the Holy Grail if you can teach them how to give you an orgasm.

A little bit ago, I was chatting with a woman I met online about these matters and she confessed she had NEVER had an orgasm EVER! Not with a man, not by herself. I was shocked and felt very sad for her. No matter what your beliefs are about this subject, **EVERYONE with a healthy body and a relaxed mind can achieve an orgasm**. Some people take much longer than others. In the experience of many of the people I interviewed for this book, the longer you take, the bigger your orgasms will be.

Before you think of me as a jerk for making this woman feel like an outcast or a freak, it's important to note there are an infinite number of reasons that a woman can't achieve orgasm and some of them are pretty horrific. Sometimes these issues need to be explored with a counselor, sometimes they are purely medical reasons, but generally, it has a lot to do with comfort, relaxation, and plain and simple letting go of all the stress and the past and future and just being in the moment.

I promise you that unless you have medical or psychological issues preventing you from orgasm, you are simply a half hour (or hour) away from orgasm RIGHT NOW. If you do discover that you take some time to get worked up, go easy on yourself and go easy on your stuff and make sure you use plenty of lubrication. You might even consider getting a toy or two. Most women can't say enough great things about the [Rabbit Vibrator](#). The trick with these little miracles is to get the best one you can afford. They have a ton of moving parts so pick one that won't break down on you.

WHY MASTURBATE?

The goal here is to find the little nooks and crannies, the rhythm and pressure it takes to make your body sing. Find your own magic spots and figure out ways to make your orgasms more intense. This is the only body you get, do everything you've ever wanted to do with it. It's OK.

Learn your body and masturbate some more. Do it and let him watch. If you ask a hundred guys if they've ever witnessed a woman masturbate in front of them, 98 of them would say no. The ones that say yes will answer with an emphatic yes and a smile rivaling a child's Christmas morning. Women simply will never play with themselves in front of a guy. Somehow it's too dirty, or too personal, or too slutty, but c'mon Girl! **Men loooove to watch**. This is an advanced technique and it's one they are so unlikely to ever witness in person without paying someone first. Be the exception.

Be Down for Everything

Having a creative appetite for sex makes you all the more appealing. Why would a man choose you if another girl he's seeing is more sexually adventurous? Men's brains can come up with some pretty elaborate sexual kinks and they are all looking for that special someone who they can share their fun with. You should never do anything you find repulsive or that could cause you real harm, but there is so much more to sexuality than boring oral sex and missionary position. If your guy mentions an idea, be willing to go for it or consider a way to make it more exciting for you.

For most women, no one has ever bothered to teach them anything about sexual technique beyond the "precious and beautiful flower" crap. Be curious about your body. Pick up some **NEW** books and videos about sex: something that has been written in this millennium. Yeah, you can find something from the seventies or even go back as far as the Kama Sutra, but that has nothing to do with today's woman with full access to the internet, vibrators and all sorts of others clamps, gadgets, and ticklers.

WARNING: When engaging in any activities outside of your comfort zone, it is imperative that you be completely honest with your lover(s). Tell them that this is your first time at something new and it is important you feel safe and pleasurable. It's always a good idea to have some kind of safe word (other than "no"). If you get overwhelmed or start to feel scared, you say whatever word out loud and he will stop. Great sex is always about trust and comfort. If you can build in the safety, then you are both free to explore.

You can **never** complain that a long-term lover is lousy in bed **UNLESS** you give him the blueprints to your body and he still doesn't get it. Don't get me wrong, some guys are definitely losers in this arena and they may never get to the stage where they can even consider that you have a manual, but the ones you choose to allow back will **ALL** need some guidance in some way or another.

Using Sex as Currency

Another classic pitfall to avoid is to never treat sex or sexual favors as currency. Of all the dumb ideas society has inflicted on us, this one has to be the most damaging. Many sad and misguided men have the opinion that all women hate sex and only engage in it because he mowed the lawn. Although this sounds funny, below the surface, this is actually really terrifying. If a man does something to turn you on, jump his bones. If he performs some menial tasks, sure you can jump his bones for that too, but never under the guise of an exchange. This little scenario is why some smaller men consider all women whores.

Take back your sexuality! You love and crave sex just as much as he does. Unless the prospect of a lifetime of boring "Sunday sex" or routine sex is what you're after, don't turn sex into a commodity.

The classic complaint is that men objectify women. **How can someone objectify someone who is sexually equal or even superior?**

So what if you have little or no sex drive due to medication, hormonal imbalance, childhood trauma or other reasons? This is a tough one because most of the time a man will end a relationship mainly due to the lack of sex. He might give other reasons so he doesn't have to feel like a perv, but this is generally where the roots grow. This might be a time for a little honesty. You absolutely should talk to him about what is messing with your sex drive and ask him for help. Note that this is in no way first date conversation, but eventually, you will have to bring up the subject. If you are looking for a relationship-ending reason for someone to resent you for later, here it is. Be honest and you might be able to figure something out together.

The Erection: a Cautionary Tale

As men get into their thirties, they are no longer the “boner machines” they were in their twenties. From just after birth ‘til late-twenties, an erection might pop up at any given moment especially when they are least welcome. Young boys are often tortured by the omnipresent, tent-raising unpredictability of their erections. As they mature, they gain more control over their bodies and the unexplained erections begin to fade. Sadly, with this can come any number of other sexual difficulties. They might find their erections take a little more time to get ready. The erections might not get as solid as they once were. The erections might not come at all.

It's pretty devastating when a guy can't get it up.

If most of the originators of modern psychology are to be believed, then basically, everything a guy does revolves around his penis [yeah I can hear you whispering, “Tell me about it...”]. Every tool, every weapon, every building he builds is somehow an homage to his tallywhacker. If that little guy doesn't work, then in his mind, he has failed as a man.

Before we get any further, failure to achieve an erection in most cases has been shown to be a mental issue, not a physical one. About 80% of men with erectile dysfunction have no physical issues keeping them from achieving a healthy hard-on. The rest have problems with blood pressure and injuries among other things.

Mental problems? So he's crazy? Not quite. The brain is so much more powerful than we give it credit. If people can go into a trance to slow their heart rate or use positive thinking to create a miracle cure for whatever maladies they are afflicted with, then they can use that same mind to scare their penis into inaction. The reasons to not get an erection are far too numerous to list, but there are some standard themes.

Fear. At the top of this list is fear and it manifests itself in many different ways. If he has had an erection problem before that kept him from sex, he will be preoccupied the next time it happens. The stress of not being able to perform, especially with a new partner, will become a self-fulfilling prophecy. “If it didn't work then, then it probably won't work this time.” He might be afraid of diseases. He might be intimidated by your beauty or age. His mommy might have told

him that sex was bad. One guy interviewed for this book even said, “I was afraid at any moment she would look down and see my ugly toes.” Of course these thoughts are all pretty much irrational, but once you make up your mind...

Other senses. This is a pretty huge genre too and encompasses just about everything else. It could range from back pain to smells. He could have a bladder full of beer or he could be full of gas and afraid to let one loose. He might get a thought about his work at the most crucial moment. Basically, something is distracting him.

Is He Just Grossed out by me?

The short answer is definitely not. This one is a slippery slope. If you just met, then there probably isn't anything you did. Everyone is relatively good at sizing up a prospective sex partner. Your clothing isn't really hiding your weight. Your makeup isn't really hiding your skin. Barring basic human hygiene, more than likely, it's not an issue with you. If you have been with this guy for a long time and he starts developing erectile issues, there might be a problem. Has your appearance changed drastically from before? New kids? A friend of mine had a hard time having sex with his wife after watching his son being born (once again, highly irrational, but his brain has him scared).

Whatever the issue is with non-erection, there are things you can do about it.

Let's start with his feelings. He's sitting there with his whole manhood smashed; it's not the greatest idea to ask him what his problem is. It's also not a great idea to empathize with him, “It's OK, Honey. It's not your fault.” You both know he's in charge of that penis. Babying him will only make him resent you. It's time for you to take charge. Distract him first. Change the subject if only to get his mind off of failure. Give him ten or twenty minutes to distance him from his inability and then change your tactics. To be honest, I'm a guy and I've had this happen to me before. My issue is a previous back injury. When that is flaring up, there is no way the “erection signal” is getting from my brain to my tiny gladiator. A simple back cracking does the trick just fine and everything is back on schedule.

How else can you change the frame? Don't say a word. Roll him over and give him an amazing back rub. Get out some chocolate sauce and play tic-tac-toe on your tummy. Have you ever given a man a head massage? Nope. Wrong head! A little bit further north.

Guys with erection problems need foreplay and more stimulation than normal. See this as your chance to get your foreplay too. Kiss all over his body. Get him to relax and tease him a little bit. Try a little oral stimulation. The important thing to consider is that if you are doing any direct stimulation to the penis and it's not responding; don't make a big thing out of it. You will stress him out even more and then it's all pretty much bad touch from there on out.

Do something new or possibly forbidden. If you have a list of things you just won't do, you can guaranty that's what will turn him on the most. It is a bit presumptuous of me to suggest you just go for it, but it's really up to how much you want to have sex or how much you want to save

your relationship. That one unselfish act might revitalize a suffering relationship and besides, you might only need to do it once. You might also discover that you enjoy it a lot!

Besides damage control in the moment, it is important to have a conversation with your man about sex. It is important to let him know you love him no matter what and how sexy you find him. SEXY! That's right, tell him how f*cking sexy he is. You have sex with this guy, you dig him, let him know that you desire him. Nothing turns off that stupid little voice in his brain than knowing you're there unconditionally. Slow down sister! Never have a serious conversation like this in the bedroom. You are both naked and vulnerable. These discussions should always happen well removed from that awkward moment.

The "Romance" Guys Want

If you really want to keep a guy around, throw away the details and just do something he would never expect. When guys get together and brag about their girlfriends, you'll never hear them say, "She fixed me a candlelit dinner and sprinkled rose petals on the bed..." Romance is your fantasy, not his. And you'll never catch him bragging about how proper you are. If you do something he might never expect, you will capture his heart a million times faster than well planned out escapades.

So am I saying that your man won't appreciate a fabulous date followed by candlelit sex as much as a blowjob while he's driving? **Bingo! Bait the hook with what the fish wants.** Scenarios that ooze romance should be gifts to you from him. Scenarios that make him feel like a sexual conqueror are gifts to him from you.

When you get to the root of all the stimulus a man gets about sex, there is no way you can compare to the only sex manual he gets: pornography. You know and I know that the sex you see in pornos is so far removed from what actually works for women, but does he know that? You're in a bad place here. Can you get a guy to actually unlearn everything he's seen in porno since he was probably 15 years old? *Why bother?* It's so much more effective to meet half way and guide him to your side.

Being spontaneous and engaging in different kinds of sex in situations other than on your back in a bed will make him think he's living the pornography ideal. You don't have to do any bizarre acrobatics or painful acts of degradation and contortion. Just do something spontaneous and sexy and he'll be a happy man.

When is the last time you had sex on the kitchen table...?

DANGER: Remember those first few weeks of seeing someone new. You found yourself constantly thinking about him, wondering what he thinks of you. Does he like you? Is he hiding something? Those first scary moments of undressing leading up to the first sex. It's terrifying and exhilarating all at the same time.

For some people, it's too much to bear. Listen up, people... this is the best part. **This is the most alive your relationship will ever get.** As you slowly make the inevitable move into comfort, all of these extreme emotions and wondering and butterflies and restlessness and outright anticipation gets replaced with tedium and the pattern of scheduled sex. That is unless you decide right now, today to do something about it.

Sex is about laughter and music. It's two double crossed secret agents finding one last moment of real connection in some nondescript hotel in Prague. It's a mischievous Satyr chasing a maiden through a lush meadow to take her next to cliff overlooking the castle. Sex is unpredictable and could break out at any moment. It's finding a melody that only you two can hear with the plot unraveling in Machiavellian passion.

Sex is also about gentle touching, the caress of a strong hand on soft flesh. Two young lovers running nude through a beautiful garden, collapsing in a field of clover for that first adoring embrace.

Sex is fun as much as it can be serious or passionate or hungry.

Do you see what I'm getting at here? Sex and sexuality takes a little effort. You can whip your clothes off while he whips off his and meet under the sheets, no problem, but what if you believed that each touch, each stitch of clothing actually held *meaning*? That very next kiss could consume you both in flames of infatuation. There is nothing dictating your level of sexuality besides your own creativity. You are much more intense than you give yourself credit for. You are way more sexual than you picture yourself. You can engage in many of the fantasies running through your dreams (except for the ones where you have fairy wings).

Nothing creates that tension like a little danger. The fear of getting caught being naughty is an element in every boy's sexual dream. What can you do to facilitate that desire? One small act of passion can do wonders for your sex life. Blindfolds, dominance, or even sex in a stairwell of a public building might get you some spiciness you're seeking. Maybe try seducing him on his boyhood bed while visiting his parents to get those sexy juices flowing (just be aware that this might cause a little more stress than he is capable of so be understanding!).

Dirty Talk

There is just something about talking suggestively that gets a man going. However, this is a tricky one. Everyone has a threshold on what is acceptable to say. Some things get said in throes of passion that might just be a little too much. Worst-case scenario, you creep him out a little bit. One of you might say something strange that sends you both into fits of laughter. It helps to have an idea what you want to say before actually busting it out the first time. Please don't get caught practicing dirty talk at work.

Although it seems like Wild West lawlessness when it comes to what you can say to each other in bed, there are some rules (usually for the sake of the woman). So it's good to set your boundaries early. For example, what does he call your vagina? Without given the direction, he's pretty much free to call it whatever he wants and might go too far. A lot of women loathe "the 'C' word" and hearing their lover use it would turn them off. If you have a special name for your kitty, say it out loud. Let that be the word you both use for it.

Sexy talk can be a lot of fun, but its power lies in moderation. The more you use it, the less effective it will eventually be. If your normal speech always includes dirty words or sexual innuendoes, saying the same things during sex will have very little added affect. In fact, you don't even have to go that dirty. Suggestive works just as well if not better. You could be out to dinner with friends and as you excuse yourself to the restroom, you discreetly lean in and whisper in his ear, "I'm not wearing anything under this dress." He will have the added excitement of trying to keep his composure and the thoughts of your barely covered body.

In public, be creative yet subtle. In the bedroom, don't try to outdo him, but every once in a while, say something that might shock him. The better you know your man, the more you'll understand these boundaries.

The Madonna/Whore Complex

As stated earlier, men have this bizarre notion that their girlfriends should be prim and proper (almost sexless) in public, yet uncontrollable sex machines when they get near a bed. It drives many women crazy wondering why. Why does this man want two different people? Can't I just be sexy little me?

The answer is simple. There are two basic reasons behind this desire. The first one is jealousy and fear of loss. If you are so sexy all the time, then tons of guys will hit on you and you might be tempted to stray especially with that muscly hot guy with a motorcycle out front. He will play that scenario over and over on the big screen in his mind and it's just too much. Hopefully, with all of the stuff you've learned in this book, he thinks you are the best girl he's ever had and is afraid of losing you. Think about this when you dress provocatively in public. Is he going to have to fight for you?

Hopefully you have found a guy who's comfortable enough with himself that jealousy doesn't come into play. Deep down, we all feel it no matter how evolved we are.

The second reason is purely an ego boost. If a man is given the opportunity to think about how his (and only his) sexual prowess has liberated you into this sex crazed vixen, he will be devoted to you (and only you) for as long as you make him feel this way. Think about it. We don't get to hunt with spears and fight off saber-toothed tigers any more. Our desire to dominate and conquer is still a deep-rooted force. The only thing we get to conquer is... you. If you empower him by allowing him to feel like a conquistador, there is no better gift you can give him.

Back it up. If you really want to hold a man's heart, then becoming the Madonna/Whore is one of the easiest things to do. Role playing is fun! Sure, this is another one of those suggestions that is just too wacky to try out, but if you can master this, you are in for good.

Your Body is Beautiful

So you've read the beginning of this series and you have made a commitment to making yourself look better. Maybe you have really been taking all of this in and you are on the road to health and happiness. How do you feel about yourself? What do you think about your body? If it's anything besides 'awesome' or we can even go as low as 'cautiously optimistic,' here is where it will matter most. Nudie time is where you are at your most vulnerable.

We've managed to make you a hottie with your awesome hair, your sweet new wardrobe and your kick ass attitude, but loving yourself in your most natural state is what it all comes down to. If you are not 100% comfortable in your own skin, then you'll never completely be able to let yourself go and enjoy the magic of intimacy with your man. Any faults you find in yourself will only draw attention to them. People try to hide things they are most embarrassed about, but that little act of deception only draws attention to your efforts.

My buddy, Ruben talked about a girl he used to date who was frightened of showing her breasts. During the pregnancy with her son (from a previous relationship), her boobs engorged to an impressive size. As her breast milk subsided, her normally perky breasts were now soft and hung lower. She had always been proud of them and seeing them in this state was unbearable. She insisted on always wearing a bra and not letting him into the shower with her. One day they talked about it and she admitted how embarrassed she was. He was well aware of some of the "side-effects" of pregnancy and let her know he didn't care.

What he wanted her to know most was that the process of hiding her shame kept them from truly getting close to each other. When she finally decided to get over it, Ruben noticed how the relationship was allowed to get to the next level. Her efforts to conceal her body lead to questions of trust. Doesn't she trust him enough to show all of her? Doesn't she know him well enough to know he wouldn't freak out and run screaming? The reality was that he didn't care what they looked like. He loved her, all of her, and even though her breasts weren't perfect, he loved them just the same.

He even complained about the whole reverse psychology of her cover up. He couldn't have them and now wanted to see them more. He played scenarios through his mind of how horribly disfigured they must be and wanted to see them even more. When he finally saw them, he was completely underwhelmed compared to what he thought they would look like. "They looked like boobs... just a little deflated." He wasn't freaked out or grossed out, he had expected much worse. If anything, he thought she had been pretty silly about the whole thing.

Love Hides More Faults than You Ever Could

It is understandable how traumatic it can be to diminish one of your “assets.” Without knowing what they looked like before, Ruben had nothing to get disappointed about. Issues with your body don’t have the same capacity to ruin a relationship as issues with your esteem.

We want you to be into it, all of it. If you are stuck in your hang-ups, you can’t fully embrace all of the senses that define your luscious womanliness. You can commit to changing your appearance. You can acknowledge that parts of you that need fixing, but you must make peace with you **right now** in order to truly be in the moment with someone you love.

Think about it this way: nothing is more obviously unsexy on a man than a comb over or a toupee. Any kind of deception is a turn-off. Own your body and rock the shit out of it!

Don't Fear the Penis

There is no doubt the world could use a lot more foreplay. It might usher in a new age of world peace; people too sexually satisfied to even care what their neighbors are up to. It’s a common complaint of women that their man goes right for the action parts, playing with the boobs a little followed by straight for the vagina. Ten minutes later, he’s back on the Xbox as if it never happened.

Sorry girls, if this was the true way of the world, you would never hear a man complain. Unfortunately, sex for many men is nothing more than a necessary release. They submit to the rest of “that romance crap” just to get some. They’re on. They’re in. They’re off. Remember, the basic instinctual drive for a man is insemination. The rest of it has to be learned. More importantly for you, **the rest has to be taught**. It’s pretty awesome to find a lover who already has a PhD. in pleasure, but even the Dean of Sex can be blown away by your knowledge.

Sure, there are tons of great [instruction guides for sex](#) and I suggest you read every single one of them, but if you really need it all in a nutshell: WORSHIP THE PENIS! Show that little guy how much of an expert you are at snake handling and its assistant (your boyfriend) will follow you around in a stupor ‘til the end of time.

The Penis Inspection

How much do you actually know about the penis? Have you ever bothered to get a really good look at one? Ever spend and quality time up close checking it out? Pick it up and move it around. Note the skin texture and the folds where the shaft meets the head. Like vaginas, penises come in all shapes and sizes. Some have interesting bends and fascinating skin tones. Seriously, get down there and check that thing out! You let him put this thing inside you, yet you’ve never done an intimate visual inspection?! Get to know the penises in your life.

You accomplish so many things by actually doing this. For one, by really getting a good look at it, you might note any irregularities in its shape or construction. These areas will be especially sensitive especially right where the head and shaft meet (under the ‘mushroom cap’). If it does have any extreme bending, it will give you a better idea which side to lie on so he’s rubbing you in the perfect spot during intercourse.

Secondly, you get the opportunity to check for any rashes or sores that might indicate disease. This is especially important with new partners. Give it your best medical inspection, “turn your head and cough...” You will thank yourself later if you actually do find anything suspicious.

Also, by getting down there and really spending some time, you figure out what’s familiar. For example, take in the scent of his penis. If you have been together for at least a few times for sex, the pubic hair and testicles start to take on your scent. That’s right; some women are amazed to find out that not all vaginas smell the same. The natural musk of his genitals mixes with your juices to create a new ‘cologne.’ Remember this smell. Any variation could indicate a new juice vendor. He could be sleeping with other women.

Obviously, this is no advanced CSI stuff and it’s not completely accurate. Not to mention that scent will change dramatically depending on how long ago he showered and if he exerted himself throughout the day. Please don’t drop this book, bury your head in your man’s crotch and declare with 100% certainty, “You are a cheating scumbag!” It doesn’t work that way. Get familiar with his smells over time before pulling the hound dog act.

Finally, although he might be curious at first, showing this much attention to a guy’s moneymaker is a huge ego boost. “Oh my God! This girl actually **worships** my junk! I am a king among men.” You can even go as far as telling him, “I love this dick!” How many guys have ever heard that besides me? Kidding... or am I (mwah-ha-haa-haaa!).

Show it Some Love

The reality is that men (and women) have always heard how ugly their sexy bits are and how gross the whole balls thing is too. Show him that you appreciate how much pleasure he gives you and that his favorite toy is your favorite too. If you’re the first to do this, no matter what happens to this relationship, you will be the woman on his mind when he’s lying on his deathbed.

Worship the wiener. Adore the dolphin. Venerate the vans deferens. Revere the rod. Honor the boner. Admire the spire.

Unless he was born with a nine pound hammer between his legs, all guys are sensitive about their size. This leads to any number of self-conscious fumbblings and dysfunctions manifesting both sexually and in his self-confidence. By essentially setting up a shrine to his crotch, you are taking a lifetime obsession and smashing it. Make him know that you love his equipment unconditionally and many sexual issues fade away.

Let me introduce you to an endangered species: The Handjob. Remember those? You might have done this for hours at a time 'til your arm got sore when you were still a virgin. When is the last time you held some man meat in your hand other than for gentle nudging back in when it pops out? It's time to get back to your roots, but this time you are going to do it so well, he'll beg for handjobs.

The secret? LUBRICATION! To be honest, those dry tugs you did in Junior High were actually quite painful. The skin of the penis is really quite sensitive and your first boyfriend was probably on the verge of tears when you gave him his first one. At that age, we're too desperate and too stupid to tell you that you are skinning us alive. Any sexual attention is good sexual attention. This might actually be the reason why handjobs are only considered an adolescent activity. We have such painful memories of them so we never bother to ask for them.

Which brings us to today and me telling you to get that jerking arm back in shape, you're about to be sent to the Major Leagues. If you don't already have the five-gallon fire hose dispenser of lube, why not? So perhaps you don't need that much, but get yourself some lube.

SIDE NOTE: Of all mankind's inventions, lube is probably one of the most sacred. Yet it appears very few people ever use it. What's stopping you? Some women have said that they should be naturally lubricated enough. Using lube indicates they have a problem. Somehow by submitting to using it, they are not aroused enough and can't do the job themselves. Hogwash! A guy isn't thinking that at all. He's thinking, "Hey, this feels **really** good!"

There are hundreds of lubes out there ranging from hand cream to warming, flavored massage oils. You want to be careful what you use though. Consider that at some time or another, one of these will be used inside you. You should only use ones formulated or approved specifically for sex. Also, you must consider if you and your partner are using condoms or not. If not, feel free to use whatever you like best. If you are using condoms, that limits you to using only **water-based lubricants**. Oil-based lubes stay slippery longer, but break down latex on contact. If you've had a problem with broken condoms in the past, this might be your culprit. Oil-based lubes will also break down some sex toys made out of squishy materials. I suggest sticking purely with water-based so you never have any difficulties.

Another thing to consider if you are using condoms is that you don't want to get lube on the shaft of the penis before you put on the condom for sex. The condom stays on because it remains stuck to the dry shaft. If the whole penis is lubed up, the condom will eventually slip right off. Don't fear getting it all slippery during foreplay. Just make sure you wipe most of it off before the condom goes on.

Another consideration is taste and purpose. There is a pretty good chance that at least one of you (hopefully both) will get some of this in your mouth at one time or another. What does it taste like? Get something that is either tasteless or has a flavor you can stand. Also, there are some lubes used to prolong the erection by rendering it slightly numb. It's not a very pleasant experience to get this in your mouth. Plan accordingly.

If you really want a perfect solution to the lubrication issue, I recommend coconut oil. You can pick up a small jar at nicer grocery stores or Trader Joes. If you live in a small town, you can definitely order it off of [Amazon](#).

The best part about coconut oil is that you can use it as massage oil and it's safe to be used as an internal lubricant. It also makes the best brownies you've ever had in your life! One word of caution: you might be one of those rare people whose body doesn't agree with this kind of oil. If so, you will notice a smell in your vagina. It's no big deal, just stop using it internally.

Back to the task at hand. What happens when you give him intense sexual pleasure in an act that gives you no apparent stimulation? He appreciates the selfless act and feels more compelled to hook you up afterwards. That's right; you can train this guy to give back by giving pleasure to him unselfishly. You can train your guy to revere foreplay because he knows he gets some pretty intense pleasure from it.

The Anatomy of Manual Stimulation

The Handjob. There are endless ways to do a handjob, but they all start with lubrication of some kind. Spit works in a pinch, but dries quickly so consider always carrying the little single use packets in your purse for complete spontaneity. Squirt a generous dollop of lube into your palm and spend the first few moments lubing up the entire penis. Include the testicles if you plan on giving them some attention.

First of all, let's consider how a man masturbates. Typically he's using the most straightforward method using maximum connection with his fingers and palm and the thumb wrapped around to keep it snug. Up, down, repeat if necessary. If this is your standard method of giving a handjob, you're wasting your time. I guaranty he does it to himself much better. He's just using you to save his pitching arm.

Your goal is to do something for him that he can't do from angles he can't manage without popping his arm out of its socket. For starters, this is a two-hand job. Lube up both hands and use them both for these activities. Be in a comfortable position kneeling between his legs. Make sure you're stable and your legs won't start hurting if you have to stay in this position for a while.

Using both hands, you have unlimited things you can do to give him pleasure. You can clasp both together making a little pocket to rub him with. You can use the climbing method where you stroke down with one hand and as it reaches the base, the other hand starts at the top going down. If you are able to keep this in one continual motion, it's a phenomenal feeling for him. Reverse this method pulling up instead. You can use one hand to GENTLY caress his testicles. Be careful down there. Don't move them around too much unless he really seems to like it. You can also rub the muscle between his testicles and anus. This is the perineum or "PC" muscle referred to in the Kegel exercises section. Many people refer to it as the "taint." Whatever you want to call it, it's a great feeling to have this area fondled.

Heading further south, but completely depending on how well you know this guy, you might even play with his anus. It's no secret that men have that extra little toy known as the prostate and it is a very intense feeling for him to have it tickled. However, some dudes are terrified of this kind of play. They think it makes them gay if you go anywhere near the "exit only." If he's a guy that's comfortable with his sexuality, he might really love this. If he manages to work the fact that he "hates queers" into a normal conversation, stay away from the forbidden zone.

Although... if this is the very beginning of your relationship and you just happen to slip a finger in with authority like it's no big thing and he might be receiving too much pleasure to protest...

Earning the distinction of being the first girl to ever do something to a guy is a great honor. Somewhere in every guy's mind is a Hall of Glory with pictures of all the girls who did something sexually that he thinks back on and shudders with glee. This is completely removed from all her problems and downfalls. This is nothing but the pure masturbatory Honor Guard. "I dated this one girl who did this one thing... Oh my God!"

The Big (Hand) Leagues

Advanced Handjob Techniques. There are a few that will blow him away. Consider the "twist." As your hand reaches the very top of his penis, twist your wrist around the head. Don't squeeze too hard and make sure your hand is well lubricated, but this is a really intense feeling for a man. Make sure he's not standing as his knees are likely to buckle. The "push" happens at the very top of the penis. When you stroke to the top of the penis, cup your hand over the head and gently push down on it until it pops out at your wrist. Continue the motion, gripping all the way down to the base. This is the sensation of hitting the very roof of your vagina and although he may not be big enough to know what this feels like, it will send ripples of intense bliss through his entire body.

Another advanced technique is stopping the orgasm. Once you feel he is getting close to ejaculating, stop all motion and firmly press upwards on his PC muscle just below his testicles. Take two fingers or your thumb and apply direct pressure down there. You can press pretty hard, but watch his reaction to make sure you're not hurting him and long fingernails are a no-no here. What you are doing is preventing the contractions that start the flow of semen. If he has problems with cumming very quickly, this is a good way to train him to last longer. It does take a little practice to learn exactly when to start pressing and how hard, but if you can teach him that you can control his orgasms, he'll learn to do it himself too.

Glorious Oral Sex

Like it or not, ladies, oral sex is a part of our culture. Many of the movies aimed at today's teenagers are filled with oral sex references. To engage in it is completely normal. To excel at it is divine.

Once again, there are dozens of books based purely on this subject. Check out a few of them if you seek mastery. For now, we'll start with some basics and some interesting pointers.

First off, let's start with you. If this simply isn't your gig, then don't do it. If you think it's gross or it makes you gag, just don't do it. Period. You are an adult and no one can or should force you into something you don't want. That said, many women take issue with blow jobs because they don't feel like they know what they're doing. Consider that your dislike of giving oral sex might just be because you don't consider yourself a master. Putting a little effort into learning some techniques might be all you need to get into it.

Go Easy on Sensitive Skin

I'm going to start with the "no's" since you are working with a pretty sensitive piece of equipment. The teeth. Attempt to leave the teeth out of this. There are no teeth in your vagina. There's no reason to bring them to this party. I'm sure there's a guy somewhere who loves this type of sensation, but unless he specifically asks for any type of biting or scraping, assume he's like the other 99% of men who cringe when they feel this.

It takes a few tries to figure out how hard you can go with oral sex with your man. Some guys will freely admit that they can never cum with oral sex alone. Some have a hair trigger when it comes to it.

Your main concern is what's next. If you're hoping that oral sex will lead to real sex, then you really need to pay attention. If he's the kind of guy who's done after he orgasms, then you're only down here to get things started and not to show your skill set. Some guys are pretty obvious when they're about to have a fireworks show, some are quiet and unpredictable. Pay attention to how he's breathing and what the rest of his body is doing.

Most men (and women) arch forward as they orgasm. This is a physiological response for the necessity to deposit the sperm as close to the cervix as possible. If his butt muscles are tensing and he's arching towards you, he's almost ready. Act accordingly.

Not just in and out

Don't just sit there. You have to move a bunch for this to actually feel awesome. When a man has sex with you, he puts the penis all the way in and pulls it all of the way out. He enjoys this sensation and expects similar action during a blow job. There is a good chance you won't be able to fit the whole thing in your mouth, but do as much as you can. Your hands are there to help with the rest.

So what are the secrets to giving great oral sex? As a man, I can tell you one thing. In some of the best oral sex I've ever had, I have no idea what was happening. This is another great reason to look for some oral sex books. If you're doing it right, he's basically having an out of body experience.

What I can say (and these are basic things backed up by fellow oral sex receiving aficionados) is that the more you get into it, the more we get into it. Oral sex is not creepy or gross. You are just facing different obstacles than the man giving you oral sex. Make it something fun for you and I promise he'll love you for it.

Making sexy noises like you're eating the best, most delicious meal ever is irresistible! Moaning a little could mean the difference between just another blow job and a life-altering experience. Seriously girls, the more you get into it, the more he will learn to worship you.

Not Just the Lips

You can use your tongue with very powerful results. Move it around. Stick it all the way out. Wiggle it around. Your tongue is the main thing that makes oral sex so great! You have an intelligent muscle to provide some intense pleasure. Use it. You can also create powerful suction. This works especially well if he's not yet hard all the way. Careful though, sucking too hard might be way too intense for some guys. Even a swallowing motion feels phenomenal. Just remember, what you can do with your tongue is limitless. Endeavor to create your own new technique and you will become his obsession.

Use your hands. Whatever part you leave exposed that your mouth can't reach, let your hands pick up the slack. Stroke with the same motion as your mouth while pushing all the way down to the base. This gives the sensation that you actually can fit the whole thing in there. As with the handjob, keep your hand as lubricated as possible and avoid pulling it towards you as your mouth goes down in a "feeding" motion. The two opposite actions feel kinda weird and the possibility of pulling on the skin onto the teeth is too great. Just remember all the things you learned in the previous section and incorporate them into this activity too.

Let him watch. Yes, it's as much about the presentation as it is about the action. Prop up some pillows behind him and give him a front row seat. Remember, you are being watched so really get into it. A friend of mine says she pretends she's an actor in a blowjob commercial (do they have those?). She makes the whole act look appealing as possible for the camera (her man). She giggles, "I want him to think that I am having so much fun he gets jealous that he can't do it himself." Make eye contact with him and blink slowly as if deep pleasure. Pull or toss your hair to the side to give him a better view. Never disregard your showwomanship!

What if you're one of those girls who jaw starts hurting after a while? Chances are you are just not doing it right. Granted, some guys just won't cum from oral sex, but it's rare that a blowjob should last longer than sex. If it's taking too long, you probably are not providing enough sensation, it's not fast enough, you're not using your hands or your tongue, and you're being too timid. If you have all of that handled, try saying something dirty to him or try to fit the whole thing in your mouth. Whoa Tiger, easier said than done! I know, but even the sensation of pushing down hard on the back of your throat is really amazing for the man.

Another thing to consider is the age of the man you are pleasuring. If he's young, very little stimulus is necessary to get things rolling. If he's an older guy, the more "pushy" you can be with his equipment. If your style of blowjobs is more sensual than sexual, you might have to notch it up so the old guy can feel it better.

Remember that the whole point of non-vaginal sex is that you have complete control. This is an awesome "gift" for him since he doesn't have to do any work and can just sit there and enjoy the pleasure you give. Just about everything happens here because you are masterminding it. You set the pace and the intensity. If you plan to transition this into sex, pay close attention to his reactions and don't let him cum unless he's one of those guys who can keep going after ejaculation. Remember to breathe deeply, have fun and explore the whole playground. The more you pay attention to his reactions when you do something specific, the more you "know" his body. Find his special pleasure zones, search out his tickle zones, look for any spots even he had no idea that he like fondled, licked or scratched. Ask him if he likes what you are doing. Assume that any man you're with will be around for a while and get familiar with his entire body. Consider that "Spock neck pinch" thing that makes people collapse to the ground. Try to find something like that on your man to make him cum uncontrollably...

SEX: Not Just for Makin' Babies Anymore

The first and foremost advice anyone should give you about sex is GET INTO IT! And it bears repeating: get... into... it...

Any wacky techniques and crazy toys and harnesses aside, there is nothing more phenomenal to a man then seeing you thrash around in the throes of passion. All of your heavy breathing, moaning and generally insane behavior is like crack cocaine to a man.

Let's pause and think about former lovers. Depending on how many lovers you've had, let's just consider the top two. The two guys that really touched you the deepest with their sexual knowledge and plain raw sexuality. What did they do that was so different from everyone else? This is totally subjective, but the general consensus is that these gentlemen were so in to this one moment with you that the world just seemed to shut off. Nothing they did was mechanical or without complete presence and reckless passion. Any of this sound familiar?

Think you can bring any of this abandon to your game? Of course you can! Afraid he'll think you're a slut? You've already picked an evolved gentleman from the very beginning so this isn't even an issue anymore, right? Actually, among the men polled for this book, very few have ever been with a woman they felt was **all in** during sex. Their former girlfriends and wives liked it OK and were fun to sleep with, but didn't have a sex drive anywhere near the man's.

You are the Co-Star

Hold up a second, so men think women should be more assertive in the bedroom? Every questionnaire since the dawn of questionnaires that has bothered to ask men this question has come up with a resounding: YES! There are many factors at work here. The first and probably most important one is pornography. Those girls go nuts! Screaming, moaning, hair thrashing, dirty language, taunting... that's just in the opening credits. There is no way you can compete with that, **unless of course you try**. Any extra effort on your part will be graciously accepted by your lover.

Getting back to your top two lovers, if you ask a man about his top two, he'll fondly describe two girls who made love like pornstars. They were down for any little thing he could invent during his day of obsessing over them and they were able to wake the neighbors... two blocks away!

Step One--The Orgasm

Wait a second, isn't that like... the last step? Yes and no. This is often the first thing that both women and men think about. Women are thinking, "I hope he's the one who can make me orgasm." The guy's thinking (if he's worth anything), "I'm gonna give this girl the best orgasm ever!"

Nowadays, there is so much pressure around giving the girl an orgasm, that no one is having any fun. Most studies say that only about a third of women can achieve orgasm through penetrative sex. Most need direct clitoral stimulation for it to happen. If you're part of the majority, it's time to stop hoping and take charge of your own orgasm!

An overwhelming majority of men worldwide have never witnessed an orgasm first hand. Some think they might have, but without actually being there to take in all the feelings, sounds, and tastes, they have no idea what they are going for. No one has actually told them, “Yes, that was an incredible orgasm.” So it all comes down to his own ego. If you made a noise, he’ll think he pulled it off.

If you are with a guy who isn’t 100% on what an orgasm looks like. You need to show him. He needs to know what one looks like. Think of it this way. How hard is it to put together one of those 1000 piece puzzles without the box showing what the final picture is? His only knowledge could be from a faking ex-girlfriend or it could be from porn. If you’ve watched any porn where a woman “orgasms,” you’ll know right away that she’s faking, but does he? He needs to witness the finished product. If giving you an orgasm is a goal for him and especially you, then you need to give him a little direction.

You are in Charge

Hold on a minute. Isn’t it the man’s job to bring me to an orgasm? Isn’t he supposed to bring those skills to the table? Considering that only 30% of women have actually had an orgasm with a man, the odds do not stack up well for you, sister.

“The man is supposed to know” is a terrible and extremely limiting fairytale. It’s one that you might have heard or thought before in your life. Your body and plumbing is completely different than his. Not only that, the mechanics of your orgasms could be completely different from all of the women he’s ever been with. If he’s a keeper and you want more orgasms, it’s time to send him to Vagina Boot Camp!

If he hasn’t already been with dozens of women with the soul purpose of sending them into the atmosphere, **he will NEVER figure this stuff out on his own**. If the standard trend is a sinking plateau of sex after you’ve been together for some time, he’s not going to get frustrated a year from now and try to learn. He will just continue doing what he always does.

If you don’t teach him how to bring you to orgasm, you will have to live without them.

Tragic? Sure, and that’s the tragedy that two thirds of women live with. If you can bring yourself to orgasm, then you can teach him to do it too. Granted you may never have a penetration orgasm, but if you teach him your secrets, you might find yourself with a lover obsessed to bringing you to the very peaks of sexual pleasure.

Can we agree that that is a pretty cool thing?

On the other side of this, if it's never happened for you, let it go. There is so much other pleasure you can realize just by the fun act of sex. If you never orgasm, set those apprehensions aside and walk away from them. It keeps you from being focused on the moment and just enjoying yourself. Great sex is about two people sharing pleasure. If you're not squirming, sensing, playing, exploring, and giggling, then you're taking it too seriously. It's safe to say that every one of your direct ancestors had sex. They've been doing it since they figured it out. You can have your intense, passionate lovemaking sessions, but you can also have crazy fun time too. Relax. Enjoy the pleasure.

Shattering Myths about the Orgasm

Back to men and orgasms. Of the men I asked who had helped create orgasms for a woman, most of them were stunned how long it took. A sex scene in a typical Hollywood movie is only about five minutes. In pornography, they are only about fifteen minutes. They simply had no idea that it sometimes took over 30 minutes of repetitive action to get some women there.

Another common myth among men is that if this doesn't make you orgasm right away, then I'll try this. If that doesn't work right away, switch again, etc. Some guys seem to believe that it's less about steady stimulation and more about prodding that one specific place and it sends you over the edge. Of course, there is some truth to this, but only after every other button has been sufficiently warmed up. If you have the guy who feels like he has to get through a hundred positions every time, this is probably him elusively searching for your magic spot.

Every guy likes to think that he was the one to discover your first orgasm. If you haven't found it yet, you need to be much more *coercive* in leading him through the jungle so to speak. If he's doing something that sets you on course, let him know and tell him to keep doing it. If he's dirty talking in your ear and it's too distracting, put your hand over his mouth. If he's all over the place, grab his hips and keep him on task. You can also control the speed and intensity this way.

Own your orgasms, girl! If he's not doing it right to begin with, he's not going to get better. We all have this mindset that if whatever we're doing doesn't work, try harder. In reality, we need to learn to do something different.

He doesn't Like the Same Things You do

Women often wonder why men always go straight for the goods. You might even get a kiss blown at you as he goes back out to watch football. There is a good reason for this. Some of it has to do with physiology; some has to do with social conditioning. He mainly fixates on the breasts and vagina because his pleasure center is similarly localized. If you want to make a man happy, play with his wiener—exclusively! The second reason he doesn't think about everything else on your body is because, playing with anything else on his body is... well... (in so much of what he's been taught by society) kinda gay. Sigh...

Consider the prostate. Women in the know understand that the prostate is a very sensitive and extremely sexual location on a man. If he played with his prostate while having an orgasm, he would cum like he never has in his life. Unfortunately, it's located in the rectum and Mr. Exit Only wouldn't dream of such "perversion." It's another tragedy of human sexuality that you can add to the list.

So what does it take for you to reach orgasm? Have you found several different ways or just one specific way? The easier and more varied your personal methods are, the easier it is to integrate it into your foreplay with your special fella.

A woman once told me she needs about an hour of foreplay before sex. "Any attempt of intercourse before that would be like throwing a bucket of ice water on me." So you have this guy who's thinking "boobies!" and "pussy!" What the hell is he gonna do for an hour? You have to direct him. Unfortunately for this woman, requiring an hour of foreplay removes most of the spontaneity from sex. It also creates a few problems with the man. If he's old, he's probably either lost his erection or is so worked up, he won't last very long. If he's younger, he's still hard, but it's drooled all over the furniture. Either way, she can't find what she needs because her needs are so demanding.

Be Assertive

Of course we all would love an hour of kissing, snuggling, petting, giggling among other things before we got to sex, but *that* will never happen. WRONG! You don't get it because you don't ask for it. You don't get it because you don't **demand** it.

Let's say he's in the home stretch, he's got you ready enough that you both know it's going to happen. As he's working down your undies (the good ones that make you look really hot), and is starting to fumble for a condom, hold him back for a second, *"Easy Tiger! Let's enjoy each other's naked bodies before we get down to business. I'm ready for you right now, but I'll be so much more into it if you warm me up a little."*

Sounds a little cheesy, right? Obviously you can say this in your words and make it feel more like you. At this point, you have to be willing to guide him along on a tour of your body. If he's really dumb, grab his hand and direct what you want him to do with it. This whole thing may seem a little unladylike to you or it just doesn't seem like you, but come on, Kiddo! If there is one thing you must take away from this book is that **everything that is good in your life happens because you are fierce!** That applies to ALL aspects of your life. If you got him all the way to here by being fun and sarcastic and deliberate in your actions, ***then you can be assertive here too!***

Trust me: we want nothing more than to make you think we are the best lovers in the world. Somehow, we'll forget you taught us everything we know, but once we have the knowledge, we will use it. Knowledge is power. A normal guy would never think about romance until he actually feels like he knows enough about sex to feel like he's a master at it. Once he finds your orgasm (the real one), he will want to know more. Knowing he has this power to completely conquer you (yes, he's really thinking that), he will want to learn everything he can to become unstoppable.

Have you ever wondered why you are taught how to park your car way after you've been taught how to drive it? Humans can't deal with nuances until they have mastered the obvious. Get a guy to feel like a genius for all the basics, then suddenly, the finer details become much more interesting.

Suddenly rose petals on the bed aren't just some stupid things out of one of your fruity movies...

The University of Vagina

If he shows the desire to learn, then enable this knowledge. This would be the perfect time to bust out a book or two that you just "happen" to have lying around. *"Honey, I was reading about this one technique and it sounds mind-blowing. Would you like to try it on me?"* Toss him some literature, let him give it a read and then set him loose. The trick here is to reward him for his curiosity and tell him how phenomenal he is.

For most people, guys especially, it might be embarrassing to admit we learned something from a book. Our entire prowess **must** be gained on the battlefield. So avoid saying things like, "That book is incredible!" Instead, say, "YOU are incredible!" But then you can nonchalantly throw a few more books onto his mandatory reading stack. As stated above, reading something first and wanting him to try it is a great way to get him to keep doing his homework. You can also blow him away with your new found knowledge. "Lay down, Baby. I just read something on the Internet that is supposed to make you come harder than you thought possible."

Think of it this way: you both have the leading roles in your own private movie. Act, dammit! Never let there be a time when you aren't fully and completely playing your starring role. Not only should he be thinking, "This is some cool sh*t right here," you should be too. Impress **yourself** with what you are capable of.

Step Two:--Building Tension

So we've gone straight from orgasm to making him wait. I'm confused.

Don't be. This is the fun part.

Remember that exhilarating rush of emotions when you are about to have the first sex with a new guy you really like? Didn't it take like an hour just to get you down to your skivvies? If it didn't, let's just savor the thought of desire...

Whether you've ever bothered to or not, you are in most of the control of setting the pace leading up to sex. This is true from that very first time with him all the way down to years later. Anticipation is awesome!

Let's look at the anatomy of first new sex: You guys went out on a date, had some fun, talked, maybe a couple cocktails, dancing, whatever. You had decided before the night even started that this would probably be the night so you have on your sexiest undies and you're clean, shaven where appropriate and you're feeling pretty good about it.

All night you can feel that vibration of anticipation to finally know what he feels like. All night as he tells stories about past accomplishments, you imagine those lips in other areas handling delicate business. All he has to do is not screw up and say or do something stupid and he's in.

Page forward in time. He managed to say something smooth to get you back to his place. He thought he was being super-debonair and a little sneaky by seducing you here, but you knew all along what the deal was. He had less choice in the matter than he thought he did. You get the tour and there is some pressing reason for you two to end up in his bedroom. It seems clean and safe enough that you don't run from the house screaming. Way to go Mr. Player...

The kiss. It probably happened a few times tonight, but this one is backed by a lot more urgency. You push him back and put your defenses back up, "We're not sleeping together tonight." You feel like giggling as soon as it slips out of your mouth. It was a pretty good attempt. He's on thin ice now. He agrees, deflects or protests accordingly and you rate his response. The kissing resumes and you both find yourselves on his bed. A few moments later he goes for that first serious fondle of your breasts. "Always straight for the boobs," you think to yourself, but it feels kinda nice so you "allow" it.

After the home breast exam, he works his way at some buttons. You pull his hands away. Again he agrees, deflects or protests. You rate this response and he heads back to safe (booby) territory. He runs his hands down towards buttons again with the subtlety of a four-year-old going for the cookie jar. He gets a few undone before you stop him this time. Back to boobies and a minute later right back to the buttons. You lean forward helping him take your shirt off.

Fortunately you planned ahead and dressed in a few layers to make Don Juan here have to work for it.

One by one, clothing is removed like one of those holiday calendars with a surprise behind the door of each day. You might assist him with his clothing along the way every once in a while stopping him from undoing a buckle or zipper.

Finally, you are both in a state of relative undress. You are completely sexually charged and he looks pretty keyed up himself. He reaches for a condom. It is time...

Cut to four months later. He still has his tube socks on, you walk into the room after using the bathroom and whip your clothes off. You get on the bed and he flops on top of you...

You ALWAYS Set the Pace

How did we get from this slow ballet of resistance and perseverance to foreplay that lasts shorter than most commercial breaks? Because **you** allowed it to happen. In a guy's world, sex is more of a point A to point B sort of thing. He wants to go straight for the action because whereas your sexuality is like a volume knob, his is more like a light switch. When he's hard, he's ready. You can't blame him for following his physiology, but you can reign him in and "train him" to spend some time.

"It's not fair that it's my job to get a little romance around here." Well, sure, it's not entirely fair, but if you commit to teaching him anticipation, he will become a better lover. Men really want to give you sexual pleasure. Even the sleazier ones among us still delight in providing an orgasm.

This is where you commit to never letting sex become a mechanical, scheduled occurrence. This is not to say, you can't go for a quickie every once in a while. By all means, your desires and needs should be vast and varied so you can keep him on his toes. One of the biggest aspects of building sexual tension is never letting him be able to predict what happens next.

Unpredictable = Satisfied

So how do I mix it up? What are some things I can do right away to make things spicy? Ever find yourself daydreaming about crazy sexy things? Go with it! It is important for your relationship to show him that you have a vast sexual appetite. If you simply allow a couple kisses followed by lights-off missionary position on the bed, that is all he will give you. If you initiate sex in the kitchen or in your car or in the bathroom of his office... If you give him impromptu oral sex when he's on his way to work... If you show him other things he can do with his penis that feels really good... If you push him away and switch positions... If you add in a little [dirty talk or name-calling](#)... If you pull out a new toy and masturbate in front of him...

He will get the point.

He will also take the lead in thinking up new stuff on his own and new ways to constantly seduce you. Both of your sexualities will expand if you simply **never allow things to become routine**. Granted there are always times when either he or you just want some plain, normal sex. Go for it, BUT still make him put a little time in on the smooches and undressing. Anything that you always require will become second nature and will also be that much sexier when you break your own rules.

Let's say you make a silly rule. Something like "no socks can be worn during sex." That's easy enough. He might try once in a while to be lazy and keep them on, but you insist. What happens when one day you both find yourself doing laundry and you get the urge for a little sump'n sump'n? You pull down your pants half way and bend over the wash machine and beg him to let you have it. Not only have you gone against your need for foreplay, he also still has his socks on! You have broken every rule you have set for your sexual needs. Somehow, this whole scenario is made way more salacious and dirty than it actually is just by the fact that he might be "getting away" with something.

We all want what's forbidden.

What's going on in his mind? His mind is racing about how hot this whole scenario is. He's feeling some pride that you want him so badly that you would break every rule just to get a piece. He's thinking, "Sex in the laundry room? I like this! I wonder where else I can do this." Above all (and I promise you this is true), he's thinking what a cool chick you are and he'll be exploring his feelings of love for you.

Love... exciting and new... The old adage is that the way to a man's heart is through his stomach and for the most part, this is a pretty good start. I would also add that the way to a man's heart is forbidden sex in unlikely places. Anytime you can sexualize an element of danger, you create a deep bond with the person you share it with. It becomes part of their permanent memory. The part that you both always end up reminiscing about.

Do you see what we've done here in this particular scenario? You just made sock wearing a sexual taboo! If you might not be the most adventurous in bed or if you are more modest than most, you still created a situation where he gets to feel like he is breaking a law to pleasure you. That's pretty powerful for a man! When I say seek out the forbidden and be spontaneous to keep a man's attention, you don't have to have sex in a creepy dark alley to make him feel desired. And really, you planned out this whole scenario so the spontaneity seems trite to you, but to him, this was something BIG. You don't have to break any real laws to give him a taste of what he wants...

Be Safe

I have talked a bit about condoms previously as if it was an option that you can take or leave. Sorry to be so nonchalant. You must protect yourself! Especially when you are with **a new guy**.

You don't have to watch TV or read the newspapers to understand exactly how prevalent Sexually Transmitted Diseases are. Beyond a condom's magical ability to keep the babies away, they also go a long way to keep you away from all kinds of nasties. Those nasties tend to do a lot more damage to a woman than a man. Chlamydia and some forms of HPV (genital warts) can cause cervical cancer and many other difficulties. For a guy, he might drip and itch until it gets treated.

Using a condom is a sign of respect for yourself and the man you're with. It shows that you are

intelligent and cautious about things that really matter. Even though your man might try to pull one over on you or whine about it, be firm about this one thing until you have both been together long enough to know **that both of you are exclusive** and have both been tested to make sure.

In fact, this is a pretty good way to bring up that talk. Yes, I know I've said never to use sex as a bargaining tool, but this is one place where you can feel free to haggle. Every long term relationship comes to that "talk" about being exclusive, maybe mentioning love. If you have been diligent about mandatory condom usage, you can now use it to make sure your man is faithful.

Make him agree that you two are exclusive and you will drop the mandatory condom restriction provided both of you get tested for STD's. Don't neglect the primary reason for condoms either. You need to get some kind of birth control. Babies change everything... PERMANENTLY. Give your relationship some time to grow and grow solid before you bring in the speed bumps.

Become the Master

In spite of what your grandmother told you, sex is not dirty or nasty or sending you to any places on fire. There would be no humanity without sex. This is one aspect of your relationship you need to place special attention on. You need to get good at sex to become the perfect girlfriend. In fact, the better you are at sex, the more you can let yourself slide in other areas (not that you really want to).

Men are blown away by great sex. They are fascinated by women who can show they have some skills when it comes to all things carnal. And the simple truth is that the more you know about sex, the better you will be at it. This is the part where you have to do some outside research ([outside of this book](#)). There are thousands of books on secret techniques. There are calendars with daily positions. There are millions of pages on the Internet dedicated to this subject. Thousands of new sex films are made every day.

Let's face it: humans love to get it on. The problem is that not many people ever get past

1. In
2. Out
3. Repeat if necessary

Then along comes cute little you with an encyclopedic knowledge of the sexy bits and an orchestra conductor's mastery of how to make them create beautiful music together. You will be absolutely unstoppable. The more you learn, the more confident you get. The more confidence you have, the more comfortable you are. When you achieve such a high standard of confidence and comfort, then all of this starts to happen naturally. When things reach the level of being "the natural," there is a certain grace that comes along with it. Unstoppable indeed...

WARNING: As with most things of this nature, moderation is the key to success. Don't feel you have to take your new-found mastery and show all your skills on the first hook up. Once again, any time you can allude that there is much more in store, you create mystery and put yourself in his thoughts. He will call you back if he thinks there are other better experiences to come.

The other problem you might encounter by being so great at sex is that you might freak him out a little bit. He might get a little weirded out that you know so much. This is another reason to work your skills in slowly. If he ever asks how you learned to do something, tell him you read a lot. That's usually all he'll need to not think ill of you.

SECTION 9:

Never Stop Learning

**“A bend in the road
is not the end of the road...
Unless you fail to make the turn.”**

~Helen Keller

More Research Into a Better You

I would be a complete maniac if I said all of this great knowledge came right out of my smart little noggin. The truth is **I read a whole bunch of books**, listened to tons of seminars, read some e-books, looked at some scientific studies, searched online, and polled as many men and women as I could find. OK, maybe it was close to *hundreds* of books seminars and e-books.

My opinion? There are millions of people who think they have the one true answer when it comes to seduction and love. Truthfully, there are millions of idiots simply restating what they learn from romantic comedies and tampon commercials. There are, however, several geniuses in this field who've actually come up with some counter-intuitive, yet brilliant ideas.

If you are really serious about making yourself better, getting better relationships, which in turn creates unstoppable confidence, that leads to a better job or a raise, that puts you into a better lifestyle, then don't let this be the only book you read. There are so many more great ideas out there, some completely opposite to mine, yet they all work in their own magical little ways. **Keep up the self-improvement.** Have a passion for knowledge. Right now you might feel like you're on a sailboat in the middle of the ocean and no idea how to sail. The more you know about how the wind blows, the better your chances of survival.

WARNING: It is possible to get lost in all of this knowledge. Once you learn something or get a great idea, go out and try it. You have to go out in public. You have to go on dates. You have to kiss a few toads to find the proverbial prince. Don't just think you will read and listen to everything I recommend and then go out and do it like a seasoned ninja. The very foundation of all this knowledge is confidence and competence. The only way to compete in the Olympics is with practice. Hone your skills. Learn to take part in witty banter and hold your own. Learn a deep understanding of your emotions and how they sometimes can deceive you. Solidify your persona and be exactly the woman you admire. Get out and meet some awesome men!

Must Have Books

[Rousing the Lion](#)

If you've ever wanted to learn how to influence the men in your life, then you need this book. This isn't one of those stupid "covert hypnosis" programs where you make him cluck like a chicken (although that's kinda cool). It uses real psychological methods of using a man's desires to work for you. Sounds weird? Give this a try. You will not be disappointed.

[Panic Away](#)

Hands down, this is one of the best products I've seen. If you have any social anxiety, phobias, emotional issues, or past problems or anything else that gets in your way of keeping great relationships, you really need to give this program a try. Great guys are not looking for "fixer-uppers." They will want you to be healthy and whole from the very start.

[Body Language Project](#)

This is the in-depth, super-secret guide to everything you could ever know about body language: how to interpret it, how to decode the secrets of what people are really saying, and how to use it to your advantage. Let's face it, there are people in this world who are masters of body language and if you can figure out this stuff, you can flirt like a virtuoso! This is a spendy product, but it's worth every penny once you see how it works in every single aspect of your life.

Dating and Relationship Books

[1000 Questions for Couples](#) by Michael Webb

Asking a ton of questions is awesome! The more you ask, the more you know about the man you are letting into your heart. Definitely don't marry a man until you know a lot more about him. Questions are fun and always make for great dates.

[Dirty Dialogue](#) by Denise Brienne

Dirty talk is so much fun and it works wonders on the way your man will think about you. If you've ever wanted to make things sexier in your world, this book will change the way you think about how you can communicate with the man you love.

[Life After What's His Name](#) by Susan Russo

This is a sweet and funny book that will give you the perspective you need to move on from bad relationships. If you feel like you are holding yourself back and can't give yourself in a great new relationship, you should do yourself (and your new boyfriend) a favor and take some time to heal and move on.

[How to Make Anyone Fall in Love with You](#) by Leil Lowndes

McGraw-Hill 1997

It's a cheesy title, but this book is fascinating. Beyond its brilliant insights, all of the concepts are backed up by clinical scientific research. Learn the science behind those little things that make you blush and giggle...

[The Art of Seduction](#) by Robert Greene

Profile Books Ltd. 2004

Wow! This book lists the types of seductors/seductresses and how they use their own special powers to enchant their "victims." A must-have.

Health and Beauty Books

[27 Body Transformation Habits](#)

Did you know there are 27 habits out there that actually kick-start your brain into having a better body? This amazing system ramps up your body to burn through fat faster than you'll ever imagine. Not only that, it teaches you meaningful ways of finding your ideal weight and keeping you there permanently.

[Acne No More](#)

Learn a really easy way to clear up your acne problem using simple ingredients you can get at your grocery store. Don't pay another \$30 for a tube of something that really doesn't work.

Confidence and Influence Books

[Conversation Fire](#)

Are you shy? Is it hard for you to say the things you wish you could? Do you wish you could say things in a better, more meaningful way? This program will give you the skills and confidence to not only become a better conversationalist, it will finally teach you how to say what you really mean and be heard by the people in your life.

[Bust Liars](#) by Mark Adams

After you read this book, no one will ever be able to lie to you again. It really is that powerful!

More Action

If you've made it through this whole book and haven't written down a thing, shame on you. People are much more likely to commit to action if they have bothered to write something down. Pick up a pen and paper and start writing. Think of your goals, both personal and relationship-wise. Think about the qualities of your perfect man. Think about what you can do today to make your life more interesting.

YOUR FINANCES

Get your Self-Improvement bank account opened! Attach it to your current checking account and have an auto deduction take out money monthly. You can't believe it right now, but this little nest egg does wonders for getting you excited about getting smarter, healthier, and more interesting. And once you have the auto-pay happening, you are committed and you will take action.

YOUR LOOK

\$200 jeans...

If you can't afford it right now, at least go try some fashionable clothing on and get a feel for how you will direct your new style. Start looking at what other people are wearing and ask them where they got your favorite pieces. Start looking for women with the same body style as you and note how they dress. Where do they go wrong? What do they do to accentuate their assets? Talk to them about their style. People love talking about themselves. Go to thrift stores and find some amazing "broken in" clothing!

SOCIALIZING

Talk to EVERYONE! Say hi to cute guys. Ask questions. Flirt a little. Go to upscale men's clothing stores and chat up the guys that work there. They have to be friendly to you, it's their job. Tell them they have the same body type as your boyfriend and ask them to try something on. This can be a blast if you just have fun with it: "Oh my, you look way better in that than my boyfriend would. When do you get off?"

Get out of the house. Every part of your social life is outside your house. There is very little of it in front of your TV and don't kid yourself that Facebook and social media counts as socializing. Pick something that you have always wanted to try and go do it. Now!

YOUR HEALTH

Examine the food in your fridge and cupboards. Look at all the calories and fat content. Shocking huh? Everyone can benefit from slashing calories and fat from their diet. Start looking into what you eat and what you can do right away to make a healthier diet. Light mayonnaise? Coconut milk? Reduced sugar cereal? Get the point? You don't have to switch to the all celery diet and starve your way to beauty and bad health. Make changes gradually. Instead of McDonalds, go to a sub sandwich place and load it up with veggies. Instead of ice cream, try frozen yogurt. Above all, understand that changes don't all happen at once and don't get discouraged. If the goal is to lose weight, as long as you are steadily going down, you are in the right direction. The amount of weight loss is not as important as the loss.

Exercise, dammit! *There he goes with the exercise thing again...* How many people would you kill for washboard abs? Well people are pretty hard to kill if you can't catch them. Joking... Every person on this planet can benefit from more exercise and like I said before, it's all cumulative. The 10-minute walk during lunch, taking the stairs instead of the elevator, you've heard this all a million times, **but this time, we're doing it for love!**

Now it's All in Your Hands

You've learned what it takes to become irresistible to a man and how to keep him craving you forever. The main point of this book is to never get lazy. This is the hardest thing to do because life always gets in the way.

Your goal is to make a pact with yourself that you will spend some thought on this at least weekly. You'll be thinking:

- How can I surprise him next?
- What special treats do I have planned for him?
- Am I busy keeping my life and goals on track?
- What other ways can I make myself more vivacious?
- How will I encourage him to make his life better?
- What's next?

It's important to always be thinking of **what's next**.
When you have no future plans, you stagnate.
Always have your mind on onward and upward!

Thank You!

In this mélange of ideas, I have endeavored to give you a complete perspective on what it takes to become truly irresistible to someone fascinating. By now, you might have realized that I repeated things over and over throughout this book. I apologize if it annoyed you at all, but these concepts really are the soul of this book. If you heard it more than once, it's really important!

You have discovered the importance of loving yourself—first and foremost—and then all the other details will handle themselves. You uncovered how a man's brain actually works and all the secrets on how to use this information in your favor. You learned that man is a lost breed. They no longer have a place or situation where they can prove themselves as men so many of them stop trying. When you encourage them to fight and strive for what they want (you), they develop a love for you that's deeper than anything they've felt in their lives. Most of all, you have discovered that you are spectacular and sexy and smart and that you are on a journey to polish that sparkle from now until the day you die.

Here is where I humbly ask for your help. If you got some great information out of this book, I would love it if you helped out some other people who are struggling with the same issues that brought you to buying these books. If you left a review for this book on Goodreads or wrote me a little thank you note that I can post in my reviews section of my website, more people in pain can find the perspective they desperately need.

If you felt there was something (or a whole bunch of somethings) I missed, please let me know so I can make this book even better for anyone who's seeking information on becoming irresistible.

Got Questions?

The problem with writing a book about becoming irresistible is that there are as many different situations that make your dating life easier or more difficult as there are ways to overcome them. I've given you the basic blueprint that works on all men, but some of those dudes are complete enigmas (congratulations!).

Do you have a question that you need answered about your own situation? Ask away! I have answers!

Please go to my website: artofirresistible.com and submit your questions there. It might take a few days, but I try to answer every question I receive.

Thanks again for buying my book! Check out my other books:

- [The REAL Secrets of Sex](#)
- [Affairs and Infidelity](#)
- [Riot in the Sheets](#)

~Roberto Hogue

Like me on [**Facebook**](#)