



*How To Become
a Guy Magnet!*

By: James Scott

All Rights Reserved.

Copyright © James Scott and theguymagnet.com

No part of this book may be reproduced or transmitted in any form or by any means, electrical or mechanical, including photocopying and recording, or by any information storage or retrieval system without permission in writing from the author.

Disclaimer:

This book is written for informational purposes only. The author has made every effort to make sure the information is complete and accurate. All attempts have been made to verify information at the time of this publication and the authors do not assume any responsibility for errors, omissions, or other interpretations of the subject matter. The publisher and author shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this book.

TABLE OF CONTENTS

Section #1

Real Secrets of the Male Psychology Most Women

Aren't Aware Of: This Is How Men Think! _____ **13**

Section #2

Powerful Emotional Triggers Which Will Make

Any Man Fall For You! _____ **21**

Section #3

The Invisible Trap Most Women Fall Into and Often

Harm Themselves With: Know This Before it's Too

Late _____ **31**

Section #4

The Single Most Important Key to

Getting What You Want Out of a Relationship _____ **37**

Section #5

The Biggest Fear Men Have They Don't

Want Women to Know _____ **44**

Section #6

How to Make a Man Commit Even If He

Is Reluctant To Do So at First _____ **49**

Section #7

How Women Kill Their Relationships

and Never Realize It_____ **57**

Section #8

How to Read a Man's Mind and

Figure Out His True Intentions_____ **60**

Section #9

Do You Always End Up With Losers?

Here is What You Must Read_____ **64**

Section #10

How to Influence a Man to Your Way

of Thinking _____ **70**

Section #11

The Most Powerful Thing a Woman Can Do

to Resolve a Conflict with a Man Instantly_____ **74**

Section #12

How to Decipher His Hidden Messages: Find Out

If He Is Really Telling you the Truth_____ **77**

Section #13

How to Psychologically Train Your Man Into

Doing More of the Things That Please You _____ **82**

Section #14

How to Talk About Taking the Relationship to
the Next Level without Freaking Him Out _____ **87**

Section #15

The Real Secrets behind What Drives a Man to Pursue
Certain Kinds of Women and Avoid the Rest _____ **93**

Section #16

Why Men are Often "Emotionally
Unavailable" and What to Do About It _____ **99**

Section #17

Extremely Important Qualities Men
Desperately Seek in a Woman _____ **103**

Section #18

Why Men Don't Call After the First Few Dates
and How to Make Sure He Calls You Back _____ **110**

Section #19

A Man Isn't the Answer to All Your
Problems and Won't Make You Happy _____ **116**

Section #20

The Most Dangerous Mistakes You
Never Want to Make around Men _____ **120**

Section #21

So He Wants to Breakup With You? Here Is How to

Stop a Breakup and Amplify His Interest in You _____ **128**

Section #22

Most Important Things to Keep in Mind _____

133

Final Words _____

152

Introduction:

I would like to start with a story—a story you might relate to in several ways.

Once upon a time there was a girl who was very attracted to a young man. At first she assumed that he was just another guy, but as time passed and she got to know him more—her attraction to him grew.

And with time, this attraction grew into a strong emotional urge to *be* with this guy. But this was the tricky part; she didn't know whether the guy felt the same way about her.

The very fact that she wasn't sure about how he felt towards her made her become more and more insecure.

Occasionally he would say things such as, "You are so beautiful, I really like you." But what followed were always attempts to get physical. Every time she showed resistance or tried to stop his physical advances, he would act slightly frustrated and then ignore her for several days.

This further confused her. She thought that maybe becoming more physically intimate would take things to the next level and eventually she let him have his way. Days turned into weeks and weeks turned into months, but it didn't seem like the relationship was going anywhere.

She knew something was wrong with the picture but could not

figure out what it was. No matter what she did—he wasn't acting as if he was falling in love. Rather, *he acted more like a friend.*

After spending many days obsessing over him, the girl decided to pop the big question. One day on the phone she asked him, "So what do you think about us?"

He had no idea what she was talking about.

She continued, "You never tell me how you actually feel towards me. You never talk about our relationship."

He was as cold as ice and did not really have much of an answer.

And then she made a bold move. She confessed her true feelings for him. She told him how much she loved him and wanted to spend her life with him.

He finally responded, "Well I am too busy with my career at the moment. I don't think this is the right time."

This only confused her more. She didn't understand what had just happened.

Day and night, she thought:

Does it mean he loves me but he's scared of something?

Does it mean I asked him about our relationship too early?

Does it mean he isn't ready to commit at all?

These questions were driving her mad. She had to get this all

figured out before it was too late. She really had to be with this guy no matter what.

She thought she hadn't tried hard enough, therefore she concluded that if she showed him how much she truly loved him, he would *eventually* commit to her.

And this is where the drama started. She started calling him more often; she started mentioning how she truly felt about him, how much she loved him and how she just couldn't live without him.

And this is when the unthinkable happened.

He stopped answering her calls. She would leave message after message on his answering machine, but to no avail. It took her several weeks to finally reach him, only to hear that he had been extra busy the last few weeks and wasn't going to have any free time to see her for the next month or so.

She tried to get more details and before she could say anything else; he said he had to go, and hung up the phone.

Whether you have been in this situation or a situation similar to this—we all know how it ends, right?

Most women going through this situation are left in the dark, thinking:

Was it something I said...?

Was it something I did...?

What was it that scared him off?

And, eventually when they can't find a logical reason, they end up thinking, *Oh well! This is how men truly are. They just want one thing. They only use women. All men are jerks.*

First of all! Let me get something straight here—not all men want just one thing and not all men are jerks. If that was the case you would never see relationships or marriages taking place in our society.

Thinking that men just want one thing is a myth that society has hardwired into the female brain. The big problem is that women assume that men have the same thinking process as they do.

Women assume that men want the same things as they do. They haven't really spent much time trying to *truly* figure men out on a deeper level and actually *understand* how men think and why they do what they do.

Insanity is doing the same thing over and over again and expecting a different outcome. This is exactly what many women out there do on a regular basis.

A common example of this is the female who keeps on falling for the same abusive jerk over and over, only to discover that she has been cheated on/abused and taken advantage of yet again.

Because many women do not understand men, what they assume *should* work actually ends up making things worse. It's no big surprise that women often end up confused because they do not understand how to handle different situations around men.

You can never get a man to like you by confessing your love, convincing him to like you, or by chasing him around.

In other words, many things that women try to do in order to make a man like them actually cause the man to not like them *at all*.

Rather, it repels them and makes them run away.

I will explain the process on how this actually takes place in later sections of this book.

This book is an effort to show you the core dynamics of how things work with men and how you can use them to your ultimate advantage. In addition, the best part is—you will learn what works and what doesn't work with men, without having to go through the old, painful trial and error route.

By the time you finish with this book you will have a perfect understanding of how to get the man of your dreams, design the perfect relationship you have always dreamed of and keep him attracted to you for as long as you want.

For women, finding the right guy is like trying to find a needle in a haystack. The very process of finding a potential mate can be extremely frustrating and overwhelming.

First you have to find a guy who seems right, then you have to attract his attention. Then you try to discover more details about him to make sure he isn't just another jerk. The hardest part of all is to make sure he remains attracted to you and proceeds to the next level.

For many women, thinking about all of these steps can make them extremely anxious and fearful, but this only happens when they don't know what to do. Humans experience anxiety and fear when they encounter a situation where they have no clear plan of action.

This book will teach you what to do—giving you a perfect systematic understanding of what to do in various situations with men, which will only intensify their attraction for you at each level of your relationship.

Now before we get to the real meaty stuff, I would like to give you a small warning—you will come across certain concepts in this book that might feel alien to you, that may be hard or impossible to believe in some cases. To understand and learn these concepts, you will need to suspend your disbelief momentarily.

I want you to open up and try these concepts out. At the same time, you may come across concepts that make you think, *Oh! I already know that! Let's skip to the next part.* If you do this, you'll be wasting your time. Every section of this book is vitally important, as it forms the foundation for the next.

The other very important thing I want you to do is to put *everything* you learn here into practice. Many people read books and never put anything into practice. Knowing and *not doing* is worse than *not knowing*. Doing is what gets you the results; doing is what takes you farther in life; doing is what will get you the man of your dreams. So *doing* is everything.

The only way to become an expert at this is to do more and analyze less—don't let yourself be consumed by internal conflicts.

Always remember that *action is everything*. Nothing happens until something moves—act on everything you learn in this book.

Let's not waste any more time and get right to the first section...

Section:1
Real Secrets of the Male Psychology
Most Women Aren't Aware Of: This Is How Men
Think!

If you are one of those women who believe that figuring out a man is as difficult as climbing Mount Everest, then this might be the most important section for you.

I'm going to start off by saying—men are very different than women. You already know that, right? It's not really a big secret, but the key is in learning *how* men are different than women.

Most women are aware of the obvious differences, but because men tend to have their own way of doing things, women are often left confused and even frustrated by their actions.

Have you ever been in a situation with a man where you tried to explain something to him, and no matter what you said or how you said it—he never understood you? Chances are you ended up in a big argument that left you both frustrated and irritated with each other.

Every time you end up in such a situation, do you know that one of the reasons could be your lack of understanding of the male psychology?

You may be asking yourself, "Why do you want me to do all the hard work? Why should I bother to understand him when he's not making any effort to understand me?"

If you want to see changes in your outside world, you first have to

change your inner world. You need to start by seeing things as they really are—not as you assume they should be.

The best way to start is by studying the basic differences in how men and women think. Here are some facts about men you might not be aware of:

Men are more logical, analytical, and rational, whereas women are more intuitive, creative & emotional.

In short—men apply logic to everything, whereas women see things from a more emotional perspective. This is the primary reason why men never talk unless there is a reason to talk. They need to see the point in doing something before they go about doing it.

Whereas women tend to talk or share things even if there is no real point in sharing and talking. They don't really need an objective or a purpose to feel the need to share and talk.

A very common example of this is when a woman complains that her man doesn't listen, when in reality the man doesn't really see any reason for talking. He considers it to be unnecessary chatter.

She keeps on complaining that he doesn't listen while he keeps on complaining that she just nags him about every little thing.

The problem here is a lack of understanding.

Men have a much more difficult time relating to their own feelings and never freely express them, whereas women freely express their feelings and normally tend to have a wider range of emotions with greater intensity.

This is why you don't see men cry in situations where a woman would normally cry. Since women are more sensitive in comparison

to men, they often label men as being too insensitive when dealing with certain situations.

On the other hand, men blame women for being overly sensitive toward the same issues.

Men enjoy independence while women have a need for intimacy and connection.

This is the main reason why it's a lot harder for a man to commit to a relationship. Most men don't really think about settling down as much as women do. Men stay single until they find an extremely good reason to settle down.

Men have a fear that they might get trapped if they commit too early, often resulting in making no commitment at all. In later sections of this book, I will show you how to make a man commit even if he is reluctant to do so at first.

To feel good, men must feel in control.

This is why it's not a good idea to tell the guy what to do and what not to do. For men, being able to do things by themselves means he feels in like he is both in charge and strong. You will never see men freely talking about their problems as they generally consider it to be a sign of weakness.

On the other hand, women aren't afraid to freely discuss their problems and seek advice from various sources. In their world, seeking advice isn't a sign of weakness at all.

But this is where the big conflict arises. When a woman tries to give advice or help to a man, he interprets it as a sign of weakness, therefore he assumes that you are indirectly telling him that maybe he isn't good enough or he's lacking something.

Your intentions are to help him because you consider caring and sharing to be positive, but he assumes that you are trying to tell them that he can't do things on his own.

And this is a big blow to a man's self-esteem. When this happens they may either withdraw completely or argue with you—something commonly known as the fight or flight response.

In later sections I will show you how to make a man take your advice without him getting defensive.

There are several other differences but if I was to mention them all this book will never end. I hope you get my point here. In order to land the man of your dreams and keep him attracted, you have to first make a few changes in your own thinking.

Remember at the beginning I mentioned you have to suspend disbelief momentarily and open your mind to new things? It's time to do so now, because some of the concepts I am going to discuss next might be a bit hard to digest.

Fact #1. Men behave around you based on the way you behave around them...

Do you know that men always act according to the behaviors of the woman they are around? In other words, men react in alignment to the way you act around them. So does it mean I am saying you are 100% responsible for everything?

Well I won't say 100%, but to a very large extent you are responsible for what happens to you when you are around men. If you always find yourself hooking up with abusive men, one after the other then it is definitely something you are doing to attract these men.

You can say that he seemed perfect; he was nice early on etc., but if a man is doing something you don't really approve of, then you are allowing him to do so. Men only react to the way you act around them.

Men always size up a woman based on her behaviors and act accordingly. So if a man keeps cheating on you yet you still stick around—what signal are you giving out? You are indirectly telling him, "Ok! So you cheated again. This is unacceptable but I am not sure if I want to leave you."

He senses that and knows you won't leave him, so he keeps cheating on you over and over again. You indirectly train him how you want to be treated by displaying certain actions. Always remember, a positive behavior when praised will be repeated, a negative behavior when ignored will be repeated as well.

The main reason why some women find themselves stuck in abusive relationships is simply because they keep on ignoring the man's bad behavior and consequently, he keeps on repeating it. We will elaborate further on this in the coming chapters.

Fact # 2. In order to see a change in your circumstances, you will have to change yourself.

In order to best explain this point, I would like to share a story I came across while surfing the net one day.

There was a millionaire who was bothered by severe eye pain. He consulted many physicians and was getting treated. He didn't stop consulting a multitude of medical experts; he consumed heavy loads of drugs and underwent hundreds of injections.

But the ache persisted. At last, the millionaire called a monk who was supposedly an expert in treating such patients.

The monk understood his problem and said that for the next while he should concentrate only on green colors and ignore all other colors.

The millionaire gathered a group of painters, purchased barrels of green paint, and instructed that every object his eye was likely to fall on should be painted green, just as the monk had said.

When the monk came to visit him after few days, the millionaire's servants ran with buckets of green paint and poured them on him as he was wearing red clothing.

At this the monk laughed and said, "Your master could have purchased a pair of green spectacles, worth just a few dollars and could have saved these walls, trees, pots and all other articles which would have also saved a large share of his fortune.

So the moral is that you can't change the whole world—it would be impossible. You have to start by changing yourself.

In order to succeed with men you have to first change your vision and open your mind to understanding men on another level. You have to give up on your old beliefs about men and try to understand why they do what they do. Once you understand their emotional drivers, you will have no trouble attracting the right man.

Fact # 3. What you want and what a man may want will always be completely different.

This is one thing you should keep in mind every single time you are around a man. The very reason behind the death of most relationships and constant conflicts comes down to this fact.

Every individual has a story running in their mind where they see

things a certain way, which may be completely different from reality. And people have a strange addiction to this story they have running in their mind.

This is the prime reason why when anything happens that goes against this story you have running in your head, there will always be conflict. In your mind you might expect a man to be a certain way and do certain things but in reality he might do the complete opposite of it, which may surprise you.

In most cases it might not even make sense to you, but in the man's world, what you are doing might not make any sense to him either.

But you should expect this. So in order to succeed in the dating arena you have to drop all your assumptions about men and see things the way they really are. You should stop trying to color the world around you green and rather get a pair of green spectacles.

Therefore, it is important to drop all your assumptions and start to observe before forming any judgments.

Fact #4. It's hard for a man to commit.

This is another fact you must understand because commitment is a huge decision for a man and he always thinks long and hard before he eventually decides to commit to a certain woman.

They fear being trapped, even if they are with the best looking woman out there. This fear comes and goes all the time in their world. They always feel that yes, they might be with the best woman out there but they can still do a bit better.

This might sound a bit weird to women, but this is a universal fact about men, and the faster you understand it the better it's going to

be for you.

Now, this does not mean he will never commit at all. There are certain things you can do which will naturally drive him to commit to you. But again! We will go into much detail in some of the later sections.

Now that you are over your judgments and assumptions about men and are finally open to see reality the way it truly exists, let me show you how you can use all this to your ultimate advantage.

Section:2

Powerful Emotional Triggers Which Will Make Any Man Fall For You!

I would like to share my own personal story to explain something here. I remember a few years back, there was this certain girl I used to like. Since she was really good looking she was one of those too-hard-to-get types.

And the fact that she wasn't that easy to get for most guys, made me more interested in her. I was pretty confident and outgoing so striking up a conversation with most women wasn't a big deal for me.

But for some reason I struggled a bit with this one. It took me several months to approach and start a conversation with her. But with time, things started to flow well. We would spend a lot of time together and it seemed as if she was getting closer and closer to me as time passed by.

And at the same time my comfort levels started to get higher and higher around her. She was everything a guy could want in a woman. But for some reason, with the passage of time a very strange thing started to happen.

I started to realize that I was not interested in her as much as I used to be. I never felt any excitement about meeting her and I no longer got those desperate urges to talk to her which I always used to.

But you see, I didn't want to feel this way. I thought to myself, *This is the perfect girl for me. She is the one I always wanted to be with.*

But for some reason I didn't feel that inner desire to be with her anymore.

And I had no idea how it happened.

The more I pulled back, the harder she tried to make me happy. She would always go that extra mile to do things for me, but it only made me more disinterested in her.

Now I won't give you all the details of what happened and where it went, but I would like to tell you that we broke it off after a few months.

A few months later, I came across another girl who wasn't nearly as good looking as the previous one but this girl drove me absolutely crazy about her. All my friends always used to ask me, "What do you see in her?"

And I always used to respond by saying, "Well, she's different." I couldn't explain how, but this was the only thing I could think of. And guess what? She broke it off with me after a few months.

It wasn't until much later that I realized what had been going on and why I felt no attraction towards one and intense attraction towards the other one. There was a solid pattern which was in function here—a concept which I finally figured out.

And if you can get this one concept properly then I can guarantee that you have done 50% of the work towards being successful with men.

So what exactly is this concept I am talking about? Well this is called "ATTRACTION".

And it isn't a choice, which means attraction isn't something men

decide to feel. It just happens around certain females. These are the females the society terms as naturals. They are the kind who never struggle to strike up conversations with men and always have men lined up no matter where they go.

And here is the surprising part. Not all these women are stunningly gorgeous. Yup! Looks don't really play a big role here. Attraction goes way beyond physical looks.

You can get a man's attention by displaying beauty but that doesn't necessarily mean you can get him committed to you. This is the main reason why even the best looking of women find it hard to find the right man and keep him.

So attraction is a much deeper concept. And I am going to show you how you can easily trigger it as and when you please. Once a man feels attraction, he will be internally forced to pursue you. In other words, he is almost powerless.

At the same time if he feels repelled towards you, he won't want to be with you even if you are the prettiest woman out there. He would be powerless here as well. And I will show you how to avoid this.

How Attraction Works...

Attraction is the foundation of everything, and it is the single most important and critical concept you must understand if you ever want to be successful with men.

Unless you first understand how attraction works you will always find yourself confused by a guy's actions. Once you understand the dynamics of attraction, everything about men will become simpler.

You will fully understand why a guy is acting or reacting in certain

ways around you, and at the same time you will even be able to predict his next move. This is the primary reason why I am laying so much importance on the concept of attraction.

Attraction is a subconscious response men have towards certain behaviors displayed by women. So in other words, you can control the intensity of attraction you want a guy to feel towards you.

All you really have to do is to integrate certain behaviors in your personality and guys will naturally feel attracted to you. They will feel attracted to you but won't really know why.

So before I get to the deeper concepts, let me first state a few basic things here. In a nutshell:

-Men can't control who they are attracted to.

-Men can't control who they are not attracted to.

-Attraction happens when you display certain behaviors and the key to getting any man attracted is to first understand these behaviors and integrate them into your personality.

Behaviors, which trigger attraction...

1- A woman who isn't easy to get.

2- A woman who is unpredictable.

3- A woman who is emotionally mature.

4- A woman who sets boundaries & has a certain standard that

should be met before she lets a man into her world.

5- A woman men consider irresistible.

1. A woman who isn't easy to get.

Do you know that humans tend to pursue that which retreats from them? I don't know why it works this way but that's the way it is. We naturally feel a stronger desire to get the things which aren't easy to get.

For some reason humans are hardwired to want what they can't easily have. When a woman interacts with a man, there is an invisible battle going on where both the sexes are trying to determine who's more important.

So it's pretty simple. The moment a man realizes that you have a high standard in comparison to him and that you aren't like any other woman he can easily conquer, his respect and admiration for you will double.

He will get to a point where he would be scared to screw things up around you simply because you aren't too easy to get. It's pretty much like a cat string theory—hang a string beyond a cat's reach and it will do just about anything to get to it.

But when the cat gets the string, it feels bored and soon loses interest.

In practical terms your demand should outweigh your supply. When you aren't easily available to any guy out there, your demand goes up in comparison to your supply and this is where a man would feel strong inner desire towards you which he won't be able to control.

This will drive him to do anything and almost everything to seek your approval in any way possible.

2. A woman who is unpredictable.

Humans have a strange addiction towards unpredictability. When they aren't sure about what's going to happen next, their excitement doubles.

Most women tend to have very predictable ways of doing things, which bore men to death. Predictability equals boredom simply because the element of excitement is lost.

This is why it's very important to challenge men. The more you challenge them the more they feel the need to impress you, simply because they want to live up to that challenge.

Imagine being in a situation with a guy who you *sort of like* and he ends up saying something obnoxious like, "Well, I don't know if you're right for me."

Most women would take this personally and disappear. But you aren't just another woman. You should respond by saying, "Great, maybe now you can stop staring at me and let me meet a real man."

And bam!

You just hit him below the belt. He won't really know what to do here. And this is where he would think *WOW! This one seems different than the rest. I must behave myself and watch what I say.*

And within seconds you have earned his instant respect and at the same time you earned the status of that special unpredictable woman who is hard to figure out.

By saying this, you have shown him that you are not going to take such behavior and you have a certain standard you expect and unless he fits, you aren't going to give him the time of day.

3. A woman who is emotionally mature.

In simple terms an emotionally mature woman is one who isn't seeking male attention or approval. They tend to have a very high self-image and never let anyone walk all over them.

These are the type of women who have everything in their life handled very well and are never seeking external support. These are the kind of women who know that in order to fix something in their life they have to take 100% responsibility for whatever happens.

It's all about being the kind of a woman who doesn't blame things or other people when something goes wrong in her life. And the biggest of all—she knows how to control her emotions in the presence of men.

Men always observe a female's reactions very closely, and within minutes they can tell whether a woman is emotionally mature or not. They can easily make out what you are all about based on the way you behave and talk in their presence.

Emotionally mature women are smart with their emotions, which means they do not do things on impulse. They rather think everything through and if it seems right, they act.

They never go around seeking emotional validation or approval from men. They act according to certain standards all the time.

4. A woman who sets boundaries and has a certain standard that should be met before she lets a man into her world.

Do you know that men feel what you feel about yourself? The feelings circulating inside you will always manifest into certain behaviors, which means if you have a high self-image and have positive feelings circulating inside you—it will manifest as a positive trait in your personality.

This will be displayed with a sense of confidence and calm in your personality. On the other hand, if you have low self-esteem and don't really feel you deserve anything good in life, then that too will reflect in your personality. And you will always come across as the needy, nervous and clingy type.

The key to being the ultimate guy magnet is to set certain boundaries and reject any man who doesn't live up to the standards you have set. Some women might say this is rude. But you aren't being rude here at all. You are just being honest.

The message you are giving to the world is: I think I deserve good in life and I think I deserve to be with the best man. I don't think there is anything wrong with wanting the best for yourself.

When you are the one who is being the chooser men will automatically try to live up to your expectations. Being a chooser is a very attractive quality, which is hard to find, and men always find themselves subconsciously drawn to women with this quality.

5. A woman men consider irresistible.

Do you know that men have a secret code, which they use when it comes to the topic of women? A common line most men tend to use to describe a highly attractive woman is, 'A woman that's irresistible'.

Now what exactly is a highly irresistible woman in the eyes of men? This is a woman who isn't just too hard to get, has high standards set and is emotionally mature, but she is also someone who doesn't

let a man get physical too fast.

I am not too sure how many women actually understand this but some men do judge women based on how fast they let a man get physical.

Women who normally sleep with a man within the first few days of dating always end up getting labeled as low quality. I don't know why men act this way, but this is how it works.

Now I am not saying every man out there judges a woman based on this. There are always exceptions. But it's a proven fact that men pay more respect towards females who make them wait for sex.

Some women actually believe that sex is vital early on or else the man might not like them at all. But guess what? Men don't need to be emotionally attached to you in order to sleep with you.

They can sleep with you as much as they want and at the same time not get emotionally attached.

Moreover, by giving him easy sex, you are trying to cover up a bigger inner issue. The issue of thinking you aren't good enough, that he might leave you if you don't do certain things.

Instead of giving him everything he wants, you should rather work on yourself and stop letting men take advantage of you. The moment you learn to say no and set strict boundaries, that is the moment when men will start respecting you more and you will be termed as a high quality female.

Important Note –

Some women get carried away too fast and often end up confessing their feelings to the guy too early in the relationship. When that

happens, the guy goes through a strange emotional process where he thinks, *Ok! So I have her...now what?*

And the tension and attraction you build by displaying all the traits of a high quality female are gone.

By telling him you have all these feelings towards him you are negatively affecting his feeling of independence, leaving him feeling somewhat trapped—he tries to get out as soon as possible.

First of all—you should never let a man know what you truly feel about him early on because it only scares and overwhelms him. Rather you should keep it a secret.

Don't act too interested and at the same time don't act too uninterested. This will keep him a bit confused but at the same time highly curious. As we have already discussed, men take much longer to commit in comparison to women.

Therefore instead of expecting the plant to grow overnight, give it time. As long as he isn't truly sure about whether you are completely into him or not...attraction will always be there.

Section #3-
**The Invisible Trap Most Women Fall
Into & Often Harm Themselves...Know This Before
It's Too Late!**

Have you ever been around a guy who swept you off your feet? And it felt as if you had found your ultimate soul mate? All your friends told you that he was the wrong guy but you were almost blinded by his charm?

And sadly, after a few days you realize that he isn't interested in you anymore and is acting like a super jerk—so what went wrong here?

Well the problem with most women is that they try to form a relationship out of thin air and set up high expectations very early.

When you are doing something under the influence of attraction you will never see the situation for what it truly is. You will see the guy as perfect even if he has many flaws. All his flaws will seem acceptable to you and you won't be bothered by them.

A common example of this is when everyone else can clearly see that the man is a jerk but the woman who feels this strong level of inner attraction overlooks that. Rather she justifies his flaws.

Attraction does make you somewhat blind towards reality and all you see are good things, even if the bad outweighs the good in a guy.

And the reason why it is so addictive is simply because it makes you feel good, and trying to form a relationship with a guy based on just your feelings is a surefire way to fail.

On the other hand, men are much different. They never form a relationship just based on attraction. They always need an extremely good reason before they decide to settle down. This is the primary reason why some men like to date a lot. They might be with a girl but they still try to keep their options open.

This is where the female grows extremely insecure and does everything in her power to keep the man. This very act makes the man more scared of being stuck and this is when he pulls back.

With time, when the intensity of attraction starts to wear off, his flaws become more and more obvious and that's where the woman starts seeing everything for the way it truly is. She's often left thinking, *how did I even fall for all this?*

It's an invisible trap most women fall into from time to time, and some women get trapped in it over and over by falling for the same kind of abusive men, one after the other.

So it is extremely important that you catch yourself when you feel you are falling for the same kind of a guy again. Instead of letting your emotions take over you should rather ask yourself the following questions:

1. Is he a high quality man and will he make a good future mate?

2. Are we compatible enough?

The reason why you should be extremely selective and ensure that he is a high quality man is simply because ending up with the wrong kind will only give you emotional stress day in and day out.

Being stuck with the wrong man is as bad as being stuck in the middle of a desert where you can't see any possible way out. Each day becomes a struggle and you will feel like you are running on sand—the harder you run the more you sink.

At the same time the next thing you should keep in mind is compatibility. You should always see how compatible you are with the guy before getting too serious.

Forming a relationship just based on attraction is bound to end sooner or later simply because as you get more and more comfortable with your partner, the intensity of attraction will wear away.

And this is the point when you will need strong compatibility with your partner or else everything will go down the drain. Compatibility is a level of understanding you share with your partner which goes way beyond attraction and it's the only tool which can make relationships or marriages last forever.

So always pre-screen every guy who you find yourself falling for, and really try to analyze things keeping the future in mind because what might feel right momentarily may only harm you in the long run.

Why Do Women Fall for Jerks?

Very common questions I often get from people is, "Why do women fall for jerks? Why do nice guys finish last?" And the logical answer to this is that these so called jerks display all the traits which trigger attraction inside women, and that's why they feel this strong inner desire to be with them.

But you see these are the kind of men who won't easily settle down, no matter how many high quality women they seem to attract. And at the same time these men aren't really good

relationship material in the long run.

The so-called nice guys are the ones who are really good in the long run. But the reason why these guys always finish last is because they aren't skilled enough in the department of attraction and aren't able to trigger any feelings in women.

That's the reason I have been placing a strong emphasis on looking beyond attraction. You should always try to see if you are falling for a guy just based on the way you feel around him or are you also keeping the future in mind and also studying how compatible he is?

The Pick Up Artists

I am not sure if you are aware of this concept but there are men out there who specially train themselves to be masters at the game of attraction. Picking up women is a sort of a game to them and they get tremendous pleasure out of it.

There are underground groups all around the world which train men specifically in this department. Some men do it for the sheer joy and pleasure; some do it to get an ego boost while some do it to get sex.

A lot of these guys learn all the attraction switches which universally work on most women and use it to get female attention. Have you ever been around a guy who just pulled you right into his reality, as if he truly knew what he was doing and you had no control over anything and were almost internally forced to fall for him, only to realize much later that all he was truly looking for was just sex? A lot of women actually do end up giving the man easy sex under the influence of emotions.

Another thing I must point out here is that in a lot of cases, just because attraction is so strong women tend to still stick around these guys even when they are well aware that he is only looking

for sex.

They often let the guy have them as friends with benefits, thinking that in the long run something will magically happen and he will want to be with them. You should never start off as a casual girl because giving him easy sex doesn't mean it will turn into a relationship.

Just like it works with attraction, you can never build a long term relationship based on physical things.

Ok! Now let me give you the other side of the story. Not all players are bad—some men actually learn this art to genuinely attract a good, long term mate. These are the guys who aren't learning all this to manipulate women into liking them but want to be their best self to attract the right woman.

Just like you are reading this book right now, working on bettering yourself in this area, some genuine men do the same. And those are the kind of men you should truly be looking for.

But wait! Now the big question arises- How do I know if he is genuinely interested in me and isn't trying to play me?

It's very simple – A guy who is genuinely interested will never make attempts to get too physical with you early on. Now you might say, "Well I already know that." But the problem is a lot of women do know it, and still end up giving the guy easy sex.

Why? Because they are blinded by attraction. The impulse of the moment seems so right that they find it hard to control themselves and let the emotion of the moment take over.

This is where you should catch yourself and draw the line. Don't let a guy have an easy way with you because you will only regret it

later on. Instead of seeking short-term pleasure—focus on long-term peace.

In the coming sections I will elaborate more on this subject and show you super effective ways to weed out bad men from the good ones, and get them to commit to you to form a long lasting peaceful relationship.

Section# 4

The Single Most Important Key to Getting What You Want Out of a Relationship!

The single most important key to getting what you want out of a relationship is to first decide *what you really want*. The reason why a lot of women always end up with the wrong kind of a man is because they aren't really sure what kind of a man they want, and therefore never find the right one.

When you don't know what you want you will always end up with the leftovers. This is why women who take things as they come along always have to go through several painful relationships one after the other in the quest to find the perfect one.

The two most important questions you must ask yourself are: What are you looking for and what are your expectations out of a man? A lot of women believe in the fairy tale dream, thinking prince charming will come one day and sweep them off their feet.

But in reality it really doesn't work that way. It all seems real easy in books and movies but in reality it's a completely different ball game. So the first thing to keep in mind is to keep your expectations realistic.

I have spoken to so many women who complain about how men never understand them and how they never get their needs met. This is where I always ask them, "What were you expecting?"

And the answers I get are always mind boggling. Some women tend to set their expectations so high that no man can ever meet it. Trust me on this one. There is no man out there who will give you special treatment, love you unconditionally, buy flowers each day, take you

out to special places and won't expect anything at the end of the day.

Such a man doesn't really exist. But since a lot of women never bother to understand how men actually function, they always expect them to live up to their unrealistic expectations.

This goes back to the same concept of thinking that a man would want the same things as you want. But we have already discussed that it doesn't really work that way.

What you want and what your man may want may be two completely different things.

And this is the main reason why a lot of women end up unsatisfied in their relationship. When they set their expectations too high it's like an accident waiting to happen. There will be a time when their expectations won't be met and they will experience tremendous pain and heartache because of it.

The only way out of this is to keep your expectations realistic and at the same time don't expect too much early on in a relationship. You will always end up unhappy and unsatisfied at the end of the day if your expectations are too high.

Perfection does not exist, especially when you are dealing with another human being, even the one who is your partner.

This is the main cause of conflict in many relationships. The woman sets her expectations too high early on; the man doesn't live up to her expectations and each day turns into an argument.

For example:

During the early stages of their relationship John used to bring

flowers for Jen every Saturday. But as time passed he started getting more and more involved in his work, and flowers stopped coming.

The more he forgot about it, the more disappointed Jen felt and finally decided to talk it over with him.

Jen – How come you never bring me flowers anymore?

John – Oh! I am so sorry. I have been so stressed with work lately that it didn't occur to me.

Jen – Seems like one day you will forget me as well.

John – (Gets irritated) why do you think I have been working so hard? I do it all for you. But you don't get it do you?

Jen expected John to bring her flowers every other day, so it was an expectation she had set. And the fact that John wasn't living up to this expectation really frustrated her.

But you see this is the wrong way to approach the situation. She is only thinking about her own needs here and is ignoring John's needs. She is ignoring the fact that he is actually making an extra effort with his work and is under a lot of stress.

When you have an expectation and are seeking its fulfillment from your partner you may ignore his needs which often leads to huge arguments.

Again! Ditch the illusion of a perfect man. You are dealing with a human being and human beings aren't perfect. There will be certain expectations which will not be met.

There is no such thing as a perfect relationship. Instead of getting all worked up about it you should think over it rationally.

It's not his duty to do things you expect.

This might be a hard concept to understand but this will save you a lot of emotional pain and will help you keep your relationships healthy. When women get into a relationship with a man they expect him to act in certain ways and do certain things, as if it is his special duty to do so.

The fact is that this is one of the things men fear the most. When women expect them to do things it often overwhelms them. We have already discussed that men don't really commit unless they have a big reason to do so. But forming expectations only scares them more.

They start fearing that they might lose their independence altogether or maybe you are trying to trap them. And this is where they instantly withdraw where they either avoid you for a few days or start making excuses as to why they aren't ready to have a relationship yet.

A very important fact you must understand is that it's not his job to keep you happy. In fact! If you are banking your level of happiness on his actions then you have already planned for disaster.

If your sense of happiness comes from what a man does or doesn't do for you then you are very likely to encounter a rude awakening. The only person who can keep you happy is yourself. Getting a man in your life can never give you the happiness you are looking for.

A lot of women have this idea that when they will find "Mr. Right" they will be happy. We all know that a woman experiences happiness at the beginning of a relationship, but if she expects him to fulfill her and make her happy when she is not happy herself, the

relationship will be a big disappointment.

What you should not expect...

1. Stop expecting that he is Mr. Right only because he makes you feel good.

Always take your time before you conclude that he is Mr. Right. Never think you have found the right one just because you feel attracted to him. Relationships don't survive just based on attraction. The man has to be compatible.

Therefore always give it time before you think about having a relationship.

2. Spending some time together or even having sex doesn't mean you are in a relationship.

This is another dilemma women always find themselves in. They feel that if a man acts as if he likes them and they end up getting physical—they assume it's a relationship.

Guess what? Men don't need to be attached to you to get physical with you. They can get physical with you and do the same with another female after a few days without forming any attachment.

3. Men take time to commit so don't expect anything overnight.

Again, even if a man is showing signs that he may be interested in having a relationship it doesn't mean that's going to happen right away. Women confuse his interest with commitment and think that if he is interested—he must be committed.

This is where women form all these unrealistic expectations only to realize later on that none of them were met and this is where they end up disappointed.

Men take time when it comes to the matter of commitment and they are very quick to change their mind as well, which means they may be committed to you today but tomorrow they might be seeking other options.

But this is nothing to be worried about. In the coming sections I will show you how you can easily get a man to commit without any resistance.

What you must do:

1. Get more selective. Learn to reject men who you know will never commit.

This isn't just important—it's absolutely vital that you set some boundaries early on. You are responsible for what happens to you in

your life therefore if you let the wrong kind of a man into your life then it's your own fault and no one else can be blamed for it.

There is nothing wrong with rejecting men who don't match up. It's important to let men know what you truly expect out of a mate. Remember, life is too short to deal with the unnecessary drama, so learn to do this more often.

2. It's completely ok to date as many men as you please to find the right one.

Most women limit their options when it comes to the type of men they date and often miss out on what is truly out there. There are

good men out there but you won't really know that they exist unless you go out and try your luck.

Now meeting a lot of men doesn't really mean you have to get physical with them or form any attachments. You are in the interview phase. In other words you are sizing up your options. You are actually figuring out what's truly out there before you make your decision.

So it's completely ok to meet several men to find the right one.

3. It's important to judge a man's qualities early on.

If you are with a man who isn't sure about settling down and when asked about it—gave you a confusing answer—that's the kind you want to avoid. You see, unless he is looking for a long term relationship just like you are, why would you want to spend time with him anyway? So it's important to come to this conclusion early on and filter out men who don't match up.

A very interesting thing happens when you act this way and pre-select men based on their qualities. They see this as a very rare quality and are often attracted to women who act this way.

By acting this way you are showing them that you aren't going to settle for anything but the best. And at the same time you are not desperate or needy for a man like most other women are. You aren't waiting for some guy to choose you; rather you pre-select them because you believe you deserve the best.

This will make every man see you as that rare high quality woman and you won't have to struggle to get the man you desire into your life.

Section# 5

The Biggest Fear Men Have They Don't Want Women To Know...

Men have a secret fear that most women are completely oblivious to. This is the fear that prevents him from taking things to the next level and opening himself up to a deeper connection with a woman.

So what is this fear?

It's the fear of being stuck in a horrible relationship. This is also the primary reason why some men are considered to be commitment phobic.

The very fear of being stuck with the wrong kind of a woman makes them want to find the perfect woman. When they feel a woman isn't perfect, they often don't even give her a chance to prove herself to them.

Men have the fear that if they end up with the wrong kind of a woman they might miss out on all the good things life has to offer and their life will become one dry experience with no real excitement.

This is another reason why some men keep on dating one woman after another and never really think about settling down, even when the woman they are with seems to be the right one.

So does this mean these men won't commit at all? In simple terms the answer is no. There will be a time when they will be open to commitment but you always have exceptions.

As discussed in the last section, you should always pre-select men based on whether they are willing to settle down or not and always avoid men who aren't really sure about where they want to go in terms of a relationship.

Nevertheless, in a lot of situations women are the main reason behind a man experiencing such fears. Some women subconsciously intensify these fears in their partners just by acting in certain ways around him.

Remember in the section about attraction we discussed that a man can't control who he feels attracted to and who he doesn't feel attracted to? It happens based on whether you act confident or not when you're around him.

A similar thing applies in this situation as well. When women act insecure around men, men can't help but feel somewhat trapped and seek an instant escape.

For example:

Telling a man you love him too early in a relationship will only make him feel trapped. Since women are more emotional and sensitive in comparison to men; they feel that sharing their true feelings will actually work in their favor, but it doesn't.

When a man is told that you love him too early he will think, *How can she be in love with me this fast? I don't think I am ready to commit to her yet. I must get out of all this mess before she traps me.*

And that's where the man starts ignoring the woman, not answering her calls etc.

Men don't like to be pushed and they want to be in control most of the time. Therefore never try to push your feelings on them.

The most common traits of women who trigger the fear of being trapped in male psychology are:

1. Acting too needy or desperate towards him.

When you act too needy or desperate you are only giving out the vibe that you believe you lack something and need his approval or acceptance. We often pursue what retreats from us and we actually retreat from what pursues us.

So as long as you pursue a man hard he will always retreat. You will always be an emotional burden to him in one way or another and he will always seek to escape your company.

2. Talking negatively about others or having a negative outlook towards life.

This is another thing which subconsciously pushes men away. Men hate to be around women who constantly talk negatively about other women or society at large. They hate to be around women who always blame someone or something for the situations they are facing in life.

When such a thing happens, the guy will instantly label you as a below average woman and will never see you as a potential mate, no matter what you do from that point on. He might stay with you for physical reasons but will always resist taking things to the next level.

3. Saying negative things about your past life.

Some women talk in very nasty ways about their past relationships or boyfriends they have been with. And a vital fact they do not understand is that everything you say about your past is

considered vital feedback, on which a man forms his judgment about you.

If you describe your past to him in extremely negative ways and say very nasty things about your ex then you send across an extremely bad vibe and he will feel that you are carrying extra emotional baggage from your past.

At the same time he'll think, *is she telling me all her past boyfriends dumped her and were abusive towards her? There must be something wrong with her, which is why she is always getting dumped.*

And this is something most men don't want to deal with at all. They fear being trapped with the wrong kind of a woman and this is the perfect example of such a woman.

4. Not having your emotions under control.

If you act in an overly sensitive manner around a man and create big arguments over small issues, get angry over minor things and get upset too easily, he will only see you as someone who is still emotionally immature and will never think about being in a relationship with you.

5. Trying too hard to impress him.

Men are very quick to know when a woman is trying too hard and when she is just being herself. Trying hard is a very common sign of a low quality woman and men can't help but feel resistance towards such women.

You should never try to get him to like you; rather you should try being your true self. The harder you try to get him the further he will pull away.

6. Discussing your issues and problems with him.

Guess what? Men aren't good listeners when it comes to this sort of thing. They live in a different reality and operate in different ways.

When you discuss your problems with them they may see you as a weak minded person for not seeking solutions on your own. Men don't understand that when women discuss issues or problems they are just expecting him to listen and understand her emotions.

But in the male world, discussing your problems and not doing anything to solve them is a very weak sign and will push them away. A therapist will listen to your problems but a man won't. They shut down when women discuss their issues with them.

So in a nutshell, you must understand that men treasure freedom in a big way. Therefore any act by a woman which hints that his freedom might be at stake will make him shut down completely.

The way to get him to commit to you is to act and behave in ways which indicate that he can have his freedom even when he is in a relationship. In the next section, we will discuss this in further detail.

Section# 6

How To Make A Man Commit Even If He Is Reluctant To Do So At First...

Some women feel that they can talk a man into commitment but guess what? This is the fastest way to drive him away. Always remember that you can never get him to do what you want him to do by trying to persuade him. He'll just resist and will only grow more and more distant with time.

The major problem with women is that they usually want to move the relationship along faster than men do, failing to understand the fact that it takes time to build a strong bond and men prefer to take the slow route.

Trying to rush things in this department with a man is like trying to fill a small paper bag with too many things—it's only a matter of time before the bag tears and everything falls out.

First let me tell you what not to do if you want your man to commit:

- 1. His expectations and desires will be different from yours therefore do not expect that he'll want what you want.*
- 2. Stop trying to get him to commit too soon because this will only make him feel as if he is being pressured into doing something he doesn't want to do.*
- 3. Don't stick around a man expecting he may change and want to commit in the future. Unless he shows intentions of settling down with you early on, you shouldn't assume that he will change*

anytime soon.

An important point I want to discuss here is how some women never let the man know what they expect, but are strongly disappointed when he does something else.

This often happens when a woman fears that she might scare the man away so she keeps her expectations to herself.

There is no way around this. Either you have to be completely honest with your desires early on or have no expectations at all.

I don't get why some women act so surprised when a man does something they least expected him to do. I mean think about it! He can't magically read your mind and know what you want. Therefore it is very important to not just be honest but very direct about your desires with him.

Ok, now that we know what not to do, let me tell you how you can easily get him to commit.

In order to make a man commit the following requirements need to be met:

1. You must prove that you are a high quality woman.
2. Show him that you have almost no or very little expectations.
3. You must prove to him that you are the catch.
4. Give him the gift of missing you from time to time.
5. Keep him confused by showing interest one day and total

disinterest the next.

1. You must prove that you are a high quality woman.

We have already discussed this concept before but let me add a few more points. The one who tries the least in a relationship is always the one who controls it. When you aren't as emotionally invested as your partner, the ball will always be in your court.

Your job as a high quality female is to never try too hard and at times, don't try at all. We already know we pursue what retreats from us and if you can prove to a man that you aren't going to chase him he will feel the heat and will be pulled towards you.

So your job should be to:

Call him a bit less.

Maintain a high standard and let the man live up to it.

Act as if getting a man isn't really on top of your priority list right now and you have other important things in life you need to take care of.

These are just some of the things you should do and the more you do them, the more he will be pulled towards you.

2. Show him that you have almost no or very little expectations.

This is the hardest for most women to understand. I always get women asking me, "So are you saying I should not expect anything at all? What if he just runs away to another woman?"

And I always answer by saying, "When you set your expectations too high, you are always setting yourself up for failure. And when those expectations aren't met, you will always end up with arguments that go nowhere and scare the man away.

You don't want to do anything that will make him feel as if he may become trapped, as men want freedom at all costs. When you act like a woman who isn't expecting anything, something magical starts to happen.

Men start thinking, *this woman seems so cool. She isn't like other demanding women who want me to do things for them all the time. This one is so different. I wonder if she likes me.*

When you give the man the gift of independence, he automatically wants to commit to you. He automatically wants to do things that you will enjoy.

A woman who doesn't pressure a man to do certain things is a rare find in the eyes of most men; if you can be that woman, he will instantly put you in that *rare* category and will always make attempts to keep you happy.

3. You must prove to him that you are the catch.

Your job is to convey that you are a prize to have and in order to have you he must be on his toes or else he might lose you forever. As long as you act like a big challenge and show a man that he has to prove himself to you he will always make an effort to ensure he doesn't screw up.

When you are the selector and he is the selectee you automatically have the dominant role in the relationship. This is the point when he won't hesitate to commit in order to keep you in his life. Always remember that we are scared to lose what we value the most.

At the same time this makes him realize that maybe he isn't good enough for you and whenever this happens, something forces him to do everything to earn your approval and acceptance.

Why do you think some men buy flowers, take women out to expensive places and make sure they say the right thing all the time? What are they trying to do here?

They are simply trying to make sure they don't screw up their chances and if you can get the man in this spot, he will almost always freely commit.

4. Give him the gift of missing you from time to time.

This is one thing women don't do as they fear that he may find someone else. Do you know that attraction intensifies when you can't have someone or are about to lose someone?

The more he misses you the more he will want to commit, but that won't happen if you are overly available all the time. Stop answering all his calls, try to act busy at times and if possible do not contact him, for a few days, once in a while.

In fact, do not call him unless he calls you first. You see, this concept is pretty simple—the more you pull back—the harder he will pursue you.

We all want what we can't have and once you show him that maybe he can't have you, his interest will skyrocket. Here is the biggest secret of all—men will do anything to keep you when they fear they might lose you.

When you give him some extra space and don't contact him you are triggering this fear in his mind, and when you hold yourself back

longer than normal and don't contact him *at all* he will start thinking:

Why hasn't she called me lately?

Is she busy with something?

Has she found someone new?

I must call her and find out what's going on.

It's like a pressure cooker effect. All these thoughts clog up the man's mind like steam in a pressure cooker and it's only a matter of time until it all comes out. All you have to do is to wait for the steam to build up and let it come out.

When a man's fear of losing you is at its peak, that's the time when he will do anything to ensure he won't lose you. And this is when you will find him ready to commit.

We see examples of this all around us. How many times do we come across situations when a man had to be away from his woman for a month or so, only to grow more and more desperate and finally realize he has deep feelings for her and can't live without her?

It's really important to give the man this special gift of missing you from time to time.

5. Keep him confused by showing interest one day and total disinterest the next.

When you keep a man confused and give out mixed signals that

make him think you aren't really sure about him, his attraction for you goes through the roof. You see, this is the kind of unpredictable behavior which will keep any man glued to you if you learn how to display it from time to time.

Now, you can't do it directly because it will come out as rude; the right way to do this is to take the indirect route.

Here is a good example. Tell a man that you will call him in a few minutes. Then don't call him at all. He will probably *call you back* asking why you didn't. Respond by saying, "Oh something came up. I'm sorry."

And this is when he will think, *so I'm not on top of her priority list? She isn't showing any interest in me anymore, I wonder what's going on in her mind. I better do something or else she might leave me.*

And again, the moment he realizes that you aren't giving him as much importance as you used to, he will get strong inner urges to prove his worth to you.

Remember in the earlier sections, we discussed why you should never let a man know how you truly feel about him early in the relationship? We already know that this only gives him the feeling that he already has you and he will tend to lose interest there after?

This is the main reason why. You have to show him that maybe you like him but you still aren't sure and he will have to do something real great to convince you.

Drop in the following line while in conversation with a guy you want to have a relationship with:

"You know, I don't want to end up with the wrong guy, so I like to

keep my options open.”

This will make the guy instantly think, *so is she saying I am the wrong kind of a guy for her? Does it mean she isn't that interested in me? I must do something right now or else she might off with some other guy!*

And again! This is when he will do almost anything and everything in his power to earn your admiration.

If you pull 20 steps back, he will do the hard work of walking those 20 steps to get to you. At the same time, when you use these behaviors and make the man work for your attention, he will easily take the step of commitment just to keep you happy.

Section# 7

How Women Kill Their Relationships And Never Realize It

One of the biggest mistakes some women make is sticking to the same guy, expecting him to change his mind about her someday. They often tend to try the persistent approach, thinking, *he will develop feelings for me if I keep at it.*

They often complain that they can't seem to get a man to commit even when they are doing everything right. You see, as a lot of women aren't very educated when it comes to understanding men. They believe that what they're doing is right.

And often times these are the things which do them more harm than good. You simply can't make a guy magically commit to you by persisting. You can't make him change his mind about you by trying harder and harder.

Rather you are only making things worse for yourself and it will get to a point where the relationship will be almost non-existent.

The mistake most women make is they push harder when the guy pulls back because they fear he might leave them, but when you push harder he pulls back more.

And this only grows with time until it gets to the point that he simply can't think of you as *relationship material* anymore because he has pulled back so much.

Men don't make decisions based on pressure. You can't beg, plead, pressure or argue your way back into their hearts.

There is only one thing which works here and that is giving the man his space every time he pulls back. You should hold your ground and not try to pursue him. It only scares him more.

When you push harder he assumes that you must be needy and that's when he fears he might get trapped with you. This further urges him to pull back more and more with time.

At the same time, stop doing special things for him, like writing long letters or trying to convince him to like you. A lot of women try to make the man happy by cooking great meals, giving sex etc. But the man can always sense that and only pulls back because he knows that you have another motive behind all this.

Therefore even when you do all these great things for him he will still pull back. And this is the most confusing part for many women. The fact they fail to realize is that men operate in different ways and they don't want the same things that women want.

When you are more emotionally invested in the relationship than your mate you will always have less control over what actually happens or the direction your relationship takes.

The harder you try the more distant he will get, hurting you even more, pushing you to try harder, which will make him feel the heat and distance himself further.

The only way out of this is to hold your ground and not to pursue the man when he starts to pull back. Rather you should cut out all contact for a few days. When you don't pursue him you are proving some very important points to him. You are showing him that:

- Your sense of happiness isn't dependent on him.
- You won't chase him at any cost.
- He isn't on top of your priority list.

And this is when he will start thinking, *I wonder why she hasn't contacted me lately*, and a bunch of other questions arise and the pressure cooker effect starts to take place, which will drive him to push back towards you with twice the intensity.

When you firmly hold your position he will almost always come back to you, but when you pursue him, he will always pull away.

You have to make it clear to him that you don't want to control or pressure him into doing something he doesn't really want to do. As long as a man feels free around you he will always want to come back.

So the key to a successful relationship is to hold your position and give the man his space when he needs it.

Section# 8

How To Read A Man's Mind And Figure Out His True Intentions

The most common questions I often get from my readers are, "How do I know if he is really willing to open up and commit? How can I be sure that he just doesn't want a casual fling and he is really serious about me?"

It is very easy to figure out a guy's true intentions; the main reason why most women find themselves confused over this is that they are under the influence of attraction.

As you already know, when you are experiencing strong levels of attraction for a certain guy, you never notice his flaws and only focus on his qualities. This is exactly what happens to women who find themselves confused over the man they are with. They are so blinded by attraction that they can't see things for what they really are.

So the first key is to determine your level of attraction towards a certain guy and at the same time decide if this attraction is blinding you from seeing the truth?

If he talks about settling down, kids, family etc., then it's obvious he is the commitment-type and is willing to take things to the next level. But most men aren't really this direct.

Men often communicate in indirect ways and in order to truly figure out what his intentions are, you should be able to read between the lines.

Here is what you should do. Drop in the following line while in conversation with him:

“So what’s your view on settling down at some point?”

If he gets a bit nervous and either deflects the question altogether or gives a confusing answer, then he isn’t sure about what he wants in this department and is not very likely to commit.

At the same time if he never asks you about your family, your past and deeper things, then he is definitely not going to commit.

A man will automatically ask you some very personal questions when he is in the deciding phase of whether he wants to commit to you or not. But if he never has a serious conversation with you, then it only means that he is keeping you around until he finds someone better.

Again, some women feel that if he isn’t ready to commit right now he might be ready to commit at some time in the future. Sticking around with a man who isn’t sure about where he wants to take the relationship is the same as being stuck on a bus with a driver who isn’t sure about the routes.

He might take a left or an unexpected right but it is guaranteed that he won’t take you to your destination on time. Sticking around a guy when you already know he may not commit is as bad as putting your hand in a fire and letting it burn.

The longer you stay with him the more you’ll feel the burn, simply because his mind isn’t going to change with time. You will only experience more and more pain as days pass because you are hoping for something that isn’t going to happen.

You simply can’t change a man and he will never change because you want him to. You might be wondering: Well, what do I do if I

am already stuck in such a situation?

Well, I would say you should hold your ground and make your intentions clear to him. Let him know that you expect a certain level of commitment and you are at a point where you want to settle down. But do it in a very non-needy way.

At the same time, make it absolutely clear to him that if he isn't willing to commit then it's fine as well. In other words, you aren't forcing him to do anything he doesn't want to do, but you aren't going to stick around if he doesn't want to take the relationship to another level.

If he refuses to commit, do not disagree or argue with him. Act as if you aren't really that bothered with his answer and say this:

“You know, you're right! Maybe it's a good thing for both of us.”

And then disappear for a few days and don't contact him at all. 9 times out of 10, he will come running back to you because you held your ground and showed him that you aren't willing to sit around and wait for him.

When he contacts you, let him know you are having an absolute blast and your life is better than ever. At the same time don't tell him much about yourself—let him know that you are super busy and will catch up with him soon.

This will make him think, *wait a minute! So she is better off without me? Does this mean she wasn't happy with me? What does it mean if she is having an absolute blast? Has she already moved on and found someone else?* And this gets him more curious.

Men get clear about things only when they are given enough space to make their minds up. Pressure always makes them nervous; when you tackle the situation this way you will almost always get

what you want.

But you still might be wondering, *what if he doesn't come back?* Well in that case you were already fighting a war you lost ages ago. This was bound to happen but it's better sooner than later because it will save you a lot of time and heartache.

Really think about this, *why would you want to be with a guy who isn't sure about what he wants? Why would you want to be with a guy who is very likely to continue seeking better women even when he is with you?* I mean, really think about this on a deep level.

If you find yourself struggling to let such a guy go, then you are under the influence of intense attraction and this will cause a lot of pain for months or even years to come if you don't do something about it now. The attraction will eventually end, and there is no use wasting your time on something that isn't going to work out.

You have one life, and it's limited. You aren't going to live forever, so stop wasting your life on unnecessary emotional stress and learn to make the right choices for yourself.

Section# 9
Do You Always End Up With Losers?
Here Is What You Must Read...

Are you a woman who often finds herself in the company of the wrong kind of men? Do you often find yourself falling for the same kind of abusive jerk that uses you and throws you away, over and over again?

Are you tired of dating because you always end up in the same old situation, even when it starts out great? Does every man you attract act in the following ways after a certain point:

- Acts overly distant when he showed a lot of interest at first?
- Stops calling and plays mind games that drive you crazy?
- Stops treating you the way he used to and acts extremely immature?

Do you often wonder why you just can't seem to have more than a couple of dates with a good man before he starts to act distant, stops calling and even avoids you completely?

I get so many women telling me that the kind of man they desire doesn't really exist and they always end up with the losers. This is because these women are dealing with an internal issue which can't be solved externally.

Let me ask you something here. Does any of this sound familiar? You meet a guy on the internet or somewhere in public and decide to go out. You get a really good feeling about this one.

You have a really great time with him, and you are positive that he will want to take you out again sometime. But days go by and he doesn't call. Then one day you finally decide to call him.

It seems he isn't really that enthusiastic to hear from you. It doesn't even sound like the same person you went out with, but he agrees to meet you nevertheless. You go out again but this date seems a lot different.

He doesn't seem to be as enthusiastic as he was on the first date. In fact, it seems as if he is in a hurry. He invites you to his place to watch a movie together and you kindly agree.

And the moment you enter his house it seems like an animal has possessed him. He tries to get close to you and makes you extremely uncomfortable. You know what's on his mind. He attempts to kiss you but you don't let him. And this is where you find an excuse and exit. And the same old pattern continues.

Sound familiar? Does it make you feel hopeless?

Do you often find asking yourself the following questions:

–Why are good men always taken and I always get the losers?

–Why are men always looking for sex—is that the only thing they think about?

–I must be saying or doing something wrong that scares them away.

–Maybe I am just too unattractive to find the right guy.

–Why does every man lose interest in me as he gets to know me more?

And this is where the unthinkable starts to happen. Women who find themselves in such situations start compromising and end up settling for losers. It's an inner feeling of *not being good enough*

which drives them to take such actions.

Do you know that women who stay with a man when they already know he is the wrong one actually fear being abandoned? That's why they stick around any sort of guy, even if it harms them in the long term.

And this happens because the woman doesn't believe she can do any better. Yes, it's her own belief system that makes her pick loser after loser.

Even if she does manage to get a decent guy she always ends up driving him away by acting overly needy or clingy. The moment she realizes she has finally landed a decent guy, her brain goes on high alert. It tells her she has a history of screwing up with decent men, and she better do something special or else the man will run away.

This is what drives her to try a bit too hard, pushing the man away. Eventually she finds herself back in the same desperate zone of confusion where she can't really figure out a reason why all good men run away from her.

Men always react based on the way you act around them. Your actions and behavior will define whether they will be attracted to you or feel resistance towards you.

Therefore if a woman has dated or been married to an abusive man in the past, it's common for that woman to pick the same type of man because she wants to try and "fix" him.

We have already discussed how attraction can actually make a woman blind to seeing the things the way they really are and ignoring the flaws of the man, so I am not going to go over it again. But I am sure you get what I am trying to say here.

The only way out of this is to catch yourself the moment you feel that you are falling for this kind of man. How do you know if he is the same kind? Well if you find yourself justifying his flaws then you are definitely on the same old route again.

If you know he has short temper but you end up justifying it by saying to yourself, "We seem to get along very well and I feel great every time I'm around him and his anger issue isn't that big of a deal," —you are trying to cover up his flaws.

When this happens you aren't seeing things for the way they truly are and you are only under the influence of emotions. A lot of women do this out of habit and let me assure you that, just like any other bad habit, it's extremely toxic and harmful in the long run.

Therefore it's important to snap out of it and decide if the man you want to be with is compatible, and if he can meet all the standards you expect.

If you promised yourself that you would never date a cheater and find yourself in relationship with one, then you are on the wrong track.

If you promised yourself that you would never fall for an alcoholic and find yourself in the company of one, yet again, then you are on the wrong track.

If you promised yourself that you would never let a man use you for sex and actually find yourself in bed with another player, then you are most definitely on the wrong track, yet again.

It's extremely important that you do something to change these habits or your life will become one hell of a painful experience where each day will be worse than the last.

Another problem a lot of women have is that they tend to blame men for treating them badly. This only shows a lack of understanding on the woman's part. She is blaming things outside of herself when in reality it's her own fault for letting such a man into her life in the first place.

And it doesn't end here. After they are done blaming the man, the very next thing they do is justify their anger and resentment towards him by blaming him even more.

You are in control of your own self and no one can do anything to you unless you allow them to. Women who pick losers are the ones who actually allow such men into their lives, therefore they can't really blame the man for being himself.

If you pick a car with a top speed of 100 miles per hour, no matter how hard you press the accelerator, it won't go beyond 100 miles an hour. Similarly, when you pick the wrong kind of man you can't expect him to fulfill your needs and treat you the way you want. No matter how hard you might try to change him he will never change because he is limited in too many ways.

If he looks like a jerk, talks like a jerk and walks like a jerk—then he *is* a jerk. It doesn't matter what amount of attraction you feel towards him, he will always prove to you how big of a jerk he can be.

The first step towards pulling yourself out of this black hole is to accept that you are in the habit of picking the wrong kind of men because of attraction and impulse.

Don't remain in denial of this fact—unless you know what the problem is you can never find the solution.

You should catch yourself the very moment you feel you are falling for the same kind of man again. How do you decide if he is the same kind or not?

Well that's very simple—see if he has any familiar characteristics to all your ex partners. If the majority of the traits match, then you have managed to get yourself into the same old situation, yet again.

The very next step should be to end the relationship immediately. When you catch yourself and cure the problem during its early stages you will always find it easier to manage.

So it's important not to let such situations get to a point where you find it almost impossible to get out. The good thing is that the more you push yourself in the right direction, the better you will feel about yourself.

Section# 10

How To Influence a Man to Your Way Of Thinking

I am going to let you in on a secret about men you may not have heard before. Do you know that men never do anything when they are told to or forced into, but they actually follow through if they are expected to do it?

Men are more receptive to appreciation and praise than anything else. When you use these two triggers you can make them do a lot of things and influence them to your way of thinking without coming across as pushy.

For example, Amy fears that John might cheat on her someday. So this is what she does. One day while talking to him she drops in the following lines:

Amy – I was talking to an old friend today. She was really depressed.

John – Why?

Amy – Her husband of 5 years cheated on her.

John – That's really sad.

Amy – You know what John? I am really lucky to have a man like you as my husband. I know you will never do such a thing, ever. You are a man of strict principles and that is something I truly admire about you.

And what do you think this does to John? Even the thought of cheating will make John think of his wife's words which will internally compel him to stay loyal to his wife. It becomes a matter of pride and now John will do everything in his power to live up to his wife's expectations of him.

And you can use this same pattern in many other ways to get your man to understand your needs and desires better.

Let's assume you want your partner to stop being involved in his work all the time and spend some time with you. Most women would be direct about this and go about it in the following way:

Woman – How come you never spend time with me anymore?

Man – I'm sorry. I'm burdened with work.

Woman – You're always working. It seems as if I don't even exist in your world.

Man – Can't you see why I work so hard? It's so that I can give you a good standard of living, but you just can't see that can you?

Woman – It seems like you don't really love me anymore...

And this is when the useless argument starts and both parties end up highly frustrated. The key to influencing your husband into your way of thinking is to understand him *before* you seek to be understood by him.

Once you understand his situation and cater to his needs, he will instantly cater to yours without any resistance.

So now let me show you how to do it the right way:

Woman – You know I am really lucky to have you as my mate. You work so hard to provide me with everything. I just wanted to let you know I really appreciate everything you have done for me.

Man – Thank you very much. I am glad to have you as my mate as well.

Woman – I'm really sorry if I'm disturbing you, but I just felt like spending some time with you today. If you're busy we can do this later.

Man – Oh honey! I'm glad that you're so understanding. I tell you what—I'm almost done with this project. Give me a couple of hours then we'll go out to eat. Sound good?

Woman – Seems perfect!

And you see how some understanding and a bit of patience can actually get you what you want?

Before we move on to other sections let me discuss a very critical issue here. Once in a while I get a comment from one of my readers saying they feel guilty doing this.

They feel that maybe they are manipulating their partner into doing something he might not want to do. And I tell them it's very normal to get this feeling. But the main point is that most women who are successful in their relationships already do this naturally.

If you were to study any successful relationship or marriage you would conclude that both partners are actively using these techniques, naturally. In fact, when you approach your relationship in this fashion you are not only acting as an understanding and

appreciative woman but you are also strengthening your bond with your partner.

You are just being your best self and this is good for you and your partner. There is nothing wrong with using these techniques.

Section# 11

The Most Powerful Thing A Woman Can Do To Resolve A Conflict With A Man Instantly

Women like to resolve issues by talking it out but when you are trying to prove a point to your mate, he may or may not understand where you are coming from. And that can cause a lot of friction in the relationship.

A lot of women complain that their man just doesn't listen, no matter how hard they try to *make him* listen. The reason he isn't listening is simply because he is confused about the reason you are acting this way.

Men aren't experts at figuring out the female mind. They aren't very skilled at reading between the lines. Most of the time you might be trying to communicate a certain need and they might end up getting the completely wrong idea.

Let's look at an example: You come back home after a rough day at work and want your husband to listen to how rough your day was. All you want is for him to listen, but instead he gives you a list of things you should do to reduce stress, without paying much attention to your feelings.

This may instantly disappoint you, making you think he doesn't understand you at all, making you frustrated. But men are efficiency oriented. When presented with a problem they always look for solutions.

Women on the other hand lower their stress by talking and sharing. They may or may not be looking for a solution, just a sympathetic ear.

And this is where massive lack of understanding creeps in from both parties. The man thinks his wife is weird because she is stressed and won't do anything about it. At the same time the woman may feel her husband doesn't really care about her feelings anymore and is always finding ways to neglect her.

Now I don't want to sound overly simplistic here but the best way to tackle this is to "Not Get Too Emotional."

Not letting emotions overwhelm her is the most powerful thing a woman can do to resolve a conflict instantly. You can't talk to a man when he is trying to pull himself out of an argument.

When you're overly emotional, you can never explain your side of the story; he isn't willing to listen. And this is the main reason why it becomes extremely important to avoid and ignore the man when there is a disagreement.

When a man sees that she isn't overwhelming him with emotions, he has enough space to go into his thinking process and he contemplates:

So what happened? Why isn't she nagging me anymore? How come she is calm all of a sudden?

He becomes curious to really know the reason why you got so quiet all of a sudden. And this is when the magic takes place. The more you ignore him the more he wants to know the reason why you are ignoring him.

And when he comes to you asking for the reason—that is the perfect time to let him know about your needs and resolve all conflicts instantly.

Always keep in mind that the more space you give him, the more open he will become to listening to your side of the story. And this is what allows most conflicts to be resolved in a non-argumentative and peaceful manner. So at the end of the day it's beneficial for both the parties and it makes the relationship stronger.

Section#12

How To Decipher His Hidden Messages. Find Out If He Is Really Telling You The Truth

Do you know that in most situations men don't really say what they mean and don't mean what they say? If they say they love you—it doesn't necessarily mean that they love you.

It's not a big secret that most men are never direct about how they truly feel towards a woman; this just isn't how they work. It's a man's nature to be less expressive when it comes to his emotions.

Yet some women still don't accept the fact that men are like this. In fact, if they end up in a relationship with one of these men they often find themselves getting frustrated over his non-expressiveness. For some women, being this way is just not right. And they forget that it's a part of a normal man's nature.

And again—this is where that lack of understanding comes in.

But it doesn't stop here. Some women push it further and try to let the man know how wrong his ways are and try to change him, without realizing that men don't react very well to force and hate it when they are told to change.

It's the same as a man telling a woman to stop creating all this emotional drama and see things in a logical way.—which isn't really the basic nature of most women. Women are known to be emotional. It's a part of them.

The fastest way to drive a man away is to tell him that he is doing something wrong and to tell him what he should be doing instead.

So the only way around this is to gain a deeper insight into how men communicate and really try to understand them.

Once you truly get how men actually communicate you will find yourself having more success. I am going to show you how to actually read between the lines and see what he truly means when he says something.

Not only will I show you how to figure out the real message behind ‘what he says’ in this chapter but you will also discover how to catch a man when he is straight out lying to you.

Let me start with an example here. Have you ever heard a man say, “I’m just not ready for a serious relationship right now!” But after a few weeks or months you discover that he is in a serious relationship with another woman?

This really doesn’t make sense to most women, but when he said he didn’t want a serious relationship, he didn’t mean he didn’t want one at all. What he actually meant was that he didn’t want it with you because he wasn’t sure about you. That’s the true story behind his words.

Therefore the first truth you have to accept is that men don’t always say what they mean.

Therefore if he says, “I am happy being single for now” —what he really means is—he is yet to come across a woman who he considers worthy enough to be in a relationship with him. Until then he is just happy with keeping things casual.

Another example of this would be when a woman takes what a man says literally. For example if he says to you that he likes it when you kiss him and you start kissing him more and more—at home, in public—do you know what happens?

He will actually get irritated by it. Why? If he told you he liked candy, and based on what he said you assumed that he would really love you if you served him candy all the time—candy for breakfast, lunch and even dinner—don't you think it would bore him to death, having to eat the same thing over and over again?

You really have to read between the lines here. If he says that he likes something you do, it doesn't mean that he wants you to do a lot more of it. He is just letting you know that he likes it when you do it once in a while.

When a man says, "I want an independent woman," —what he truly means is he wants a woman who won't give him the feeling of being trapped. He wants a woman who can give him the kind of space he needs but at the same time be affectionate towards him. He actually means a woman who has her act together, one who is in complete control of her emotions and a woman he doesn't have to train, someone who already understands how to trigger attraction in a man.

The last thing a man wants is to get stuck with a woman who doesn't understand anything about men. Put it this way—how would you like to be in an airplane and be told the pilot is new and this is his first flight.

Would you get nervous? Would you fear that he might crash? Would you want to get out of the plane?

A man gets similar kinds of feelings around women who don't have their act together. And that's what he fears the most. He doesn't want to be in an airplane with an amateur pilot.

A lot of men can't really describe this kind of a woman in perfect detail but they always know when they are around one. If he's telling you that he wants to be with an independent female, what he is really telling you is that he doesn't feel you fit the criteria of what he sees as a potential future mate.

I am sure you must have heard of the saying which goes something like: Actions speak louder than words. In order to figure out a guy's true intentions all you have to do is focus on his actions and not his words.

His actions will always demonstrate his true needs and in the process you will know whether he really means what he is saying or not. It's very simple—all you have to do is hear what he is saying and then focus on the actions he is taking.

If what he is saying and the action which follows are completely different, then he lied. For example, if a man says he really cares about you but never shows up when you need him the most—he doesn't really care about you. He said it just to make you happy.

If a man says he wants to marry you yet makes no real attempt to take the relationship to the next level and you are the only one doing all the hard work in the relationship, then he isn't really interested in marrying you. He is just keeping you around until he finds a better woman.

At the same time if he tells you that he isn't ready for commitment but is extremely possessive about you and treats you as if you were already married to him, then internally he really wants to be with you. His true intentions are to commit. He might not say it but his actions are doing all the talking.

The problem with most women is that they always focus on what the man is saying and not what he is doing. And this is the reason why they always find themselves confused when the man does the exact opposite of what he said he would do.

In fact, you can save yourself a lot of trouble because this is the perfect way to judge the character of a man and see if he will make a good long term mate or not. Do you know that men who are great relationship material always follow through with what they

say?

In other words, their words are always in line with their actions. They always do what they say they are going to do. Men who have strong personalities never have a conflict between their words and actions. So what's inside actually reflects outside.

So your job should be to see whether his actions are matching his words, early in the relationship. That way you can filter out the bad ones pretty fast without having to go through the emotional torture.

Actions always bring out the man's real character; every time there is a conflict between his words and his actions—you should always focus on his actions and ignore the words.

Section# 13

How To Psychologically Train Your Man Into Doing More Of The Things That Please You

Do you know that you are responsible, to a very large extent, for the way your man acts and behaves around you?

If you often find yourself struggling to make your man understand you and always find yourself in the middle of an unnecessary argument, then you have definitely allowed your man to do more of the things you don't really want him to do.

Do you know that you train your man on how to treat you? It's all based on what you allow or disallow him to do. I have already mentioned in some of the previous sections that when you award good behavior, it will be repeated. At the same time, when you ignore bad behavior it will be repeated as well.

If you find yourself always being treated wrong by your mate then you have definitely ignored the bad behavior, and have unconsciously trained your man to do more of the things you actually hate.

Most women who let their man have his way swallow their frustration day in and day out and never express it. At the same time, they let the same wrong kind of behavior occur all the time simply because they fear being abandoned.

Women fear that their man might leave them so much that they just ignore everything they absolutely hate and never let their man know about it. And then they wonder why they are so stressed all the time.

When something bothers you, it sometimes stays with you, even when you try and ignore it. Some women hold onto things which tend to make them bitter over time.

When you stay upset, it only gets worse and often times your partner may not be doing it intentionally; since you never let him know that you aren't okay with it—he has no idea why you are getting so stressed every day.

For example, if there is a certain habit your partner has which truly makes your blood boil and you never tell him, it will stress you more and more every time he repeats it.

It's extremely important that you let him know about it or else he will only do it more and more and it will get to a point where you will find yourself getting extremely depressed.

This is where the 'punish and reward' theory comes in. It simply means that you will not accept any behavior from your man that you aren't ok with. You set a boundary and won't let your man cross it.

In other words, you will reward him for good behavior and at the same time, you will punish him for bad behavior. So your aim here is to stop making the man comfortable all the time and let him know there are only certain things you will tolerate.

Here is an example:

If your partner constantly smokes inside the house and you aren't okay with it—how would you react?

Some women tend to lower their standards and act as if they are okay with it even when they aren't.

But when you lower your standards to make your man comfortable this is what happens. He starts thinking, *well, she didn't really get too annoyed. So I guess she doesn't really mind me smoking inside the house.*

See what happened? By ignoring his bad behavior, you actually encourage him to do more of it. You should rather punish him for this bad behavior.

Therefore the first thing you should do is let him know that you aren't okay with this and then instead of letting it turn into an argument, just pull back. Avoid him for a few days. Stop answering his calls right away and act as if you have been super busy—having a great time on your own!

This will make him think, *Geez! It seems like I really made her mad. I should listen to her more often. Smoking is a bad habit anyway. I wonder what I can do to make it up to her. I'll surprise her this weekend.*

So you see? When you point out his bad behavior and punish him, accordingly he will do everything in his power to make sure such a thing doesn't happen again.

And every time he thinks about doing something similar he will be reminded of the time when you avoided him for several days—this will stop him from doing it again.

At the same time, you should reward good behavior because the more you reward it—the more it is bound to be repeated.

For example, if your man brings you special gifts and gives you surprises you truly cherish, you should reward him by saying, "I really admire what you do for me. There aren't many men out there who know how to make a woman feel this special. I am blessed to have you in my life. Thank you."

And guess what happens next? This will drive him to do more of these things and give you more surprises as time passes by.

Men love to be appreciated and respected. These are two basic triggers which always work when used. Therefore, every time you appreciate his good behavior, more good things will happen in your relationship.

At the same time, when you punish him for bad behavior you are not only giving him a signal to stop doing it but you are also indirectly telling him that you aren't going to take it at the cost of your own self-respect.

You aren't willing to get used or taken advantage of just because you are in a relationship with him. When you show no fear and willingness to walk away each time one of your principles is violated, not only will he stop doing it, but his level of admiration and respect for you will double as well.

Because that's exactly what all high quality women do—they never let a man have his way only for his own personal pleasure. They make it absolutely clear to him that there is a certain standard of behavior they expect and they aren't going to compromise on it.

This is the main reason why, if a man threatens to leave you, you should actually agree with him and walk out.

That's the last thing a man would ever expect. He's expecting you to beg, plead or chase him around, but when you actually agree and leave him alone, he will want you more than ever before.

This is when he starts to think, *so this is it? How could she walk out on me so easily? Does it mean she already wanted to get rid of me and was waiting for a chance? How come she didn't argue this time? Does it mean she's had enough of me? She didn't seem too*

agitated about it. Does it mean she already has someone new in her life?

These questions will skyrocket his sense of insecurity and he will desire you more than ever. Don't be surprised if he even chases you hard to get you back in his life.

Remember, your job should be to always punish the man for bad behavior and reward him for good behavior.

Section# 14

How To Talk About Taking The Relationship To The Next Level Without Freaking Him Out

Are you scared to discuss deeper things and talk about where your relationship is headed because you fear it might freak him out? Not knowing where your relationship is headed can be real torture.

But do you know what is even worse?

It's letting things keep going the way they are going. Some women fear scaring the man away so much that they would rather keep what they already have instead of losing the man altogether.

Their fear of loss is far greater than the pleasure they might experience if the man is willing to take things to the next level. But the very thought of having this talk can give a woman shaky legs.

So what are the most common fears? This is how the internal dialogue runs in a woman's mind. Here are some very common thoughts:

What if he really hasn't got our future a thought and isn't as serious about me?

What if he just wants a casual thing and doesn't really see me as long term material?

What if he is commitment phobic?

And guess what happens next? The more you think about these

things—the more it bothers you. And you may not know it, but it will start to show in your conversations and actions around your man.

This starts to make him notice things about you:

- You start to act extra worried and act a bit needy when he is around.
- He notices that you two aren't really having fun the way you used to and there is this strange, awkward sense of seriousness about everything.
- He realizes that spending time with you is more like hard work; it's not fun anymore.
- He notices that you are reacting a lot to very little things and question him a lot on almost everything. He can sense that you get irritated more frequently over very small matters.

And guess what happens next?

He pulls back.

He starts calling you less.

He stops spending time with you.

And you still don't say anything much to him, rather you grow more insecure. In fact you even fear that maybe he is cheating on you, or that he's already found someone else—he's just acting very distant all of a sudden.

A few weeks pass and things don't get any better and this is the point when your balloon of all those insecure thoughts and

feelings burst—and you lash out.

You have had enough and you really want him to know how frustrated and angry you are. You'll probably:

- Complain about his unwillingness to take things to the next level.
- Tell him everything he does that bugs you.
- And the worst of all—you may bring up past issues or arguments.

And guess what?

Now he is extremely scared. In his world he only sees all this as unnecessary drama. In his world you are now a woman who is full of issues and someone who is carrying heavy emotional baggage.

This is the point where he will want to leave you; everything you say now will actually work against you. The first thing you must keep in mind is to make sure this doesn't happen.

The very first thing you must understand is that your relationship won't get to the next level automatically because such a thing doesn't happen by itself. You will have to take the initiative when your man isn't doing so.

But in order to do this you have to have perfect timing. Things in motion tend to remain in motion, therefore you have to catch your partner in a positive state of mind when you actually decide to have this talk.

When he is in a positive state of mind...He is more likely to see these things in a positive way and more likely to take it to the next

level. At the same time if you try to have this talk when he is in the wrong state of mind, he is more likely to freak out simply because he is already in a negative state of mind.

And you have to be very direct and honest about it.

Yup! You have to be direct. It can sound a bit scary but trust me on this one—this is one risk you will be glad you actually took.

Because really think about it, if your relationship isn't going to go Anywhere, what's the purpose of being in it? If you already know that the man you are with will never take it to the next level and just keep it as a casual thing—why would you want it anymore?

You would be doing yourself a big favor by being direct; things will become crystal clear afterwards and you will know what you actually have to do, instead of shooting in the dark.

Alright, now let me share some effective ways you can use to make him open up more towards you...

1. Let him know how good you feel being around him.

The first step should be to show appreciation towards him for something you really like. If being around him makes you feel good, you should let him know.

What you are doing here is setting positive framework which will make him likely to give positive responses in return.

2. Let him know how life gets better when there is commitment.

This can be done by giving him real life examples of couples who are leading an extremely happy life after marriage.

You can do this by telling him how someone you know recently got Married and how they describe it as one of the best feelings in the world.

Or you can take your mate to parties where you know there will be some happily married couples and show him these real life examples of how life actually gets better once you have that special someone.

3. Point out examples of how some people lead lonely lives when they don't open up emotionally.

But you have to make sure you do this is a very non-negative way. In other words, it shouldn't seem like you are pointing out something wrong in him or trying to criticize him.

A good way to do this is to tell your partner a story of a man who never opened himself up emotionally and ended up pretty depressed and always wished he could have had it the other way around.

For example, when talking to him, drop in the following line:

Honey! The other day I was watching this show on TV, which featured a lot of single people from all over. There was this 57 year old man who spoke about his life experiences.

They asked him, if he could turn back time, what was the one thing he would like to change? And he right away said, "If there was one thing I could change it would be that I would have married. I would love to go back in time and marry that wonderful lady I spent quite a few years of my life with, but I never thought about taking things to the next level. That's one thing I regret to this very day."

Once you can get him thinking about all this a lot of new thoughts will grow in his mind. Now he will actually start thinking about commitments, relationships etc.

4. Then pop the question.

Once you see that he is really thinking deeply about all this stuff and is in the right frame of mind say the following, "You know I have been wondering what things would be like, if we were an actual couple."

Then study his response. If there is a sense of nervousness in his Response, then the time isn't right to take this conversation further. But if he responds positively and answers in a positive manner then you should take this further and talk more on the subject.

The reason why I said you should stop if he shows signs of uneasiness is simply because you may have caught him in the wrong state of mind, or maybe he isn't ready for this discussion yet. You should give things a bit of time and then try this whole process again.

In case you still witness him getting uneasy and not having a clear Answer, then it is very likely that he might not commit to you at all. I know it sounds sad, but I have already mentioned that you would be doing yourself a big favor by knowing early on, where things are headed.

If it's not going to materialize into anything deeper then it's more than obvious that it will actually end at some point; you can either end it after you have endured enough pain and torture or you can end it at the right time without experiencing all the unnecessary emotional torture. The choice is always yours.

Section# 15

The Real Secrets Behind What Drives A Man To Pursue Certain Kinds Of Women And Avoid The Rest

Let me share something which might be a bit hard to believe. Do you know that good looking women actually struggle a lot when trying to find the right guy? In fact, even if they do come across Mr. Right, they always end up losing him.

While it might be true to a certain extent that men do get influenced by what a woman looks like—that's just half of the story. The problem with attractive women is that they completely depend on their looks as a means to attract men.

Therefore, they are just banking on their looks expecting Mr. Right to fall into their lap. But you see, men don't commit based on just physical beauty. They can be around an extremely gorgeous supermodel-looking woman and still be waiting for someone better to come along.

In fact, if a man gets attracted to a woman just based on her looks then it's the physical thing he is after and nothing else. It's lust and it won't magically transform into love. A relationship never forms based on purely physical things.

This is the reason why pretty women are always scared of ending up with another guy who might use them for sex and disappear the very next day.

But again there are exceptions to this rule as well. There are men who actually find themselves blinded by a woman's good looks and make efforts to form a relationship but this only happens because they are under the influence of attraction.

As time passes by and the attraction wears out, the flaws of the woman become more and more visible and they eventually end up breaking up. In fact, when the attraction fades out they find themselves surprised that they even fell for such a woman in the first place.

Women who are less attractive are actually more skilled at creating attraction on a deeper level.

Men actually commit based on the way they feel around a woman. It's that inner feeling of comfort they get in the company of a woman that drives them to pursue her further.

Have you ever heard a man say, "I don't know what it is but there is something special about this woman".

Men are strongly attracted to one woman and not another simply based on the level of attraction they feel toward her. Therefore the thing that actually drives a man to settle down and be with one and only one girl is that he feels a strong attraction toward her.

And now you might be thinking, *so, what makes them feel this way?* Remember in the section on attraction we talked about how your behavior influences what a man feels around you? Here is a list of things, which will help you be that "something special" woman:

- Always be in a positive mood and always act as if a lot of positive things are going on in your life.

Men rarely come across women who are easy going and have something good going on in their life. Most women talk more about everything that is wrong in their life rather than focusing on everything that is right.

Even the prettiest of women often bring up their insecurities and negative thoughts in conversation with men. This only creates a negative aura where there is no way a man will feel good.

- If you screw up, learn to laugh about it.

Most women want everything to be perfect from the word 'go'. The very thought of doing something wrong scares them to death.

But when you learn to accept that fact that things are never perfect and screw-ups do happen, something interesting takes place. You stop worrying about getting it all right and start enjoying the process.

For example: If you end up spilling your drink in front of a guy, instead of getting all self-conscious and rushing to the washroom, pause for a few seconds and with a smile on your face say, "There I go again..."

And then excuse yourself to the washroom.

A guy feels what you feel and when you don't get too tense about such a thing and actually laugh about it, he will laugh right along with you and feel very comfortable in your company.

- Never force anything on a man...Rather let him make up his own mind.

A woman who never tries to force a man into doing something or is never looking for ways to control a man always forms a very positive impression.

Some women ask a man to do something and when refused, become disappointed and often try to push harder into making him do it. You already know that men pull back when you push hard.

So the key to success here is to keep the option in front of him and let him make up his own mind.

For example, if you want him to come to a certain party or an event, it's always recommended to mention it casually and if he refuses, don't get agitated. Rather say something like, "It would have been fun, but if you have other plans, it's ok."

Change the subject right away and don't bring the topic up again. By doing this you are letting him know indirectly that he is still in control which will make him feel good in your company.

- Be completely honest about the way you think.

In other words, don't alter your ideas just to make the man comfortable. Men always get a positive vibe around women who are very straight forward and honest about what they are looking for.

If he asks you a few personal questions it's completely ok to say, "I'm sorry but I don't know you well enough to share such things with you."

Now you may think it might sound rude but this will make the man respect you even more.

And at the same time, by saying you don't know him well enough, you have created this strange need in his mind where he will make every possible effort to know you more. He will seek your acceptance and approval.

- Tell him stories about yourself which demonstrate that you are a high quality woman.

For example, when in conversation with a guy drop in the following line:

“You know I really treat problems as challenges. In fact! I love solving them...I am addicted to the concept of self-improvement.”

And this will instantly make him think, *WOW! This one seems different than other women I know. I haven't really come across a woman before who talks like this. This one is fun. I should know more about her.*

Men really enjoy being around women who have a purpose in life and want to better themselves.

- Don't ask him any personal questions.

The moment you ask a man whether he has a girlfriend—he knows that you're interested in him and he might take that as needy behavior. It's a sign of a low quality woman.

You should not talk about that subject at all and act as if you can't be really bothered if he is single or not. Never try to get all the information in just one conversation. Smart women know that there is always another day.

Now let me give you a list of things you should never do, unless you want to make the man avoid you...

- Stop asking him how he feels about you.

Some women just love the idea of knowing how a man truly feels about them but the moment you pop this question, the wall of defense in the man's head goes up.

He starts thinking, *why is she asking me this? Is she expecting a commitment?*

And bam! His sense of independence is at stake here and he will try to avoid you from this point on. Unless a man tells you what he feels about you without being asked, there is absolutely no point in raising this question.

- Never discuss your issues or problems and expect him to Listen.

This is another thing which will push him away and make him avoid you. Talking about your problems and issues only means spreading negativity and the more negative he feels around you, the more he will avoid you.

- Never tell him about your bad relationships in the past unless you are at a point where it's important to be transparent.

It's better to let the relationship get to a point where you have to be completely honest, otherwise telling him negative things about your past relationships too early will only make him avoid you.

These are just a few of the things you should not do around a man and I hope that now you have a good understanding of why men pursue certain kinds of women and avoid the rest.

Section# 16

Why Men Are Often "Emotionally Unavailable" ...And What To Do About It

Are you at a point in your relationship where you just can't talk about serious things without getting into an argument or having something go wrong?

Men have a habit of pulling away and acting withdrawn every time they encounter emotionally challenging situations. The most common scenario is when a guy stops talking to a woman for absolutely no clear reason and in some cases, he says it in a bold tone—that he wants to be left alone.

When such a thing happens most women try to resolve it by talking things out, but such attempts might only fuel his frustration further and make him withdraw even more.

It can really be a heart wrenching experience for women who are often left sitting in the dark wondering what really went wrong. Now before I get into deeper things I would like to tell you a fact: Do you know that most men do not do it consciously?

Most of the time they don't even know that such an action can cause so much emotional pain to a woman. They just aren't aware of it.

Therefore, when a man behaves in this fashion you should never take it personally because he might not be doing it on purpose at all. This is the basic nature of men and whenever they are under any kind of stress they feel the need to withdraw a bit from whatever they are doing.

It's extremely important that you do not push him into anything; most women feel that the reason the man is acting withdrawn is because he is done with the relationship and is trying to reject her. And in most cases women tend to attack the man with arguments, anger and blame.

He can't really figure out what exactly he did to make you feel this way and in the process withdraws even more because he can't really think of any other way out of it.

Men never share their feelings because they aren't too open about it. But you might be wondering how to deal with a man who acts this way.

If a man does this almost daily then let me assure you that there is not much you can do to change him. The best thing you can actually do is to give him as much space as he needs. The more space you give him the more room he will have to untangle his mind and resolve his own inner feelings.

The next step should be to determine what's causing him to act this way. Here are a couple of questions which will help:

Q 1. Is he stressed over work or any other separate issue?

If the reason behind his irritation is work then it has nothing to do with you at all. He is just having a hard time at his job and it's not your fault. Some women don't catch this early and often worsen his pain by trying to talk things over.

But the more they try to talk to him the more irritated he will get. Therefore it's important to let him do whatever helps him relax. In such cases, men reduce their stress by watching sports or doing other activities which keep them occupied.

Q 2. Does he often angrily tell you that you over-react to small issues?

If your answer is yes, then you are causing him some stress by either acting too clingy or needy. You immediately need to take a step back and give him some space. If you don't he will be forced to pull back further and further to the point where he will want to avoid you completely.

Women who don't give the man the space he needs often irritate him to a level where the relationship can never go back to what it used to be. At this point you might still say, "Why do I always need to do everything? Why can't he understand how I feel?"

As we have already mentioned in previous sections and I am sure you already get this by now—this is just the way men are. Judging and criticizing them on this will only make matters worse for you. The only way to deal with this is to understand the way men really are and just do the right thing.

Why some women struggle to give a man his space.

Women who are stuck in the past often find it difficult to give the man some important space he needs. So what exactly do I mean when I say being stuck in the past?

Women who have had a history of relationship failures in the past often struggle to give the new man his space because they fear that history might repeat itself and they might go through the same painful experiences they have been through before.

For example, if a woman was dumped by her ex and the first thing her ex did before dumping her was withdraw, her mind will be on high alert every time a man withdraws. Because it triggers the same negative feelings, she will be reminded of all the painful experiences she went through in the past.

This is when a woman will expect the worst to happen yet again and will do almost anything to stop it. And this is why she pushes harder to talk things out with her partner—only making things worse.

Really hear me out there! There is just no other way to do this. At the same time you have to understand that it's not really how you think it is. Stop assuming that if he momentarily withdraws he is going to dump you.

It's surprising to know how many women expected the worst to happen only to realize later that what actually happened wasn't even close to what they expected. Stop being stuck in your past and learn to expect positive things in life.

If a man is acting distant then he is indirectly communicating that he needs some distance for the time being and that's exactly what you should provide him with.

Section# 17

Extremely Important Qualities Men Desperately Seek In A Woman

Don't you just hate it when it seems as if everything is going perfectly and all of a sudden he drops the bomb and lets you know that he *just isn't ready for anything serious*? But wait!

We have already discussed this and you very well know that it's an excuse men use because they do not feel the woman is relationship material. What if you could do something which would make you come across as the right woman from the very beginning?

In this section I will show you how to easily make him see you as "relationship material" if you are in the initial phase of the relationship.

I am going to show you how not to be the kind of a woman who men just want to date and have a casual thing with, but to rather become that high quality female he would want to spend the rest of his life with.

Do you know that not all men date with the intention of getting into a long term relationship? In fact, a lot of men date just for the sheer pleasure of dating and meeting new women. They enjoy being around women and they are never worried about where it's actually going to go.

A man doesn't sit and think deeply before he steps into the dating world. His goal isn't to get into a relationship as fast as possible. On the other hand, women are different. And since you are a woman—I am sure you already know that women don't date just for the pleasure of dating.

Most of them actually date with a goal in mind—to find a potential mate to spend the rest of their life with.

Therefore women are looking to settle down while men are just looking around without a purpose in mind. And since they have different goals in mind they often find it hard to understand each other.

This is the main reason why so many single women struggle to find the right man and even when they do find one, they are confused by the fact that he isn't looking for anything serious.

And men find themselves struggling to understand why women want to get into relationships so fast. There is massive misunderstanding on both fronts.

A woman wants commitment as fast as possible...But a man wants to stay free and independent for as long as possible. So it's no surprise why so many men and women fail to understand each other's needs.

In order for a woman to present her best self, the one that will attract an available man and a potential mate, it's important to know the qualities men crave.

Quality #1. Men want to be with a woman who has herself in proper balance & order.

We have discussed before that men fear being stuck with the wrong kind of a woman and I have given you some definitions of what men consider to be the wrong kind in previous sections.

What they actually want is a woman who has her life and herself in proper order. In order to further explain this let me tell you how

men actually view women and their emotions. Do you know that men really don't understand what type of emotional processes women go through?

They don't understand how these processes take place and why they take place. In their world, when women display all these emotions it confuses them and actually confuses them to the point where they label such women as 'emotional wrecks'.

Well I am sure you have heard this before and it's completely wrong, but this is how some men actually think. And in the woman's world when a man acts like this and puts such labels on women they can't help but label them back by calling them insensitive jerks.

At the end of the day both sexes have the wrong idea about the other.

So what exactly is the definition of a woman who has herself in proper balance? Well that's a woman who is emotionally secure and isn't seeking anything from the man. Yup! Nothing at all. But at the same time she isn't afraid to show interest and still expect nothing.

Confused? Well don't be.

All this means is that you may show interest in the man but it does not mean you are going to chase him to seek his attention or interest. You will stand firm and let him come to you.

These are the kind of women who can trigger massive amounts of attraction from any man within minutes based on how they actually manage themselves around him. These are the kind of women who can actually twist a guy's mind and tease him to the extent where he can't help but fall for them.

Let me give you an example here—next time you are in conversation with a guy—drop in the following line and make sure you say it in a teasing way, “You seem like a pretty nice guy...but for some reason I don’t think we would get along too well.”

And what happens?

He instantly thinks, *this girl isn’t an easy one to handle. What does she mean I won’t get along with her? So she thinks I am not good enough? I must do something to prove myself to her.*

And that’s when he starts actively pursuing you. But you shouldn’t act completely interested in him yet—it’s important to play a bit of hard-to-get for the first few weeks, before you settle down a bit with him.

Don’t let him figure you out too easily—be a puzzle and let him do the hard work of solving it, which also means that:

Sometimes you show loads of attention. Other times you act as if you don’t even know him.

Sometimes you are straightforward. Other times you are highly confusing.

Sometimes you are easy. Other times you are just too hard to handle.

Sometimes you care a lot. Other times you act indifferent.

Sometimes you answer his phone calls right away. Other times you don’t answer it for days.

So you see? Never give him enough feedback to figure you out. As long as he can't figure you out, you will remain on top of his priority list.

And now let me share the most important part—this one secret alone can amplify his attraction for you 20 times more and he will be twice as likely to want a long term relationship with you.

The secret is to make him wait for sex. Do not and I repeat do not let him come close to you for the first few months. Men tend to have this notion about quality women. They believe that all high quality women never give easy sex and always make the man wait before they finally get physical.

This is an absolute must, without question, if you want a man to stay devoted to you for the long term.

Another very interesting thing happens when you make him wait for sex. Instead of being overly focused on the physical aspect, and most men are if they get easy sex, he will be forced to evaluate your other qualities and that's the basis on which every man decides to form a long term relationship.

We have already determined that men can have sex without any emotional attachments—letting him sleep with you early on in a relationship can be the perfect recipe for disaster and he might see you as nothing else but just another girl he likes having sex with.

Let's also point out a vital thing here—you might do everything perfectly to begin with, and after just a few days you might start getting all the right signs. It might feel as if he is already into you and is ready for a committed relationship. But this is where a lot of women end up shooting themselves in the foot.

They let him get physical at this point, and guess what happens next? His level of attraction for you which was 10 out of 10 has now

fallen to 0.

1. This is where it will all fall down for you.

I would say it's important not to get physical with the man for the first few months. I didn't say days or weeks. I said months. Make sure you strictly follow this rule.

Men see women who are easy to get into bed as weak and too easy to catch. They will always see such a woman as less desirable for a relationship. Therefore the longer a man has to wait to get physical with you, the more likely he is to want a long term relationship with you.

Now let's get to the other important quality men desperately seek in a woman...

Quality #2. Men want a woman who doesn't take away anything from their life...rather she adds to it.

What is the single most important thing every man values and treasures the most? It's his freedom, the sense of independence, the power to do what they want without any restrictions or rules.

When a man thinks about commitment the very first question which comes into his mind is: Will I lose my freedom once I commit?

And if he realizes that yes, he will actually lose his sense of freedom, then he will withdraw and not commit at all. In most cases women unconsciously do things which make him fear that he is about to lose his sense of freedom.

For example, asking him to spend time with you when he wants to watch the football game he has been anxiously anticipating will make him feel trapped. This is when he will think, *wait a minute!*

When I was single I could do everything I felt like...but now, it seems like I can't even watch football freely. This is such a big burden.

For the first few days or weeks he might even listen to you and comply with your requests, but as time passes he will miss more of the things he used to do before the relationship and will eventually withdraw.

So in order to make sure a guy remains committed to you:

The relationship should not make him feel as if something he likes is being taken away. Rather it should give him the feeling that something more fun is actually being added to his life.

The first step should be not to stop him from doing the things he enjoys the most. If he likes to spend time with some of his friends on the weekend then it's important you let him do it.

You should always ask yourself whether you are adding to his freedom or taking something away from him which he cherishes the most.

If you discover that all you are doing is actually taking away all the fun from his life then sooner or later he will be compelled to end things with you. Always remember that when he has to make a choice between the relationship and his freedom—he will choose freedom 9 times out of 10. So I hope you get my point here.

Section# 18

Why Men Don't Call After The First Few Dates & How To Make Sure He Calls You Back

One of the most common questions frequently asked by women is, "Why the hell didn't he call me when he said he would?"

This is a very common experience almost every woman out there has gone through at some point.

It always starts with a great conversation...

Things take off well, both the woman and the man are having a great time in each other's company. They exchange numbers with a promise to go out again sometime. But days pass by, and nothing. He doesn't call.

Before you worry too much about how to make sure a man calls you every single time, the first thing you need to figure out is: Why men don't call in the first place.

Let's consider some scenarios here...

Reason #1. Some men just do it for an ego boost.

I have already mentioned the concept of casual players and pick up artists in this book. There are men out there who will spend time with a woman and get her number just for an ego boost.

They tend to have a collection of numbers in their phone contact list and the bigger the list—the more proud they feel when showing it off to their friends.

If he seemed like a guy who knew what he was doing and was pressing all the right buttons and really swept you off your feet on the very first occasion, then it's very possible that you were dealing with a professional player.

These men are extremely social and tend to go out 4 to 5 times a week. Sometimes they just interact with random women to brush up their pick up skills and ending up with a woman's number is their way of knowing whether they succeeded or not.

Reason #2. He was just looking for something casual and you showed no interest.

Men are very quick to pick out which woman will let them get physical and which one won't. As he spent some time with you he must have scanned you in his head and come to the conclusion that you may not let him get physical.

Reason #3. He didn't really see you as someone he would be interested in.

And this is something a lot of women out there tend to fear. The last thing they want from a man is rejection in this fashion. But this might have happened because you showed a bit too much interest in him early on and didn't really play hard to get.

Let me give you a small hint here—men always call women who they consider to be a challenge; if you were too easy and showed a bit of nervousness or discomfort in his company, he sensed that something was a bit off and didn't really feel that inner attraction for you.

Reason #4. He lost your number.

This is one reason most women don't even think about but is actually one of the most common reasons why men don't call.

Now because you understand some of the main reasons why men don't call back—let me show you how to seal the deal in a fashion which will make them call you back almost every single time.

Do you know that in order to make a man call you back you have to create reasons for him to call you back? What most women actually do is create reasons for the man not to call back.

Let me give you an example here: A man approaches a woman at a park and they start the conversation on a very positive note.

At first the woman doesn't open up too much and lets the man do most of the talking. This is where the man is making all possible efforts to please her. Slowly as conversation progresses, the woman realizes that this man is pretty smart and seems like a great person.

She starts to open up a bit and tells him a bit about her own life. An hour passes by and it seems like both of them are connecting really well with each other. And then the man asks for her number and she readily gives it to him.

But it doesn't stop here. Since she knows that this guy is different she wants to make sure she doesn't screw it up, so she acts overly interested and starts making plans in advance about what they will do when they meet again.

This is when the man thinks, *wait a minute. Why is she showing so much interest in me so fast? We have just spoken for an hour and she is already into me? What's going on here?*

And before you know it his interest drops. He does take her number because he is now obligated to do so, but never calls her.

The woman spends days anxiously waiting for his call but he never does. Then she struggles to figure out what she did wrong.

The moment she acted overly interested the man sensed that maybe this woman was needy or desperate. And those are two things which are direct attraction killers. And as you already know when there is no attraction a man will never make an attempt to know you more. And that's exactly what happened in this case.

Ok, so now let's discuss how to create reasons for him to call you back:

You have to appeal to his senses in a way that will drive him to want to know more about you and the best way to do this is to say something and then leave him wanting more.

You have to start by making him work a bit hard to get your number.

In other words, do not just give it to him—let him earn it. We always value the things we have to work for. And if he has to work to get your number he will definitely call you because he worked hard for it.

The moment he asks for your number say the following:

You – What's the guarantee that you won't call me 100 times a day?

Him – I promise I won't.

You – Oh so you don't want to call me? Why do you need my number then?

Him – I do!

You – Look you seem confused! I am very picky about sharing my number. You can't seem to make your mind up with what you want to do. (Say this with a smirk on your face.)

At this he will either laugh or hesitate. Then write your number down on a piece of paper, hold it in front of him but don't give it to him yet.

Now start to act a bit confused and then start to hand it to him. When he tries to grab it pull it back and say, "Hmm! You have to try harder than that. I'm not that easy you know." And then hand it to him.

This will literally trigger massive amounts of attraction right away and by teasing him in this fashion you have challenged something inside him which will drive him to call you over and over again.

So you see how easy this actually is? When you understand how to press all the right buttons and create attraction men won't be able to help but fall for you. Now since you know how to make him call, let me share a rule you should strictly follow when he calls.

What to do when he calls you...

One rule I suggest that you must follow is that you make sure you are the one who is in charge by not staying on the phone too long. The big problem is that women love to talk and once they get going they find it hard to stop. When you talk to him for hours and tell him every little thing which happened throughout the day you are being a bit too easy. At this point there is a very good chance that he might grow tired or bored of you pretty easily.

Being the first one to get off the phone actually makes him want to talk even more simply because he wonders what you are really up

to that is keeping you so busy. He will start wondering why you have to go so soon. Is something else keeping you occupied? What could it be? Is it another man?

He will wonder a lot about you and this will create a lot of mystery which will raise his interest level in you.

The key is to seem as if you have a million other important things to do in your life and you are not easily available. This way he will value you more and will be left wanting more, ensuring he calls you over and over again.

Section# 19

A Man Isn't The Answer To All Your Problems And Won't Make You Happy

Do you know that the biggest mistake any woman can make when things aren't working out in the relationship is to try to get into the driver's seat and fix the man? Trying to fix your man can be as painful as trying to run a marathon with 200 pounds of extra weight on your shoulders.

You won't just be carrying your own weight but your partner's weight too. And guess what? You won't succeed. You simply can't make your partner do something by trying to fix him.

When you make an attempt to make him do certain things he will do more of the things which annoy you, just to show you that you don't control him. And you will get nothing but extra emotional baggage, pain and more frustration as days pass by.

I get so many emails asking me similar kind of questions over and over again. Questions like:

He acts overly possessive and controlling. How do I change him?

He won't stop cheating on me. How do I make him commit?

He is very abusive towards me. How do I make him love me?

And the list goes on and on...

But to answer all these questions in a simple sentence I can only say: It's time to move on.

Yup! No amount of persuasion or effort will change the way your man acts. It's a habit he has and no one can change him unless he decides to change himself.

Now you might say, "Well I've tried moving on but it's too painful. I tried to break up with him before but I ended up getting back with him."

So are you telling me that you made efforts to get out of a miserable life and into a more peaceful one, and then decided to choose the miserable life again? If this is you then there are some very vital things you need to take care of as fast as possible.

If you keep on coming back to the same abusive jerk who cheats on you and treats you like crap, there is a bigger issue you have that needs to be taken care of. And it's got nothing to do with your man. It's actually got everything to do with you.

The only reason why women stay in a relationship which they know is never going to go anywhere is the fear of being left alone. They fear being left alone so much that they settle for whatever they have.

It's the same old 'something is better than nothing' theory. But let me assure you that staying with a man who isn't going to change his ways is the fastest way to push yourself into depression.

It's like an emotionally weak person trying to lose weight. They do a lot of exercise and diet like crazy for the first few days then they look at themselves in the mirror and see no visible results. Consequently they feel more emotionally insecure and end up in the same old pattern of overeating.

And after a few months, they decide this time they will change...

They again exercise like crazy for a few days, see themselves in the Mirror, and just as before see no change. They feel depressed and go back to the same old routine, yet again.

It's like being stuck in a certain pattern and struggling to find ways to get out of it. If you find yourself going back to the same old abusive man even when you made up your mind to move on several times then you are stuck in this pattern.

If you find yourself giving the things you don't want to give, doing the things you don't want to do and agreeing with things that you actually disagree with, then you have taken a submissive role in the relationship and you depend a lot on your partner to fulfill your emotional needs.

Here is the truth: A man cannot make you happy.

And if possible put this sentence in a place where you can see it and be reminded of this fact as frequently as possible. Most women think that when they find the right one—they will feel fulfilled and be happy.

And they do at the beginning of the relationship, but as time passes by and the man stops doing all the special things he used to do at the beginning of the relationship, things start to change and the woman starts to feel a bit less fulfilled.

A relationship or a man can never provide you with long term fulfillment or happiness. You are the only person who can make yourself happy. Men aren't perfect and they are bound to disappoint you once in a while.

The key is to stop expecting them to do everything you actually expected them to do. Stop trying to make things perfect when they

can never be perfect.

Learn to take full responsibility for what happens in your life. Accept the fact that if you ended up with losers then it was your own personal fault for letting them into your life in the first place.

Accept the fact that you do fear being lonely but also promise yourself that you won't compromise your standards by picking the wrong kind of man just to fill the need for company.

It's not what happens to you, it's actually how you respond to what happens to you that matters. If something bad happens in your life then you can either choose to sulk and endlessly regret it or you can learn from it and seek better things.

Happiness is always a choice and you can actively choose to be happy—it's up to you. Depending solely on others to keep you happy is like getting into a car and letting someone else drive. You give them the power to take you where they may please and often when you give your control away—you end up in places you've always tried to avoid.

Section# 20

The Most Dangerous Mistakes You Never Want To Make Around Men

Mistake#1. Judging and criticizing men instead of understanding them.

This is one of the biggest hurdles which will always come in the way of you and finding the man of your dreams. Our beliefs drive our life —if your belief is that all men are jerks and that's just the way it is then you are looking at it from the wrong perspective.

Criticizing and pointing out their flaws won't help you at all. It's not going to change the way men have been biologically designed. I get a lot of emails from angry women, complaining about this fact all the time.

And I always get back to them by saying that there is just no other way to do this. Men are designed to be a certain way by birth, and their basic DNA isn't going to change only because you want it to.

They aren't going to become mind-readers overnight and be able to just know what you truly feel about them. It doesn't work that way.

The problem with most women is that they expect everything to be easy but when they actually get into a relationship they realize it's nowhere close to what they imagined it to be. They realize it's much more work than they ever expected.

Now let me give you some facts here: Relationships aren't easy. And they are definitely not easy when you go about finding Mr. Right without working on understanding male psychology first. You will

always find yourself stumped and surprised at some of the things you actually discover.

Imagine writing an exam you weren't prepared for at all and had no idea how to answer the questions. Some women go about dating in the same way. They never prepare themselves properly and that's why they often fail.

Therefore it's extremely important to prepare yourself beforehand. When you know how men work it gives you a better understanding of what you should be doing. You will know how to filter the bad one's from the good ones. You will know how to act in different situations around men. And the process becomes a whole lot easier.

This is the reason why it's really important for you to actually work on understanding men instead of judging or criticizing them.

Mistake #2. Telling him how much you like him too early.

Do you know that just like women, single and successful *men* are approached a lot by woman?

This is the reason why some men just get too picky about whom they date and who they will avoid. Men can smell a needy woman from miles away. They know whether you are a strong high quality woman who has her life in balance or if you are a weak, needy woman who will only do more harm than good in his life.

Telling him that you like him or have feelings for him too early can lead to absolute disaster. Men want to be with a woman who seems like a challenge and isn't too easy to get.

The moment you say you like him you have surrendered your power and he is in a position of control now.

At this you might ask, "So how do I even let him know that I am interested? What if he never makes the first move and we never end up dating?"

First, most women compliment the man in the wrong way. Let me show you how to let him know that you may be interested but at the same time—not sound needy in any way.

When talking to him drop in the following line:

"You sound like a nice guy...I like you...But I don't think you'd be able to handle me."

And as usual, say it in a teasing sort of a way so that it doesn't come across as being rude. You told him that you like him but at the same time you showed a bit of a doubt.

And this is when he starts thinking, *Ok so she likes me. But wait! Why did she say I can't handle her? Is she saying I am not good enough? I must do something which will change her mind.*

And this is where he will start to push a bit harder to impress you. This is how the whole process should actually unfold.

Mistake #3. Trying extra hard to make him like you when he showed no real interest.

This normally happens when a woman comes across a high quality male who seems like perfect relationship material. Within a few minutes of conversation she is already thinking about ways to impress him and this is when the disaster strikes.

You should never be the first one to make an attempt to impress the man. When you do, he loses all interest in you instantly. But it doesn't stop here for most women.

When they see a man losing interest they get more insecure and start trying harder and do things they wouldn't normally do in order to impress him.

Common examples of this are:

- Getting too physically close to him in public.
- Saying things about yourself which aren't true just to impress him.
- Telling him you would like to go out sometime and almost forcing him to take you out.

When a man hasn't shown any interest in you your first job should be to pull back. Trying harder only makes the situation worse as we have already discussed in this book. Attraction does not happen for a man only because you want it to happen. Always focus on your behavior and never try hard.

Mistake #4. Dating the kind you promised yourself you would never date.

Have you ever been in a situation where you saw yourself slipping back into your old habits, letting yourself date men you promised you would never date again, letting players take advantage of you even when you know what they're doing?

This normally happens when the attraction is just too strong to handle. And as we have already discussed, attraction makes you

blind to the truth. The rush of feelings can really drive you crazy and make you do everything you promised you would never do.

But do you know that if you let yourself slip once you are very likely to slip again several times in a row?

Why is this?

Well, simply because every time you let yourself slip, you are programming your mind and if you do it once, you are very likely to do it twice. This turns into a third time and before you know it, you are back in the same old habit again.

The only way to get out of this is to stick to your standards and never allow yourself to compromise on them. If you know that the guy is a player do everything in your power to avoid him.

Letting yourself get carried away will only mean much more pain to deal with in the future.

Mistake #5. Falling into a relationship too early because it all feels so good.

Some women see getting into a relationship as some sort of a race. They believe that the faster they can find the right guy the better their life is going to be.

But do you know that the faster you fall into a relationship the faster you will fall out of it. We all know how it happens don't we?

A man approaches a woman. They talk for a while, exchange numbers and go out on regular dates. A few days pass by and the woman starts getting all those lovely, warm and fuzzy feelings inside her.

And before you know it she shouts, "I'm in love—I found him."

She is so excited that she decides to move in with this guy. They stay together for a few days and everything seems ok. A few weeks pass and now something doesn't seem right.

Now the woman starts thinking, *he seems more different now. He isn't the same guy he pretended to be at first.* And before you know it you discover that he is still out meeting new women, and most likely cheating on you.

Now all the attraction wears off and you think to yourself, *how could I have fallen for this jerk? What the heck was I thinking?*

End of story.

Well this is exactly what happens when you get into a relationship based on attraction alone. The relationship will end the moment attraction ends and that's what happens a lot with relationships that happen after only a few dates.

So the key is to give it some time before you actually decide to commit. Get to know the man beyond your attraction. That's when you will be in a better position to see if he's the right guy for you or not.

Mistake #6. Calling him a lot when he doesn't call you at all

When he isn't calling you then it's very obvious that you have done something wrong and you didn't trigger much attraction when you were around him.

It can feel very frustrating expecting him to call when he never does.

But there is even a bigger mistake some women make here. They actually end up calling the man. And this is when you confirm his belief that you are needy.

And as we have already discussed, when he knows you are needy he will always run away. Therefore, if he doesn't call you first you should not call him at all.

But wait...There is still a trick you can use to actually make him call you back. This might be a bit sneaky but it works real well.

So this is what you should do. Send the following SMS to him:

"Yeh! It was so much fun...So are we going again tonight?"

After reading this, the guy will probably send you a text back asking what you are talking about.

This is where you should text him back saying:

"Oh! Sorry...That was meant for someone else, but your name is right below that person's name in my phone contact list. I sent it to you by mistake."

This is where the guy will get more curious and will think, *oh! So she is already dating someone else? And they are going out again tonight? I wonder who he is.*

This will trigger some jealousy which will get him interested in you instantly.

Mistake #7. Showing jealousy when he mentions other women

Most women don't really realize it but this is often a very common test men use to figure out whether they are dealing with an emotionally strong woman or just another every day average woman.

If you act overly bothered or jealous when he mentions or compliments other women in front of you then you have most definitely failed the test. By getting jealous you are indirectly telling him that you don't believe you are good enough and fear that you might lose him to some other woman.

What you should do is act as if you aren't bothered at all and actually engage in the conversation. When you aren't really bothered by this you are sending out a very strong signal.

He will think that you aren't just like any other woman and that you have your emotions in total control—a very attractive quality in the eyes of most men.

Section# 21

So He Wants To Breakup With You? Here Is How to Stop A Breakup & Amplify His Interest In You

Nothing can feel more painful than coming to realize that your man has lost interest in you and wants to break up. Most women take the wrong approach and instantly start doing everything to fix the relationship, including:

- Asking him not to leave.
- Acting super nice and telling your man how much you really love him.
- Trying to convince him that things will change.
- Constantly apologizing for everything even when it may not have been your fault.
- And the worst of them all—begging him to stay.

I can personally assure you that none of these things will change his mind, rather they will push him further away.

When you are dealing with a breakup situation, trying to fix things never works. The more you try the more he will feel the need to leave you.

At this point most women try to figure out why he actually wants to leave and try to force him into telling them why. Here are some

common excuses men give:

It's not you, it's me.

I just need some space right now.

I haven't been feeling it...etc. etc.

But it doesn't matter what reason he gives you. It will always boil down to one thing and one thing only, which is "attraction". By using these excuses he is indirectly letting you know that he isn't attracted to you anymore.

And as you already know men don't really control who they are attracted or not attracted to. Attraction is triggered based on the way a woman acts and behaves around a man. Therefore let me give you a perfect plan here which will not only stop your breakup but will make him want you more than ever before.

Ready? Let's get to it.

Step #1. Instead of resisting his decision...accept it.

Instead of trying to argue and resist his decision to breakup, you should agree with it. Why? Well simply because he isn't expecting you to agree. When you agree with this you are indirectly telling him that maybe you already wanted to breakup.

For example, if he says he wants to breakup, here is how you should respond. Say the following:

"You know! You're actually right. I haven't really been feeling it either in the last few months and wanted to have this talk with you. I am glad you finally brought it up."

This will throw him off a bit and make him feel rejected. He will think:

- Oh! So she actually wanted to breakup in the first place?
- Does it mean she lost interest in me a long time ago?
- Does it mean she already found someone new?

And this will almost drive him nuts wondering why you didn't react negatively to the breakup. Now he will be analyzing what he did to make you feel this way in the first place. So in other words, he is the one feeling rejected now.

Step #2. Avoid him for 30 days.

Remember we talked about how giving a man the space he needs actually pulls him back to you faster than ever? This time we are going to avoid him for 30 days. Why 30 days? Well simply because we aren't dealing with a small argument here. We are dealing with a breakup situation.

When you show no interest in getting back in touch with him after a few weeks of the breakup, his mind will start hitting him with hundreds of questions. He'll be wondering:

I wonder why she didn't contact me.

I wonder what she is doing now.

I wonder if she is dating.

How could she have moved on so fast?

And every time he thinks these thoughts he will feel rejected and will become more and more anxious about you as days pass by.

Step #3. When he gets in touch with you

This is where it gets really interesting and the game begins to change. When you avoid him long enough he will be compelled to contact you. And when he does, here is something you should do:

- 1- Act as if your life has improved dramatically.
- 2- Act extremely happy as if you are living your dream life.

Most women actually act super desperate and let the man know how depressed they have been because of the breakup, but guess what this does? Even if the man has a bit of interest in working things out he will be forced to change his mind because you are confirming that you are still extremely needy.

And we all know that neediness is a direct attraction killer. When he sees you in a miserable condition he will actually feel good about the fact that he broke up with you. As long as he knows you need him he will always pull away.

So the key is to act as if you don't need him at all and have been doing extremely well in your life without him.

Therefore when he gets back in touch with you to get an update on your life say the following:

“You know I actually wanted to thank you for everything. When things happen they happen for a good reason. I have been having

an absolute blast lately. So many exciting things are happening. I would love to tell you about it sometime, but I need to rush for now. Will talk to you later.”

This will absolutely drive him wild with a tremendous amount of curiosity to really know what has been going on in your life. By acting and saying all these things you are doing everything which triggers attraction and this is where his attraction toward you will be more than ever before.

And on top of that he will constantly fear that maybe you have already found someone new. Again, attraction is at its peak when you can't have someone or are about to lose someone and in this case, both of these conditions are being met.

He will get to a point where he will literally beg you to come back. But you have to be sure that you don't rush anything. Always remember that less is always more when you are dealing with this type of situation; this time don't let him back into your life that easily.

Play a bit hard-to-get and let him earn his way back into your life. Make it clear to him that you aren't going to settle down with him again only because he wants you to. Show him what he has been truly missing and let him understand your true value.

Unless he values your company he is very likely to break up again... Therefore make sure you stick to your standards.

Section# 22

Most Important Things To Keep In Mind

In this section I am going to share a few vital tips, facts and points you should be aware of. These tips aren't in any specific order but will clarify your biggest doubts and will answer all the vital questions you have ever had about men and dating.

The one who cares the least controls the relationship.

In other words the one who is less emotionally invested in the relationship is the one who will actually have control. When your level of interest in the man is higher than his level of interest in you—you have automatically given him control.

At this you might ask:

So I shouldn't care about him and our relationship at all?

I am not saying that. All I am saying is that you shouldn't be invested in him to the extent where your whole life depends on him. Some women do so much in a relationship that it becomes their main priority.

And when something goes wrong the frustration becomes too hard to manage. So it's important to never let it get to this point. Remember we talked about how a man can never give you the happiness you are seeking? You are the only person who can actually make yourself happy.

This is exactly what I want you to understand here. You should be

committed to the relationship but not completely devoted. It's a part and not the heart of your life.

You are better off alone then with the wrong man.

And this is why I always encourage women to think several times before they decide to get into a relationship based on the way they feel. Women fear being lonely which often drives them towards the wrong kind of men.

But I would say being single is way better than being with the wrong man. Therefore stop rushing into things and wait until you find the right guy.

If your man has started to make a lot of excuses then the attraction has died.

This is the biggest clue a man can give that directly communicates that he has lost attraction for you. Most women see this and then try to do something about it by trying to persuade him into liking them.

And as you already know by now, you can't persuade or force him into feeling attraction towards you.

The only thing you can actually do here is to give him space and pull back. When you pull back he will automatically feel attraction for you again.

Is your man still flirting with other women?

If he is seeing you but at the same time keeping his options open then you may be dealing with a player here. There are some men out there who actually enjoy the whole process of dating many women.

Such men enjoy being around different kinds of women and often struggle to settle for just one. Therefore it's important to catch on early because he isn't going to change his ways for you.

Always keep a close eye on their actions and not their words.

It is very important that you always go by what a man does and not what he says because his actions will always bring out his true intentions.

Most females who actually focus on the man's words find themselves confused when his words don't match his actions. A common example of this is a guy who cheats on you but tells you it will never happen again and then cheats on you yet again.

At the same time you might come across a man who says he really likes you but doesn't return your phone calls and always acts busy. What do you think is going on here? His words are showing interest but his actions are showing total disinterest.

So don't be fooled—focus on his actions. That's where the truth lies.

Can you imagine spending the rest of your life with him?

This is the most important question you must ask yourself before thinking about a guy on a serious level. It's important to analyze him on several points here...

- Does he openly share his feelings with you?
- Is he showing interest in settling down?

- Does he even know what he wants out of his life?

Unless all the above requirements are met you should never consider a guy for a serious relationship because there are already doubts present in his mind, even before the relationship has started. You should only get into a relationship when you are absolutely sure about a guy, without any doubts.

His past does matter in many ways.

I have heard so many women say, "I don't really care about his past. All I'm concerned about is his present."

Well guess what? Past does matter in many ways. You may be setting yourself up for a big disaster if you assume it doesn't matter.

His past can give you good feedback on how he has treated his relationships before and the reasons why they didn't work out.

If he has had several failed relationships in the past and he can't really tell you a straight reason why they ended then it's very obvious that he has some issues which need to be resolved and you should be very careful when thinking about a relationship with such a guy.

Learn to work on your own life...not his.

It's not your job to fix his life. You aren't responsible for his actions and the results he has in his life. You can't change his life in any way, shape or form by trying to change him.

It will only happen when he consciously makes a decision to change himself. And trying to change him will only create a lot of friction in

the relationship which will only make matters worse.

If you are in a relationship with a man who needs a lot of help than you are with the wrong man. Sooner or later you will have to break up with him or else you will only find yourself more frustrated than ever.

Let him go if he wants to go.

The only real way to actually get a man strongly interested in you is to let him go if he wants to go. Don't stop him. The more space you give him the faster he will want to come back to you.

Give him the feeling that he is free to do anything he pleases and you aren't going to chase him around trying to get him back. Show him that you are strong enough emotionally and you can actually manage yourself very well.

This also shows him that you aren't dependent on his actions to feel good about yourself. Your level of happiness or well-being isn't dependent on him.

When you give him enough space he will definitely come back to you.

Is he asking you about your past?

Beware! He wants feedback. He wants to know if you are relationship material or not. In the case you have had a very painful past it's always better not to talk about it when he is making his mind up about you.

The only time when you should tell him everything is when you feel you know him well enough and he is in a position to understand you better without being judgmental.

At the same time, even if bad things happened in your past, you don't have to say it in a way that seems negative. Just say that there were some things which happened and you actually learned from them. And now you are a better person.

Never say things like, "Oh my ex was so abusive. He was a big jerk. I hope he burns in hell."

It only turns men off when you communicate in negative ways and say nasty things about your past.

Not all men want just one thing and not all of them are jerks.

Of course there are always exceptions. There are men out there who will play with a girl's emotions just to get into bed with her but you should not assume that every man is like that.

There are men out there who are seeking genuine mates and are very open in this department. Women who believe in the theory that all men are jerks are actually choosing the wrong men over and over again.

Therefore if you find yourself in the company of the same old "bad boy personality" then you are the one making the mistake of always picking the wrong kind.

Always see yourself as a prize to be won.

In other words, men should be the ones chasing you instead of you being the one chasing them. He should be the one who actually wants to be with you instead of you being the one wanting to be with him.

He should be the one trying hard to impress you instead of you being the one trying hard to impress him. If he is trying harder to win you in comparison to your efforts than you will always have the power in the relationship and he will never lose attraction for you.

As long as you maintain this attitude you will have no trouble attracting and keeping the right man in your life.

In order to keep a man you should be willing to lose him.

This might sound a bit bizarre but the dating dynamics actually work this way. As long as you are willing to walk away at any point of time whenever the guy violates one of your principles, you will always keep him.

Women who let a guy walk all over them just due to the fear of losing him actually end up losing him in the long run. Therefore, in order to keep him, you must be willing to lose him.

Men attach more value to things they have to work hard for.

Why does a kid at school value a trophy he won after winning a race?

In fact, why does his family, friends and people around applaud him for it?

What's so special about this trophy after all—it's not worth more than a few dollars. At the same time, this trophy doesn't mean he is already successful in the game of life. So why is everyone so excited about it?

The reason why it's valued so much is because the kid had to work hard to get that trophy. He had to prepare weeks or months for the

race. Now this trophy might not cost much but it has a lot of value attached to it simply due to the fact that the kid had to work hard to attain it.

Similarly, men attach a higher value to women they think they can't get. If you fall in love with a man too quickly, he will rate you as low value. If you are not making the man wonder if you're interested in the beginning, he will never put the high value tag on you.

This is the reason why it's also said that you train a man how to treat you. Some women make the man work for their attention and this man treats them like a high value female.

At the same time, some women try to keep the man too comfortable and never make him work hard for their attention and he treats them like just any other woman because there is no work there.

When a man is made to work for your attention, attraction will always amplify.

Learn to look at everything from a man's point of view before jumping to conclusions.

This is the core reason it's been emphasized all throughout this book—that you must work on learning how male psychology functions. If a man you really love is starting to distance himself and withdraw a bit, instead of pushing harder you should first look at everything from his point of view.

Is he doing it because you acted too needy?

Is he doing it because you were really pushing him to do something he didn't want to do?

Were you trying to stop him from doing the things he really enjoyed and made him feel trapped?

The reasons can be numerous but once you start looking at it from the perspective of your partner things will become clearer and you won't have a hard time finding solutions.

Never answer all his calls right away.

Some women get overly cautious and want to make sure they don't screw anything up and they do a few things that cost them a lot in the long run, one of which is *being available all the time*.

This is the reason why I strongly suggest that you don't always answer his call. It's actually a good thing to appear busy once in a while. If you let a man easily figure you out early on, his attraction towards you will reduce.

The next time he calls, let him know you are super busy and will call him in a bit. And then don't call him at all. Yes, this will agitate him a bit but it's actually a good thing because it will persuade him to push harder towards you.

The type of men you attract tells you what you think you deserve.

And this is the reason why if you keep on attracting loser after loser, over and over again, then it's overly obvious that you do not feel you deserve good men in your life.

Your actions are doing the talking here and we already know that actions speak louder than words. If you truly thought you deserved good men then you would never let a loser into your life in the first place.

You can't compromise and must swiftly say no to anyone who doesn't meet the standards you are looking for. You should judge your belief system based on the results you have and if your results aren't exactly what you have been looking for then there is a fault in your belief system and it needs fixing.

Never discuss your problems with men.

As we have already discussed, men are not too good at listening, especially when it comes to female problems. You may try to get him to understand what you are truly going through but he might only end up giving you solution after solution, expecting you to try them all.

You see, men don't really understand that often times women are only looking for someone who will understand and empathize with their feelings.

This is probably the main reason why so many women opt for therapy. 90% of the time they are looking for someone who will, for once, just listen. That's exactly what therapists actually do—they listen; don't expect your man to be your therapist.

Also when you constantly bring up your problems you leave a really bad impression on the man simply because you can't seem to solve your problems. He will see you as an emotionally weak female who doesn't have her life in balance.

And before you know it he will start to distance himself because he is starting to lose attraction to you.

Learn to give the man the gift of good feelings instead of giving him the burden of bad feelings.

There are only two types of feelings humans tend to experience

regularly—the GOOD and the BAD.

Humans have a natural tendency to do more of anything that makes them feel "GOOD" and less of anything that makes them feel "BAD".

So in simple language, a man would stay interested in you as long as he feels good around you and will start to avoid you the moment he starts feeling bad in your presence.

Let's take an example here:

Cindy is frustrated with Jeff because he always comes home late after work. She feels Jeff is not spending enough time with her. So she decides to call Jeff at work.

Cindy - Hey! It's me...Are you going to be late again today?

Jeff - I have a lot of work here...I'm not sure.

Cindy - This is what you say everyday...I know you'll never change.

Jeff - Don't you understand I have work to do? I make money so that we can have a comfortable life...You just don't know how to appreciate my hard work do you?

Cindy - Oh Jeff! You are just too focused on yourself...It's always about you isn't it?

Jeff - I don't have time for this...I have to go. Bye!

Every single time Cindy called Jeff at work he knew she was going to nag him and he began to associate pain to her calls. In other words, from Jeff's point of view every time Cindy calls, he expects or fears she will nag him for something and it leads to pain. And

this is the point where he will start to avoid her calls as much as possible. Get the point here?

Now let's take this same example and do it the right way.

Cindy - Hey! It's me. Sorry if I disturbed you, but I was just missing you and wanted to talk.

Jeff - Oh Honey! I am so sorry. I know I have been coming home late regularly. I know I haven't been keeping my promises.

Cindy - No, no! I know it's very hard for you with all the increased work pressure. I know you are doing it so that both of us can have a comfortable life.

Jeff - I am really lucky to have such an understanding wife. I think I can leave early today. Let's go for a long drive.

Cindy - No it is ok! I just called to see how you were doing. I am really lucky to have such a hardworking husband who cares so much about me.

Jeff - Don't worry! I can take an early leave today. I'll be home by 6. Be ready. We're going out today!

Cindy - Ok! See you soon. Bye.

Do you see the difference? This is what I call giving them the "Gift of Good Feelings". As long as you do everything this way in your relationship there is no way your man will even think about leaving you.

If you easily get mad or upset about small things then you aren't in control of yourself.

If you easily get upset over your partner's actions then you are not in control of your own self and your partner is actually the one who has all the control.

If his actions can make you react then he is the one driving you around. There might be times when a guy may say some really nasty things to you but you should never react to this by showing anger or losing your cool.

Be like the rock in the storm and act like nothing gets to you no matter what. When you maintain your composure this way your man will feel ten times more attraction for you because such women are very rare to find.

Give him the gift of missing you.

No man values a woman whom he can easily have or control. This is the main reason why it's important to avoid the man once in a while and let him wonder what you are really up to. Let his curiosity grow to a level where he anxiously waits to see you again.

When a man is made to think about you in this fashion he will be scared to lose you. And when he is scared to lose you, he will do everything in his power to keep you happy.

Men rarely consider a girl as relationship material if she gives them easy sex.

Although there might be exceptions to this rule, the majority of men do analyze a woman solely based on this fact alone. This may be the main reason why a man might be with you but would still be seeking a better woman.

This is why, as we have already discussed, letting a man get physical with you early on can actually be the biggest mistake you might make, and often times, once the man has already formed a certain opinion about you, it might be really difficult to change it.

Commitment is always a tough decision for most men to make so don't expect immediate results.

You should always remain patient and never force him to come to a decision about you. Men never make relationship decisions in a hurry as it overwhelms them and at the same time makes them feel out of control.

So it's important to understand that a man won't decide to commit to you overnight. It's going to take him some time and that's why it's better not to bring this subject up too often or else he might feel trapped.

As long as you display all the traits of a high quality female and never show any signs of desperation or neediness to get into a relationship, he will eventually commit to you.

Date as many guys as you want till the time you find the right one.

You aren't going to find Mr. Right on the very first attempt. Sometimes you have to date a lot of men to find the right one. Most women out there don't really date as many men as they could. But let me assure you that if you are looking to find a quality mate—you might need to widen your horizons.

And there is nothing wrong with meeting new men as long as you never do anything serious or get physical with them. At the same time this will show you what kind and different types of men out there; this will allow you to make a better decision in the long run.

Women who don't really date that much and put all hope in just one man often find themselves getting overly desperate as time passes by. This happens because they have the belief that they only have this one man and if they end up screwing it up, they might not find anyone else, which just is not true at all.

Life is too short to waste on emotional stress.

Some people live life as if they think they will live forever. Life is just too short to waste on emotional stress, something that comes from ending up with the wrong kind of a guy. Therefore it's extremely important to learn how to say no to men who don't really match up with what you want.

And it's really important to set boundaries early on or else you will only let emotionally draining men come into your life, causing you nothing but more pain.

Never assume what you want is what he will want as well.

Men are different—period. If you are in the company of a man and feel this awesome connection he's not necessarily feeling the same way at that moment as well.

After spending a few more moments with him, you might see him as good relationship material but he doesn't necessarily see you the same way. You might be thinking one thing and he could be thinking the exact opposite of it.

You might be thinking of going out on another date and getting to know him more, while he could be sitting there thinking how to get you into bed. This is the reason why you must accept the fact that men are different and they don't always want the exact same things you want.

Never stick around a man in hopes that he might commit in the future.

If it has been several months or years and he has shown no signs of commitment then it's better to move on. A man won't magically decide to commit to you some day when he can't really make up his mind about you.

Sticking around such a man is as bad as trying to run a car with a flat tire—it will only go so far before it overloads the engine and comes to a complete halt. Therefore, it's better to change the tire.

And that's exactly what you should do with men. Stop waiting around for him to change his mind. Life is too short. It's better to go out and find someone you would be more compatible with.

Talking things out doesn't always work in the man's world.

Discussing problems and issues you may be having in your relationship can be pretty overwhelming for a man when he doesn't really know what to do.

This is when he pulls back and withdraws a bit and it's important that you let him have his space. When you give him enough space he will be in a better position to make his mind up and resolve issues.

Always keep your expectations realistic.

The fastest way to frustrate yourself is to expect things from a man he will never be able to give you. Women often email me asking questions like:

I want him to do *this*...What do I say to him that will make him do it?

Guess what? We have already discussed the fact that you can't make men do things by forcing them to do it. It will scare him off.

You might say, "I want him to treat me like a princess, bring me flowers every day and share his feelings." But guess what? It's not going to happen. You're asking for too much. Your expectations are unrealistic.

This is why you should always expect realistic things from your man or else you will only find yourself disappointed yet again.

The way he feels around you will determine the length of your relationship.

Another question I get very often is:

It seems like my man has fallen out of love. Why is he acting distant all of a sudden?

This happens when you start out being a high quality woman and as the time passes by you get too comfortable and think now you can just let things run by themselves. But guess what?

It doesn't work that way. You can't sit in the driver's seat of a car while you are on the freeway and then say, "Well now the car can run by itself," and leave the steering wheel.

You are very likely to crash if you do this. Similarly, relationships require constant work. Couples who maintain a happy relationship for years understand this secret. They know they have to work at it every single day. There is just no other way around this.

But here is the good part. Once you realize how much fun it really is and how satisfying it can be to have a fulfilling relationship that

provides you with ultimate peace of mind, you are automatically willing to do whatever it takes.

Never expect him to magically read your mind and figure out your needs.

Many women believe that men should be able to read their mind and magically figure out their needs. The most common line I often hear is: "If he truly loves me he should know what I need."

Guess what?

They can't. They don't have a magic radar to tell them what's really going on inside your head. They won't have any clue about your needs unless you communicate them in some way.

Some women form unrealistic needs in their head, and don't even bother to communicate them to their partner. And the moment their partner does the exact of opposite of what they expect they feel frustrated and often end up arguing.

The man has no idea why you're so frustrated and only ends up more confused. If you want your relationship to flourish you have to be able to communicate your needs either directly or indirectly. And at the same time you shouldn't always expect to get a yes response.

Don't open up too much too early.

Some women treat the first date like a job interview and tell the man everything, including personal details they shouldn't be giving out, all in an attempt to impress the man and show him that she is interested.

But in the man's world this is dead boring. Do you know why? It's

because by telling him so much about yourself so early you are also indirectly telling him that you are really interested, which he interprets as being too needy.

The first date should always be short and you shouldn't give out too much information about yourself. Even if the guy asks you some personal questions, it's important to politely refuse by saying something like, "Well I don't know you well enough to share these things with you."

This will make him admire you more for maintaining certain standards and sticking to them. The purpose of a first date is to get him to call you and fix another date. Therefore if you give out too much information right away you aren't leaving enough material for the second date.

And by not giving out too much too early you have created a sense of mystery. And mystery is something men love. It makes you a challenge for him and he will be driven to ask you out again.

When he asks you out...don't say yes right away.

Do not say yes right away when a man asks you out, even if he's a super-hot guy you've been wanting to talk to for ages. Saying yes right away might surprise him a bit and might make it obvious that you are already interested.

You don't want him to know that you're interested in him yet because that makes you a bit too easy to get and there is no challenge in that.

Act as if you aren't really sure whether you should go out with him or not. When you act as if you aren't too sure he will try harder. And when he tries harder he will be scared to lose you or screw up.

This will always keep him overly interested in you, during the date and even after to ensure he gets to go out with you again.

Final words – How to use this in your life...

Alright! Now you have all the tools you need to attract the right guy and keep him for good. So here is the next thing I want you to do... I want you to go through this book again one more time.

You see, when you do something once, you get a broad idea. But when you do it again, it really gets hardwired into your brain. When you put these ideas into practice for the very first time you will feel a bit uncomfortable.

It happens when you try to do something new. Similar to learning how to drive a car for the very first time, it seems very difficult, but with time your mind gets programmed and you are able to do it naturally.

And that's exactly what I want you to do. I want you to use these tools in your everyday relationship situations. The more you use them the better you will get.

Eventually you will find yourself at a point where you won't struggle to understand men anymore and you will attract them more naturally without trying. You will find that you're becoming genuinely happy in a way that you've never felt before.

Now there is absolutely no reason for you to struggle with men and relationships—EVER AGAIN! So I hope you will put all this into practice right away. I promise you will have success beyond and above what you ever thought possible. All the best.

